



INFOPACK

Infopack for the participants of the Youth Exchange

“EcoTravellers”

2-11 August 2016, Novoli (Lecce, Italy)

Welcome!

If you received this info pack that means you are one of the lucky participants who will participate on the Youth Exchange that will take place in Novoli (Lecce, Italy) from 2-11 August 2016.

So, in order to spice up your curiosity we will give some information about our Region in general, the venue place of the activity and what the project is all about, so you can prepare yourself for an intense and exciting week.

Should you have any questions, suggestions, problems or proposals, please do not hesitate to contact us at any time.



Something about us...

The non-formal group <GreenRope> born in the heart of Puglia from passion and from the energy of ideas of a group of young people. Our local and European projects are based, overall, in the protection and conservation of the environment and biodiversity. We want to achieve a dream: we want to give values to our territories, doing the first step to create a better future and a better world for us and for our society. We want to increase awareness of people and we want to spread the voice of positive messages thanks to concrete actions, active participations and due to formal and non-formal education.

#The key-words of GreenRope mission: preservation of environment and biodiversity, education, research, scientific information, slowfood, fairtrade, ecotourism, sustainable development, healthy life-style, open-air sports, give values to local territories.

Summary of the project

Date: 2 - 11 August 2016

Arrival: 2 August

Departure: 11 August

Venue: Novoli (Lecce, Italy)

Working language: English

Participants: 4 participants per Country (age 18-30) + 1 Group Leader (of any age)

Countries: Estonia, Czech Republic, Bulgaria, Spain, Romania, Italy.

The Youth Exchange "Eco Travellers" will be held in Novoli (Lecce), from 02/08/2016 to 11/08/2016. It is a project aimed to develop among 30



young participants from 6 different countries (5 for each country) the importance of travelling being more in contact with nature in order to:

-Develop healthy lifestyle thanks to open air activities (hiking, SUP, canoeing, bodyboard) in one Natural Regional Protected Park (Porto Selvaggio), in one very important nature area in Marina di Pulsano (Taranto), and in the WWF Oasi of Policoro (Basilicata), and thanks to a big space dedicated to healthy nutrition (workshops, meeting with experts of Slow Food, Fair-Trade, correct eating habits and laboratories in which they will prepare healthy food following the model of Mediterranean Diet that is heritage of Unesco for its healthy values);

-Develop personal soft skills (team working, application of acquired knowledge, social interaction, mediator abilities, ecc.) and especially a deeper understanding of the relationship between themselves and the environment in order to obtain an eco-way of thinking and eco-habits, useful for a better and sustainable daily life, thanks to Bushcraft activities, meeting with experts, trust and role games, workshops, debates about topics as travelling being in total contact with nature, ecology, generation awake, life attitude, recycling, sustainable development and giving a big importance to topics of eco-citizenship taking part to an EcoDay developed through the products of the recycling workshop, in order to raise awareness on important topics like Pollution and sea conservation!

The final outputs of the project will be made by the participants themselves and they will be:

- a series of video-guide on "How to travell and bushcraft" recorded during the activities of the project to the natural protected area, that will be uploaded on the youtube channel of our association, and shared through all the others associations partecipating to the project;

- a promotional video that collects eco-proposals to the local administration to preserve and give values more and more to the natural parks visited;

- a production of a Green-Tool e-booklet for young people about how to realize a daily healthy-green-eco life and to young associations to suggest



them ideas to realize other projects like this with our help or to reply this in their own countries.

Working methods:

The exchange is designed as a process of informal learning and peer education using participants' own experiences in the fields of youth work and international cooperation. To be successful this will require participants to have an active input in sharing knowledge and experience, and to be willing to learn new skills from the trainers and from each other. The methods employed over the 10 days of the project will include:

- verbal and visual presentations*
- small group discussions*
- plenary debates*
- game playing*
- study visits*
- cultural presentations*

Soon we will provide to send you a detailed program of the activities.

YouthPass:

As this youth exchange is based on the principles of non-formal education, all the participants will be able to get a YouthPass certificate after the project, confirming their participation in the exchange and stressing the learning process in it, mentioning the individual reflection about new competences, gained. The participants would reflect on what they have learned during the day in national groups at the end of every day, and then



express themselves through the self portrait that they will draw and modify throughout the whole exchange.

Accommodation:

The accommodation is in Novoli. All the participants will be accommodated in “international” room of two or three people.

Some pictures of the accomodation:



Food:



The food will be prepared and served for you in our accommodation. Please let us know if there are particular needs about the food (vegetarian, celiac, etc.)

Rules:

- *No drugs*
- *No alcohol drinks*
- *Respect of nature*
- *Respect of each other*
- *To be on time*

Transportation:

Fly to Brindisi or Bari, your organization will suggest you the best solution. Please, inform us as soon as possible how the representatives of your organizations are going to get to Lecce, and what time and where you will arrive. It is important to keep the arrival and departure (see above).

Some suggestions:

You can also fly to Rome. Rome is 600 km far away from Lecce. From Rome you can take the connection until Bari or Brindisi by Ryanair or Alitalia. It depends if you will land in Rome Ciampino or Fiumicino.

From whatever airport you will arrive, you should get to train station (Bari or Rome)/shuttle (Brindisi) of the city and check the connection until Lecce. Here the link: www.trenitalia.it

Very important is that you KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES from your travel, so that we were able to reimburse you the costs.



Important: Buy already the coming back ticket (bus, train, plane etc) and print twice the coming back ticket.

Financial Matter:

- *Traveling costs: we will reimburse your travel cost with a maximum grant for each participant of: Estonia 270€ - Czech Republic 170€ - Bulgaria 170€ - Spain 170€ - Romania 170€ by bank transfer according to the rules of Italian National Agency to the Partner Organization, on the condition that the person participates during the whole youth exchange and that the person has all the bills, tickets and boarding passes (when traveling by a plane) to present to us.*
- *You must choose the cheapest way that is possible to get to Lecce (prefer travelling by Ryanair, Easyjet or Wizzair etc).*
- *100% of costs of simple accommodation and basic food is covered by <GreenRope>*
- *Participation fee: 20 euros. The fee will allow participants to enter in the Greenrope partnership for the whole year from the period of the project.*

What to bring:

In order to everybody have a really good time, we would like you to bring some things which we believe are important for the participation of all participants and for the success of the Youth Exchange.

- *a typical taste (typical drink, snacks...) of your Country for the “intercultural evening”;*
- *cameras, laptops and other equipment making life and work easier;*



- *some cool pieces of music and games from your country;*
- *information about your country (books, brochures, posters, postcards, short video, PowerPoint presentation, music, etc.);*
- *information about the organization you come from (brochures, PowerPoint presentation, video, etc.);*
- *Which clothes? Here you are: Swimming suit - Sea Towel - FlipFlops - Sleeping Bag - Snickers-Raincoat(Hopefully we won't need it! :D) - SunCream - Cap(If you want to) - a backpack to carry during the excursion days!*
- *Endless amounts of good mood and motivation for work and leisure! :D*

Common question will be discussed on GreenRope fanpage.

*We wish you all nice preparations,
nice trips and we are looking forward to meet you soon!
See you very soon!*



GreenRope team:

