

ERASMUS+ YOUTH EXCHANGE

# DEBATES FOR YOUTH



# Brief Description of the Youth Exchange

This project give opportunity for 35 youngsters from 7 different countries to ensure / increase the skills of leadership, try themselves at the place of negotiators, develop public speaking skills, and discover Erasmus+ Programme as an opportunity to develop personally and develop their local communities. Leadership, communication and public speaking skills are essential aspects of entrepreneurship and personal progress. The program aim is to find the importance of negotiations, interpersonal communication and leadership skills. Furthermore, it is very important to raise the general awareness of people about those skills, in order to realize the importance of being a good negotiator and why a leader should be credible.

Debates, public speaking, communication and leadership skills increase one's self-confidence, make them more comfortable around people, define everyday verbal and non-verbal communication skills, make a difference in their day-by-day life, and raise the performance of a better understanding between people, thus representing the basis of negotiation, mutual understanding and persuasion. Also, public speaking and leadership skills are the inevitable reflection of people's needs and challenges in modern life. It represents therefore a profound concept, with increasingly complex implications, driven by an increasingly complex and fast-changing world.

# Objectives of the Youth Exchange

- To support the development and improvement of basic and transversal skills of 35 young people;
- To contribute to the social inclusion in 7 European countries from: Netherlands, Romania, Poland, Spain, Lithuania, Latvia, Estonia by fostering young people's employment, entrepreneurial and management skills;
- To develop participants' skills and competences in public speaking and leadership skills, which will increase their competitiveness on the labor market and their opportunities for employment;
- To develop basic and important skills of public speaking and leadership, multilingualism in all fields of education and training, using innovation, pedagogical and non-formal education tools;
- To promote Erasmus+ programme as an engine for great initiatives with visible results. We want to motivate participants of "Debates for YOU-th" to create productive ideas under objectives of Erasmus+ for projects submitted in the future.

# Partner organisations

- Stichting Eerlijke Jongeren Voor Ouderen
- Latvijas Jauniesu Attīstības Centrs
- Ticket2Europe
- Asociatia D.G.T.
- Centrinės Europos tribuna
- Youth Club Active
- Fundacja Inkubator Innowacji

NETHERLANDS

LATVIA

SPAIN

ROMANIA

LITHUANIA

ESTONIA

POLAND

# Profile of participants

The target age group for participants of the project is between 18-30 years old. Group leaders have no age limit (18 y.o and more). We wish to ensure the gender balance. From each participating country we expect to have 2 male/3 female or 3 male/2 female.

We also expect that participants will:

- have an interest in gaining knowledge and to develop communication skills;
- be involved in a series of activities or jobs that require debate skills;
- be ready to share the skills, knowledge and experience gained during our youth exchange among their local communities as well as the members of partner organizations, their networks;
- be motivated to develop and improve their personal and professional skills and qualifications by taking part in interactive activities.

# Dates and Venue

Arrival day: 11 August 2019  
Departure day: 18 August 2019  
Venue: Nijmegen, Netherlands

Please note that organisers are not responsible for participants' accommodation, food and transport for extra days both before and after the project dates.



# Accommodation & Food

Venue: Guesthouse Vertoef.  
Participants will share gender-separate rooms.  
Each room of the venue provides bathroom (toilet, shower). Participants will be provided with 3-time food per day.

The venue provides bedsheets, towels and free WiFi. Please be aware that due to big amount of people WiFi signal can be unstable sometimes.

Address:  
Guesthouse Vertoef  
Nassausingel 3, Nijmegen 6511 EV, Netherlands

For more details please visit guesthouse' webpage:  
<https://www.guesthousevertoef.com>



