



Erasmus+

# IMPACT

## Infopack

Youth Exchange  
22<sup>nd</sup> – 31<sup>st</sup> August 2017  
Lastours, France



Dear participants, this document was created with the purpose of answering your questions related with the project (organization, transport, schedule, what to prepare, what to bring, etc.) and to welcome you in our small campsite.

- 1. What type of project is it?**
- 2. Who are the partners in the project?**
- 3. Topics, general description and objectives of the project**
- 4. Project dates and activities**
- 5. What to prepare before the exchange?**
- 6. What to bring?**
- 7. Accommodation**
- 8. Travel cost**
- 9. Contacts**

**1. What type of project is it?**

Youth Exchanges offer groups of young people from different countries the opportunity to meet and get to know better. These meetings take place outside of school structures, university or vocational training. They have an educational purpose and require involvement of young people in all stages of the project.

During an exchange, youngsters are organizing a series of activities (for example workshops, debates, simulations, outdoor activities, etc ...) around a theme of mutual interest.  
The project covers 100% of food and accommodation, and for those who need Visa 100% of cost.

**2. Who are the partners in the project?**

	<b>Country</b>	<b>Name of partner</b>
1	France	Association de Développement pour le Haut Cabardès - ADHC
2	Italy	GreenRope
3	Lithuania	Tarptautinis bendradarbiavimo centras
4	Spain	Ajuntament del Puig de Santa Maria
5	Romania	Asociata tinerii 3D
6	Turkey	Eski AHG Gonulleri Genclik Dernegi
7	Greece	Anazitites Theatrou

### 3. Topics, General Description and Objectives of the project:

#### TOPICS

Active participation, awareness on our impact on environment, our habits and food and individual act we can change to decrease it, intercultural learning, non-formal education and group dynamics.



#### GENERAL DESCRIPTION

The name of the project is "IMPACT", because the main objective of this project is **to learn how to be more aware about our impact on environment** and things we have to do to improve our participation to a sustainable development.

This Multilateral Youth Exchange will host 36 participants from 7 countries: France, Italy, Romania, Lithuania, Spain, Turkey and Greece.

Each organization will send 4 participants + one leader from 18 to 26 years old plus one leader.

It will take place for 9 days in a small eco-friendly campsite. During the project, we will approach the topic of **our impact on environment and what to do to be more eco friendly and responsible**.

The method will use different activities (debate of our environmental impact, by our way to live but also from food production, cooking, building, movie etc). Through this, participants will learn environmental issues; to build natural fixture, improve their notion in permaculture and compost, debate freely to make their own ideas about environment. And of course they will learn cultural context of each country.

In terms of methodology activities for the first day we will make a welcome party and do a quick explanation plenary program and objectives of the week. Every morning and after lunch we will make "energisers".

To facilitate the exchange between the participants from the first day we will use ice-breaking methods like team building games. It could be also folk dances, songs, drawings, etc.

Our exchange **is focused on an awareness from participants, and of course on the informal discovery of other cultures**; each country's participant will have a different moment dedicated to share with us their culture (during meals, coffee breaks, energizers or evening).

At the end of the exchange, there will be a lunch cooked by the participants to share with the local population a healthy meal with a minimum of environmental impact.

Participants will be accommodated in mobile homes on large wooded areas of oaks and with views of the Cathar castles of Lastours. (It is also possible to be accommodated in tents if the participant prefers). The camping of course complies with security regulation.

## OBJECTIVES

The main objectives of this project are:

- Better knowledge of environmental protection and the importance of our practices on sustainable development.
- A better understanding of the impact of our consumption choices and practices on our environment
- better understanding and knowledge of cultures in our modern societies;
- a reinforced communication capacity between young people from different cultures;
- greater flexibility and tolerance in the context of cultural diversity that characterizes our society.

Secondly, this project will establish the differences and similarities between each country without discrimination, in the context of discovery and exchange of practices of our European neighbors. This will permit to get feedback about the different political models according to the several participants' backgrounds. Also, during the project we will use methods to join these aims:



- Become more eco – responsible;
- Live in harmony with nature for 10 days: division of tasks, respect for others and their differences;
- Discover the environmental setting of each on a friendly and interactive manner;
- Learn about the additives and different ingredients used by the industrial food;
- Provide the participants an intercultural learning experience;
- Mutually beneficial, discover and explore similarities; promote a better understanding of the diversity of our common European culture;
- Helping young people acquire knowledge and being able to recognize the value of these experiences;
- Share our own culture and discover the other, meet new people and feel European;
- Learn to be open, accepting people from different backgrounds and countries;
- Provide opportunities to live meaningful inter-cultural experiences to those who have less, to get in touch with people from different cultures and backgrounds very different from each other, encourage the participation of young people with fewer opportunities in the program;
- Interact with not only participants but also with local people, in the cultural evenings, the day of presentation to the public, the photo exhibition and the exhibition of the youth exchange;
- Finally, for all participants, this project will be a discovery of the heritage of south-western France.

#### 4. Project dates:

**Dates: 22<sup>nd</sup> – 31<sup>st</sup> august 2017 – Lastours, France**

Arrival on the 22<sup>nd</sup> before 6 pm, departure on the 31<sup>th</sup> in the morning or afternoon. Please note that Lastours is at 2 hours from Toulouse and 4 hours from Barcelone; don't hesitate to contact us for any information or tips about your travel!



#### 5. What to prepare before the exchange?

- Send the registration form and quiz
- Obtaining a full travel insurance policy
- Coffee break for the morning of your national day
- Energizer for the morning & afternoon of your national day
- Decide 2 national typical dishes (don't forget something for vegans/without gluten!)
- A presentation of another country (10-15 minutes, interactive & dynamic) for the intercultural evenings.
- Culture and language of their country (dances, games, language lesson – good morning, good evening...)



## 6. What to bring?

- Windproof clothes (it's recommended to bring also gloves and a hat or a cap)
- Sunglasses
- Towel
- Camera
- Adapter for French plugs
- Hiking shoes
- Pocket lamp



You can organize a common baggage with other participants of your country to put all the things that don't fit in cabin luggage!



## 7. Accommodation:

[www.campingdelastours.com/](http://www.campingdelastours.com/)

Through a comprehensive and eco responsible environmental policy, this camping certified "Clé Verte" ("Green Key") aims to reduce the impact of its activities on the environment. The place is very good because it's connected to our topic.