



A dynamic Exchange on personal development while working with digital tools for creating an online platform & producing educational videos with LGBTQIA+ content.

28th of February - 9th of March 2017
Ommen, The Netherlands



Dear candidate,

We welcome your interest in the InterACTIVE Colors project. You are about to read the Infoletter connected with the project and the Exchange, which will take place in February-March 2017, in Ommen, The Netherlands.

The infoletter contains all basic information concerning aspects of the Exchange. We invite you to read it carefully and if you find that this project is something for you and your skills, learning and growth, we will be more than happy to receive your application form.

ABOUT InterACTIVE COLORS

InterACTIVE Colors Project is the 3rd part of a series of projects working with the LGBTQIA+ context and social inclusion.

Through this project and its Exchange activity, our intention is to provide to all people involved, including you, a safe space and opportunity for learning, growing and acting.

InterACTIVE Colors Exchange consists of 10 full working days, and it takes place in and around the premises of the Olde Vechte Foundation in Ommen, The Netherlands.

Mission:

Our aim is to promote social inclusion and active citizenship of young LGBTQIA+ people in society, while enhancing cooperation between its partners in the youth field of LGBTQIA+.

EXCHANGE CONTENT & OBJECTIVES:

- To **empower** participants through their own learning process and increase their active participation in their communities
- To **identify** the LGBTQIA+ positive actions, needs and challenges in education and maintain the knowledge on the LGBTQIA+ spectrum and human rights
- To **support** in a dynamic way participant's personal development and self-awareness
- To **increase** participants in: cultural awareness, social and civic competences, mathematical and digital competences, learning to learn competences, personal growth
- To **exchange** good practices when working with diverse digital tools such as, social media, multimedia (video and photography) and online platform
- To **exchange** on how to build bridges of communication, equality and inclusion in our local communities and social environments
- To **produce** 10 informal educational videos with LGBTQIA+ content & dissemination of them in an online platform/blog/webpage

Personal development • Active Citizenship • LGBTQIA+
• Human rights • Informal education • Information exchange • Social Media • Multimedia • Equality

EXPERIENTIAL LEARNING: #LEARNGROWACT

LEARNING TO GROW, GROWING TO ACT.

We as organizers, create a playing field for all people involved, in which we can play to learn and learn to play.

Within the given group, you take part in the Exchange for yourself and with yourself as an individual. **You are the actor of your own learning and creator of your own experience.** By choosing your own involvement in the exchange, you lighten up the path to your own learning and desired outcomes.

The diverse activities are created in a way to **encourage your self-awareness, InterACTIVE participation and to support you** in discovering your personal style and connection to self-empowerment. There are indoor and outdoor activities, processes and exercises. Some of the activities are accompanied by music, game and play.

The focus is set on participants, you as active learner who are at all times accountable for your own learning.

The activities are there to challenge your own ability in creating desired results and to give freedom to your creativity and greatness. The activities will be done either **individually, in pairs, in small groups or in the big group.** By working in an intercultural context together with the rest of the actors, you have the chance to create togetherness and support each other throughout the whole duration of the project, while enjoying.

The Exchange is all about learning by experiencing, i.e. learning by doing and learning by involvement.

WHAT YOU CAN WORK ON AND EXPLORE DURING THE EXCHANGE:

Learn, experience and reflect about yourself:

How you are, feel, learn, cooperate, communicate, plan, organize, lead or follow, manage your timing, play, when working as an individual, in pairs, smaller teams or in a big group

How you are and work in an intercultural context, how you respond to challenges, how you give and receive support, how you make connections with other people

Learn, acquire and practice your digital skills by using diverse digital tools, such as photography, video, social media, webpage (online platform)

Practice, learn and get better on giving and receiving constructive **feedback** and support other people in their development as well your own

Self-awareness

- Reflection groups
- Inter-cultural • Outdoor
- Body-movement
- Digital tools

WORKING METHODS & APPROACH:

