



Association Farinoise Sport Sante et Culture

INVITATION TO the Youth Exchange "Youth4Nature"



Saint-Étienne-la-Varenne, France

DATE: 19-28.08.2022

(8 activity days + 2 travel days)

Please, confirm your arrival/departure dates before booking

VENUE: Saint-Étienne-la-Varenne (Near Lyon), France

WORKING LANGUAGE: English (but it's also not a problem if you or someone of your group doesn't speak it)

PARTICIPANTS: 6 participants (18-30 years old) + 1 group leader (any age) = 7 participants

COUNTRIES:
FRANCE
MACEDONIA
SLOVAKIA
TURKEY
POLAND

SUMMARY OF THE PROJECT:

Respect for nature is recognized as one of the fundamental values in the UN Millennium Declaration. The main goal of our project "Youth4Nature" is to develop respect for nature and form an ecological culture, spirituality, the consciousness of young people. The ecological culture of any person, the state is a component in the system of world environmental policy and all spheres of life. It is recognized also that the lack of spirituality and ecological culture restrains the transition to the constant development and resolution of the most acute environmental problems of humankind and civilizations.

The most important thing in this field is education. Therefore, young people need to know what ecology is, to understand the issue of sustainable development and care of the planet in order to become a person with responsibility related to the issue of nature protection. It is necessary to know how the level of awareness affects the pollution of the environment. To instill love and respect for nature among the participants is one of the main objectives set by us on the project. Along with this, our project sets itself the following objectives:

- Teach young people to save water, do not pollute the atmosphere, save energy, collect waste separately, give a second life to used objects.
- Formate the participant's interest in saving the natural environment, avoiding the pollution of nature.
- Develop interpersonal communication skills, individual and collective creativity, etc.
- Educate moral and spiritually rich qualities among young people.
- Cultivate a respectful attitude to nature.
- Help in the development of analytical and critical thinking skills of young people.
- Organize a platform for the exchange of ecological knowledge and experience among participants and experts during the youth project.

The youth exchange "Youth4Nature" created by NGO "ASS FARINOISE SPORT SANTE CULTURE" and partners is dedicated to the topic of ecology and environment and will take place near Lyon, France. The project will gather participants from 5 countries: Poland, Slovakia, Turkey, France, and North Macedonia.

ACCOMODATION:

The accommodation is amazing place in nature and there is everything that we need. There is free internet wi-fi connection Food will be served at the activities room and we should take care about the kitchen. Also very important is that we take care about the accommodation in general. We can provide the accommodation only on the indicated in the invitation dates, any additional days the participants need to take care of on their own.

Photos from the accommodation:



FOOD:

The food will be prepared and served for you in the centre. The help in the kitchen and with the dishes is very much welcome from the participants.

We will eat simple home-made food.

No alcoholic drinks will be allowed on the place, even in the Intercultural dinner, so please, do NOT bring any alcohol with you.

If you have some special needs for food (vegetarian, etc.), please, inform us about it beforehand.

We can provide you with just "with/without meat" vegetarian food, but if you have some very complicated diet, or as a vegetarian you would like to have some special ingredients, we would appreciate if you could **take** the food that you need **with you**.

TRAVEL COST:

We will reimburse to you 100% of all your actual travel costs for the way go and back. Please, note you must choose the cheapest possible way to arrive on place.

You need to keep ALL your travel documents, including the boarding passes, if travelling by plane (if you are using mobile app for traveling please make a screen shot of your boarding pass before you fly). You must give us all your tickets, including also your return tickets that must be already bought for the moment of the reimbursement (during the exchange itself), otherwise if we do not have a ticket, we cannot consider it for the reimbursement. It is very-very important.

It is very important that you choose the cheapest travelling way that is possible (using low costs airlines). Also, only the flight cost will be reimbursed and no any extras, like extra luggage, priority boardings (it is only allowed if you need it for hand luggage)

Please, pay attention, that there are no concrete ceilings for the travel costs per every country, the main rule is that the option must be the cheapest possible (bus, low cost airline, etc.)

