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**Youth  
Exchange**

**'GREEN DEAL  
BUILDING RESILIENT  
COMMUNITIES'**

**Saint-Georges-d'Oléron, France**

**20 - 29 September 2023**

**France - Slovakia - North Macedonia - Turkey - Serbia - Lithuania**



- ❖ DATES: 21 – 29 September 2023
- ❖ LOCATION: Saint-Georges-d'Oléron, France
- ❖ COUNTRIES: France, Slovakia, North Macedonia, Türkiye, Serbia, Lithuania.
- ❖ NUMBER OF PARTICIPANTS: 48 (7 participants + 1 group leader per country)

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## ABOUT THE YOUTH EXCHANGE

- We choose the topic of resilient and green communities with our partners because we aim to deeper explore the impact our behaviour might have on the happiness and well-being of our neighbours. When a young person is part of the community, he/she feels more satisfied, and happy. On the other hand, when a young person withdraws from the community, he/she feels more isolated and scared. Such a young person is also hard to reach and involved in various activities enabling their development. Isolated young people also face more challenges in the case that they decide to look for new opportunities, or in the case when they face any challenge/obstacle. In well-connected communities, people can rely on family, friends, or neighbours for support and such communities exhibit new opportunities thus young people feel supported, know where to turn for help and feel like being part of community life.
- Youth exchange 'GREEN DEAL – Building Resilient Communities' is reflecting the interests and goals of the consortium and young people involved in the activities of participating organizations. The fact that young people were actively involved in the process of creating this application we consider to be significantly important because it ensures that youth exchange 'GREEN DEAL – Building Resilient Communities' will reach the interests of the participants, support their personal and professional development, and have the desired impact.

**IMPACT** - The partners will support the development of new projects at the local, national or international level. In the case of the international level, we, Platanus Bordeaux will keep the contact with partners and together work on new projects within Erasmus + Programme because we are sure that building a working partnership is a long-term process and good partner relationships are the basis of every project. We will try to find groups that can become multipliers of this project to spread the objectives and goals of the youth exchange 'GREEN DEAL – Building Resilient Communities' to a wider audience. We expect at least 3 new international projects to be applied under the Erasmus + Programme during 2023-2024. Platanus Bordeaux will provide support to project teams to develop their ideas. We will provide this support at least 6 months after YE. Moreover, we are ready to share with our partners the experience of being an applicant organization and support them in the process of developing new project ideas. We would like to add that also this YE 'GREEN DEAL – Building Resilient Communities' is a continuation of our cooperation, especially with our partner from North Macedonia and our interest in topics such as sustainability, protection of nature, and mindfulness. Regarding the impact on a local level, we discussed with our partners the key impact we see in developing networks as youth organizations. We believe that we will attract young people who did not yet participate in the Erasmus + Programme to be part of the YE /or follow-up activities. We also believe that we will

get a better understanding of our local communities, explore good practices that we can transfer to our work, and create new connections and ways of cooperation with other partners.

To strengthen the impact of the project on various levels following actions will be taken to spread information about the project to a wider audience.

- A web blog of the Youth Exchange will be created before the project starts. It will be used for publishing articles of participants as well as become a platform for communication and future cooperation. Part of the web blog will be linked to various sources on the topic and Erasmus+ Programme. The blog posts will be written in English. On the blog, we will also publish the videos created by the participants on the topics of resilience, youth development, the impact of community involvement on young people, and the Erasmus+ Programme.
- Follow-up events in communities of participating organizations: the participating organization will organize 2 events in their communities to share lessons learned, and information on the Erasmus + Programme, and motivate young people in their communities to get involved in Erasmus + Programme, community activities, to explore the topics of resilience, youth development. Platanus Bordeaux will provide support to the partners in the process of preparing to follow-up events if needed.
- 12 Video interviews: video interviews will be one of the key products of the YE. We decided on the form of video interviews because we reflected on our previous experiences and we agreed with our partners that interviews are a way that is close to young people and it is attractive for them. Moreover, the interview is a great opportunity for peer-to-peer inspiration and also it gives young people, participants of YE, a direct opportunity to share, to be part of the visibility, and to get new skills.

## PARTICIPANT PROFILE

The target group of the youth exchange will be young people in the age from 18 to 30, the residence of participant's countries, with strong interest:

- ❖ to explore the topics address by YE, to gain a deeper understanding of the connection between the impact of community involvement on youth development, the dive deeper into the topic of resilience, building communities that are paying attention to involving young people and providing them support and possibilities of involvement;
- ❖ to learn about realities in participating countries in the areas covered by the YE;
- ❖ to work together with young people from different countries and cultures;
- ❖ to be open to exchange ideas and opinions in a safe and supportive environment;
- ❖ to learn more about Erasmus + Programme;

- ❖ to share experiences through visibility and dissemination activities: to take an active part in preparing videos, to write posts for project blog, FB page, to be actively involved in organizing follow-up activities.