# How to get to the project

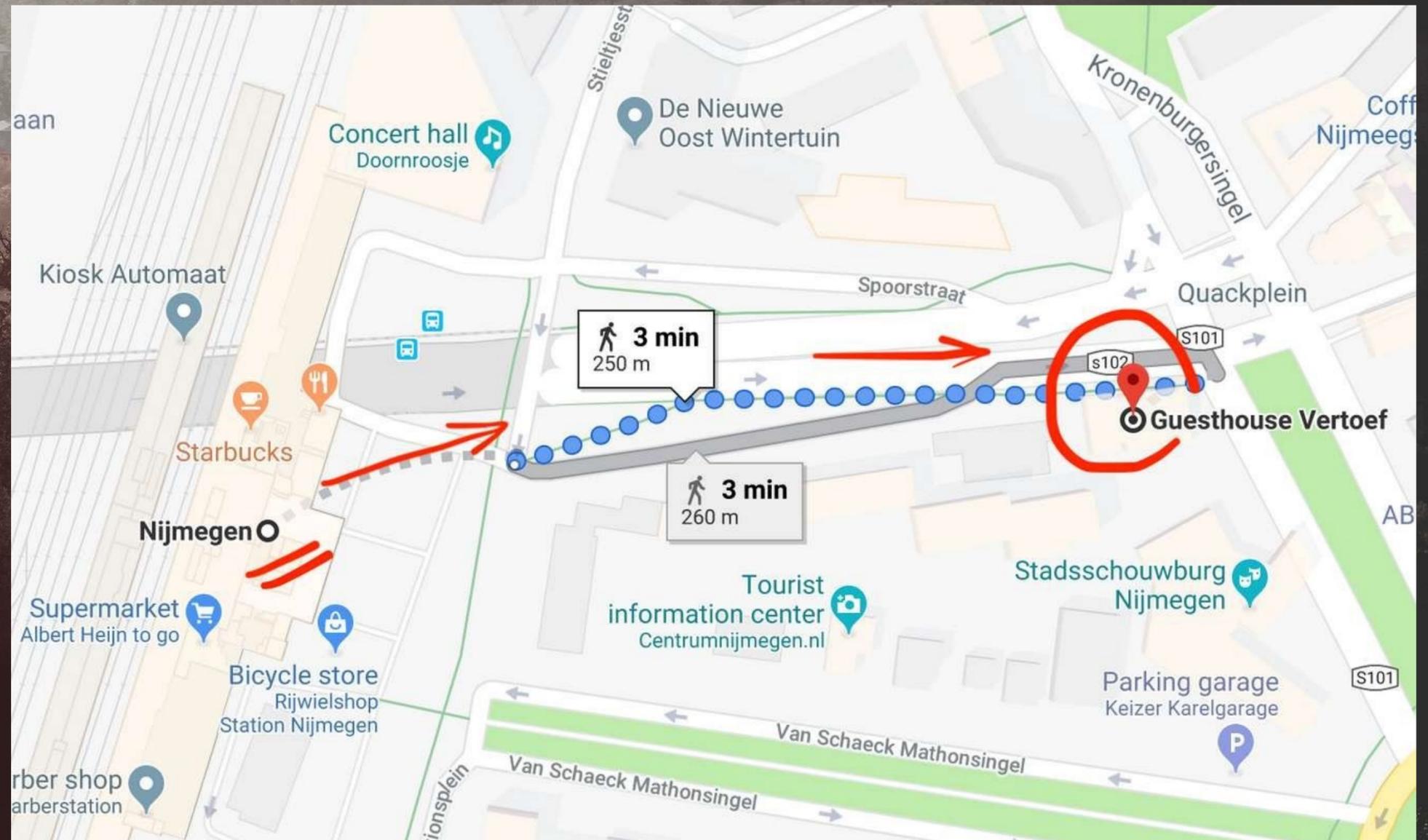
Nearest airports are Eindhoven and Amsterdam.

From those cities you have to take a bus by [FLIXBUS.com](https://www.flixbus.com) or train by [THETRAINLINE.com](https://www.thetrainline.com)

Concerning ticket price,

- bus will cost about 10€/1 way,
- train - about 16€/1 way.

When you arrive in Nijmegen, you can easily reach our venue by walking. Picture on the right shows only 3-4 minutes walking from Nijmegen Central Station.



# Things to bring

- Valid passport for travel;
- All required travel documents;
- Comfortable shoes or sneakers, raincoats which can be needed during outdoor activities;
- What could entertain participants during free time, eg. games, music, musical instruments, etc;
- Group activities and new ideas are welcome;
- Traditional food, drinks, music, dances, songs, etc;
- Medicine you can need, etc.

# Homework ;)

1) During our youth exchange you will have a task to present a speech. There will be a session where you will be able to perform in front of others. It can be anything... promoting a product or service, social speech, etc. Most important - between 2 - 5 minutes. You can use powerpoint for highlights. Most likely each of you will prepare it. We will try to give a space for everybody.

2) Every national team will receive a topic for a session which they will perform. Your team will have 1 hour 20 minutes (1 session) for that. Topics will be delivered among teams in July 2019. Be ready!

# Travel Reimbursement

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets (Also e-tickets),
3. Invoices (In case the tickets are bought by cash),
4. Invoice or card payment history (In case the tickets are bought by bank card),
5. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment prove that they will get during their travel. Regarding way-back tickets and boarding passes, they should be sent by the post office and electronically, via scans.

Reimbursement for **ALL COUNTRIES** will be made by **BANK TRANSFER** after we have all original tickets and relevant documents.

**BEFORE** purchasing your tickets, please, contact us in advance so that we can approve your tickets and costs. **ONLY APPROVED** travel plans will be reimbursed.

# Reimbursement Limits

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Coordinator: Aleksandrs Posts (tickets confirmation)

E-mail: [latvijasjaunatne@gmail.com](mailto:latvijasjaunatne@gmail.com)

Facebook: [fb.com/aleksandrs.posts](https://www.facebook.com/aleksandrs.posts)

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Coordinator: Dennis Dorpmans (host of the project) E-mail: [Dennis.Dorpmans@outlook.com](mailto:Dennis.Dorpmans@outlook.com)

Facebook: [fb.com/dennis.dorpmans](https://www.facebook.com/dennis.dorpmans)