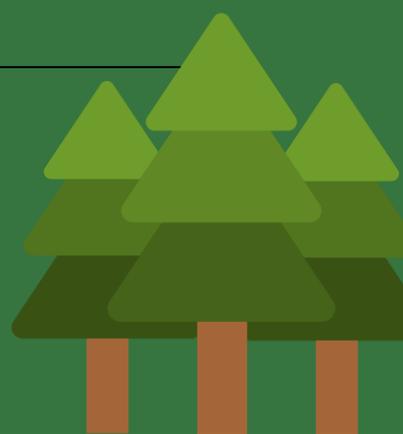


28 JUNE - 09 JULY 2021

# NATURAL IDENTITY

Lastours, France



## WHAT?

This intercultural experience is based on the theme of nature and eco-sustainability. The concept "Natural Identity" aims to make us more aware of the environment but also to show that there are solutions to build a more sustainable society while respecting nature and all living beings.

Thanks to this project, each young person will be able to better understand the notion of nature and eco-sustainable development, to be able to apply and develop concrete eco-actions and to also question their lifestyle and consider transforming certain actions in their daily life, to make them more environmentally friendly. To allow this, the exchange will take place at Camping Le Belvédère. A place in the heart of nature that aims to reduce the impact of its activities on the environment in line with global environmental policies.

Participants will be led to do activities around the discovery of healthy and more sustainable lifestyles, always in connection with nature and themselves. The activities will also call on everyone's creativity and not just their knowledge ( creation of video, facebook post, photo reports ...) These activities will allow young people to practice one or more foreign languages and finally, be part of a multicultural group to have another approach to non-formal education and socialization.

Participants will work in small groups on different activities, they will be trained according to a balance of gender, nationality, knowledge and level of English. It will be carried out mainly in English, allowing young people to improve in this language and better understand the importance of mastering it. Obviously, in the case of participants with particular difficulties or disabilities, they will always have the necessary support.

Sustainable, development, environmental awareness, intercultural sharing and a lot of learning through experience. It's time to discover our natural identity !

## Partners and Participants

We will have 6 groups of participants, each one from a different country. Each group will be formed by 5 participants (18-25 years) and 1 leader (minimum of 18 years)

Italy ( KORA),  
Spain (BRUJULA),  
Lituania (TARPTAUTINIS),  
Roumania (TINEIIRI),  
Greece (YOUTHEUPHORIA),  
France (ADHC)

## What to prepare before the exchange ?

- Send the registration form and follow the selection process
- Get a full travel insurance policy
- Prepare or get something to share in the Coffee break on the morning of your national day
- Prepare Energizer activities for the morning and afternoon of your national day

- Decide 2 national typical dishes to prepare during the intercultural night (don't forget something for vegans/without gluten !)
- A presentation of another participant country that we will indicate (10-15 minutes, interactive & dynamic) for the intercultural evenings.
- A presentation of your culture and language of your country (dances, games, language lesson... Be creative !)

## Some activities that you will do during this exchange :

Teambuilding and Ice-breaking activities	Gardening and Permaculture basics	Introduction to sustainable development
Low impact cooking	Recycling and repurposing	Debates about human impact
DIY workshops: natural cosmetics, homemade bread...	Treks in nature and yoga	Intercultural Nights
Sharings and feedbacks	Creation of a documentary	Event with local community



## AFTER THE EXCHANGE

After this project, you will be able to better understand what sustainable development is, to be able to apply and develop concrete eco-actions.

To also to question yourself about your lifestyle and to consider transforming certain habits, in order to be more respectful with nature.

You will also have the chance to improve your english and your knowledge of other cultures and languages.

You will be able to develop more open mindedness, tolerance and teamwork.



# 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 !

## ACCOMODATION

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

To promote minimalism and simplicity, participants will be welcomed in mobile homes or wooden chalets, on large wooded areas of oaks and with views of the Cathar castles of Lastours. (It's also possible to be accommodated in tents if the participant prefers).

The campsite of course complies with all security regulations.

Through a comprehensive and eco responsible environmental policy, this campsite has been certified as a "Clé Verte" ("Green Key") as we always aim to reduce the impact of our activities on the environment. Camping Le Belvédère is a very good location because it's connected to the goals of this youth exchange.

## TRAVEL

For the travel costs, the participants or the sending association, will advance the budget of the tickets that we will be reimbursed during the exchange, upon receipt of all your original travel documents : bus and train tickets, invoices, boarding pass...

*Participants will be reimbursed up to the maximum amount granted by the European Commission.*

## BUDGET PER COUNTRY:

France : 20€  
Italy, Spain, Romania, Greece : 275€  
Lithuania : 360€

*Simple choices can make big differences on the environment !*

This is why we encourage participants to choose or prioritize green transport, such as train, bus and blablacar.

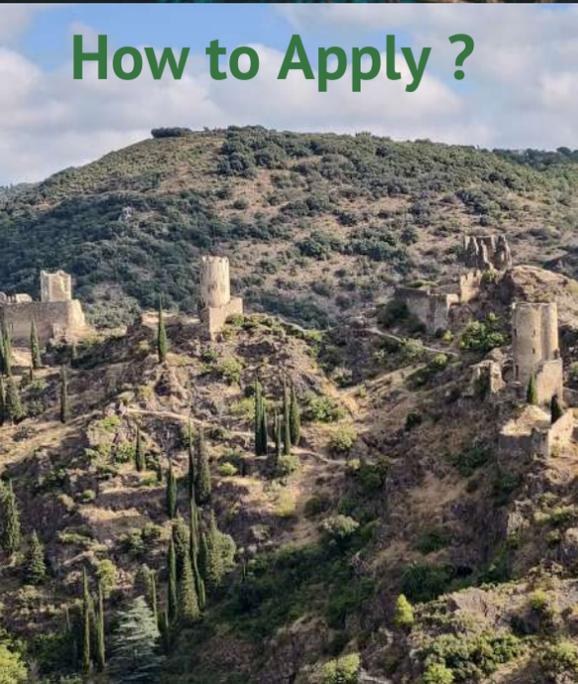
Please note that Lastours is at 1 hour and 30 minutes from Toulouse and 3 hours and 30 minutes from Barcelona. The nearest city for the arrivals is Carcassonne, our staff will pick you up from there.

Don't hesitate to contact us for any information or tips about your travel !

## How to Apply ?

If you want to be a part of Natural Identity, please, fill in the [application form](#), you will be contacted by our project coordinator to follow the next steps for the selection process.

If you want, you can also contact your sending organization in your country (check the section "partners").



CONTACT

CONTACT

**Project Coordinator:**

**Céline Sers**  
**ADHC**

[celine@lesjardiniersdelamobilite.fr](mailto:celine@lesjardiniersdelamobilite.fr)

**If you have any questions or need more information, don't hesitate to contact us !**

[www.lesjardiniersdelamobilite.fr](http://www.lesjardiniersdelamobilite.fr)

<https://www.facebook.com/adhc.moves>

YOUTHphoria

