



Društvo Connect

YOUTH EXCHANGE

"ECO Lifestyle"

3. - 13.6.2019

**Moravske Toplice
Slovenia**

YOUTH MOBILITY, ERASMUS+



Erasmus+



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BASIC INFORMATION

The youth exchange is organized by organization CONNECT:

Association Connect was founded by young people who want to promote active citizenship among young people in our region. Our association brings together young people with different skills and abilities.

The aim of the association is to promote active citizenship and human rights, empowerment, youth mobility, non-formal education and intercultural dialogue.

Our activities are linked to a variety of workshops, seminars and projects in the field of entrepreneurship, culture, media, human rights and sport.

Date of Youth Exchange: 3.6.2019 (arrival) to 13.6.2019 (departure in the afternoon) (11 activity days)

Venue: Moravske Toplice, Slovenia

Working language: English

Participants at Youth exchange: 6 young people (18-30 years) + 1 group leader (no age limit) from each country

COUNTRIES

Participating Countries:

SLOVENIA

HUNGARY

LITHUANIA

ITALY

CROATIA

CZECH REPUBLIC

Summary of the Project:

We believe that the topic of environmentally-friendly lifestyle becomes increasingly important in times of excessive consumerism. Therefore during this youth exchange we will discuss, on the one hand, the negative effect of excessive consumerism and, on the other hand, the positive effects of an environmentally friendly lifestyle.

This youth exchange will take place in Moravske Toplice, Slovenia and will bring together young people from six European countries: Slovenia, Hungary, Lithuania, Czech Republic, Italy and Croatia.

Through this project, young people from 6 countries will live together for 11 days. Project will enable young participants to come up with ideas and debate about the possibilities of how each individual can change his own lifestyle. Participants will also be encouraged to think about the world



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around them, to express themselves and to implement their ideas with which they want to improve the existing situation in their environment.

The methods of work will be in the form of non-formal education and learning from a practical work. Within the framework of the project, we will cover various topics, focusing primarily on the topic of environmentally-friendly lifestyle and how young people can change their own lifestyle.

ACTIVITIES / PROGRAMME

- Name games, know each other, ice breakings, trust games...
- Presentations of countries and organizations
- Erasmus+ Program and Youth Pass tools
- Reflection groups: There will be times every day to prepare the Youth Pass and reflect about the daily activities, skills, attitudes and knowledge.
- Evaluations: time every morning for a short evaluation about the previous day (feelings, activities, stuff, etc.) We will plan enough time for a final evaluation in order to know how the full experience was and prepare the Youth Pass.
- Intercultural dinner after the first day activity. Every team should bring some typical food or/and drink specialties from their Country.
- Trip to Murska Sobota.
- Visit of Spa center Terme3000 in Moravske Toplice and free afternoon for swimming.
IMPORTANT: bring swimsuits and towels!

PROFILE OF PARTICIPANTS

- Age: 18 -30
- 6 young participants from each country plus 1 group leader -> total 7 participants
- Please, try to keep gender balance in your group! 3 girls, 3 boys!
- Erasmus+ is a program that supports disadvantaged young people. So we want to open our Project also for these young people.
- English is our working language, but it is not obligation. We will have some meetings and discussions so it will be recommended at least basic knowledge or translation into your groups. Don't be afraid of language! We will find the way to solve it!
- People who are interested in the topic.
- Young people who share the volunteering spirit.
- Young, motivated, nice, cheerful, smiling participants and good mood!! 😊



YOUTHPASS

Each participant will receive a Youthpass, which:

- 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.

At the beginning of the project, participants are divided into small groups that will meet every evening in the reflection group. They will talk and exchange about the day's activities, what they have learned, what they have observed, etc. With all of these notes, they will receive at the end of the exchange in the final workshop, a comprehensive Youth Pass.

MONEY

- Organizer (CONNECT) covers travel costs, accommodation, food and program activities.
- Please, pay attention, that there are the ceilings for the travel costs per every country that we cannot go above (if your ticket is more expensive, you need to cover the difference on your own).

Travel cost ceilings:

LITHUANIA - 275EUR

ITALY - 275EUR

CZECH REPUBLIC - 180EUR

HUNGARY - 180EUR

CROATIA - 180EUR

- **IMPORTANT:** We reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project.
- You have to **keep all the bills, boarding passes** and every type of ticket transport with you, so that we are able to reimburse you the costs.
- There is a Participation fee of 30€. This is fee is obligatory to participate in the exchange.

TRANSPORT

- Try to fly to Ljubljana (Slovenia), Vienna (Austria) or Budapest (Hungary) and take the train or bus to Murska Sobota.
- **IMPORTANT:** **contact us BEFORE you buy your tickets.** Look for the best options and send it to us. Don't buy anything before we send you confirmation. When you receive it, you will be able to buy the tickets.



- As soon as possible after you buy your tickets, **send us all you travel information** in order to give you more information about how to get to Murska Sobota in the easiest way due to your flight.
- We will keep the original transport tickets from your travel and copies of your return tickets, but you **have to send the originals** as soon as possible when you arrive home.

FOOD

- Catering restaurant will provide us **lunch and dinner**. It is expected, that the participants help in the kitchen and with the dishes.
- If you have some **special needs** for food (vegetarian, celiac, some allergies, etc.), please, **inform us** beforehand. We can provide you just "with/without meet" vegetarian food, 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**.

ACCOMODATION

We will be accommodated in turistic Villas in Moravske Toplice with a lot of nature around. Close to Villas is famous Spa and wellness center Terme3000 with many sports fields, swimming pools and golf course.

Inside Villas there are bedrooms with sheets, bathrooms, cable TV, wi-fi internet.

Participants must bring with them towels.





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Spa and wellness center Terme3000, Moravske Toplice:





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RULES

- This is an International and educational Project granted from European fund. Participant should be aware they are not on holidays.
- No drugs.
- Be on time (especially important for complete the program).
- Respect each other.
- Cleaning together.
- Participate and active people!
- We will talk about the rules directly at the place.

YOU WILL NEED...

- Sports clothes and swimsuits.
- Towels.
- Typical food for intercultural evening.
- Poster, leaflets, card, videos, typical music... from your country, region, city.
- Info, presentation, material, stickers... from your organization.
- National things (flag, hymn, clothes, music ...)
- Camera, laptop and other equipment making life and work easier (free wifi).
- Ideas, games, ice breakings, dances and folk for your cultural evening.
- Good mood and energy to be active!

FOR MORE INFORMATION CONTACT:

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Thanks for joining us and being part of this Project! ;)