



YOUTH FOR GREEN EUROPE



YOUTH EXCHANGE

REYKJAVÍK ICELAND

PLACE AND DATE: 9-18 SEPTEMBER 2022, REYKJAVÍK ICELAND

PARTICIPANTS: 36 people (5+1 group leaders from each country)

COUNTRY: Germany, Iceland, Latvia, Turkey and Czech Republic.

LANGUAGE: The working language will be English.



SUMMARY



We plan to focus on a complex of issues, such as reducing emissions, proper waste management, urban regeneration, renewable energy, zero waste movement and sustainable housing, because these topics cover wide range of sustainability issues, as such approaches can offer various ways to save resources, reduce pollution and contribute to reverting climate change, what will have positive impact on communities' daily life. Project participants will contribute to improving the quality of activity through their experience, skills, competences and views, as well as familiarizing participants with situation in their countries and sharing their knowledge of environmental issues and sustainable development to ensure successful exchange of best practice that could improve environmental situation at least at local level in participating countries.

Another important need is reducing amount of trash as humans produce more and more waste, what is not managed properly. We have planned a cleanup activity clean territory from garbage that has accumulated there, as decomposition of biodegradable litter is much slower there, and with this activity we want to share the practice from Latvia, how social capital can be used to improve the quality of surrounding environment.



The aim of the project is to raise youngsters' awareness about importance of environmental issues, climate change and sustainable living.

In order to achieve the goal of our project, we set the following objectives:

- exchange of the best practices and creating new ideas on reducing the impact of human activities on environment;
- exchange of information, knowledge and best practices on ways to protect the environment and to contribute to sustainability;
- promotion of youngsters' awareness about sustainable lifestyle and mindset;

ACTIVITIES AND METHODS



Working Methods

During the exchange itself we will focus on creating a friendly, relaxed non-formal environment in which participants can feel free to learn and share their experience, so we emphasize having a good atmosphere where participants share not only during working time but as well in free time and so take responsibility for their learning and develop their ideas which would lead to improving their competences for future projects. We believe the topic of environment and sustainable development is interesting and exciting for young people.

The activities are based on non-formal education and are focused on active participation, teamwork, stimulating creativity and getting new knowledge and skills. We will use different nonformal learning methods and activities as ice-breaking games, name games, getting to know each other and team-



building games, energizers, group presentations, work in groups, facilitated discussions, exercise, outdoor activities and art.

Who can participate in the youth exchange?

The young participants of 36 come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project. The project team drafted a profile of the participant, according to:

General elements:

- Age: between 15 and 30 years
- Sex: we want an equal ratio of boys / girls
- Education: most of the young people will be in the last years of high school, in the faculty / master and some will have the completed studies
- Work place: most of the young people are without a full-time job due to studies, but it is possible to have a percentage active in the labor market (part-time, freelancer); we have young people with reduced opportunities in the NEET category (who do not study and do not have a job)

TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
GERMANY	ICELAND	200-2999 km	6	360.00
LATVIA	ICELAND	200-2999 km	6	360.00
ROMANIA	ICELAND	3000-3999 km	6	530.00
TURKEY	ICELAND	4000-7999 km	6	820.00
Czech Republic	ICELAND	200-2999 km	6	360.00

AFTER SENDING their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (**ICELAND**). These distances must be



calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants. **It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer. TRAVEL COSTS PAYMENT CAN TAKE UP TO 6 MONTHS. (BE READY FOR THAT).**

Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.

Please note any extra days you wish to stay will be your own responsibility and your food etc.

Visa costs will be covered by participants.

THE VENUE



Reykjavík is the [capital](#) and largest city of [Iceland](#). It is located in southwestern Iceland, on the southern shore of [Faxaflói](#) bay. Its latitude is 64°08' N, making it the [world's northernmost capital](#) of a sovereign state. With a population of around 131,136 (and 233,034 in the [Capital Region](#)), it is the centre of Iceland's [cultural](#), [economic](#), and [governmental](#) activity, and is a popular tourist destination.

