

# Get to know me better

2016-3-UK01-KA105-035049

KA1 - Youth Exchange - Programme Countries



Activity Dates: **15/01/2018** - **23/01/2018**

Country: **United Kingdom**

City/Town: **London**

## Project Description:

There is much discrimination in Europe and most of it is based on ignorance and fear of the unknown. Stereotypes are created and this project will allow young people from different countries to learn about each other in order to overcome these common problems. The main objective of the project is to overcome different forms of discrimination through methods of giving the opportunity to young people to learn from each other and to develop friendships.

In order for the EU to be more united and united in diversity, we need to learn about each country, its people, its customs and its traditions and its history. When we know and understand our neighbours and they understand us, we build respect and only then can we start building a united Europe. This project will focus on young people getting to know each other so that they can be the future generations that bring Europe closer together, making it a unified Europe and breaking any borders that are created from ignorance.

The greatest identifier of any country is its culture, and this will be the biggest focus of the project, learning about our own cultures, the roots of our cultures and then being able to share our culture with others. Creating a unified European culture would be counterproductive, as we are all unique, but promoting the diversity of each individual culture and sharing it so that we can embrace the best elements of each culture, and at the same time allow us to respect the differences and diversity of the different countries we will allow our youth to be the building blocks of a closer more unified Europe.

The main objective of the project is to overcome different forms of discrimination through methods of giving the opportunity to young people to learn from each other and to develop friendships. Also exchanging good practices between each other to allow for a stronger approach to combating discrimination and xenophobia in youth. We will cover various fields of discrimination and marginalisation that youth experience today, including gender equality, bullying, various forms of discrimination and we will also review EU policy regarding equality and discrimination.

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We will look at active citizenship and how we shape the world we live it, we will look at citizenship and the EU democratic system from the perspective of human rights and how these laws and rights are designed to prevent discrimination and how we can make the difference to stop discrimination starting from home.

## Participant Registration and Social Media



Participants are obliged to register online by themselves using the link: [ONLINE REGISTRATION](#)

Join our project facebook group: <https://www.facebook.com/groups/177518199462823/>

For the privacy safety and correct information sharing, only participants that registered online can be accepted in the facebook group. In this group all outcomes of the project, photos and other materials will be shared. And to share memories and to keep in touch in the future!

The hashtags (#) will be used for sharing material on social media are: *#otinternational*

## Venue/Location:



The venue of the project is: [Gilwell Park](#) <https://goo.gl/maps/ptum46zYvU42>

Venue Description & Address: [Gilwell Park, Chingford, Witham Abbey, London E47QW, UK](#)

Gilwell Park, is the area that hosts the Scouts Association of UK. Situated in a nice park with big outdoor areas and in the heart of nature. Located in Zone 4 of London. The venue is complex similar to educational campus dormitories. With small sized rooms with en-suite W/C, showers etc. We rent the entire building which is supplied without bedding (sheets, pillows etc). Each room has heating (that operate during winter season only), beds and storage space. Please bring your own bedding as it is not supplied. You may rent sheets and a pillow for approximately £10 per day. Advance notice is required for bedding rentals. The venue has WIFI connection in many areas indoors and outside in all areas. Sizes of rooms vary from 2 to 4 persons in each room. Gender and other characteristics will determine the room allocations. We mix the countries to enhance diversity and socialization. On the arrival day you may arrive between 17:00 until 22:00 because we only have access to the venue from 17:00 on the arrival day

## Local Weather



Check the weather forecast and temperatures for the next days here: <https://www.accuweather.com/en/gb> so you can bring appropriate clothing. Nevertheless its always best to bring indoor sandals or slippers for your comfort. Nights in general are colder so it would be better to bring also a jacket or longsleeves with you. Also bring outdoor shoes or sport shoes for the outdoor activities.

## Currency



UK uses the Pound Sterling but we can find places and banks everywhere for exchange. If you want to change at the airport you can but generally it is not the best rate and you will be charged a fee. Most establishments accept credit cards. We suggest you bring spending money though as we might not have access to banks during the project times.



Participants must have travel insurance for the duration of the mobility activity including travel days and to have your E111 health card or another equivalent health insurance with you. Usually if your purchase your flight tickets with a VISA or Mastercard usually you are also covered automatically. This is considered as your own contribution because you may choose any insurance plan and scheme that fit your own needs and therefore health and travel insurance, although obligatory, cannot be reimbursed. Health & Travel insurance must be kept by the participants at all times.

## Available Airports:



### From Heathrow Airport:

From Heathrow Terminals 1-2-3 Underground Station take Piccadilly Line to towards Arnos Grove Underground Station or Cockfosters Underground Station get off at Holborn Underground Station and change to Central Line towards Epping Underground Station or Debden Underground Station and get off at Loughton Underground Station.

