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HARIDUS- JA NOORTEAMET

## YOUTH EXCHANGE INFOPACK

Location: **Jõulumäe Tervisespordi Keskus.**

Title: **Aware and Awake for Tomorrow**

Dates: **4th to 12th September 2022**

(4th and 12th are travel dates, activities are between those dates)

E-mail: [project-awft@interest.edu.ee](mailto:project-awft@interest.edu.ee)

Phone: **+372 53738285**

Name of contact: Romet

Organizer's website: <https://interest.edu.ee/>

Venue's website: <https://joulumae.ee/en/home/>

Venue's location: <https://goo.gl/maps/3qdyR4ks9JmPrhHk6>

Venue's address: Leina küla, Häädemeeste vald 86504 Pärnumaa, Estonia

Participants: 6 per country(with group leader) and **18 - 25** years old.

Countries: Spain, Slovenia, Slovakia, Bulgaria, Estonia

If your english is not so good, use PDF translation tool

<https://translate.google.com/?hl=et&sl=en&tl=et&op=docs>

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It's a short and useful read. Go ahead.

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## Project description

Energy prices are through the roof and it is not at all certain whether we will see cheap electricity, gas and fuel prices in the near future. Such changes bring new opportunities and challenges. Investing in renewable energy and a green way of traveling are more on the agenda than ever before, countries' energy policies are changing and new companies and professions are emerging on the business landscape.

We will study these topics as practically as possible together with other European youngsters during the youth exchange. The project also includes activities in nature, a bit of discomfort, challenges and a memorable week with new friends.

During the youth exchange young people will learn from each other through games and creativity-enhancing tasks through non-formal learning. We support the engagement of the initiative, giving each person the opportunity to make workshop or other kind of contributions. Young people also gain knowledge of other cultures and nationalities.

## Important

This is a learning project, meaning that we will spend lots of time **participating in workshops** and learning through playful ways. Some days for camping with tents while **lacking warm water, shower and other comforts** are also planned. Have some comfortable clothes and shoes for spending time outside.

**Workshop sessions are divided between each country's teams to be organized.** Some workshops are organized by Estonian, some by Bulgarians and so on. If there is a topic you would like to address or something you would like to share, be sure to let your group leader know and we'll try to fit it into the program.

We will have intercultural nights on 2-3 evenings, so please bring some good music, food, drinks and information about your country. We will not use any digital devices, videos and such to present your country.

You should have travel insurance and **tickets bought before 2 weeks before travel date.**

## COVID-19

As long as nobody has symptoms of COVID-19, everything is good. Estonia does not require COVID-19 vaccination certificate to enter at the time of writing this document. We will test you with rapid tests when you arrive.

## Reimbursements

Your public transport costs are wired back to you max **3 months** after the youth exchange. Why does it take 3 months? After this project that is funded by European Commission, we need to submit reports that everything went well and after that we receive the last 20% of funding. We cannot complete payments for everybody, if we are missing the last 20%.

Max travel reimbursements below. You should keep all receipts and also boarding passes for flights. Best if they are digital (PDFs) and sent via e-mail.

Slovakia 275€

Slovenia 275€

Bulgaria 275€

Spain (Canary islands) 820€

Estonia 20€

**Before buying, please confirm travel dates and flight routes.** Group leader's will collect all travel preferences from participants and submit it to project's email (written beginning of this infopack) and we will confirm those in 1 working day.

### How to get here

1. take a flight to RIX or TLL.
2. take a Lux Express bus to Pärnu City.
3. take a regional bus to Tahkuranna bus stop.
4. We will pick you up from there.



Buses from RIX or RIX Coach station.

<https://luxexpress.eu/en/tickets/search?departDate=2022-09-04&currency=EUR&promocode=&fromBusStopId=18860&toBusStopId=8723&lang=en&passengers=1>

Buses from TLL or Tallinn Coach station.

<https://luxexpress.eu/en/tickets/search?departDate=2022-09-04&currency=EUR&promocode=&fromBusStopId=17028&toBusStopId=8723&lang=en&passengers=1>

Be mindful that some buses depart from only coach station, not airport. So you might have to travel to coach station from airport.

## Venue

Jõulumäe tervisespordi keskus. One of the best places for sports recreation. It's big and you can do different activities in your free time - forest run, football, basketball, disc golf, go for a swim in a lake or sea.



You will have your own tiny little house for sleeping and you'll share it with 3 buddies.



Beach is 30-40 minutes of walking. Lake is 20 minutes of walking on 10 minutes of running and is actually more convenient place for a swim as the water is not salty, no waves and is deep.

## Food

This is what an average vegetarian meal looked like last summer. Meals are big, but prepare for simple cuisine. Estonian typical meal is a little bit of potato / rice / pasta, a little bit of salad, and a little bit of meat. Of course all requests for vegetarian, vegan, lactose intolerance and gluten intolerance are handled accordingly.



## Shopping

There are no shops nearby but you can buy simple stuff such as ice cream or coke from the venue's desk any time. We'll take some participants to shop (4 km) with a car every few days and they can handle your purchases.

## Weather and nature

About 22 degrees, might rain a few times but not for long. Estonia and the region itself has more humidity so 22 degrees is definitely not cold as 22 degrees might be felt in some parts of the world. Nights are chilly though, having **warm clothing** with you is a good idea. There are no dangerous animals in the forest except these fellas.



They are called ticks and they exist in many parts of the world and 20-50% of them carry 2 infectious diseases. For example Justin Bieber and Avril Lavigne have been bitten by ticks and have Lyme disease. Can be very serious.

We personally think you should not worry, but should take precautions and check your skin on a regular basis.

They prefer soft skin, so it will take time

for them to find a sweet spot. Finding ticks from your skin is common, but getting infected is quite rare. As we spend lots of time outside - look out for these.

## Dissemination activities

Each group is expected to organize a dissemination activity once they return back to their communities. The purpose of this activity is to spread the results of the project among other people. By deciding to take part in this project, the participants are assuming the **responsibility of organizing the dissemination activity** in their community. More detailed information about this will be provided during a dedicated session, in one of the activity days.

## Safety

**Have an travel insurance** that covers at least 100 000€ of medical expenses. Be mindful that we don't sit in room for 7 days, but rather have outside activities every day. Also many insurance companies require insurance to be bought before transportation(flight) tickets.

It's also recommended to **travel together**. It helps less experienced travelers to reach destination with less stress and reduces other risks too.

Be sure to have the **phone number of your group leader and organizer** (can find it in the beginning of this info pack) in your mobile device. When something happens while travelling or in the project, then you have the option to quickly reach somebody who can help.

Emergency phone number for police, ambulance and fire brigade is **112**. Emergency services are free in Estonia.

It is recommended to have **European Health Insurance Card** that covers some medical cases too.

To be always informed about changes and other necessary information, be sure to join the **facebook group**. Invitation link is shared privately by your organization or group leader.

If you are **under 18** then you need a **parental consent** form on paper to be with you while you travel. Ask template from your sending organization.

On first activity day of project we will have a session for:

- rules by the accommodation venue
- rules by organizers (related alcohol, tobacco and cleaning after yourself).
- common agreements that we as participants together will make to have enjoyable and safe time together.

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If you have an issue that organizers cannot resolve or want to provide feedback about the project then here are the contacts for Estonian government coordinating agency:

Erasmus+ ja Euroopa Solidaarsuskorpuse agentuuri noorteprogrammide keskus

Phone: +372 6979 236

Web: <https://euroopanoored.eu>

End. See you soon!