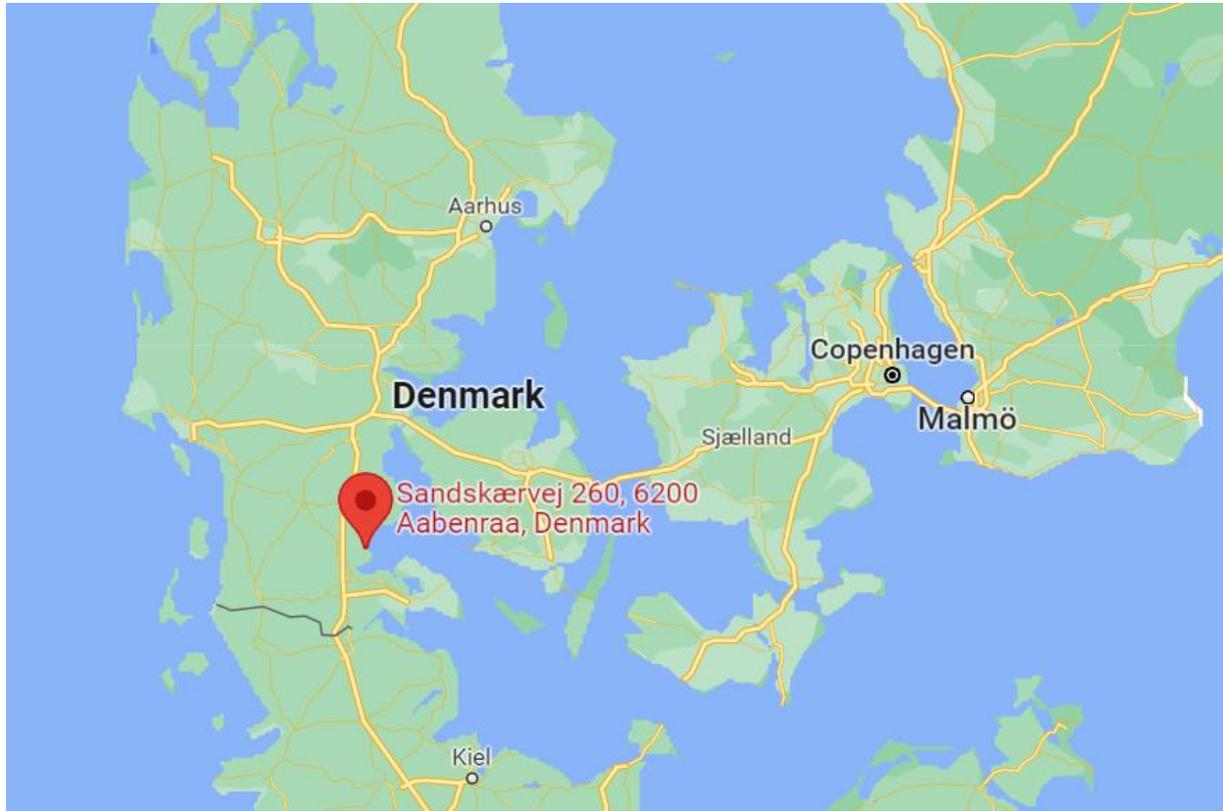




## OUTDOOR



## YOUTH EXCHANGE

### AABENRAA, DENMARK

**PLACE AND DATE:** 2-11 JULY 2022, AABENRAA, DENMARK

**PARTICIPANTS:** 60 people (10 youth + 2 group leaders from each country)

**COUNTRY:** UK, Denmark, Poland, Lithuania and Turkey.

**LANGUAGE:** The working language will be English.



# SUMMARY



“Outdoor”’s aim is to increase the awareness of the importance of including sports and other outdoor recreational activities in the lives of young people in the communities of partners involved, emphasizing their positive impact on a healthy lifestyle. A variety of non-formal learning methods in a multicultural context, as well as many practical activities, will be used to reach this aim.

Project objectives:

- Facilitating the exchange of experiences, information and ideas within the group (48 young people and 12 leaders from 5 countries) to raise awareness of the beneficial effects of sport and recreational activities outdoors;
- Preparing the group to experience (learning by doing) many concrete activities, during the implementation;
- Disseminating relevant project-related information in the communities involved through the creation of the following tools by the participants: 5 motivational videos, 1 dedicated Facebook page, 1 dedicated blog;



-Increasing the potential for international cooperation for youth organizations on a duration of 2 years.

