

FREEK

Youth Exchange

Infopack

4th – 13rd October 2018 / Lastours, France



Dear participants, this document was created with the purpose of answering your questions related with the project (organization, transport, schedule, what to prepare, what to bring, etc.) and to welcome you in our small campsite.

1. **What type of project is it?**
2. **Who are the partners in the project?**
3. **Topics, general description and objectives of the project**
4. **Project dates and activities**
5. **What to prepare before the exchange?**
6. **What to bring?**
7. **Accommodation**
8. **Travel cost**
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1. **What type of project is it?**

Youth Exchanges offer groups of young people from different countries the opportunity to meet and get to know better. These meetings take place outside of school structures, university or vocational training. They have an educational purpose and require involvement of young people in all stages of the project.

During an exchange, youngsters are organizing a series of activities (for example workshops, debates, simulations, outdoor activities, etc ...) around a theme of mutual interest.

The project covers 100% of food and accommodation, and for those who need Visa 100% of cost.

2. **Who are the partners in the project?**

	Country	Name of partner
1	France	Association de Développement pour le Haut Cabardès - ADHC
2	Italy	Associazione Di Promozione Sociale KORA
3	Spain	Ticket2Europe
4	Greece	YOUTHphoria
5	Turkey	TASEV Training Culture and Youth Association
6	Algeria	Youth Association for Environment and Culture



3. Topics, General Description and Objectives of the project:

Active participation, awareness on our current lifestyle and our impact, media and social network, discuss about our habits and our individual thinking and act, intercultural learning, non-formal education and group dynamics.

During the project, we will discuss different themes through different activities that will make participants reflect ... (debate to confront the reality of each other, learn to separate propaganda and neutral facts, become aware of the media propaganda and the place of women our world, by sharing the difference of lifestyle of the countries). The participants will be the key to a successful project, because the goal of this one is to make them realize that they think by the societal codes inked since their childhood. After this realization, we wait for the question "Am I on the right track to be free, is the freedom I am told about the same as I imagine?" From this point of view, we will deal with the subject of influence and media manipulation, women in the world, but also the theme of employability through the current criteria of success and especially **money**; because that's the thing everyone wants, and that can alternate the vision we have of things around us, for some people it becomes normal to prefer money to the empathy of others. these topics will be a chance for them to reshape their own definitions and ideas of prejudices and stereotypes in order to gain awareness of tolerance and freedom of expression. Our strong point on this subject is the diversity of our participants, confronting them with their own opinions in order to realize how behavior is shaped by the society in which young people grow up. Nowadays, it is really hard to realize that we are manipulated by media propaganda and even more difficult to admit it. On the first and last day of exchange, we will be able to see if they change their way of thinking. Through the various activities and debates proposed in this exchange, we also wish to allow participants to reflect and question their role within Europe, the different ways in which they can participate in shaping the present and the future. And of course they will learn cultural context of each country.

This Multilateral Youth Exchange will take place for 10 days in a small eco-friendly campsite and will host 37 participants from 6 countries: France, Italy, Spain, Turkey, Algeria and Greece. Each organization will send 5 participants + one leader from 18 to 26 years old plus one leader.

In terms of methodology activities for the first day we will make a welcome party and do a quick explanation plenary program and objectives of the week. To facilitate the exchange between the participants from the first day we will use ice-breaking methods like team building games. It could be also folk dances, songs, drawings, etc. So every group will be involved in this process.

As the exchange **is focused on an awareness from participants, and of course on the informal discovery of other cultures**; each country's participant will have a different moment dedicated to share with us their culture (during meals, coffee breaks, energizers or evening).

At the end of the exchange, there will be a lunch cooked by the participants to share with the local population a healthy meal with a minimum of environmental impact.

OBJECTIVES

The main objectives of this project are:

- Bring the idea of acceptance of the diversity of opinions and maintain a neutrality regarding the treatment of information in the framework of the development of European citizenship
- Become a better citizen by a better understanding of our society;
- Understand the importance and place of the media today (knowing how to question them)
- Learn to develop their ideas about the society in which they live and communicate it clearly.



- Provide a quality intercultural experience..

Secondly, this project will establish the differences and similarities between each country without discrimination, in the context of discovery and exchange of practices of our European neighbors. This will permit to get feedback about the different political models according the several participants backgrounds.

Also, during the project we will use methods to join this aims:

- Live in harmony with nature for 10 days: division of tasks, respect for others and their differences;
- Discover the environmental setting of each on a friendly and interactive manner;
- Learn about the additives and different ingredients used by the industrial food;
- Provide the participants an intercultural learning experience;
- Mutually beneficial, discover and explore similarities; promote a better understanding of the diversity of our common European culture;
- Helping young people acquire knowledge and being able to recognize the value of these experiences;
- Share our own culture and discover the other, meet new people and feel European;
- Learn to be open, accepting people from different backgrounds and countries;
- Provide opportunities to live meaningful inter-cultural experiences to those who have less, to get in touch with people from different cultures and backgrounds very different from each other, encourage the participation of young people with fewer opportunities in the program;
- Interact with not only participants but also with local people, in the cultural evenings, the day of presentation to the public, the photo exhibition and the exhibition of the youth exchange;
- Finally, for all participants, this project will be a discovery of the heritage of south-western France.

4. Project dates:

Dates: 4th – 13rd October 2018 – Lastours, France

Arrival on the 4th before 6.30 pm, departure on the 13rd in the morning or afternoon. Please note that Lastours is at 2 hours from Toulouse and 4 hours from Barcelona; don't hesitate to contact us for any information or tips about your travel!

5. What to prepare before the exchange?



- Send the registration form and quiz
- Obtaining a full travel insurance policy
- Coffee break for the morning of your national day
- Energizer for the morning & afternoon of your national day
- Decide 2 national typical dishes (don't forget something for vegans/without gluten!)
- A presentation of another country (10-15 minutes, interactive & dynamic) for the intercultural evenings.
- Culture and language of their country (dances, games, language lesson – good morning, good evening...)

6. What to bring?

- Intercultural food to share, home made by your gran mother is the best !
- Windproof clothes (it's recommended to bring also gloves and a hat or a cap)
- Sunglasses
- Towel
- Camera
- Adapter for French plugs
- Hiking shoes
- Pocket lamp



You can organize a common baggage with other participants of your country to put all the things that don't fit in cabin luggage!

7. Accommodation:



www.campingdelastours.com/

Participants will be accommodated in mobile homes on large wooded areas of oaks and with views of the Cathar castles of Lastours. (It is also possible to be accommodated in tents if the participant prefers). The camping of course complies with security regulation.

Through a comprehensive and eco responsible environmental policy, this camping certified "Clé Verte" ("Green Key") aims to reduce the impact of its activities on the environment. The place is very good because it's connected to our topic.

8. Travel COST

Recapitulation of the Travel Cost The amount is referred for 1 participant	
France	20 euros
Italy Spain Algeria Greece	275 euros
Turkey	360 euros

9. Contacts:

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