Please, confirm the travel option with the group leader from your country BEFORE you book any ticket.

We will only reimburse you the travel costs if you participate in the WHOLE exchange.

If you have any questions about the travel costs or financial matters, please contact us before you buy your tickets.

MONEY:

- There is a **participation fee of 40 euros** that will be charged from every participant of the exchange. This fee is obligatory. That is deducted when reimburse

The participation fee and membership of the project is your only contribution and is done to make everybody contribute also financially to the project.

The participation fee is added to the global budget of the organisation mainly used for the project. This fee is legal and authorized by the NA

If anybody tell the contrary please contact us. It is important that every participant understand and agree about this contribution.

- 100% of your travelling costs will be reimbursed on the condition that the person has all the **bills, tickets and boarding passes** (when travelling by a plane) to present to us.
 - 100% of costs of simple accommodation and basic food are covered by "Together".
- The travel costs will not be reimbursed to people who are not taking part of the entire seminar or not respecting the staff and the rules of the exchange.

PROFILE OF PARTICIPANTS:



- Age: 18-30
- 8 young participants from each country
Please, try to keep gender balance in your groups!!
- Erasmus+ is a program, which supports young people with fewer opportunities, so we would like to make this project open in priority for these young people with fewer opportunities,
- priority will be given to young people with fewer opportunities
Who are the people with fewer opportunities? Young people living in a disadvantaged region with high employment rate, unemployed YP, People who have no opportunities to travel abroad, social problems.
- If you are thinking or you know there will be people with some handicap in your group, please tell us as soon as possible just to have it in mind. We want to organize the best for you.
- English is our working language, but is not an obligation. We will have some meetings and discussions so it will be recommended a basic knowledge or translation into your groups.
Don't be afraid of language! We will find the way to solve it!
- People who are really interested in the topic.
- Young people who share the volunteering spirit and who come also to help their peers and the organizer
- Young, motivated, nice, cheerful, smiling participants and good mood

We want to give this unique opportunity to young people, who could not have so easy access to it.

INSURANCE:

Every participant should have a medical insurance card.

It is for free and will cover all medical problems occurring for free

Make it, it is useful when you travel and a safety echoe.

It is obligatory to have, made it
Everybody must have a legal civil responsibility insurance
In case you break something big, you make a damage to something belonging to a peer or more
example like this.
This is obligatory

COVID-19

Due to the country regulations, we are able to take to our project exclusively the participants that have a complete COVID-19 2 dose vaccination. The participants that do not answer to this requirement unfortunately cannot be a part of this project.

YOUTHPASS:

Each participant will have the chance to think his YouthPass, youthpass

- Certificate of non-formal education (you will take part on an educational activity)
- You can include it in your CV and use it for school, university, new job, etc.
- Youthpass is not only a diploma it is mainly a process of learning what helps you to identify your actual competences and to evaluate them

We will work every evening in the reflection groups where they'll talk about the day, activities, what they have learned, With all these notes, at the end of the seminar will be a workshop where the participants will work in their own YouthPass.

YouthPass will be reached on the end of seminar.

EVERY GROUP HAS TO BRING

- Towels and personal things for everybody
- Typical food and non-alcoholic drinks for **intercultural evening**.
- One computer per group
- Information about your region, documented with videos music and photos
- Warm and cosy clothes to make activities outside

EVERY GROUP HAS TO PREPARE

- ice breakings
- dances and folk for your cultural evening.
- Games
- Ideas for workshops
- Documentation of music in your country, through presentations, music, videos. If you have people active in music or that can contribute actively to the success of the project, don't hesitate to contact us.

FOR THE FUTURE OR MAYBE FOR THIS PROJECT

The NGO is interested to give empowering possibility to the young people who are ready to participate to this adventure.

This is why we propose you 3 different calls for future

Group leader
Activity leader
Thematic workshop leader

There is a small contribution planned for the one who are interested.
We will speak more in details when we meet.
Don't stay a participant, get a leader !

