

20.-30.AUGUST 2021

NOT* for everyone!

* Needed Optimistic Treat

ERASMUS+ YOUTH EXCHANGE
in southern ESTONIA

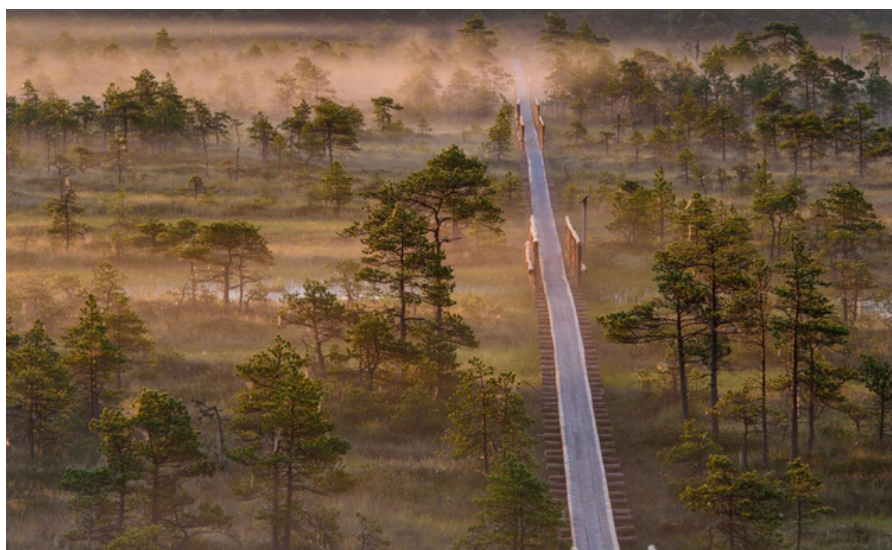
Are you ready to get out of your comfort zone?

A LOT OF HARM IS CAUSED - HOW TO BECOME BETTER FOR THE PLANET?

We have entered into comfortable era - much of the products and services we use are just a bank card pin entry away. Usually packaged in plastic and produced thousands of kilometers away, maybe even in another continent, where it is cheaper.

We aim to raise awareness of harm caused to yourself and to the environment by capitalistic consumer lifestyle. More importantly we learn how to live with minimal ecological footprint. We visit numerous places in Estonia and try to live as close to zero-waste lifestyle as we can while having a good time and learning side by side with another participants.

We look forward to participants take this new experience to their community and take the awareness, or even change the course of consumerism in their country. Remember, the change starts from ourselves - this is the only way to make great impact for everyone!



Bog in Estonia

What to prepare for?

- To discover a lot and sleep in a new place almost every night (shared rooms, may be on the mattresses)
- Energy for 2 to 3 hour (25-30km) bicycle ride every day
- To carry out activities/workshops (we are all facilitators in the project!)
- To eat and cook (also vegetarian) meals with another participants
- Sparkle in your eyes to discover Estonian nature and other participants' culture and habits!
- Carry out an event back in your home country to share the experience with your community

Aims and objectives

- to learn the need for a sustainable and waste-free lifestyle
- to learn how to reduce your ecological footprint
- to develop critical thinking on consumer society issues through sustainable lifestyles
- to develop organisational and leadership skills through a variety of workshops and activities
- supporting non-formal learning by recognising learning through the key competencies of the Youthpass Certificate
- to support intercultural dialogue among young people participating in youth exchanges through activities and work towards common goals

INFOPACK version 2/11.06.2021

This Infopack is for you, dear participants, here you can find all the essential information about our youth exchange :)

Please, read it carefully and don't hesitate to contact hosting team if you have any questions.

As current situation is complicated due to coronavirus spread in Europe, we'll update all the involved organizations in case any change should take place regarding the project's organizational questions!

We are looking forward to meet all of you soon!

In case of any questions contact our hosting team: project-optimistic-treat@interest.edu.ee

About the project

NOT* for everyone! is a youth exchange from young people to young people, where learning is based on non-formal education methods, with NO TEACHER OR TRAINER. Learning will happen in the atmosphere where young people can learn from each other, with planned daily schedule, set learning objectives and outcomes! All the participants will contribute to the carrying out activities during the youth exchange!

