

INFOPACK

“ONE ACTION CAN CHANGE THE PLANET”

7th September – 17th September, 2015

Hosting organization:

Vecpiebalga Municipality (Latvia)

Sending organizations:

VIA e.V. – Verein für internationalen und interkulturellen Austausch (Germany)

Associazione di Promozione Sociale Fyouture (Italy)

Civil Ifjusagi Kor Kobanyaert Kozhasznu Egyesulet (Hungary)

MAIN DESCRIPTION

In the European Union we are facing a lot of environmental problems. We are a society which is throwing away lots of things very easily without thinking about the consequences.

We want to put the attention on the environmental problems we are facing and think about how we could contribute to an improvement of the actual situation. A clean environment is necessary for the well-being of a human and for his health.

The main themes of the project „One action can change the planet” are environment and climate change, creativity and health and wellbeing.

The aim of the project: to raise awareness of youngsters about our current environmental issues and understanding of how our lifestyle affects our environment and our planet.

Youth exchange project will take a place in Vecpiebalga (Latvia) where will meet 20 young people aged 16-20 from 4 different countries, two different environments, who live in rural and urban areas, have fewer opportunities facing economical, social and geographical obstacles.

To achieve the goal youth will participate in "ice breaking" and team building activities, various creative workshops, group activities, presentations, cultural evenings, outdoor activities and fashion show created by them.

OBJECTIVES:

- raise awareness about our responsibility concerning our environment as being a EU citizen;
- encourage youngsters to take responsibility in environmental issues;
- to promote cultural diversity and interaction with youth from different countries;
- encourage creativity and the "out of box " thinking, artistic freedom;
- to understand and compare the environmental problems and good examples which are 4 different countries;
- to develop a responsible thinking of the youngsters in order to develop a sense of responsibility in pollution of the environment and wastefulness;
- to promote youth interactions, networks and partnership.

VECPĪEBALGA REGION



Vecpiebalga region is located in the heart of Latvia, on the scenic Vidzeme upland close to biggest hill of Latvia - Gaiziņš. Vecpiebalga region is rich with lots of lakes, woods, and hills but, most of all, the region characterizes water lilies, spinning-wheel, its cultural and historical heritage and also porcelain. Vecpiebalga region – place you need to see, experience and enjoy!



YOUTH EXCHANGE

Participants: 24 (1 leader (no age limit) + 5 participants per country)

Age: 16 – 20

Travel costs per participant – each participant will get reimbursement of his/her ticket up to expenses presented in table below. The expenses are calculated with Distance calculator created by European Commission for programme ERASMUS+.

Partner	EUR per participant
VIA e.V. (Germany)	170.00
Fyouture (Italy)	170.00
CIKK Egyesület (Hungary)	170.00

Reimbursement:

You should buy your ticket by yourself, and we will reimburse you money after the end of the youth exchange after you will send us boarding passes and invoices for your tickets. On ticket/invoice it has to be clearly written when the ticket was bought, itinerary, for whom this ticket is issued and final price (including all fees, price can be in any currency, but we prefer in Euros).

Accommodation:

Participants will live in guest house “Jaunogrīni”, which is located in Ineši parish, Vecpiebalga County. There you will feel the real spirit of nature of Latvia, because the guest house is made in ancient Latvians style and surrounded by forest.

Participants will live in two big rooms – one for boys and one for girls – with separate bathrooms.



See this site: <http://www.jaunogrini.lv/en/par-mums>

Things to prepare in advance:

- **Information about participants**

In the youth exchange each participant will get hoodie with project logo. Please send us sizes for participants' hoodies as soon as possible.

Please send us all information about participants' eating habits.

- **Your county's national evening**

National evenings are inalienable components of youth exchanges, because it is important to know more about people's culture you meeting with. So you should think and be prepared for evening when you will need to present your country's traditions. You should prepare something for dinner and also show to other participants some traditional games, dances, songs or maybe there is something else you want to show us? If you need some products to prepare your traditional dinner, tell us, and we will get them for you. There will also be possibility to use kitchen and oven.