### From Gatwick Airport:

Take Thameslink towards Bedford Rail Station get off at Farringdon Underground Station and change to Metropolitan Line towards Aldgate Underground Station get off at Liverpool Street Underground Station and change to Central Line towards Epping Underground Station or Debden Underground Station and get off at Loughton Underground Station.

### From Luton Airport:

From Luton Airport Parkway Rail Station take Thameslink towards Three Bridges Rail Station get off at Farringdon Underground Station and change to Metropolitan Link towards Aldgate Underground Station or Hammersmith & City Line towards Barking Underground or Circle Line towards Liverpool Street and Tower Hill get off at Liverpool Street Underground Station and change to Central Line towards Epping Underground Station or Debden Underground Station and get off at Loughton Underground Station.

### From Stansted Airport:

From Stansted Airport Rail Station take Abellio Greater Anglia towards London Liverpool Street Rail Station get off at Tottenham Hale Rail Station and change to Abellio Greater Anglia towards Stratford Rail Station get off at Stratford Underground Station then change to Central Line towards Epping Underground Station and get off at Loughton Underground Station.

## Electricity



The supply in the UK is 240 volts, a.c. 50Hz. Sockets are usually 13 amp, square-pin in most buildings. More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.). Bring suitable adaptors. The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

## Things to Bring



### **Personal Hygiene:**

**Shampoo, soap, tooth brush and tooth paste and other personal items and toiletries that you may need.**

**You need to bring your own bedding, sheets or sleeping bag, blankets, pillow. Although the rooms have heating (during winter months) and beds, bedding is not provided.**

**Each national team must bring at least one laptop! (for digital activities).**

**Bring your adaptors and charges for your devices as these cannot be provided.**

**Bring some slippers or sandals for indoor use and othe shoes for outdoor use.**

**Your medication if needed.**

**Your positive energy and smiles !**

## Local Transportation in the Hosting Country:

[dex.php/reimbursement-guide-uk](https://www.tfl.gov.uk/transport-for-london/visiting-london/reimbursement-guide-uk)



Check the TFL website ([www.tfl.gov.uk](http://www.tfl.gov.uk)) to check times of public transportation and also to plan your journey. If you enter the "FROM" and "TO" locations it will give you a detailed summary of your trips and you can print this out to know how many stops you will have and also the exact times. If you need to change buses and trains please allow enough time for this. Participants must use the [www.tfl.gov.uk](http://www.tfl.gov.uk) helpful link for UK transportation.

Please read the provided Reimbursement Guide above.

## Medication & Special Needs



If you take any medication please remember to bring it with you, we have pharmacies here but if you need prescription medication you cannot buy the over the counter without a prescription. If participants have any allergies, especially to food ingredients, this must be expressed and mentioned in the online participant registration form. Any special needs, dietary needs, special assisting equipment must be mentioned also in the participant registration form in order for the hosting team to make arrangements

for the comfort and attention to these matters.

Health and Safety is a priority for us.

Changes to the menu will be very hard once the project activity has started.

Although the hosting team will be equipped with first aid kits and they are first aid providers, they cannot and are not allowed to give medication to participants. So please bring any medication you might need.

## Cultural Nights:



As you may see in the schedule, we are planning to have cultural evenings every night. Feel free to bring any food or drinks or traditional clothing or anything else that you want to share with the other fellow participants. So you may bring anything you need to prepare for your night!

We advise that you make your cultural night as interactive as possible and keep the videos as short as possible so keep the motivation and attention high. Quizzes or other games are quite popular but you can be as innovative and fun as you like.

## Reimbursement Procedures & Youthpass



This project is co-funded by the European Commission under the Erasmus+ framework.

Each participant is required to participate 100% in all activities described throughout the schedule sent with this infopack. During the project activity you are required to have 100% participation in all sessions, activities and workshops.

You will **not** give to the trainers or anyone at the project activity any travel documents or any other document related to logistics or travel costs. You must provide all your travel documents to your sending organisation. You must keep all boarding passes for each flight in original format, all tickets including train, bus or other PUBLIC transportation ticket and receipt in original format. You must keep also all invoices associated with these travel costs as explained in the Local Transportation Reimbursement Guide above and in Infopack 1. On day 1, you will be asked to sign a participation pledge that asks similar requirements during the online registration phase and sign and complete any other necessary logistical documentation.

You are required to participate in all evaluation, dissemination and promotion activities before, during and after the project activity.

Without respecting all the above, there is no proof of participation or travel and it can result in non or partial reimbursement.

A **YouthPass** will be given to all participants and the whole learning process will be explained in the first days and also on the last day. During sessions all competences gained will be analysed.



For additional information and questions please do not hesitate to contact us using our [PLATFORM](#)

*Our Team will be happy to assist you!*

**Thank You!**



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