



ENJOY NATURE



YOUTH EXCHANGE

PLACE AND DATE: 20-30 April 2019, Karlstad, Sweden

PARTICIPANTS: 60 young people (8 participants+ 2 Group leaders from each country)

COUNTRIES: Sweden, Romania, Turkey, Estonia, Lithuania and Slovakia

LANGUAGE: The working language is English.



SUMMARY OF PROJECT



“Enjoy Nature” is a multilateral youth exchange that will gather 48 young people and 12 leaders (in total 60 participants) from 6 countries (Sweden, Romania, Turkey, Estonia, Lithuania and Slovakia) during 20-30 April 2019 in Karlstad, Sweden.

“Enjoy Nature” raises awareness of the importance of good environmental practices in a rural community by enhancing the environmental education of its members and by providing concrete examples of positive action, using methods of non-formal education in a multicultural context. Throughout the implementation, participants will learn more about ecology from each other, will make concrete actions connected to environmental protection, will learn about other cultures, will make new friends, all this helping them focus on the project’s specific objectives. Each national group will have the opportunity to show various cultural elements such as customs, traditions, food, typical clothes in the evenings specified in the schedule. The presentation of each culture will be done in an interactive way.

The working methods of “Enjoy Nature” come from the field of non-formal education, for us being very important that they are interactive and not formal or theoretical and rigid. Just like the schedule timeline shows, the following methods can be identified:

- name games (for improving communication)
- icebreaking games (for relaxing the group atmosphere and removing barriers created by shyness, hesitation and language)
- open space (to allow participants to think and act freely, to choose how and what to discuss)
- teambuilding activities (for the group cohesion, improving group work)
- treasure hunt (to stir curiosity, to revive the spirit of competition and to familiarize participants with the environment they are in).



PARTICIPANTS

Main target group of youth exchange are young people in age from 15 to 30 including young people with fewer opportunities facing economic and social obstacles and geographical. Part of the group will be also young people in age 26 to 30 who already have some experiences of participation in international or local projects and who will be supporting the newcomers together with group leaders.



PROJECT TEAM

Project planning and facilitation will be maintained by group leaders from all partner organisations from respective countries.



TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

YOUTH EXCHANGE

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Lithuania	Sweden	500-1999 KM	10	275,00
Romania	Sweden	500-1999 KM	10	275,00
Turkey	Sweden	2000-2999 KM	10	400,00
Estonia	Sweden	500-1999 KM	10	275,00
Slovakia	Sweden	500-1999 KM	10	275,00

After sending their tickets and boarding cards, participants will receive the reimbursement of 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 (Karlstad, Sweden). We don't send money to each participant, only to sender organization and sender organization will pay to participants their costs back.

Please note that any extra days you wish to stay (maximum 2 extra days) will be fully at your own expense.

Visa costs will be covered by participants.

DON'T ASK TO LEAVE PROJECT ONE DAY EARLY TO CATCH YOUR FLIGHT OR BUS. PLEASE BUY YOUR TICKETS ACCORDING TO PROJECT'S DATE.



THE VENUE



Karlstad ['ka:rlsta] is a city, the seat of Karlstad Municipality, the capital of Värmland County, and the largest city in the province Värmland in Sweden. The city had 87,000 inhabitants in 2015, and is the 21st biggest municipality in Sweden. Karlstad has a university and a cathedral.

Karlstad is built on the river delta where Sweden's longest river, Klarälven, runs into Sweden's largest lake, Vänern. It has the second largest lake port in the country after Västerås.

Karlstad is often associated with sunshine and the symbol for Karlstad is a smiling sun. Karlstad is reputed to be one of the sunniest towns in Sweden and a local waitress, known as "Sola i Karlstad" (the Sun in Karlstad) for her sunny disposition, is also commemorated with a statue!

Note: Organisers will not provide any accommodation for additional stay in Karlstad. If participants plan to arrive a few days earlier or depart a few days later they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel.

Accommodation for the project:

Karlstad Swecamp Bomstadbaden

Bomstadsvägen 640, 653 46 Karlstad, Sverige

Telefon+46 54 53 50 68

<http://www.bomstadbaden.se/>



There are going to be 2-6 persons per room. We can't arrange special room **for COUPLES**. Participants **MUST** prepare and make breakfast, lunch and dinner. 3 meals per day, plus coffee and snacks made by the participants in coordinated international work groups. Tasks will be divided between participants and everybody **MUST** obey the rules.

HOW TO REACH KARLSTAD

Karlstad has no airport. You can take bus or train from Stockholm OR Oslo to Karlstad.

By Plane -- Nine flights on SAS connect Stockholm and Karlstad daily; the "jump" takes 45 minutes. The airport, Karlstad Flygglas (tel. 054/556-000; www.lfv.se), lies 10km (6 1/4 miles) northwest of the town center. Airport buses haul passengers from the airport to the town center, but it's best to call tel. 020/32-32-01 after the touchdown of your plane to summon one. The Flygbuss costs 65SEK (\$13/£6.50) per person each way. Taxis (there's a taxi phone on-site) also have to be summoned, and they charge 250SEK (\$50/£25) each way. For flight information, call tel. 054/455-50-10.

By Train -- Six trains per day run between Gothenburg and Karlstad, ten trains per day arrive from Stockholm, and three trains per day come from Oslo. Each takes about 3 hours. For rail information, call tel. 711/75-75-75.

By Bus -- Three buses per day arrive from Gothenburg, taking 4 hours; four arrive weekly from Stockholm, taking 4 1/2 hours; and two arrive weekly from Oslo, taking 4 1/2 hours. Check locally for bus schedules, which change from month to month. Note that both the train and the bus stations lie in the center of town. For general information, call tel. 0200/21-82-18 (within Sweden).

By Car -- From Stockholm, take E18 west all the way, and from Gothenburg head north along the E6 expressway, turning northeast at the junction of Route 45, which runs all the way to Karlstad.

We will not have the opportunity to pick you up at the airport of Stockholm, but we can pick you up from Karlstad train station or bus station.



WHAT TO BRING



Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food or drink or any other product you are proud of.

February-March-April period can be very cold and rainy, so pick your clothes accordingly. A good idea might be to bring an extra pair of shoes (rubber boots are a mighty Swedish favorite for a reason!) and a wind-proof jacket.

Since a lot of creative process will originate and depend on your skills and interests, please feel free to bring any accessories that help you in your artistic expression, like colours, cloths, shoes, etc. Please let us know if there are any extra appliances or tools that you need for the creative process, we will do our best to provide them for you.

HEALTH INSURANCE

Health insurance is **not** provided and **will not be reimbursed** by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Sweden are quite high. Also, please have a valid EU healthcare insurance card (if applicable).

PREPARATION

- ✓ Bring all your **travel documents** as presented above. **Print out all your documents even if they are online. We don't have printing opportunities at the venue.**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Prepare a short easy-going **presentation on diversity** in your country, find **interesting videos / games / exercises / educational activities on diversity.**



- ✓ Prepare **exercises/energizers** that could be done in the morning by all the participants.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). We count on you to make these evenings as interactive and fun as possible.
- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing and outdoor activities in the forest).
- ✓ **Bring good spirit, joy and happiness!!!**

Wherever possible, take your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

OUR PARTNERS MUST PROVIDE

- **If you have participants under the 18 years old, participants must provide “Parental Consent form”.**
- **Information with the participants' names, genders, addresses, contact information including phone number and email, birthdate, allergies and special conditions, contacts ICE.**

Co-funded by the
Erasmus+ Programme
of the European Union



SEE YOU ALL IN KARLSTAD, SWEDEN