

# WILD STYLE: UNITE & SURVIVE

## SEMI-OUTDOOR YOUTH EXCHANGE UNDER THE WHITE NIGHTS

(Tallinn-Lahemaa-Tallinn, Estonia)

17-26 JULY 2017

Shokkin Group  
Estonia

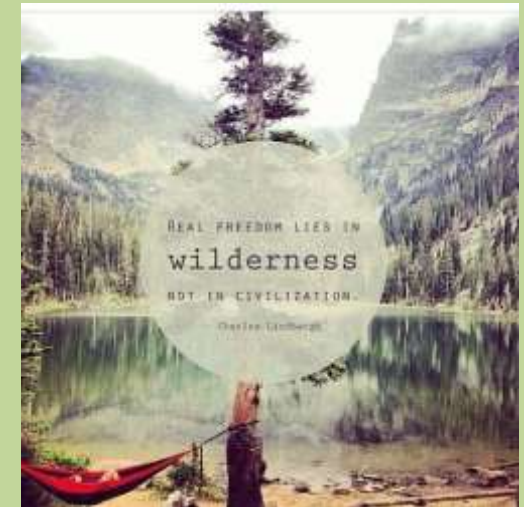


The youth exchange "**Wild Style: Unite & Survive**" will bring **38 participants** from **Estonia, Poland, Denmark, Spain, Portugal & the Netherlands** during the period of **17-26 July** to Tallinn & the nearby Lahemaa National Park to address the issues connected to active lifestyle, simple living & environmental awareness. The youth exchange will enable young people to become closer to the nature through working together in an outdoor setting with environmental impact in mind & using active non-formal learning methods.

During the youth exchange you will experience how a group of people who do not know each other can become a close group of friends united by the outdoors and a common vision.

The youth exchange will have lots of practical learning in the outdoor setting and lots of interesting moments during the whole time.

The project aims: to promote healthy lifestyle and develop attitude of living responsibly in the nature among young people participating in the project by involving them in building and maintaining an outdoor camp in a wild natural environment during the main activity.



## PROFILE OF PARTICIPANTS

Participants of the youth exchange are young people (18-25) coming from urban and suburban areas, who doesn't have much opportunities/time to spend time in the nature. As this is a youth exchange we are ready **to involve those young people who don't have any specific background, education or skills. the main criteria for selection will be YOUR motivation.** Participants should have **good command of English**, and be willing and committed to work hard in a tough environment.

The hosting team is expecting participants to follow the next conditions:

- Being in charge of arranging **own insurance** (EHIC card);
- **Committing to preparation** for the youth exchange content wise;
- **Actively participating** and being present **at all sessions** of the youth exchange;

Failure to participating in a minimum of 80% of the content sessions or inappropriate behavior might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.

**NB!! Participants are responsible to prepare necessary equipment mentioned in the check-list & be ready to accept outdoor challenges & overcome them.**

## TECHNICAL INFORMATION

The plan is to meet altogether in Tallinn on 17<sup>th</sup> of July, get to know each other and do some preparations for the outdoor part, 19<sup>th</sup> of July lunch time to leave Tallinn & camp [HERE in beautiful Tsitre](#), where the outdoor part will happen right at the seaside. Then 24<sup>th</sup> July we will return to Tallinn, where we do some follow-up activities, plan some common projects and will get to know the city. During the stay in Tallinn accommodation will be provided in a hostel-type of environment in rooms of 4-6 people. While outdoors we will provide tents, which will accommodate 3-4 people. Food will be arranged during the days in Tallinn, while in the outdoors we will be working like a big family, cooking for each other.

## WORKING PLAN

17.07	18.07	19.07	20.07	21.07	22.07	23.07	24.07	25.07	26.07
ARRIVAL	GET TO KNOW EACH OTHER & PREPARATION	GOING OUTDOORS	WILD STYLE				BACK -2- CIVILIZATION	FUTURE PLANNING & CRY-CRY	DEPARTURES

## ARRIVAL & DEPARTURE & MONEY PART

**ARRIVAL: YOU NEED TO BE IN TALLINN THE LATEST BEFORE 18:00 on the 17th of July**

**DEPARTURE: YOU NEED TO FLY THE EARLIEST AFTER 00:00 on the 26th of July.**

**NB! But, you are welcome to come earlier or leave later to see Tallinn, to chill with your new friends and have some more white night experience. (+/- 4 days)**



Country of Origin	Country of Destination	Distance Band	Travel Grant per Participant	No. of Participants (including accompanying persons)
Estonia	Estonia	0 - 9 km	0.00	8
Denmark	Estonia	500 - 1999 km	275.00	6
Netherlands	Estonia	500 - 1999 km	275.00	6
Portugal	Estonia	3000 - 3999 km	530.00	6
Poland	Estonia	500 - 1999 km	275.00	6
Spain	Estonia	2000 - 2999 km	360.00	6

### REIMBURSEMENT:

- Reimbursements will be handed within 14 days after the youth exchange **ONLY** on presenting **ALL** your booking documents beforehand by email with the reimbursement sheets.
- Reimbursements will be done via bank transfer to the partner organization.
- Only the cheapest route to Tallinn will be reimbursed.
- There will be a 20 EUR participation fee, the money will be spent on the benefit of the youth exchange activity and allow us to make extra treats.

## WHAT TO BRING WITH YOU:

Having a proper equipment when going on a camping trip is crucial! Therefore please be prepared, we DO suggest you to have all the things you will find below in the list! Please note, that during the outdoor part we will be working, living and staying outdoors for several nights. Hence having proper clothing is essential! What's more, apart from our personal belongings we will have to help with transporting common things, such as food, materials, tents and etc. So please bring along a **hiking rucksack at least 60L size** and be ready to give some of space for common equipment. – While we are outdoors, you can leave extra clothes or items in our office, but be aware not to leave valuable items there (better safe than sorry).

### Equipment List:

- Comfortable rucksack for hiking at least 60L
- Warm clothes (Preferably Thermal)
- Rain coat
- Comfortable shoes (at least 2 pairs)
- Sun cap or headscarf
- Anti mosquito reliant & Sun Cream – WE HAVE LOTS OF MOSQUITOS
- A pocket light (or a head light)
- Sleeping Bag & Rolling Pad (Mattress)
- Towel
- Medicaments (For sure we will have a box of first aid but in case you need any special medicines please bring them with you)
- Other stuff you might need – sun glasses, camera/film, toilet things.

Tents are provided and people will be accommodated in tents of 3-4 people! But feel free to bring your own tents in case if you would like to sleep in your own one.

## WHAT TO PREPARE:

Each country will have a set of sessions and workshops to do & we all will contribute to the work of the camp. However, this will come later from your designated group leaders, who will assist and support you in everything needed connected to this youth exchange. You will receive concrete homework on the topic closer to the dates of the activity from the group leaders of your country.



**SO IF YOU ARE READY TO DARE & JUMP INTO A NEW ADVENTURE, THEN WE ARE WAITING FOR YOU!**

**JOIN OUR [FACEBOOK GROUP](#)**



**Any questions you might have: Pavel Vassiljev – [pavel@shokkin.org](mailto:pavel@shokkin.org)**