

## ‘Think global, act local’

**Youth Exchange - 28<sup>th</sup> July - 6<sup>th</sup> August 2016**

### **Infopack**

#### **Project description**

**After participating and organizing Youth Exchanges some questions started to arise: what is the ecological footprint of an exchange? how much resources are we wasting? how can we provide a sustainable exchange? how can we promote a healthy and active lifestyle?**

Health, sustainability and environment if taken in account in a holistic way comprise a diversity of areas and concepts that are not clear to a lot of people and that also reflect cultural differences and habits.

By creating a space of discussion and sharing we enable people to discover more deeply some of the current issues regarding environment and health that affect their lives and to create solutions that can be implemented on our daily lives and on the projects we are running.

The project is divided in a **Training Course** and a following **Youth Exchange** so that the methodologies can be developed and put into practice.



## The Youth Exchange

The Youth Exchange will gather around 35 youngsters from 16-20 years old.

During the days of activities the group will participate in different activities outdoors and discover more about living sustainable, learn and share eco-friendly ideas and practices and discover the region of Trento, its fauna and flora.

Activities:

- Trekking
- Cooking workshop
- Discomacedonia
- Planting
- Promotion tools workshop
- ....

	Day 1 28/07	Day 2 29/07	Day 3 30/07	Day 4 31/07	Day 5 01/08	Day 6 02/08	Day 7 03/08	Day 8 04/08	Day 9 05/08	Day 10 06/08	
8.30 - 9.30	Arrivals	BREAKFAST									Departures
10-12		Fears& Expectations Presentation 'Think Global'	EcoWorskop 'Planting our Orto'	Sportif morning Trekking in the Alps	Eco challenge: Dimaro	ABCD Method – 'Thinking healthy' II	Ecoworksh op 'Cooking'	Preparing Discomac edonia	Ecophoto to challenge		
12.00-14.00		LUNCH									
14.00-18.00		EcoRules	ABCD Method – 'Thinking healthy'	EcoWorkshop ' Mountains and environment'	EcoWorkshop ' Building sustainability'	Erasmus+ Opportunities for youth	Public café 'Discomac edonia'	Discomac edonia in Dimaro	Final evaluation and feedback		
		Youthpass presentation				Ecoworkshop 'Reusing and rebuilding'					
18.00-20.00		Get to know each other	Group reflection	Group reflection	Group reflection	Middle evaluation	Group reflection	Group reflection	Group reflection		
20.00	DINNER										
21.00	Welcome night	Intercultural Night	Intercultural Night	Italian night	Movie night	Italian Aperitif	Relaxing night	Discomac edonia party	Good bye party		

## PARTNERS

### Italy

Associazione Culturale Eufemia

### Portugal

Aventura Marão Clube

Associação Cultural Casa da Horta

### Romania

Societatea pentru Consum Responsabil

Asociatia de Tineret Cultura si Educatie "Speranta Ramniceana"

**Turkey**

EBAGEM

Konya Metropolitan Municipality Kilicarslan Youth Center

**Czech Republic**

Brno for you, z.s.

Evropske centrum mladeze Breclav/European Youth Centre Breclav z.s.

**Germany**

STARKMACHER EV

**Latvia**

Ventspils Jauniesu dome

Ventspils regionlais nevalstisko organizaciju atbalsta centrs

**LOCATION: Folgarida (Val di Sole, Dimaro) - Trento**

The Youth Exchange will take place in Folgarida, in Val di Sole where the group will be able to enjoy the local fauna and flora. There are 2 big national parks, cycling tracks, swimming pool and a lot to discover in the beautiful region of Trento!



**ACCOMODATION**

The participants will be accommodated in 'Hotel Union' in Belvedere di Folgarida.

The hotel is located very near to the National Parks "Adamello Brent" and "Stelvio" so it is the perfect location to do outdoor activities.

You will need to bring sheets, towels and swimwear.

## PARTICIPANTS

Participant number for the training: 4 (age group 16-20 + 1 group leader (that previously attended the Training Course in May))

Gender balance is recommended.

In the countries with more than 1 partner each organization should select 2 participants and previously agree who will be the national group leader.

*An online application form will be available soon.*

## NOT to forget

- *Bring comfortable clothes*
- *Bring your own water bottle*
- *Sheets and towels*
- *Trekking shoes*
- *Intercultural night*
- ....



## TRAVEL AND VISA COSTS

Transport for the Training (refunded 100% within the limits below):

**Portugal** 170€/person

**Romania** 170€/person

**Turkey** 270€/person

**Czech Republic** 170€/person

**Germany** 80€/person

**Latvia** 170€/person

Visa costs are also covered, please contact us for further information if you need visa.

## **TRANSPORTATION DETAILS**

Our goal is that all the participants arrive on the most ecological way possible.

The meeting point will be in Trento (hour still to be defined) so that the group can go together to Folgarida.

We suggest you to take a train to Trento (or Verona) or to do car sharing if you have the possibility.

Airports: The nearest airport is Verona. You can also arrive to Venezia, Bologna and Milano and take the train to Trento.

## **REIMBURSEMENT**

Please keep all documents as we need the originals of:

- . Confirmation of reservation
- . Tickets
- . Bills, invoices, receipts
- . Boarding passes

Note that missing documents will NOT be reimbursed.

## **HEALTH AND TRAVEL INSURANCE**

According to Erasmus+ there will be no insurance from the program. If you have the possibility, we suggest you to make a European health insurance card.

## **CONTACT PERSON**

Email: [youth@eufemia.eu](mailto:youth@eufemia.eu)

Rita Pereira: +393279839327

Pasquale Lanni: +393408311334

Silvia Debiassi: +39 340 5377225