

YOUTH EXCHANGE INFOPACK



Funded by the
Erasmus+ Programme
of the European Union

Location: **Jõulumäe tervisespordi keskus,
Pärnumaa, Estonia.**

Title: **No Pain No Gain**

Dates: **8th to 16th August 2021** (8th and 16th
are travel dates, activities are in dates)

E-mail: youth.forest.ee@gmail.com

Phone: +372 53738285

Name of contact: Romet

Organizer's website: <https://interest.edu.ee/>



HARIDUS- JA NOORTEAMET

Venue's website: <https://joulumae.ee/en/home/>

Venue's location: <https://goo.gl/maps/3qdyR4ks9JmPrhHk6>

Participants: 5 per country(with group leader) and 18 - 30 year old.

Countries: Lithuania, Slovenia, Bulgaria, Spain, Portuga, Estonia

If your english is not so good, use PDF translation tool

<https://translate.google.com/?hl=et&sl=en&tl=et&op=docs>

It's a short and useful read. Go ahead.

Project description from application

The idea of a youth exchange has been born thanks to today's declining physical activity habits among youth, which is related to the current changing labor market, which favors seated occupations, low mobility and economic well-being. It is enhanced by marketing, forming our traditions and preferences. This youth exchange provides knowledge about dietary health risks as well as the risks associated with daily habits.

During the youth exchange, we find a common approach to both healthy eating and having good physical habits. Participants in this youth exchange are interested in acquiring knowledge about healthy eating and analyzing everyday habits. The youth exchange will be held in Estonia in August 2021, during which young people will learn from each other through games and creativity-enhancing tasks through non-formal learning about risks arising from their habits of their everyday life and finding healthy alternatives to them. The knowledge gained in this youth exchange gives participants more information for healthy choices in life. We support the engagement of the initiative, giving each young person the opportunity to conduct an energizer or a workshop, which gives them the experience of how to organize or share knowledge at local level after the project. Young people also gain knowledge of other cultures and nationalities, with 30 people participating from 6 countries.

Important

This is a learning project, meaning that we will spend lots of time **participating in workshops and learning through playful ways** and also being **physically active** as it is related to the topic of our project. Have some sporty clothes and shoes with you.

Workshop sessions are divided between each country's team. Some workshops are organized by Estonian, some by Bulgarians and so on. If there is a topic you would like to address or something you would like to share, be sure to let your group leader know and we'll fit it into the program.

We will have intercultural nights on 2-3 evenings, so please bring some good music, food, drinks, jokes and information about your country.

You should have travel insurance and **tickets bought before 24. July.**

COVID 19

As long as nobody has symptoms of COVID-19 and your country's infection rate is under 150 for 100000 inhabitants, everything is good. Check your country's COVID-19 status.

More information link below.

<https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers>.

Above link explained:

If the infection rate is over 150, then the best way for people to participate without restrictions is when you:

1) have recovered from COVID-19 and no more than six months have passed since they have been declared cured;

(2) have undergone COVID-19 vaccination and no more than six months have passed since its completion.

If infection rate is over 150 and participant is not willing to have vaccination or cannot access it

If infection rate goes over 150 and participant will take PCR tests, 1 in Spain and 1 in Estonia (2th PCR test can be taken 6 days after 1th PCR test), they still have to be quarantined in Estonia and I cannot promise we have budget for covering PCR testing and self isolation costs, only partially. Everything that is left from the travel budget can be definitely used for COVID-19 related costs, but that amount is not known until everybody buys travel tickets.

Option I would suggest is that participants take the PCR test on 1-2th august in their county's local COVID-19 testing facility, then arrive to Estonia on 3-4th august and on 6-7th august take second PCR test in Estonia and if it's negative they will join group on 8th august.

And of course with this option they should be mentally prepared to cover self isolation accommodation, food and PCR tests on a personal budget. PCR tests in Estonia are about 60€ and accomodation plus food can be 30-40€ per day.

Reimbursements

Your public transport costs are wired back to you max **3 months** after the youth exchange. Why does it take 3 months? After this project that is funded by European Commission, we need to submit reports that everything went well and after that we receive the last 20% of funding. Sometimes it takes less time, sometimes more.

Max travel reimbursements below. You should keep all receipts and also boarding passes for flights. Best if they are digital (PDFs) and sent via e-mail.

Lithuania 180€
Slovenia 275€
Bulgaria 275€
Spain 530€
Portugal 530€
Estonia 20€

Before buying, please confirm travel dates and flight routes. Group leader's will collect all travel preferences from participants and submit it to youth.forest.ee@gmail.com and we will confirm those in 1 working day.