Participating countries: Estonia, Romania, Slovakia, Slovenia, Spain

Country group: 4 participants interested in the topic, aged 18-30 + 1 English speaking group leader aged 18+ = total 5 persons/country.

Advance Planning Visit takes place **ONLINE 23.-24. July**, and it is for the group leaders. During the APV we agree on the activities which each country group will be responsible to carry out during the youth exchange. Every group have time after the APV to prepare their share of activities with their group leader.

Youth Exchange '**NOT* for Everyone! *Needed Optimistic Treat**' takes place mainly in southern Estonia, 20.08-30.08.2021 = 9 days of activities + 2 travel days. 20th and 30th of August are travel days, no activities other than dinner and breakfast will take place.

All the activities during the YE will be carried out by the participants (supported by group leaders) from all the participating countries! We'll cycle almost every day ~30km distance to different location, to explore even more around us and within ourselves. Participants need to have physical ability and willingness to bike at least 2-3 hour every day :) Participants will also make their own food in different camp-sites. So, a lot of bonfire and cooking outside with local ingredients is expected too :)

To increase visibility of Erasmus+ youth exchange on the local level, the participants visit also a school or a youth center where they carry out workshop related to the topic of the project - media literacy and critical thinking and also will introduce their country and culture to the local community.

Participants of the youth exchange spread their experience through media by sharing their created materials to their peers.

Participants take this new experience to their community and hopefully change the course of consumerism in their country too! After the youth exchange each country group must carry out local event back in their home country to share their experience in their local communities and among their sending organization!



Cultural evening

In the program we have a special time for cultural evenings. This is an evening where you can share your culture, specific traditions, traditional food and drinks of your country (or whatever you consider that it is traditional) to others. But please, prepare something active, NOT showing youtube videos, these we can share during our free time, if someone is interested in :)

You are welcome to bring with you: national food, drinks, flag, sweets, music, etc. Prepare your national dances, games etc.

Information about travel reimbursement:

You can buy flight tickets ONLY after your group leader have confirmed the flight times and prices with the organizers and have received the clear confirmation for that! As current situation is complicated due to coronavirus and all the established travel restrictions, it is very important to NOT BUY ANYTHING BEFORE ORGANIZERS HAVE CONFIRMED TO DO SO.

We strongly recommend whole country group to travel together! You can travel 2 days before and after the project, but keep in mind that accommodation and food are not covered from the project budget for these extra days, and therefore it is your own responsibility.

We will reimburse the travel costs for the YE and APV on the basis of the cheapest possibilities (no taxies or first class allowed) by bank transfer. Your travel costs will be reimbursed after the Estonian National Agency has approved the final report. This can take up to 2-3 months after the follow-up activities.

For reimbursement, we need all of your original tickets , invoices, bills, receipts, boarding passes etc. We prefer everything ONLINE, so, if you have online tickets, receipts, boarding passes or so on, please don't print anything out, just upload it to google drive "youth exchange travel costs" folder (you'll be given the access). If you got something during your travels on paper, take the picture of these, keep these documents safe until you give these to your group leader, who will give these documents to organizers during the activity. If you got something on paper on your way back home, take the picture of these, and then give those to your group leader and make sure to upload a scan or a picture of these documents to our drive folder too.

Maximum travel costs we can reimburse for a round trip:

Slovakia - 275€ / Slovenia - 275€ / Spain - 530€ / Romania - 275€ / Estonia - 20€

Nearest airports are in Tallinn (Estonia) and also in Riga (Latvia), from these airports you can continue your journey by bus which is operated by Luxexpress or Ecolines bus company. Exact local travel information and exact accommodation locations will be revealed later! No tents, tho, but definitely shared bathrooms/showers! And shared rooms may be with many people and different sexes too, so bring proper sleeping-clothing :)

Participation fee:

As the practicalities in non-moving projects, such as accommodation or catering, are almost always cheaper when purchased in bulk. This project is expected to have more expenses, like bike renting costs. Therefore we are collecting a participation fee for 25€, which covers one small part of the bike renting costs.