<https://en.wikipedia.org/wiki/Reykjav%C3%ADk>

Note: Organisers will not provide accommodation for any additional stay in ICELAND.
Participants can arrive 2 days earlier before + stay 2 days extra after the project!

COVID-19 SPECIAL MEASURES:



do not sneeze in the
palm of your hand



sneeze on your
elbow or scarf



wearing mask



Wash food



Wash your hands

SO FAR THERE IS NO ANY RULES FOR
COVID-19.

BUT THINGS CAN CHANGE RAPIDLY!
BE AWARE OF IT!



ACCOMMODATION PLACE

Bus Hostel Reykjavik!

<https://www.bushostelreykjavik.com/>



Rooms: Participants will be accommodated in 3,4 or 6 people each room. Bed linen and towels will be provided. The main activity room is located in the hotel. Wi-Fi internet connection is available.

Organisers will buy products for food but participants by each nation will prepare breakfast, lunch and dinner. Each national team will clean the dishes, too.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.



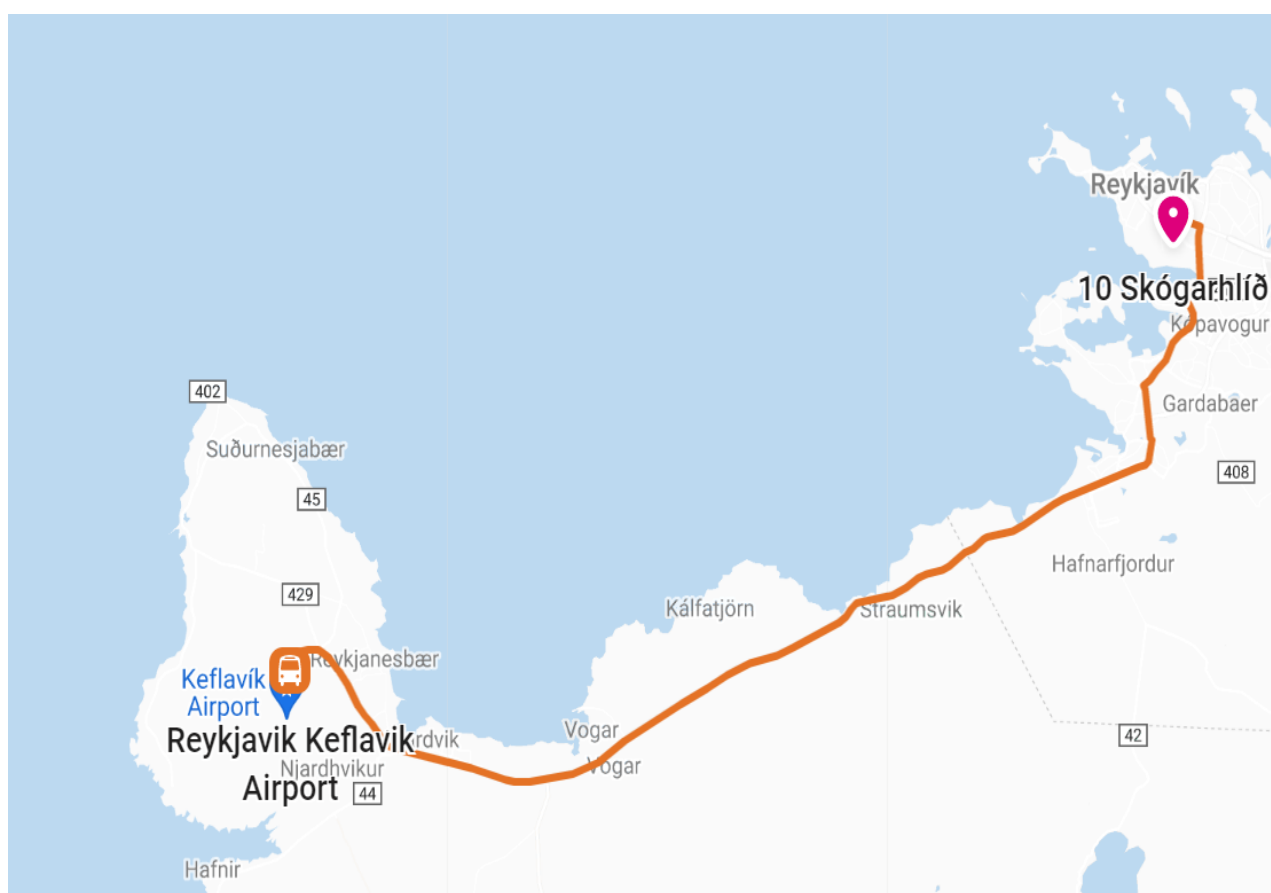
HOW TO REACH THE HOTEL

You can fly to Reykjavik Keflavik Nas Airport (KEF), Iceland.