We are also planning to include participants with fewer opportunities facing the following barriers:

- ❖ Geographical barriers- young people coming from remote from cities areas lacking opportunities supporting personal and professional development.
- ❖ Social barriers- young people coming from an environment with a lack of community support.
- ❖ Economic barriers- young people facing unemployment, not being able to find a stable job, and coming from areas facing high youth unemployment.

## GROUP LEADERS PROFILE

- ❖ youth workers, leaders with experiences in the international youth field, with non-formal education based methodology;
- ❖ with experiences in the key topics addressed by the youth exchange: community work, community life, resilience, the impact of communities on the life of young people, sustainability, green policies;
- ❖ with previous experiences with Erasmus + projects with an understanding of the practical and program aspects of the project;
- ❖ being able to support the participants during the project.
- ❖ From practical requirements, the group leader will need to have a communicative level of English.
- ❖ No age limit is set for group leaders.

## WORKING METHODS

- ❖ Learning by doing methods.
- ❖ Name games, ice-breaking and team-building activities.
- ❖ Creative workshops, discussions, role plays, interactive presentations and other methods and techniques that are consistent with the tenets of experiential learning.
- ❖ Outdoor activities, creating a video, Booklet & project's Blog.
- ❖ Intercultural and various social activities.

## PROGRAMME OF THE YOUTH EXCHANGE

[https://drive.google.com/file/d/12vKaqdZSj8Z\\_tk14heDY5Ygv\\_g1Co3sS/view?usp=sharing](https://drive.google.com/file/d/12vKaqdZSj8Z_tk14heDY5Ygv_g1Co3sS/view?usp=sharing)

## ACCOMMODATION

In the heart of the village of Domino, in the town of Saint-Georges-d'Oléron, the Domino is a Scol'Voyages centre. Refurbished, it offers a large plot of 3000m<sup>2</sup> and is located 500 meters from the beach. The Domino is made up of 3 buildings: 2 for the bedrooms and 1 for the dining room and the kitchen. Suitable for any type of group, the rooms are arranged as follows: 8 rooms that can accommodate 4 people and 16 rooms of 2. Almost all rooms have a private bathroom. There are also 35 places in Marabout tents, equipped with beds, mattresses, wardrobes and electricity. This arrangement is ideal for distributing and managing groups of young people during their multi-activity stay, or groups during the summer holidays.

## Meeting facilities

- ❖ Capacity: 62 + 35 in Marabout.
- ❖ Rooms for 2 to 4 people.
- ❖ Washbasin in each room.
- ❖ Sanitary facilities in the rooms.
- ❖ 35 places in tents.
- ❖ 500m from the beach.
- ❖ 1 large dining room.
- ❖ 1 activity room.
- ❖ Leisure facilities.
- ❖ Big field.
- ❖ Bicycles available
  
- ❖ [LINK](#) to the Domino website

## FOOD

During the activity the participants will be provided with three meals per day. Please inform us in the application form about your food preferences and needs (i.e. vegetarian, vegan, food allergies, etc.)! **PARTICIPANTS WILL BE INVOLVED IN THE PREPARATION OF THE FOOD.**

## ABOUT Saint-Georges-d'Oléron

The municipality of Saint-Georges-d'Oléron is the largest of the island, located between Saint-Denis-d'Oléron, La Bree-les-Bains to the north and Saint-Pierre-d'Oléron south. Saint-Georges-d'Oléron runs east to west over 4700 acres and has more than 16 kilometres of beaches. Moreover, Saint-Georges-d'Oléron has many villages with their own character and history. Pine forests, long beaches of fine sand, typical architecture, marinas, heritage, and local produce

markets are all assets that make Saint-Georges-d'Oléron an ideal place for a holiday and leisure. Historical Monument since 1931, the Romanesque church of Saint-Georges-d'Oléron is one of the most remarkable monuments of the island.

## BUDGET & REIMBURSEMENT!

**YOU ARE NOT ABLE TO LEAVE THE PROJECT ONE DAY EARLY TO CATCH YOUR FLIGHT OR BUS. PLEASE BUY YOUR TICKETS ACCORDING TO PROJECT'S ARRIVAL AND DEPARTURE DATES. IF THERE ARE NO FLIGHTS ON THE PROJECT'S ARRIVAL AND DEPARTURE DATES, YOU CAN COME MAXIMUM TWO DAYS BEFORE OR LEAVE MAXIMUM TWO DAYS AFTER THE PROJECT.**

Traveling sometimes requires an additional day for catching a flight and staying for additional nights. We are aware of such situations, but such costs can't be covered by the project's budget, thus it is on participants' own cost. For that reason, we recommend you to use hostels or friends <https://www.couchsurfing.org/>

We need you to buy round trip tickets, and send us a copy by email before arriving here, IF POSSIBLE. We advise you to buy your tickets as soon as possible so that it fits in our limited budget for 100% reimbursement.

