



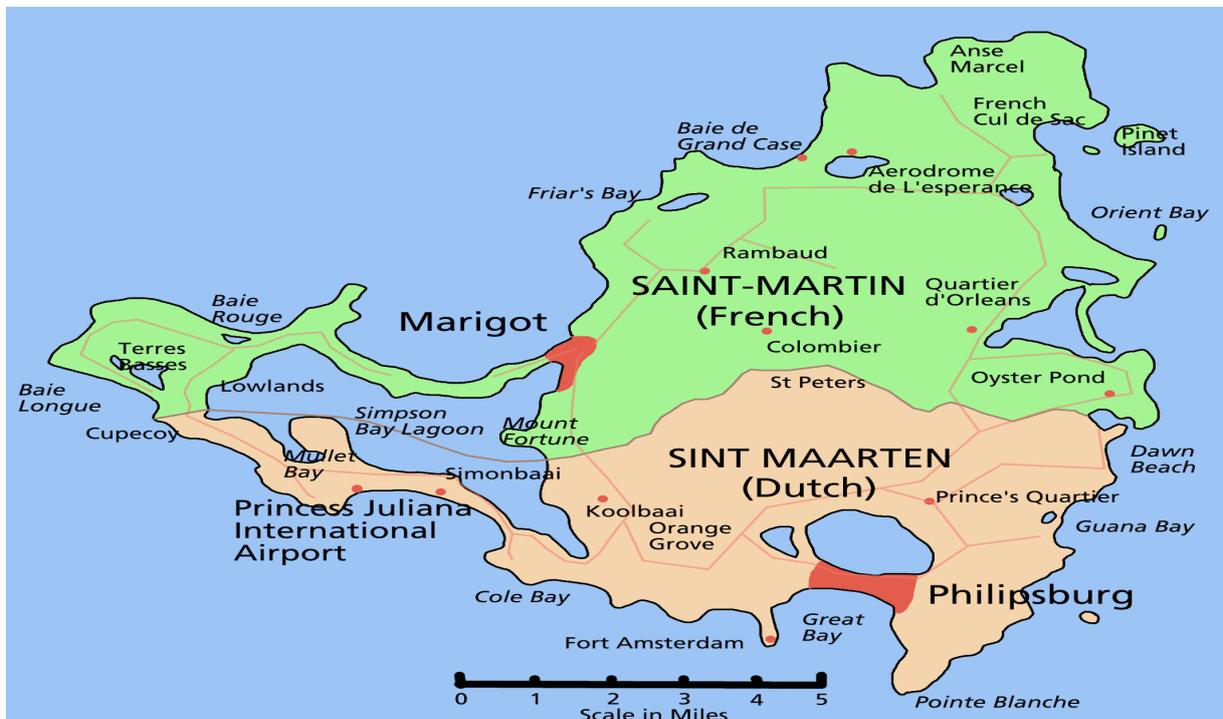
Co-funded by the
Erasmus+ Programme
of the European Union

«UNDERSTANDING»

Youth Exchange

St. Peters, Sint Maarten

1 - 10 MARCH 2021





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

The project aims to promote a tolerance, pluralism and respect, exchange best practices and experiences of multicultural societies, and encourage cross-border cooperation. Participation from youth from different backgrounds and cultures is a treasure that enriches our project. The aim of promoting tolerance, mutual understanding, principles and values is not only that other people know about them, but rather that participants understand and can interact positively towards common goals with common values. Moreover, the project provides space for personal connection with nature, self-reflection, and self-identification using yoga techniques.

The Erasmus+ program aims to improve the level of key competencies and skills of young people and promote active citizenship, intercultural dialogue, social inclusion and solidarity as well as enhance the international dimension of youth activities and the role of youth workers and organizations as support structures for young people. The Youth Exchange program furthers the Erasmus+ objectives by promoting intercultural exchange, youth empowerment, tolerance and key skills. Partner organizations will increase their capacity through participation in the program and working with youth volunteers active in the program.