- **Team building games**

In the first day there will be some time spend for team building. Please think about one team building activity to play together with others.

- **Presentations about each country – environmental issues and good examples**

One of the topics of youth exchange is to talk about each country's environmental issues and also show each other examples where the ecological aspects are applied. Please think about your country and prepare the presentation about the topic in advance.

- **Outdoor activities**

In some of the days of youth exchange we will spend some time in outdoor activities. Please think about some outdoor activity which is coming from / are popular in your country to play together with others.

- **Recycling**

Each participating country should prepare one workshop where we use “trash” to make new things. For example, PET and glass bottles, old clothes, cans, old newspapers, plastic bags.

- **Natural materials for gift cards**

One of the evenings we will spend to make natural gift cards. To do it, please try to collect some natural materials (parched flowers, herbs or other things) we can use for creating them.

- **Preparation for workshop**

Each country has one topic to make a workshop about. You can find your workshop in the programme. If you have some questions about it, please ask.

- **List of materials**

Please send us list of materials you will need for your workshops and list of ingredients for your national evening (if needed) till 31st of August.

Things to bring with you:

- Warm clothes, in September it can be chill in Latvia;
- Towel;
- Hygiene goods.

Travel arrangements

As soon as you can, please send us your travel details, we will arrange your travel from airport to Vecpiebalga.

Money

The currency in Latvia is the euro (EUR). If you want to take cash with you, you need to change it in your country or it is possible to change it in the airport; in Vecpiebalga we have a cash machine, so you can take your cards with you.

If you have some questions, please ask:

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Daily Schedule

	Arrival day/ night 07.09. Monday	Day 1 08.09. Tuesday	Day 2 09.09. Wednesday	Day 3 10.09. Thursday	Day 4 11.09. Friday	Day 5 12.09. Saturday	Day 6 13.09. Sunday	Day 7 14.09. Monday	Day 8 15.09. Tuesday	Day 9 16.09. Wednesday	Departure day 17.09. Thursday
9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00	Arrival	Introduction of the project ; Getting to know each other games (Latvia)	Reflection groups, Introduction of the day Outdoor activities (Germany)	Reflection groups, Introduction of the day Outdoor activities (Italy)	Reflection groups, Introduction of the day	Getting to know Latvia v.s. Cycling (Latvia)	Reflection groups, Introduction of the day	Reflection groups Introduction of the day	Reflection groups Introduction of the day Outdoor activities	Reflection groups Introduction of the day	Last hugs and kisses ☺
13:00		Fears, expectations and contributions; Rules of the exchange Key groups Secret friend What is Erasmus + ? (Latvia)	What we understand with environment? (Germany)	Making bags (Latvia)	Weaving workshop (Latvia)		Recycling (Latvia) (Germany)	Mushrooms hunting (Latvia)	Preparation for fashion show (Latvia)	Making presentation of project results (Latvia)	Departure
15:00	Welcoming evening Getting to know each other	Village game (Latvia)	Presentations about each country – issues and good examples (Latvia) (Germany) (Italy) (Hungary)	Outdoor activities (Hungary)	Environmental issues – involving locals (Latvia)	Leaders meeting	Recycling (Italy) (Hungary)	Creating gift cards (Latvia)	Preparation for fashion show (Latvia)	Fashion show (Latvia)	Final evaluation (Latvia)
19:00		Team building games (Germany) (Italy) (Hungary)	Environmental problems Solutions for better environment (watching movie/discussing) (Italy)	Making paper (Hungary)	Leaders meeting		Leaders meeting	Leaders meeting	Making our own eco-dinner (Latvia)	Leaders meeting	
20:30		Latvian National evening	German National evening	Italian National evening	Hungary National evening	Dinner	Dinner	Dinner	Dinner Aukstais galds k/n	Dinner	
						Free evening	Sauna party	Table game evening	Movie night	Bye-bye party	