

INFOPACK

“Rural Myths”

Youth exchange

18th November- 29th November 2019

Elniakampis, Lithuania



Erasmus+



KELIAUK,
KAD KEISTUM

Project Summary

- **Type:** Erasmus+ Youth Exchange
- **Topic:** Social inclusion, discrimination
- **Location:** Elniakampis, Lithuania
- **Dates:** 18th November – 29th November 2019 (18th and 29th are travel dates)
- **Countries:** Lithuania, Romania, Estonia, Slovakia
- **Participants:**
 - 7 participants and 1 group leader from Lithuania
 - 7 participants and 1 group leader from Romania
 - 7 participants and 1 group leader from Estonia
 - 6 participants from Slovakia
- **Target group:** young participants aged 16-22
- **Working language:** English
- **Contact:** katerina@omav.eu
- **Facebook group:** <https://www.facebook.com/groups/882807562093018/>
- **Application form:**
<https://forms.office.com/Pages/ResponsePage.aspx?id=HbWWpVWzskOvcKAngI4v94MARXEh9wZOrEdmdmUQlpdUNlgwN0pYSjRSMDZQVFExTFc3SjdZTDc4TCQlQCN0PWcu>

Our goal is to organise an Erasmus+ youth exchange between **18th November – 29th November 2019** in **Elniakampis, Lithuania** for **28 participants from 4 countries** with the aim to raise social inclusion, reduce negative existing stereotypes towards people from rural areas and increase self-confidence.

To see what to expect check out our video from this project's origin "Practise Makes Perfect":
<https://www.youtube.com/watch?v=zmUVyrAD2nA>

Project Overview

This Erasmus+ youth exchange "**Rural Myths**" will introduce the topic of social inclusion and discrimination. 28 youngsters from **Lithuania, Romania, Estonia and Slovakia** will work together for 10 days to find effective tools and methods to reduce social exclusion, fight existing stereotypes and minimize negative attitude towards others. This YE will take place in Elniakampis, Lithuania between **18th November – 29th November 2019**. Methods like brainstorming, role play, round table, open discussions, various team building games, simulation exercises, presentations and creative work will be implemented during the YE

What you will learn:

- ✓ To increase self-confidence of participants, critical thinking, problem solving, creativity
- ✓ To increase competences of young participants necessary for smoother integration
- ✓ To be able to work within intercultural environment
- ✓ To familiarize with life in rural areas in all 4 countries, find similarities and differences

Accommodation and Venue:

The host organization will provide and cover the accommodation and food.

Our project will take place at a rural tourism homestead “Elniakampis” in the town of Elniakampis, Lithuania. The venue is located in the regional park, surrounded by nature, beautiful green forests, river and ponds.

Accommodation will be arranged for mostly **3-5 persons/room** and **2 rooms with bigger capacity**, grouped by gender. Breakfast, lunch and dinner will be served at the same location every day. There is a poor wireless internet connection available, therefore you should not rely on it. You may check the project venue here: <http://elniakampis.lt>

Please be prepared that you won't get a proper internet access for the whole program and there might also be no cellular network.



Project Schedule

The daily structure of the youth exchange will be as follows:

08:00 – 09:00 – Breakfast	13:30 – 15:00 – Workshops III
09:00 – 10:30 – Workshops I	15:00 – 17:00 – Break + Coffee break
10:30 – 11:00 – Coffee break	17:00 – 18:30 – Workshops IV
11:00 – 12:30 – Workshops II	18:30 – 19:00 – Dinner
12:30 – 13:30 – Lunch	20:30 – ??? – Night program

Travel Information

The accommodation itself is not accessible by any public transport so the participants will be picked up by bus from the airport.

We will provide transportation for all participants. We will cover and provide flight tickets and bus transportation from the airport for participants from Romania, Estonia and Slovakia and bus transportation from the school for participants from Lithuania.

The exact time of departure will be arranged with the coordinator and the group leader.

General Information

How to apply: fill in the Application form with the basic information about you and your experience and motivation:

<https://forms.office.com/Pages/ResponsePage.aspx?id=HbWWpVWzskOvcKAngI4v94MARXEh9wZOrEdmdmUQlpdUNlgwN0pYSjRSMDZQVFExTFc3SjdZTDc4TCQIQCN0PWcu>

Deadline to apply: 30.09.2019

Selection process: selection process will be based on the filled application form. We will consider gender equality and follow non-discrimination principles. After the deadline you will be informed if you have been selected via e-mail.

Health and travel insurance: the participants are required by Erasmus+ program to have a valid European health insurance card and a valid travel insurance for the period of the project including the travel dates.

Dissemination: By participating in the project you commit to contribute to the promotion and dissemination of the results of the project upon your return back home.

Facilitating the sessions: participants from each national group will have the opportunity to facilitate at least one session. We encourage each national group to prepare at least one session (1.5 h) about the topic of discrimination and social inclusion. Prepared sessions will be discussed with facilitator at the beginning of the activity.

Cultural night: participants from each country are expected to prepare a 10-15min program to present their culture in a way, all the other participants are involved (culture, customs, music, dance, etc.) and to bring some typical local drinks and foods. No electronic devices are allowed during the presentation (excluding speaker).

Meals: three meals and two coffee breaks per day will be provided. We will take into account all the participants' dietary aspects such as allergies, intolerances and preferences mentioned in the application form. Please note that the meals will be mostly typical for the host country.

What to bring: towel, slippers, swimming suites and good mood 😊

Dress Code: casual comfortable sport wear and clothes, shoes for indoor and outdoor activities.

Shopping: near the accommodation you can find only restaurants and no supermarkets. Please take everything you might need for 10 days. Organizing team will not arrange any trip to shop during the project.

Internet: in the accommodation there is free WIFI, but be prepared that due to high number of people it isn't reliable

Weather conditions: Weather in November should be between 2 and 10 degrees. Please check www.accuweather.com for more updated information about the weather.

Phases and Deadlines

The selection of the participants will be done in the following phases and process:

1. Application period (till 30th September): organizing team will be responsible to select participants according to the filled application form based on the motivation

2. Transport planning (01st October- 15th October): the project coordinator will plan the trip to the project venue with the assistance of the group leaders. Each group must travel together to the project venue.

3. Preparation for the project activities (till 17th November): the group leaders from each country will be in touch with project coordinator and prepare their group for the project activities.

4. 18th November- 29th November- Project activities

5. till 30th November - Dissemination of the project results.

Groups of participants from each country are required to organize a dissemination event in their community or school to communicate the result of the youth exchange to the

community. Participants are encouraged to do a presentation of any kind in order to show their learning process and experiences during the project activity.



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Erasmus+ Programme
of the European Union

This project is funded by the Erasmus+ Programme of the European Union. All expenses such as accommodation, meal and travel are fully covered by the European Union. There is no participation fee or any other fee.