We kindly ask you to save all documents (original tickets, boarding passes, invoices or bills with the ticket price) which are related to your travel, since the documentation background is obligatory for reimbursement.

**IMPORTANT:** We cannot refund any travel costs done by TAXI according to the rules of the Erasmus+ Programme.

After sending tickets and boarding cards, participants will receive the reimbursement for their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project. These distances must be calculated using the distance calculator supported by the European Commission. We will transfer the reimbursement to the sending organisation who will be responsible to distribute the money according to the participant's travel expenses.

**We are not able to reimburse missing tickets!**

Please note if you buy your tickets in a currency other than EUROS, we will convert the amount in EUROS according to the current exchange rates found at the official European Commission web-site:

<http://ec.europa.eu/budget/graphs/inforeuro.html>

Participants must travel from the country of the sending organisation and back. Following the guidelines of the Erasmus+ Programme the travel back must be realized by the participants in a direct way within a maximum of 2 days.

## TRAVEL COST BUDGET

| ORGANISATION                          | COUNTRY         | BUDGET (€) |
|---------------------------------------|-----------------|------------|
| Platanus Bordeaux                     | France          | 210€*      |
| ADEL Slovakia                         | Slovakia        | 275€       |
| YOUTH COUNCIL NEXT GENERATION SKOPJE  | North Macedonia | 275€       |
| GENCLIK MEVSIMI DERNEGI               | Turkey          | 360€       |
| Udruzenje mladih "Logos"              | Serbia          | 275€       |
| Tarptautinis bendradarbiavimo centras | Lithuania       | 360€       |

\*Green travel options only

## HEALTH AND TRAVEL INSURANCE

WHEN COMING TO FRANCE, PLEASE MAKE SURE YOU HAVE A VALID EUROPEAN HEALTH INSURANCE CARD WITH YOU OR A TRAVEL HEALTH INSURANCE.

## WHAT TO BRING?

- ❖ Passport or ID
- ❖ Comfortable clothes for the activities
- ❖ Please bring clothes according to the local weather forecast
- ❖ Towels and personal care products: shampoo, toothpaste etc.
- ❖ Camera, laptops, tablets, smartphones, etc.
- ❖ Pills and medicine you might need,
- ❖ Positive attitude.

## PREPARATION

- ❖ Intercultural evenings – Participants are expected to create an interesting, interactive and creative intercultural evening. The intercultural evening gives you a unique opportunity in a creative way to promote your country and culture. Show us what you eat, drink, what are your traditions, music, culture, etc.
- ❖ Feel free to find interesting games/exercises/educational activities related to the topic.
- ❖ Morning/Afternoon energizers: We would be really happy if each group prepare some energizers to increase the group energy.



- ❖ Social activities – feel free to bring musical instruments, games or any other means of entertainment that can be used in the evenings for social activities.
- ❖ Wherever possible, take your laptops, digital cameras, smartphones and tablets – we will be doing some multimedia work that requires mobile equipment!

## BASIC RULES

**Participants' Task:** You must care for the scheduled time, be kind, and respectful, be positive, destroy the borders, have maximum fun, be cheerful and try to be part of the solution. Be on Time in the meeting Room always, and be respectful and friendly to the other participants. To see a problem and to criticize something is so easy. So do the difficult ones and tolerate people always, be a positive example for others.

**Team Leaders Task:** You must collect and manage your team, share their problems with us kindly, and try to be part of solutions. You are responsible for facilitating at least 2 workshops, collecting and organize the travel tickets of the participants, as well as their travel insurance, and to upload to Google Drive.

To publish an article about the project on your organization's web page. To collect all the boarding passes and send them to us by post.

Prepare at least 3 energizers. To make sure the project aims and objectives are fulfilled, and change the programme if needed according to the learning needs of the participants.

## PARTICIPANTS' RESPONSIBILITIES

Participants of the project will have to agree to the following rules for participating. They will sign a document on the first day of arrival for accepting the rules. Rules that participants should follow according to Erasmus + Programme:

[https://docs.google.com/document/d/1yDrVf1-pT4MHD14hM-wkTH09\\_GFBetpsHq6WkzYoQzU/edit?usp=share\\_link](https://docs.google.com/document/d/1yDrVf1-pT4MHD14hM-wkTH09_GFBetpsHq6WkzYoQzU/edit?usp=share_link)

## CONTACT PERSON

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Want to take part? Fill in the Application on the LINK below

<https://forms.gle/JXN6yDuXNvy3DMQN8>