

The page features several decorative circles: a large blue circle with white dots on the left, a smaller blue circle with white dots on the right, and a large yellow circle with white diagonal stripes on the right. A partial yellow circle with white diagonal stripes is visible on the far left edge.

A WARM WELCOME

TO THE INTERNATIONAL TRAINING COURSE

IMPROVE YOU(TH)

HOW TO ORGANISE A YOUTH EXCHANGE

6 – 12 of January 2020

Mõedaka, Estonia



WELCOME TO THE AMAZING WORLD OF ORGANISING A YOUTH EXCHANGE

We hope that you have heard the words **Erasmus+** and **youth exchange** before.

Maybe even in one sentence or better yet – you know how one Erasmus+ youth exchange project **looks like**.

Every way, you are reading the **right** infopack! The 6-day long training course **Improve You(th)** will get you closer to **your own** youth exchange **with the guidance** of great trainers who like to believe that **sharing is caring** and that's what they will do during this meeting – **share the knowledge from their own experience** and hope that you **are willing to do the same**.

Are you on board?
Let's go!



WHAT TO KEEP IN MIND

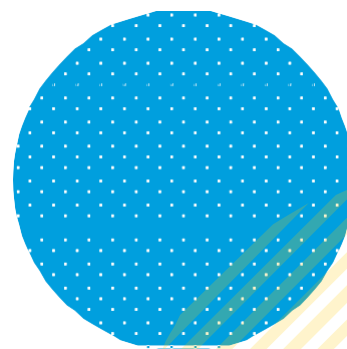
DON'T THINK TWICE ABOUT
APPLYING FOR THE TRAINING IF
YOU ARE...

- **Curious** about such an exciting countries as Portugal, Latvia, Lithuania, Bulgaria, Spain, Cyprus and Estonia
- Already having some **experience** while participating in a youth exchange
- **Ready to take the lead** and organize one great international youth exchange
- Willing to **share your knowledge and experiences** and **ready for** new methods, ways of work and networking
- At least **18 years old**, ready to travel on your own, discover **beautiful snowy** and maybe even a bit cold Estonia (if we are lucky enough, there will even be workshop about **skiing**)



THE COST OF THIS EXPERIENCE

- The accommodation, meals and activities will be carried out thanks to the support of European Commission and Erasmus+ programme
- Same goes with the travels, but here's something to keep in mind: **at first we kindly ask you to pay for your travels and later we can reimburse it to you.** Here are the maximum reimbursement country by country (from your home door to training venue and back again):



Spain	530€ per participant
Bulgaria	275€ per participant
Latvia	180€ per participant
Lithuania	275€ per participant
Cyprus	360€ per participant
Portugal	530€ per participant
Estonia	20€ per participant

If you feel like enjoying Estonia some longer, keep in mind: Early arrivals or late departures will be the own responsibility of the participants. According to Estonian NA the arrival and travel back must be realized by participants maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. Also, if you want to stay one or two days longer, before or after the training course, we will not be able to host you at the training courses' location. So, you will have to find a place to stay at your own. Also, all your cost during these two days will be yours to pay. If you are going to stay longer, let us know!

SO, I HAVE BEEN CHOSEN TO COME...

WHAT SHOULD I BRING?

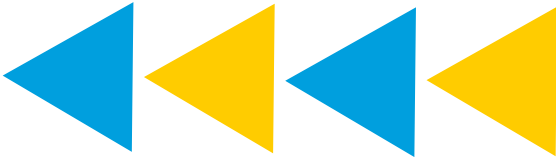
- First of all – please be weatherproof. With coming to Estonia it pretty much means that be ready for all kind of weather. Keep an eye on the forecast and bring weatherproof clothes.
- Comfortable clothes and shoes, also shoes do wear indoors.
- A personal water bottle (we care for the invoronment ☺)
- Medecine that you usually take
 - Hygienic kit and towel set
- **Travel and health insurance and European Health Insurance Card**
- **Invoices and travel tickets**
- **Your personal computer in order to work with the application form of youth exchange**
- For the cultural evening: traditional food, drinks, music, costumes, posters or anything about your country you think that could be interesting to present to the whole group
- Like mentioned before – the will to share your experiences about youth exchanges and of course, don't forget your energy do get to know new people and beautiful Estonia

WHERE ARE WE GOING TO STAY?

