

Co-funded by the
Erasmus+ Programme
of the European Union



Our Rights, Human Rights!

Type of Activity: Youth Exchange

PLACE AND DATE: (8-16 January) to [Hvalsø, DENMARK](#).

PARTICIPANTS: 60 young people (8 youth + 2 group leaders from each country).

COUNTRY: Partner countries will be from **UK, Denmark, Lithuania, Macedonia, Turkey and Hungary**.

LANGUAGE: The working language will be English.

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SUMMARY OF PROJECT



Involving people from different parts of Europe, this project seeks to show that the concept of human rights is relative to the social and cultural context in different societies, but still it has relevance everywhere around the world. Thus, with this Youth exchange we want to orient participants in the intellectual tradition of human rights and to give them the resources which will allow them to appreciate and criticize its contemporary status. Given that, we want to help young people gain better understanding and knowledge of human rights inherent to all human beings, whatever the nationality, place of residence, sex, national or ethnic origin, color, religion, language, or any other status is. In that regard, this project will open discussion on some of the most important issues related to human rights, such as the current situation with the refugees and immigrants across Europe. Also this Youth exchange aims to empower young people to become more active in their daily life and to use their talents towards a positive cause, such as promoting democracy, human rights, and the rule of law in the civil society. The project's objectives are set as following:

- to explain different approaches and perspectives about human rights, as well as to exchange experiences and practices on projects' topic among youngsters from different countries, cultures and backgrounds;
- to raise awareness among youth across Europe about the importance of supporting and exercising human rights;
- to empower youth to become more active in their daily life and to use their time qualitatively and usefully;
- to transform participant's own personal experiences, to develop competencies and to learn a variety of techniques to develop creatively;
- to encourage participants' talents and build their confidence;
- to give advice about active youth involvement and to promote social inclusion and anti-discrimination;



ACTIVITIES AND METHODS



The methodology will be based on non-formal educational methods such as, practical exercises and opportunities for experiential learning. Thus, during the whole project methods will be used, such as interactive presentations, open discussions, and various creative workshops including individual and group work. The first working day will be used for presentation of project's programme, establishing learning goals and clarifying practicalities related to project's participation. Also, some of the sessions will include energizers, name games, ice-breaking and team-building activities in order participants to get to know each other better. Interactive presentation about the Erasmus+ Programme and Youthpass certificate will take place as well, followed by an evaluation of the day using the method Flower Power. The next few days will be dedicated to exploring the universal declaration of human rights through role plays, debates, outdoor activities etc. Furthermore, the whole project will culminate with creating an impactful video about human rights appealing to youth across Europe which will be promoted in a social media campaign designed and implemented by participants during the project. Next, they will create messages about human rights and will distribute leaflets in order to remind, inform and raise awareness among the local community about the importance of respecting human rights. Besides that, a booklet will be created by the participants containing all activities implemented during the project supported with photographs and links leading to more information on the web. Thus, the booklet will be distributed by partner organisations using their data base of organisations and among other young people active in the youth field. In that way, they will be able to see what we have done



during the project and use our resources when implementing projects on the same topic. In addition, Facebook group will be created by the participants as a resource for sharing all project's materials and will serve as a platform for participants to continue to be active promoters of human rights and educate other people on this topic. Such original creation will show how people coming from different countries can break down barriers between cultures, languages, stereotypes and backgrounds. Also, participants will host intercultural evenings in order to present their countries and cultures and add value to the intercultural dimension of this project.



TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

Type of Activity: YOUTH EXCHANGE;

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
UK	Denmark	500 - 1999 km	10	275.00
Macedonia	Denmark	500 - 1999 km	10	275.00
Lithuania	Denmark	500 - 1999 km	10	275.00
Hungary	Denmark	500 - 1999 km	10	275.00
Turkey	Denmark	2000 - 2999 km	10	360.00



After sending their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (**Hvalsø**, Denmark). These distances must be calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants.

Please note any extra days you wish to stay will be your own responsibility and food etc.
Visa costs will be covered by participants.

VENUE



Note: Organisers will not provide any accommodation for additional stay in Denmark. If participants plan to arrive a few days earlier or depart a few days later they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel.

HOW TO REACH HVALSØ

There can be two alternatives. First we can pick up all participants at the same time from Copenhagen city center or you can come to project place by yourself.

If you want to come yourself;

1. Flight is the easiest way to come to Copenhagen.
2. Take train from CPH Airport to Hvalsø St.
4. We will pick you up from Hvalsø St. busstation.

Follow this link please; <https://www.rome2rio.com/map/Copenhagen-Airport-CPH/Kirke-Hvals%C3%B8>

If you have any difficulties with coming to HVALSØ, please contact us.



ACCOMODATION

Lerbjergcentret

Lerbjergvej 25, 4330 Hvalsø, Danmark

IMPORTANT

There are going to be 2-4-6-8 persons per room. We can't arrange special room for couples.

Participants MUST prepare and make breakfast, lunch and dinner.

3 meals per day, plus coffee and snacks made by the participants in coordinated international work groups. Tasks will be divided between participants and everybody MUST obey the rules.

VERY IMPORTANT!

The place is belonging to government and it is total alcohol forbidden in the place and during the project.

HEALTH INSURANCE

Health Insurance



Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in DENMARK are quite high if you don't have.



PREPARATION



The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).

Each of the participating countries should;

- ✓ Bring all your **travel documents** as presented above. **Print out all your documents even if they are online. DO NOT FORGET TO TAKE WITH YOU!**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Prepare a **presentation on diversity** in their country.
- ✓ Find **interesting videos / games / exercises / educational activities on diversity**.
- ✓ Prepare **energisers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! :) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing).
- ✓ **Bring good spirit, joy and happiness!!!**

Wherever possible, take your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

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SEE YOU ALL IN HVALSØ, DENMARK