GROUP LEADER

The **Group Leader** would be there to help to organise and coordinate this kind of educational projects, including preparation, implementation and evaluation phases.

Tasks of the Group Leader:

- ✓ To find the complete group of the participants for the youth exchanges and other international projects of TOGETHER network and its partners.
- ✓ To ensure the high quality of the preparation of the participants, according to the topic of the project. The preparation includes intercultural and task related (if needed, also a linguistic).
- ✓ To help the participants to find the cheapest travel connections to come to the project place.
- ✓ To accompany the group of the participants in the project and support their most active participation and involvement in it.
- ✓ To help to develop the project activities and program by supporting the intercultural and technical parts of it, like:
 - organisation of intercultural evenings,
 - country presentations of the group,
 - actively present in the daily group leaders' meetings,
 - helping to find the solutions for any appearing problems,
 - helping that the participants follow all the agreed rules (to be on time, not to consume and alcohol and/or drugs, respect the others and the project environment, clean after themselves, etc.),
 - contributing to the program implementation together with the participants (like preparing the presentations of the topics, where the group leader or some of the group participants are competent in or have the examples to share, etc.)
- ✓ To help to the group to evaluate their learning experience in the project and write it down in the Youthpass.
- ✓ To ensure that the participants from his/her group are all actively participate in the final cleaning of the place at the end of the project.
- ✓ To collect the filled in reimbursement forms from all the participants of his/her group and give them to the main activity leader.
- ✓ To help to work on the visibility of the projects: help with creation and designing newsletters/ info flyers/ videos/ webpage/ Facebook group, etc. from the project in order to disseminate project results.

- ✓ To keep in touch with the most active and motivated participants from the group in order to help them to become group leaders also.

Benefits of the Group Leader:

- ✓ A chance to be a part of a team of one of the largest networks in Europe.
- ✓ A chance to make new friends all over the world.
- ✓ A unique learning experience in intercultural environment.
- ✓ Opportunity to improve a great number of personal competences.
- ✓ Opportunity to learn project and time management, improve foreign language skills, learn a lot about different cultures, have an opportunity to travel, learn to take independent decisions and much more. All this can be essential for CV, future career and study opportunities.
- ✓ Increase personal employability opportunities.
- ✓ To be a part of constantly growing and developing environment of co-thinkers.
- ✓ An opportunity to express and realise own ideas.
- ✓ A chance of self-development without any limits.
- ✓ The small financial reward for the high-quality results performance. Still, the money should not be the main or most important motivation for this kind of post.

Profile of the Group Leader:

- aged between 16 - 25 years (can be older, no any age limit)
- pro-active, independent thinking
- high sense of responsibility and meeting the deadlines
- curious, open-minded
- flexible
- good communication skills in English
- previous experience of being a group leader is an advantage.

ACTIVITY LEADER

The **Activity Program Leader** would be there to make the global coordination of the whole program of the project.

Tasks of the Activity Program Leader:

- ✓ To make sure that the whole program of the activity is coherent and is in the line with the global objectives of the project.
- ✓ To make the link between different interventions, visits and presentations, taking place within the project.
- ✓ To make the coherent introduction, evaluation and transactions between the activities in a form of team-building games, energisers, daily, mid-term and final evaluations, organisation of the intercultural evenings and country presentations, etc.
- ✓ To make the presentation of Erasmus+ program.
- ✓ To make the presentation of Youthpass and learning diaries.
- ✓ To organise daily reflection groups, where participants work on their daily learning outcomes and to assist the participants in this process.
- ✓ To help the participants to evaluate their learning experience in the project and write it

down in the Youthpass, to collect all the written self-evaluations from the participants and edit and print the Youthpasses.

- ✓ To fill the electronic and paper version of the participants list, making sure that none of the participants forgot to sign in.
- ✓ To enter all the participants into the Mobility Tool of the project.
- ✓ To collect all the filled in reimbursement forms from all the participants and make the total calculation of the amount of money that needs to be prepared for the reimbursement (to make this during the first 2 days of the activity).
- ✓ To write down the report of the project, describing the day-by-day program, its achievements, outcomes, learning dynamics, etc.
- ✓ To collect all the activity outcomes that can be used for the report and dissemination of project results (newsletters/ info flyers/ videos/ webpage/ Facebook group, etc.).