## ACTIVITIES AND METHODS



### Working Methods

The non-formal methods that stands at the base of “Outdoor” have different approaches and roles to ensure the desired results from the project. The methods are grouped by the following system:

-INTEGRATIVE, dedicated to group building and improving the dynamics between participants.

Examples of sessions: name and ice-breaking games, team-building games, working in national and mixed teams (including motivational video production), group presentations, hiking in groups, adventure park activities in groups

-CREATIVE, dedicated to developing the artistic sense and inventiveness of young people, giving them freedom of expression. Examples of sessions: interactive presentations about sport, Open Space, creating motivational videos, cultural evenings presentations

-ICL (intercultural learning), that helps participants overcome prejudices and stereotypes about other cultures. Examples of sessions: Albatros and The Little Men exercises, cultural evenings, trip to “Outdoor” and leisure time generally spent in the area for the discovery of some local cultural elements



- LEARNING BY DOING, for putting participants in situations often outside their comfort zone, from which they will learn more about. Examples of sessions: adventure park activities, orientation on mountain trails and hiking, tyrolean/zip-line, individual and team sports played within the group, interviews at the study visit

-REFLECTION (and self-assessment), that encourages young people to express what they think and what they would like to change, also giving them the chance to evaluate themselves. Examples of sessions: daily reflection groups, mid-term & final evaluation, Youthpass dedicated sessions (helping young people to discover and understand better the competences gained)

## Who can participate in the youth exchange?



he group of participants consists of 50 young people, aged 18-30 years, and 10 group leaders, without age limit, for a total of 60 persons. Each national group will have 8 young people and 2 leaders.

General:

-Age: 18-30 years old, according to the Erasmus + guide

-Sex: gender balance, wanting equal ratio boys / girls

-Education: Most participants will be in the last year of high school or enrolled in college / master, but some may have completed upper studies

-Workplace: Most participants are unemployed because of their studies or have a temporary one, but it is possible to have an active percentage on the labor market (employees, freelancers); There will be participants with low NEET (who neither study nor do not have a job)



## TRAVEL COSTS

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

| Country of Origin | Country of Destination | Distance Band | No. of Participants | Travel Grant per Participant |
|-------------------|------------------------|---------------|---------------------|------------------------------|
|                   | Denmark                | 500-1999 km   | 12                  | 275.00                       |
|                   | Denmark                | 500-1999 km   | 12                  | 275.00                       |
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|                   | Denmark                | 500-1999 km   | 12                  | 275.00                       |

**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 (**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. **It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).**

**Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.**

*Please note any extra days you wish to stay will be your own responsibility and your food etc.*

**Visa costs** will be covered by participants.



## THE VENUE



**Note:** Organisers will not provide accommodation for any additional stay in Norway. 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

## ACCOMMODATION PLACE

### Frederikshøj





<https://frederikshoejlejen.dk/>

**Rooms:** Participants will be accommodated in 3 or 6 people each room. The main activity room is located in the hotel. Wi-Fi internet connection is available. Organisers will provide participants with three meals per day. Food will be served.

**Bring your personal stuff like towels etc...**

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.

## **HOW TO REACH THE LOCATION**

**You can fly to Copenhagen/Aalborg/Hamburg Airports. From all those places you can come to project venue by buss or train.**

**In case, we can pick you up from closed place like cities Aabenraa and Haderslev by car or minibus.**

**From Aalborg;**

**<https://www.rome2rio.com/map/Aalborg/Sandsk%C3%A6vej-260-6200-Aabenraa-Denmark>**

**From Copenhagen;**

**<https://www.rome2rio.com/map/Copenhagen/Sandsk%C3%A6vej-260-6200-Aabenraa-Denmark>**



**From Hamburg;**

**<https://www.rome2rio.com/map/Hamburg/Sandsk%C3%A6rvej-260-6200-Aabenraa-Denmark>**

## **WHAT TO BRING**



Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...

## **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 Turkey are quite high if you don't have.



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. We don't have printing opportunities.**
- ✓ 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.
- ✓ 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
- ✓ 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!!!**

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

**CONTACTS!**

**If you have any questions, please contact us**



**SEE YOU ALL IN DENMARK**