- **Personal Development tools**, processes and exercises, for working on your personal growth and self-awareness
- **Reflection groups** in order to reflect on your own learning process and goals in a daily basis.
- **Inter-cultural learning** through at all times in diverse groups from different cultures and nationalities
- **Outdoor part activities** in which you get to meet and interact with the Dutch local community of Ommen and other areas
- **Body-movement, theater activities, art and games**, in order for body / self-awareness and self-expression
- **Activities using digital tools**, such as social media, multimedia (video & photography), **online platform**(webpage, blog etc)

During the 10 working days of the Exchange, you will have the chance to work on your personal growth, Raise Your Digital Muscles and achieve the below:

1. Creation of an online platform
2. Production of 10 informal Educational Videos connected to LGBTQIA+ context, which will be uploaded in the platform
3. Creation of a short booklet/toolkit on education, inclusion and LGBTQIA+ context

INTERACTIVE CRITERIA:

The playground will be owned by a total of 45 people, 5 per country (including group leaders), who are resident in one of the partner countries represented by the 9 organizations involved in this project.

YOU CAN APPLY FOR THE PROJECT IF YOU ARE:

- Between the age of 18-30 years old (only for group leaders there is no age limit)
- Coming from the LGBTQIA+ or heterosexual community and you are eager to explore your own identity and self-expression, while exchanging new ways and actions of promoting the LGBTQIA+ rights and inclusion in your country
- Willing to work on your personal development and self-awareness, increase your personal competences, self-empowerment and enhance intercultural awareness
- Involved in LGBTQIA+ organizations or you are an activist in the field or you are familiar with the topic
- enjoy using digital tools (video, social media, photography, webpages etc) and you are interested to expand your learning, skills and practices
- Able to work in simple English
- Highly motivated and willing to actively participate during the whole duration of the project and the exchange itself

A commitment to the program and an active contribution for creating your own experience and involvement, while simultaneously respecting the view of others.

PLAYING CONTRIBUTION:

There is a participation fee of 50 €.

HOW TO APPLY:

If you want to receive more details about the project before applying, feel free to contact our partner organization from your country of residency or contact

us directly via the e-mail of Olde Vechte Foundation info.oldevechte@gmail.com You can find in the next page table all the e-mail addresses.

| COUNTRY | ORGANIZATION | CONTACT PERSON | E-MAIL ADDRESS |
|----------------|---|---------------------|--------------------------------------|
| Lithuania | LGL Nationaline LGBT* Teisiu organizacija | Diana Rabikauskaite | diana@gau.lt |
| Italy | Vagamondo | Camilla Ranauro | infoyouthprojects@gmail.com |
| Spain | Ticket2Europe | Ana del Valle | ana.delvalle@ticket2europe.eu |
| Greece | Hellenic Youth Participation | Eleni Kardamitsi | hellenicyouthparticipation@yahoo.gr |
| Czech Republic | DICE Asociace | Michal Tenkrat | asociace.dice@gmail.com |
| Bulgaria | Bulgarian Youth Association | Kristijan Andreev | kristijan.andreev@bulgarian-youth.eu |
| Latvia | Association of LGBT and their friends Mozaika | Laura Sterna | laura.sterna.11@gmail.com |
| Romania | Asociatia Accept | Teodora Ion-Rotaru | teodora@acceptromania.ro |
| Netherlands | Olde Vechte Foundation | Cathy Manousaki | info.oldevechte@gmail.com |

IF I AM SELECTED:

Furthermore, if you are selected for the project, you will receive a confirmation letter with the practical details regarding your participation in the project.

After receiving the confirmation letter you will be required to book your ticket according to these details and inform us as organizers about your arrival and departure time. Before even booking your ticket, you can approach your sending

organization to support you in your travelling arrangements.

Your presence is required for the entire duration of the Exchange. If you wish to arrive earlier or leave later, please arrange your own stay in The Netherlands as we do not cover the living expenses for the days which are not included in the program

TRAVEL AND REIMBURSEMENT:

| COUNTRY | TRAVEL REIMBURSEMENT |
|--|----------------------|
| Latvia, Lithuania, Romania, Bulgaria, Spain, Czech Republic, Italy | 170 € |
| Greece | 270 € |
| Netherlands | 0 € |

For travelling, there is a **fixed amount of money to be reimbursed in cash for each participant, if participating until the end of the exchange.** In the table you can find the amount assigned to your country. This amount is calculated with the distance calculator according to Erasmus+ regulations. Travelling costs for participants coming from The Netherlands cannot be reimbursed.