Benefits of the Activity Program Leader:

- ✓ A chance to be a part of a team of one of the largest networks in Europe.
- ✓ A chance to make new friends all over the world.
- ✓ A unique learning experience in intercultural environment.
- ✓ Opportunity to improve a great number of personal competences.
- ✓ Opportunity to learn project management, public speaking, improve foreign language skills, learn a lot about different cultures, have an opportunity to travel, learn to take independent decisions and much more. All this can be essential for CV, future career and study opportunities.
- ✓ Increase personal employability opportunities.
- ✓ To be a part of constantly growing and developing environment of co-thinkers.
- ✓ An opportunity to express and realise own ideas.
- ✓ A chance of self-development without any limits.
- ✓ The financial reward for the high-quality results performance. Still, the money should not be the main or most important motivation for this kind of post.

Profile of the Activity Program Leader:

- pro-active, independent thinking
- good skills of public speaking, ability to catch and keep public attention
- high sense of responsibility and meeting the deadlines
- curious, open-minded
- flexible
- good communication skills in English
- driving licence and ability to drive a car safely
- previous experience of leading similar workshops in Erasmus+ projects is an advantage.

THEMATIC LEADER

The **Thematic Workshop Leader** would be there to bring the educational input to the program of the activity.

Tasks of the Thematic Workshop Leader:

- ✓ To prepare and lead an attractive and catching attention intervention in a form of one or several sessions, connected to the topic of the whole project (e.g. workshop, simulation game, guided brainstorming, master class, etc.).
- ✓ To ensure the high educational quality of the intervention, as well as that it merges coherently in the rest of the of the program of the project.
- ✓ To ensure that the intervention is complete and finished (e.g. if it is a simulation game, to introduce it, to lead it and to make the debriefing of it after, helping the participants to draw the conclusions and reflect about the learning outcomes).
- ✓ To assist the participants in acquiring the topic of the project by answering their questions, guiding, etc. also outside of the intervention time.
- ✓ To help the participants to evaluate their learning experience in the project and write it down in the Youthpass.
- ✓ To help to work on the visibility of the projects: help with creation and designing newsletters/ info flyers/ videos/ webpage/ Facebook group, etc. from the project in order to disseminate project results.
- ✓ To work on the follow-up of the project and come up with the concrete ideas of future projects that could be organised around the chosen topic (or any other).

Benefits of the Thematic Workshop Leader:

- ✓ A chance to be a part of a team of one of the largest networks in Europe.
- ✓ A chance to make new friends all over the world.
- ✓ A unique learning experience in intercultural environment.
- ✓ Opportunity to improve a great number of personal competences.
- ✓ Opportunity to learn project management, public speaking, improve foreign language skills, learn a lot about different cultures, have an opportunity to travel, learn to take independent decisions and much more. All this can be essential for CV, future career and study opportunities.
- ✓ Increase personal employability opportunities.
- ✓ To be a part of constantly growing and developing environment of co-thinkers.
- ✓ An opportunity to express and realise own ideas.
- ✓ A chance of self-development without any limits.
- ✓ The small financial reward for the high-quality results performance. Still, the money should not be the main or most important motivation for this kind of post.
- ✓

Profile of the Activity Program Leader:

- any age
- pro-active, independent thinking
- good skills of public speaking, ability to catch and keep public attention
- high sense of responsibility and meeting the deadlines
- curious, open-minded
- flexible
- good communication skills in English
- previous experience of leading similar workshops in Erasmus+ projects is an advantage.

*Read it and think about
We will speak about it when we meet
It is a great opportunity clearly linked to the philosophy we have
To empower all of you and to take you out of your comfort zone*

If you need more information, we are here for you. For all your questions and concerns don't hesitate to contact us at anna.roganova@mail.ee