



## **GO OUT, BE IN IV**

Involving cultural diversity in outside activities

Youth Exchange - Erasmus +

18<sup>th</sup> - 25<sup>th</sup> July 2016

Växjö, SWEDEN

### **Info pack 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.

The name of the place where exchange will be is in Fylleryd. These are the photos of the place :)



#### **PROJECT TITLE**

Go out, be in IV

#### **DATES OF THE ACTIVITY WEEK**

18-25 July are activity days

18 and 25 July are travel days



### **PARTNER COUNTRIES**

Armenia, Hungary, Cyprus and Spain

### **PARTICIPANTS / LEADERS**

Each country sends one leader and four participants

### **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.

### **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 tips of outdoor

activities. We will sleep on the floor, mixed genders, so please bring your mattresses and sleeping bags. The living place will have shared bathroom and toilets and a kitchen to cook. Please note, that there is NO Wi-Fi in the place. Don't forget to bring anti-mosquito sprays!



## FOOD

The participants will cook lunch and dinner them self and each day one country group prepares (for their country typical) breakfast for all the others participants. It is important that you inform us about allergies and food requirements!



## RULES / SWEDISH LAWS

We will be not alone in the forest place. Try to keep the area clean, do not throw cigarettes or any trash in the nature. Do not leave the area over the night without informing your group leader and organisers. In Sweden there is "allmansrätten" which allows every one to roam freely within the nature and gives a person the right to access, walk, cycle, ride, and camp on any land - except for private grounds. Of course you have to take care of your surroundings which means that you must not harm or damage the nature or animals in a negative way.

Loud music is not encouraged since we will be in the nature and this would negatively affect the experience. Also is alcohol completely forbidden in the accomodation and surrounded area. The legal drinking age is 18 in Sweden, but you have to be over 20 years to purchase alcoholic beverages that contain more than 3.5% alcohol by volume in Systembolaget (only store to buy alcohol above 3.5% by volume). However, the taxes on alcohol are very high here in Sweden so buying alcohol is pretty expensive.

## **PRICES IN SWEDEN**

Single bus ticket (only within the city) ~ 2.80 EUR

Ice cream ~ 2.50 EUR

Sandwich ~ 3 EUR

Coffee ~ 2.50 EUR

Chocolate ~ 1.80 EUR

## **PREPARATION**

Every country group needs to prepare food, performance and/or activities for the cultural evening. Some ideas are traditional meals, snacks, games, music, dances, basic information about countries, traditions and so on. Also bring some ideas for traditional games, activities and some food from your home countries, since we are planning to have an international day with food.

## **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/>

You will later receive more information about the travel grant for each partner from Joana and Sara.

## **NEED TO BRING**

- bath suit
- rain clothes
- proper shoes for the forest
- towels
- bed sheets/sleeping bag
- slippers / house shoes
- outdoor clothes, shoes
- hygiene products
- Games (cards, board games, traditional games)
- (computer and camera: optional)
- mosquito spray
- water bottles

## **PROGRAMME (A MORE DETAILED ONE WILL BE COMING SOON)**

Monday, 18th July: Travel day

Tuesday, 19th July: Get-to-know each other

Wednesday, 20th July: Sports (canoeing, etc.)

Thursday, 21st July: Environment (recycling, etc.)

Friday, 22nd July: Nature

Saturday, 23rd July: City day

Sunday, 24th July: Final evaluation / farewell

Monday, 25th July: Travel day

### **AND WHO IS PREPARING ALL THIS?**

Joana, Sara, Amanda, Giulia, Natasa and Laura! So call us, mail us if you need help or more information :)

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

Please join the Facebook Group <https://www.facebook.com/groups/649065501913942/>

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

### **Contact us...**

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