

Better future

Youth Exchange

Infopack



22 August - 1 September 2019
Lastours, France



Dear participants, We are an organization involved in two main topics ; environment and international mobility. Association de Développement du Haut-Cabardès (ADHC) has been thinking about international mobility for youngsters since more than 15 years ago.

this document was created with the purpose of answering your questions related with the project and to welcome you in our small campsite.

- 1) What is a youth exchange ?**
- 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 is a youth exchange ?

Youth Exchange 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?

Italy - ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA

Spain - ASOCIACION BRUJULA INTERCULTURAL

Lituania - Tarptautinis bendradarbiavimo centras

Roumania - ASOCIATIA TINERII 3 D

Greece - YOUTHphoria

3) Topics, general description and objectives of the project



The main topics of this project will be:

understand our impact on the environment and how be more eco-friendly and responsible, to discover the environmental and societal issues of each country in a context of intercultural and interactive exchange, to make young people aware of the protection and sustainable management of their environment, intercultural learning and non-formal education and make them act in their every day life.

The name of the project is “**Better future**”, because the main objective of this project is to understand the importance of our role to all in the fight against global warming and learn what actions can be put in place in our societies to act in a sustainable development approach.

It will take place for 11 days in a small eco-friendly campsite. (22 August - 1 September 2019). The method will use different activities (debate of our environmental impact, cooking, building, movie etc). Through this, participants will improve their learning abilities and their self-esteem, be more aware of the intercultural dimension and develop their curiosity, understand the notion of sustainable development, 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. To facilitate the exchange between the participants from the first day we will use ice-breaking methods like team building games. So every group will be involved in this process.

As the 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.

The main objectives of this project are:

- ✓ learn how to put eco-friendly actions into everyday life
- ✓ discover people from different cultures and learn to open up to others
- ✓ to be concerned about global warming and how we can act against it
- ✓ a better knowledge of environmental protection
- ✓ a better understanding of the impact of our consumption choices and practices on our environment
- ✓ a better understanding and knowledge of cultures in our modern societies
- ✓ a reinforced communication capacity between young people with different cultures
- ✓ greater flexibility and tolerance in the context of cultural diversity that characterizes our society

4) Project date



Dates: 22 August - 1 September 2019 (travel included) – Lastours, France

Please note that Lastours is at 1 hour and 30 minutes from Toulouse and 3 hours and 30 minutes from Barcelona. 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)

6) What to bring?

- Intercultural food to share
- 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

<https://www.campingdelastours.fr/>

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.

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.

8) Travel cost

Kepp all your *original travel documents*: bus and train tickets, invoices, boarding pass... Participants will be reimbursed up until a maximum amount granted by the European Commission.

| Recapitulation of the Travel Cost (for coming and returning home) | |
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| The amount is referred for 1 participant | |
| France | 20 € |
| Italy Spain Romania Greece | 275 € |
| Lithuania | 360 € |

9) Contacts

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