



## GO OUT, BE IN 6

Involving cultural diversity in outdoor activities

Youth Exchange - Erasmus +

27th of october - 5th of november 2018

Växjö, SWEDEN

# INFOPACK I

## PROJECT SUMMARY

The project "Go out, be in" is a Youth Exchange within Erasmus+. The participants will discover new ways of exploring outdoor activities at the countryside and urban landscapes and use these two environments to develop their own creative ideas, accessible to all. The main objective of this project is to better understand the differences and similarities of leisure and outdoor activities practiced by young people within the different countries and to create new methods that include youngsters with different backgrounds. During the activity week the participants will be organizing and participating in games, competitions, discussions and workshops connected with the main theme and will also create new methods for outdoor activities. The countries involved in this project are Sweden, Armenia, Spain, Cyprus and Hungary. The exchange will take place in Växjö, Sweden.

## PROJECT TITLE

Go out, be in IV

## DATES OF THE ACTIVITY WEEK

28th october to 4th november are activity days

27th october and 5th november are travel days

## ORGANISATIONS INVOLVED

Projektor/Globala Kronoberg- Sweden (organizer) – 4 participants + 1 group leader

The Starry Start of Talents Foundation – Bulgaria – 4 participants + 1 group leader

UNITED SOCIETIES OF BALKANS ASTIKI ETAIREIA – Grece - 4 participants + 1 group leader

ASSOCIAZIONE CULTURALE STRAUSS – Italy - 4 participants + 1 group leader

ADEGUA- Spain – 4 participants + 1 group leader

## **PARTICIPANT'S ROLE**

The participants in this exchange should be motivated to participate in outdoor activities, both in nature and in the city. They should be interested in group games, team building and outdoor experiences and comfortable with simpler living conditions.

This exchange strives to be available for all, but in order for this it is important that we get all relevant information about the participants regarding allergies, special food requirements, mobility, need for special support and other aspects that might be relevant.

This project will take place in a small place, surrounded by nature and with low or zero offer regarding shopping, culture and night life. It is a beautiful and calm place, surrounded by nature, forest and lakes. So it is important for you to be aware that this training is NOT going to be in a city and for that reason, activities like shopping, city sightseeing and going out in the evenings are not going to be possible in the most part of the training and free time. So, if you are up to discover Swedish nature, go for nice walks in the forest and enjoy cozy evenings getting to know your amazing fellow participants, then Yay! This training is for you. :)

## **WORKING LANGUAGE**

English

Although English will be the working language, a high level of English is not a requirement to participate in the exchange. It is important that, in case you send participants with low language skills, that you make sure that the leader is able to give extra support to the group (translating, etc.)

## **LIVING CONDITIONS**

The living will be simple as one of the goals of the exchange is to show and enjoy all the types of outdoor activities. A list of equipment and material to bring, we will send in the next info-packs. Detailed information about the venue and the accommodation will be sent later.

## **FOOD**

The participants will cook breakfast, lunch and dinner in small groups, every day. The ingredients will be provided by Projektör.

## **ALCOHOL POLICY**

Alcohol is strictly forbidden in the accommodation/activity place and also during the whole time we have planned activities. The reason for this is that both the organisation that owns the hostel and Projektör/Globala Kronoberg, as many organisations in Sweden, have non-alcohol policies. We ask therefore to all the participants to respect this rule during the whole project, both for the well-being of all participants but also for the success of the project in general.

## TOPICS AND ACTIVITIES

During the day, the participants will be active in creating their own activities and also participating in workshops, role-play, performances, presentations, competitions and games within the subjects of nature, youth participation, environment, culture and diversity.

The evenings will be spent mostly in the accommodation, where we will play games, hold cultural presentations and enjoy the cozy life of the countryside.

## THE WEATHER!

Oh, the weather in Sweden... ;) You need to be prepared for cold and rainy weather. In this region the winters are very different each year. Sometimes we have -5 and other we have -20. Expect temperatures between -5 and +10, rainy and cloudy.

## HOW TO GET TO VÄXJÖ

The best way is to fly to Copenhagen, Denmark. There are direct train connections from Copenhagen Airport to Växjö. A ticket to Växjö costs around 35 EUR. Please keep all the receipts and tickets of your journey so you can get reimbursed! Please bring your ID card and/or Passport with you, otherwise you will not be able to enter Sweden. To check the timetables and tickets, click here:

<http://www.sj.se/>

<http://www.oresundstag.se/>

## COSTS AND TRAVELS

As a participant in GOBI you get accommodation, food, transport and activities during all the activity days (28th October-4th November).

Globala Kronoberg will reimburse each participant's travel costs from their home country to Sweden and back, up to a certain sum (see below the limit for each country), as long as the participants provide all the tickets, boarding passes and receipts of the travels.

Each participant will be reimbursed for the travel costs **up to**:

Bulgaria: 275 Euros per participant

Greece: 275 Euros per participant

Italy: 360 Euros per participant

Spain: 360 Euros per participant

***Note** that whatever your travel costs are, and even they are higher than the limit mentioned above, you will have to give us all the documents for the whole travel, in order to be reimbursed. As soon as you book your travels you can send us the details of your journey and the respective receipts/tickets.*

## AND WHO IS PREPARING ALL THIS?

Yongli, Sara B., Jurek, Marija and Sara M. So call us, mail us if you need help or more information :)

See you on the Facebook Page <https://www.facebook.com/GoOutBelin>

And on the blog <http://gooutbein.wordpress.com/>

## CONTACT US

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