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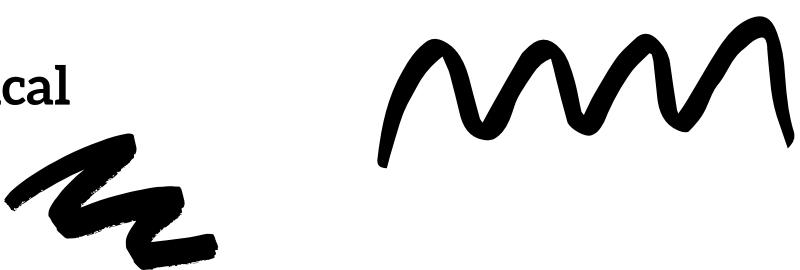
Youth Exchange

LET'S CHANGE BEFORE THE CLIMATE

Do you feel ready to change
for our planet?

Eco-sustainability, ecological
lifestyle, resilience
and survivalism

**30 AUGUST TO 11
SEPTEMBER
LASTOURS, FRANCE**





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~ **What type of project is it?**

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~ **Topics,
general description and objectives
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~ **Project
dates and activities**

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~ **What to bring?**

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WHAT TYPE OF PROJECT IS IT?

Youth Exchanges 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.





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WHO WILL PARTICIPATE?

This project will bring together 6 participants for each country: France, Romania, Spain, Greece, Lithuania, Italy and Algeria

	Country	Name of the partner
1.	France	Association de Développement pour le Haut Cabardès - ADHC
2.	Italy	Associazione Di Promozione Sociale KORA
3.	Romania	ASOCIAȚIA TINERII 3D
4.	Lithuania	Tarptautinis bendradarbiavimo centras
5	Spain	Asociación Brújula Intercultural
6.	Algeria	Youth Association for Environment and Culture
7.	Greece	YOUTHphoria

GENERAL DESCRIPTION AND OBJECTIVES OF THE PROJECT

"Let's change before the climate does" is a project that aims at raising awareness of youngsters about the environment and how to face the changements of our planet, to do it during this exchange We're gonna pass through differents topics, and at the same time through different approaches to change our commitment.

Objectives

- Promote the understanding of sustainability and sustainable lifestyle.
- Improve awareness on own lifestyle compared to sustainability
- Improve awareness on current planet situation
- Learn about resilience
- Learn how to face an emergency situation
- Giving the opportunity to have intercultural night with local people to share with them aims reached during the YE and typical food and traditions.



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PROJECT DATES AND ACTIVITIES

 **Dates: 30 august - 11 September
2021**

Please note that Lastours is 2 hours from Toulouse and 4 hours from Barcelona; don't hesitate to contact us for any information or tips about your travel!

Activities

On the first days we focus on getting to know each other and the venue, then they will commit in activities to grow up their natural conscience. They will see how they can practice sustainability by having fun and learning new things.

The purpose of those workshops is that participants go home more aware about sustainability, resilience and climate change. We can change the world by building a more friendly place through cooperation.

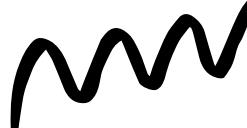




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WHAT TO PREPARE BEFORE THE EXCHANGE?

- Short sketches on the sustainability bad habits. They don't have to be ready, but at least you should have discussed the subject with your national team.
- Agree on what kind of snacks, food, drinks you want to bring and present in terms of country's cuisine.
- For intercultural nights: think about funny and educational questions and videos about your country.





WHAT TO BRING?

- Wind and waterproof clothes (weather is drastically changeable)
- Protection against the sun (hat, sunscreen, sunglasses)
- Your personal accessories (showering products, towels, toothbrush, etc)
- Hiking or running shoes
- Flashlight
- Personal drinking bottle
- One laptop per national team
- If possible: food or drink from your country
- Swimsuit for very brave ones!
- Yourself! ☺

Weather forecast website:

<http://www.meteofrance.com/previsions-meteo-france/lastours/11600>



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ACCOMMODATION

Participants will be accommodated in mobile homes on large wooded areas of oaks and with views of the Cathar castles of Lastours.

The camping of course complies with security regulation. Bathroom will be shared.

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 has beautiful scenery.

You can check our webpage
<https://www.campingdelastours.fr/> for more information and pictures.





TRAVEL COSTS

	Country	Round trip budget
1.	France	20 euros
2.	Italy	275 euros
3.	Romania	275 euros
4.	Lithuania	360 euros
5	Spain	275 euros
6.	Algeria	275 euros + 90 euros VISA
7.	Greece	275 euros

*All travel costs are calculated with the Distance Calculator. It is designed for organisations taking part of Erasmus+ programme by the European Commission.

Every participant that will reach us without plane will receive a useful outdoor gadget.

Let's try to reduce our impact since the begin of the project :)



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CONTACTS

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