How to get here



Take a flight to RIX or TLL and then take a Lux Express bus to Pärnu City. We'll pick you up with a car.

There might be another set of COVID-19 restrictions when flying through RIX in Latvia.

Buses from RIX or RIX Coach station.

<https://luxexpress.eu/en/tickets/search?departDate=2021-08-08¤cy=EUR&promocode=&fromBusStopId=18860&toBusStopId=8723&lang=en&passengers=1>

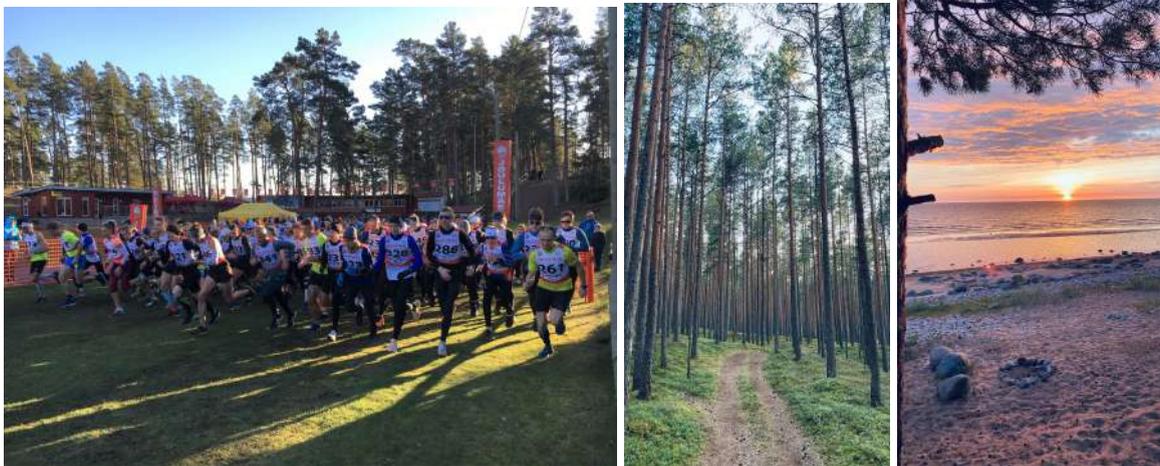
<https://ecolines.net/ee/et/booking-search?locale=et¤cy=11&returnOrigin=202&returnDestination=1&returning=0&type=0&outwardOrigin=1&outwardDestination=202&outwardDate=2021-08-08&adults=1&children=0&teens=0&seniors=0>

Buses from TLL or Tallinn Coach station

<https://luxexpress.eu/en/tickets/search?departDate=2021-08-08¤cy=EUR&promocode=&fromBusStopId=17028&toBusStopId=8723&lang=en&passengers=1>

Venue

Jõulumäe tervisespordi keskus. One of the best places for sports recreation. It's big and you can do different activities in your free time - forest run, football, basketball, disc golf, go for a swim in a lake or sea.



You will have your own tiny little house for sleeping and you'll share it with 3 buddies.



Place is big, lots of tracks and sports facilities.

Food



This is what an average vegetarian meal looked like last summer. Meals are big, but prepare for simple cuisine. Estonian typical meal is a little bit of potato / rice / pasta, a little bit of salad, and a little bit of meat. Of course all requests for vegetarian, vegan, lactose intolerance and gluten intolerance are handled accordingly.

Shopping

There are no shops nearby but you can buy simple stuff such as ice cream or coke from the venue's desk any time. We will also visit Pärnu, the summer capital of Estonia for one day and you will have time for shopping and wandering around. We'll take some participants to shop with a car every few days and they can handle your purchases.

Weather and nature

About 24 degrees, might rain a few times but not for long. Estonia and the region itself has more humidity so 24 degrees is definitely not cold as 24C might be felt in some parts of the world. Nights are chilly though, having **warm clothing** with you is a good idea. There are no dangerous animals in the forest except these fellas.



They are called ticks and they exist in many parts of the world and 20-50% of them carry 2 infectious diseases. For example Justin Bieber and Avril Lavigne have been bitten by ticks and have Lyme disease. Can be very serious.

I personally think you should not worry, but should take precautions and check your skin on a regular basis. They prefer soft skin so it will take time for them to find a sweet spot. Finding ticks from your skin is common, but I know only 1 person who has actually gotten sick. As we spend lots of time outside - look out for these.

Dissemination activities

Each group is expected to organize a dissemination activity once they return back to their communities. The purpose of this activity is to spread the results of the project among other people. By deciding to take part in this project, the participants are assuming the **responsibility of organizing the dissemination activity** in their community. More detailed information about this will be provided during a dedicated session, in one of the activity days.

End.

See you soon!