PRO-LEARNING EVALUATION/ FOLLOW-UP

March - May 2017

Pro-Learning Evaluation or Follow-Up period is **valuable and plays an essential part in our project.** It is the part, when after the Exchange you will have personal evaluation of your learning and experience together with your group leader and partner organization. You will also be supported by your sending organization in implementing your follow-up planning, continue carrying out the online platform, promoting the project and results you will have created. Additionally, receive support in organizing any additional activities (workshops, seminars etc), raising awareness actions (free hugs, flashmobs, interviewing local etc) or other events in your local community, writing articles, testimonials or creating new projects implementing media.

FACILITATING TEAM:

Cathy Manousaki (Greece) is going to lead the program with a group of experienced assistants as a support team. Group leaders from each country are going to form the team of assistants who are also experienced in organizing youth programs, facilitating workshops, leading groups and working with the target group of the exchange.

DATES OF THE EXCHANGE:

PRE-LEARNING PREPARATION

January - February 2017

Pre-learning preparation will happen prior to the actual Exchange via a closed Facebook Group. You will get the chance to prepare for the Exchange, by completing different assignments and learning phases. Those assignments will be done by you individually or in your national team. Results of the preparation will be shared online and also during the Exchange.

Arrival Day for team leaders:
26th of February 2017
until 17:00 o'clock

START OF THE PROGRAM:
28th of February 2017:
At 13:00

Departure Day:
10th of March
before 10:00

ARRIVAL DAY FOR PARTICIPANTS:
27th of February 2017
After 16:00

END OF THE PROGRAM:
9th of March 2017:
At 20:00

EXCHANGE

YOUTHPASS

During the Exchange, you will also receive the Youthpass Certification. It is a recognition instrument for non-formal and informal learning, used within the Erasmus+ projects. Find more info here: youthpass.eu

LOCATION:

The project will take place in and around the group accommodation buildings of the Olde Vechte Foundation. Hosting and catering will be provided by the foundation.

About the house:

There are 12 sleeping rooms that can be occupied by 2 to 6 people. The accommodation includes showers and toilets in each floor. There is wireless connection, a washing machine and a dryer that you can use. There are also cozy areas available apart from the main Exchange room.

The accommodation is located within walking distance from Ommen city center.

For more details, please have a look on our website: www.oldevechte.nl

Please note that Olde Vechte is a group accommodation, which means that we take care of the house by ourselves (including some of the practical aspects and light household duties).

The house will be our home for the entire Exchange.

ABOUT OLDE VECHTE FOUNDATION:

Olde Vechte is a non-profit organization, based in Ommen, the Netherlands.

It is an organization with a long experience in non-formal education, personal development, coaching, social and cultural work. Throughout the years it has developed site specific methodologies that have been adapted to different projects. Every year it approaches various social and cultural topics through projects run by professional trainers and international teams.

The Foundation is open to anyone who is motivated to improve their personal and professional skills in order to create a better society and a higher quality of life. Striving to bring spirit and energy to

each individual, the trainings and projects of Olde Vechte Foundation take learning as an organic process coming from the diversity of talents and motivations of the people involved.

The Foundation works out of the vision to create a world that works for each and one of us out of love, care and cooperation.

If you have questions, need clarifications or you would like to know more, contact us at the following e-mail address: info.oldevechte@gmail.com or by phone: (+31) 619046561 and we'll be happy to answer all your questions.



Address:

Zeesserweg 12 7731BG Ommen,
The Netherlands

Phone: (+31) 619046561

Info.oldevechte@gmail.com

www.oldevechte.com

FB: [OldeVechteFoundation](https://www.facebook.com/OldeVechteFoundation)

Active Rainbow:

FB: [ActiveDiversity](https://www.facebook.com/ActiveDiversity)

Vimeo: [Active Rainbow](https://www.vimeo.com/ActiveRainbow)

Looking forward sharing InterACTIVE colors with you!

Cathy Manousaki & Olde Vechte Team