



YOUTH EXCHANGE

"We know our rights"

1. - 11.10.2019

**Moravske Toplice
Slovenia**

YOUTH MOBILITY, ERASMUS+





Društvo Connect

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: 1.10.2019 (arrival) to 11.10.2019 (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

SLOVAKIA

ITALY

CROATIA

CZECH REPUBLIC

Summary of the Project:

We believe that the topic of human rights is very important for young people as well as whole society. Participating in this youth exchange will help young people to get a better understanding of the topic of human rights and will encourage them to become aware of the importance of strengthening their competences, intercultural awareness, personal development, empowerment and active citizenship.

The aim of the youth exchange is to discuss different topics connected to protection of human rights - for example gender equality, non-discrimination, inclusion, participation, active citizenship. The project promotes and supports the role of young people in human rights protection that contribute to living together in dignity and dialogue through non-formal education. We believe young people can play very positive role in promoting human rights and this project would like to contribute to it.



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This youth exchange will take place in Moravske Toplice, Slovenia and will bring together young people from six European countries: Slovenia, Hungary, Slovakia, 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 debate about the topic of human rights. Participants will also be encouraged to think about the world around them, to express themselves and to implement their ideas with which they want to improve the existing situation in their communities.

The methods of work will be in the form of non-formal education and learning from a practical work. The activities of the project will be various and participants will have the chance to enjoy various methodologies. Important part of the project is also intercultural learning. In our opinion, it is an inevitable component of human rights education. It will be especially interesting at this project as young people from different cultures will meet together.

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 disadvantaged 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!



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- 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:

SLOVAKIA - 180EUR

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 fee is obligatory to participate in the exchange.



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TRANSPORT

- Best transport option is take the train or bus to Murska Sobota or to some nearby cities (Slovakian and Czech group to Bad Radkersburg in Austria; Hungarian group to Redics; Italian group to Treviso or Trieste) from where we can organise pick up.
- **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.
- 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

- Restaurant will provide us **lunch and dinner**.
- Breakfast we will prepare ourselves. 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.



Erasmus+



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! ;)