The project goal will be achieved due to objectives:

1. Bringing together young people building up space for the open, friendly and active communication on the topics of tolerance, social inclusion of young people with different backgrounds;
2. Providing space and platform for conduction of constructive discussion and self-presentation in multicultural community;
3. Investigating elements of multiculturalism, tolerance, partnership and dialog from partner's perspectives.
4. Establishing new international contacts between young people for developing and realization of other joint projects in future;
5. Enhancing the level of young people's knowledge cultures;
6. Assisting in overcoming inner prejudices and stereotypes related to youth with different backgrounds and promoting tolerant attitude

Venue: “Rupert I Maynard Youth Center” in Saint Peters, Sint Maarten

Planned dates: 1 - 10 MARCH 2021 (travel days for arrival/departure included)

Countries involved: Sint Maarten, Lithuania and Turkey.



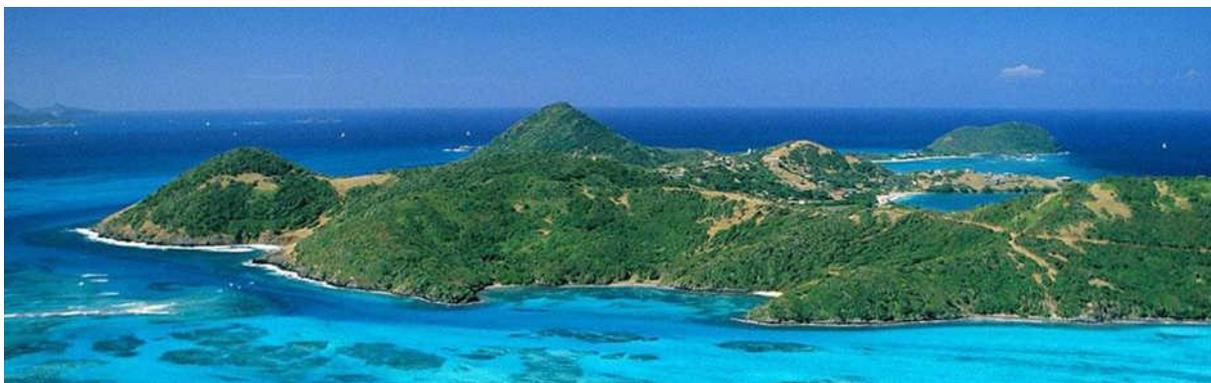
Co-funded by the
Erasmus+ Programme
of the European Union



Who can participate?

There will be 12 participants from each country (9 Youth + 3 group leaders).

The project involves young participants of 18 - 30 years old. The preliminary agreed list of participants is gender balanced and has appropriate for Erasmus+ rules age of participants. As the project mainly focuses on active youth who is actively involved in the social processes and social innovative enterprises, we agreed with partners list of participants of each NGO (active members and motivated youth) who expressed the interest to take part in the project in the project application stage and contributed to the project activities. Preliminary agreed list of participants has the following age structure: about 50% of participants of 18-25 years old (student-aged), 40% - from 25 to 30 and 10% - up to 40 (group leaders).



The island and the venue





COVID-19 SPECIAL MEASURES AT THE RUPERT I MAYNARD YOUTH COMMUNITY CENTER:



do not sneeze in the
palm of your hand



sneeze on your
elbow or scarf



wearing mask



Wash food



Wash your hands

Beside the rules that we all know, and are respecting in our own countries, the following rules are necessary for the creation of a safe and productive learning environment:

- **All persons coming to the youth exchange will need to take an RT-PCR test before the trip as it is mandatory to show a negative test upon entering St. Maarten. The costs related to the test are supported by the participant directly, if their country does not provide free testing.** Travelers to St. Maarten are required to complete a mandatory health authorization application via the Electronic Health Authorization System (EHAS) available on www.stmaartenentry.com and upload their negative RT-PCR test within 5 days or their negative antigen test result within 48 hours. Currently, the following antigen tests have been approved: Abbott (CGIA Panbio COVID-19 Ag rapid test), Becton Dickinson (CGIA BD Veritor COVID-19 test) and Roche (SD Biosensor F test). The list of acceptable tests is constantly being reviewed as government continues to seek the most accurate alternatives to the PCR test. If you cannot present the correct test result, you may not be allowed to board your flight. **You will be screened at the airport on arrival. If the medical team determines that you need to be (re)tested, that will cost you approximately \$120. We do not have facilities at the Center for you to quarantine; you will then have to pay additional costs for a quarantine location.**

- Before traveling, please ensure the rules to return home to your country. Will you need to be tested? Will you need to quarantine? If you need to test before returning home, this must be indicated on arrival so that testing can be scheduled within the specified time.