Participation fee 25€ will be collected form the participants on spot.

Contact us:

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Weather

In Estonia, August is usually still warm, but nights can get chilly. August is still summer, which means unpredictable rain/sun/temperatures :D

As you can see from the chart on the right, temperatures are not very high and when it rains it is even colder.

You really need to pack clothes for rainy days and colder evenings too.

August

15	16	17	18	19	20	21
						
20° 12°	19° 11°	19° 12°	22° 10°	19° 12°	21° 11°	19° 13°
22	23	24	25	26	27	28
						
18° 12°	20° 11°	21° 10°	20° 9°	19° 8°	19° 8°	18° 11°
29	30	31	1	2	3	4
						
17° 11°	18° 11°	20° 11°	17° 10°	19° 10°	18° 9°	16° 10°

What to pack with you

- Nights are cold, so warm clothes and autumn jacket is necessary to take with you.
- We have mosquitoes, - take your repellent with you.
- To reduce waste while biking around different campsites, take your bottle, bowl (not plate, as we eat soup too), and cutlery (spoon, fork & knife) with you.
- Swimming suit and towel - we go to sauna and after that swimming in the lake is the best thing to do ;)
- Comfortable clothes and shoes for biking - preferably ones that dry really fast in case it starts to rain while biking on the road.
- Backpack for carrying essentials with you while biking.
- If you have one, take your sleeping bag with you ;)
- Take a lot of willingness to bike and cook with you! ;)

Accommodation & biking route

We'll stay really close to the nature in southern Estonia. We bike around and sleep in many different accommodations (tourism-farms, campings, schoolhouses, etc.).

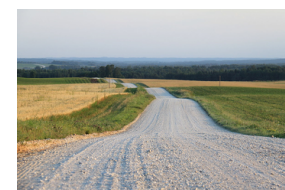
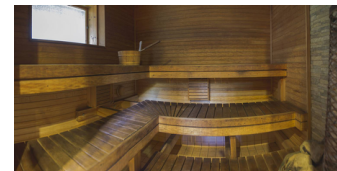
At first we'll meet in Tallinn, then we'll take a train to southern Estonia - we also visit Meenikunno bog, which is considered one of the most beautiful in Estonia ;)

Then we bike around and explore more beautiful nature and get familiar with different eco-farms too. We bike ~25-30km per day (should be up to 3-hour bike ride, not very challenging for) to our next destinations until we'll be in Valga to catch the train and go back to Tallinn for the last night.

Exact details about the biking route and accommodations will be revealed soon ;)

Get ready for sleeping on the floor (on the mattresses) in some places. Rooms are shared with different sexes.

Bathrooms are shared too, but you can take a shower individually ;)



Erasmus+

Contact us:

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Coronavirus information

As this information changes very often, here you can find main points and links to the regularly updated web-pages. If you have any questions please feel free to write an email to us :)

We do our best to reimburse your corona-testing costs too, so let us know if you need it!

- Self isolation and testing requirements do not apply to a person who crosses the border into Estonia and has had the coronavirus within the past six months and been declared recovered by a doctor (you need certificate!), or has been vaccinated against the coronavirus within the past six months (again, you need certificate!).
- If you are coming from the European country (including your transit country!) which coronavirus infection rate is lower than 150, you do not need to self-isolate or test.
Check coronavirus infection rates from here: <https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers> The list is renewed every Friday, valid from the following Monday.
- Do not forget about your transit country rules too, you can find up-to-date information about all the European countries from here: <https://reopen.europa.eu/en/> and about all the other countries too, from here: <https://www.iatatravelcentre.com/world.php>
- If you are coming from at-risk country (coronavirus infection rate higher than 150) and you are not fully vaccinated or had coronavirus (and recovered) within the six months, then you can find information about entering Estonia, including all corona-testing requirements that apply to you from here: <https://www.kriis.ee/en/travelling-estonia-foreigners>
summary: you need to test yourself in your country 72 hours before your travel, and then 6 days after your first test do the second test in Estonia. If both of these tests are negative, you can end your self-isolation :) So, only 3 days of self-isolation in Estonia, if you do all the testing on time :)