- Our great hosts during this training course will be one adorable family business, hostel and sport center in east of Estonia in a village called Mõedaka (don't worry, you will know how to pronounce it by the end of this TC ☺).
- It is just one hour from the capital Tallinn. The closest town, just 15km from Mõedaka, is Rakvere. [This is also the place where you need to get to by train or by bus from Tallinn on 6th of January.](#)
- You will sleep in rooms for 4-5 persons. The rooms will be made according to the gender. The bathrooms, like the rooms, will be shared.
- The building has 6 bedrooms with bunked beds, meeting rooms, AND! sauna and jacuzzi. Bring your swimming clothes!
- About the meals: we have breakfast, lunch and dinner made by the amazing cooks of Mõedaka sport center and two coffee breaks every day. We will keep in mind the allergies, wishes for vegan/vegetarian/gluten free/dairy free/lactose free food.



PROGRAMME



DAY 01

Monday
6th of January

ARRIVAL TO MÕEDAKA: By train from Tallinn at 17.30 or 21.30

evening **OPENING AND DINNER AT 20.00**
Getting to know each other, team building

DAY 02

Tuesday
7th of January

morning **WELCOME & INTRODUCTION**
Team cooperation, expectations, contributions, organisations market, getting on the same page

afternoon **ENTERING ERASMUS+ WORLD**
Erasmus+ and European Solidarity Corps introduction, Erasmus+ YE quality criteria and project life cycle, good and bad practises in YEs.

evening **CULTURAL NIGHT**
Three of our amazing countries get the opportunity to introduce themselves

DAY 03

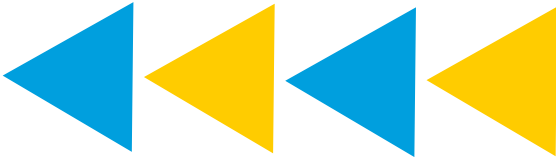
Wednesday
8th of January

morning **GETTING CLOSER TO YOUR YOUTH EXCHANGE**
Obstacles, difficulties, partnership quality

afternoon **GETTING CLOSER TO YOUR YOUTH EXCHANGE**
Project idea: activity design, evaluation assessment – learning to learn - Youthpass

evening **CULTURAL NIGHT**
Four of our amazing countries get the opportunity to introduce themselves

PROGRAMME



DAY 04

Thursday

9th of January

morning VISIT TO LÜGANUSE
Visiting partners and organizers of local youth exchanges, visiting local major

afternoon VISIT TO LÜGANUSE
Dissemination of results and outputs, starting to share your project idea

evening SAUNA NIGHT

DAY 05

Friday

10th of January

morning FACING THE APPLICATION FORM

Facing the application form, writing your very own project!

afternoon FACING THE APPLICATION FORM

Facing the application form, writing your very own project! Feedback for the form from the trainers

evening SAUNA NIGHT

DAY 06

Saturday

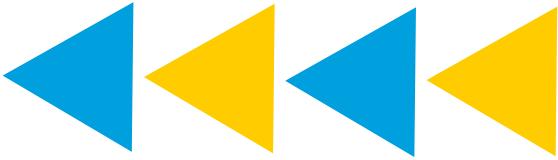
11th of January

morning AFTER TRAINING AND EVALUATION
Planning next steps and saying how it all was for you

afternoon EVALUATION AND YOUTHPASS CEREMONY
Some more evaluation and time to get your youthpass

evening FAREWELL PARTY

PROGRAMME



DAY 07

Sunday

12th of January

Time to head back home and start organizing your very own youth exchange!

There will be **two possibilities** by train on that day to get to Tallinn for your flight:

- By train with arriving at **7.30 in the morning to Tallinn**
- By train with arriving at **10 in the morning to Tallinn**

Please keep it in mind while booking the flights!



CONTACT & QUESTIONS

With all kind of questions (questions on travels,
accommodation, the programme, and others),
feel free to contact:

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