- **All participants need to bring along face masks that you will use at all times in all common areas inside the accommodations.** We will be using masks inside the activity room and other common areas. You will not need to wear the mask inside your sleeping rooms or outdoors, as long as you maintain proper physical distance. If it is not a reusable mask that you can wash every evening before going to bed, you should bring one mask for each working day. Additional disposable masks may be provided on site.

- Every bedroom, bathroom and common area will be equipped with disinfectant spray, disinfecting wipes and paper towels. The participants are responsible for disinfecting their room and the toilet inside the rooms. The youth center team will be disinfecting common surfaces several times during the day.

- Before each session, the participants will need to wash their hands and use hand disinfectant that will be available at the entrance to the workshops room. The same procedure is necessary before each meal.

- We will have two non-contact digital thermometers. Every morning, group leaders will need to check the temperature of all participants from their team. If someone has a high temperature, the person will need to skip the morning session and self-isolate in the room arranged for these situations.

- After each session, facilitators will gather all materials (such as scissors, glue, markers etc.) that were used by participants and disinfect it for the next session.

- **In order to avoid the use of many glasses during the day, all participants should bring one bottle from which they will be able to refill and drink water during the exchange.** Disposable plates, cutlery and cups for coffee, tea or juice will be available.

- The breakfast, lunch and dinner will be served for each participant. We will explain the procedure to everyone after you arrive at the venue. Only two persons are permitted in the kitchen at any given time.

- **For safety reasons, alcohol will not be allowed during the exchange. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the exchange.** Please don't bring vodka, whiskey or other alcohol that is not a part of your culture and cultural night.

- Please note that the wearing of masks is mandatory in all public spaces on St. Maarten. This includes shops, restaurants, nightclubs and public transportation.

- NO ANY EXTRA DAYS FOR STAYING BEFORE OR AFTER THE PROJECT

- You have to leave the place in the morning on departure day. Because the place must be clean according COVID-19 RULES.

Our main priority is the safety of everyone, and we are sure that these rules and regulations will not stop us from having a good time and meeting amazing people from other countries. If anything is not clear to you or you have any questions, please feel free to contact us at any time.



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

How to reach SINT MAARTEN

According to Erasmus + rules, each participant must choose the cheapest way of travel. You will be reimbursed up to the following amounts: **Lithuania 820 Euro for each person, Turkey 1500 Euro for each person.**

Travel receipts and boarding passes will be needed for the reimbursement. If any of them is missing, we will not be able to reimburse you!

You can travel to Sint Maarten from Europe with KLM and Air France through Amsterdam and Paris.



Arrival

The hosting organization will pick up us from airport. Please send us your arrival dates and time.

HEALTH INSURANCE & PREPARATION

All participants should obtain the relevant travel insurance for entering St. Maarten. The insurance should include covid-19 related potential expenses. At the border, besides your RT-PCR test, you may be required to present the travel insurance (which mentions also covid-19), so please have one.

This is a very important point to remember: any hospital visit will be responsibility of the individual. Any activities are undertaken at the participants' risk.

VERY IMPORTANT! PLEASE WHEN YOU BUY TICKETS, BUY TRAVEL PROTECTION INSURANCE TOO. DO NOT BUY TICKETS BEFORE CONFIRMATION FROM US!

BEFORE LEAVING

We will be doing updates and networking before the trip through Facebook. This has been a great way for everyone to introduce themselves and discuss the project. We also suggest that participants share their particular skills and what filmmaking equipment they can bring. The



organizing partners will try and bring whatever resources they have, but we do rely on people pitching in and bringing their own kit, which should be properly insured.