When you come to Reykjavik Keflavik Nas Airport (KEF), Iceland, you can take bus to Reykjavik Bus Central Station and then walk to our venue.

For more details, please check the web page;

<https://www.re.is/>





WHAT TO BRING



Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...

HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high if you don't have.



The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).



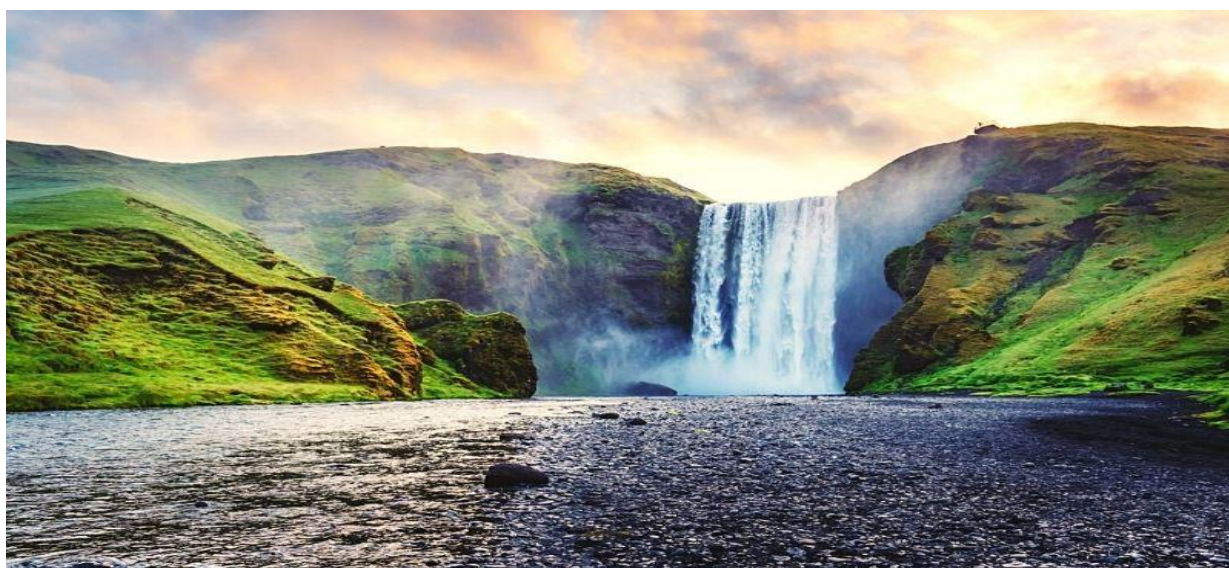
Each of the participating countries should;

- ✓ Bring all your **travel documents** as presented above. **Print out all your documents even if they are online. We don't have printing opportunities.**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Find **interesting videos / games / exercises / educational activities on diversity.**
- ✓ Prepare **energisers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! :) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others
- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing).
- ✓ **Bring nice dresses for Oscar Nights, Eurovision song contest!!!**

Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

CONTACTS!

If you have any questions, please contact us via email



SEE YOU ALL IN ICELAND