Final checklist

- ✓ **Bring all your travel documents as mentioned before. Print out all your documents even if they are online! Save all boarding passes in original!**
- ✓ 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 information **about your country's traditional dances**.
- ✓ Find **interesting videos / games / exercises / educational activities about dance**.
- ✓ Prepare **energizers** 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, hiking, etc).
- ✓ **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!**

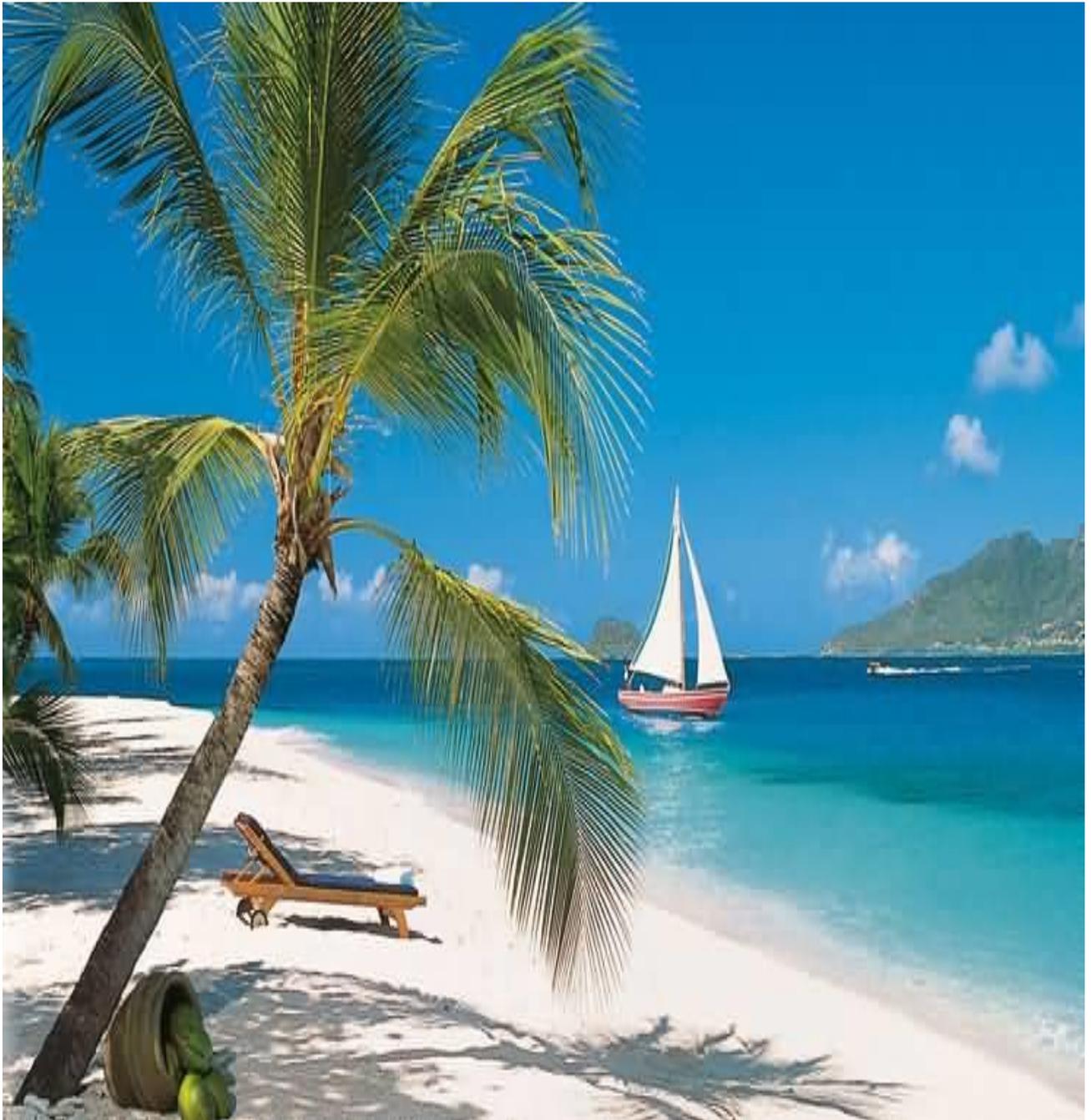
All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops will not be tolerated.

Smoking is prohibited everywhere inside buildings; thus, all the smokers will have to go outside or to specially designated areas for a cigarette.

Bring your best mood and big smile with you and keep it through the exchange!



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



SEE YOU ALL IN SINT MAARTEN