

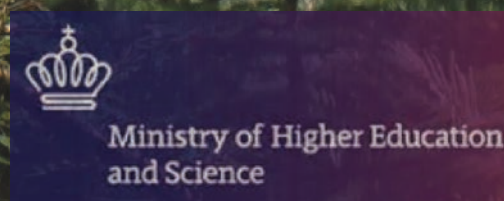
# Find your inside - outside



Y O U T H   E X C H A N G E

**07 - 14 SEPTEMBER 2021**

**STORE HEDDINGE, DENMARK**





# Partner organizations



Denmark  
*applicant*



North Macedonia



The Netherlands



Croatia



Czech Republic



# Why this project?

Outdoor activity programs can increase self-efficiency, mindfulness, and subjective well-being, and can foster mental health in youth and youngsters. The general aim of the project is to promote using outdoor activities as a tool for personal development youth and increasing physical and mental health.

The project consists 3 main activities:  
1 training course for youth workers and  
2 youth exchanges





# Why this project?

The main aim of the training course was to train youth workers from the partner organisations to be able to develop, organize and facilitate (outdoor) programs for personal development, team development, coaching of youth, gain new skills and methodology for increasing physical and mental health. At the end of the Training course, the participants created the schedules for 2 youth exchanges.

The main aim of the youth exchanges is to promote the importance of outdoor activities and the health benefits they have, encourage and initiate intercultural dialogue through outdoor activities, and use the outdoor methodology for self development of the youth.

This infopack is for the youth exchange in Denmark!



# *The youth exchange*

**07 - 14 SEPTEMBER 2021**

**STORE HEDDINGE, DENMARK**





# The youth exchange

## General objectives:

- Promote outdoor activities as being beneficial for physical and mental health
- Encourage young people to become aware of what they need to learn foster mutual understanding between young people from different social, religious, ethnic and cultural backgrounds
- Promoting intercultural dialogue
- Promote active participation, volunteering and the E+
- Learn how to connect soft skills with hard skill, outdoor-related.
- Promote nature as a tool for personal and group development

## Main skills and abilities that will be developed on this youth exchange:

Learn how to use outside activities to improve soft skills such as communication, cooperation, creativity and also hard skills suchs as make a fire, learn how to make knots, use compass and map, encourage young people to become aware of what they need to learn foster mutual understanding between young people from different social, religious, ethnic and cultural backgrounds, improving language skills since exchange is in english language.



# Profile of participants

**This project is open for young people aged 13-18 that love nature and are interested in outdoor activities and are willing to meet people from other countries and cultures.**

**Experience in outdoors methodology is welcomed but not required to participate, however English will be the working language, so it will be a requirement to join this project, together with the willingness to actively participate in the training course, and in one of the youth exchanges.**

**To apply for this youth exchange fill out the following application form:**

**<https://forms.gle/Kh9625Hp6EJNAnSE6>**



# Accommodation

The Project will take place 70 km south of Copenhagen, in Sigerslev in a very nice and modern scout center.

LINK to the VENUE

<https://www.sommerhusedanmark.dk/katalog/Danmark/Stevns%20Klint/034-R531>

Sigerslev - Sigerslevhus is a really nice location next to open fields, the sea side and beautiful nature around that we will have the chance to visit and enjoy during the project. The house is not far from Stevns Klint with UNESCO World Heritage Site, and Højerup Gl. Church. Close to the shopping town Store Heddinge with many small special shops and grocery stores. The Northern Europe's largest 8-edged church Skt. Katharina Church is located in Store Heddinge. The size of the house is 783 m<sup>2</sup> and has 8 bedrooms, 4 bathrooms, 2 kitchens, football table and much more. The participants will be accommodated in mixed national rooms, with the same gender.





# Travel and Safety

## Entry into Denmark

Various rules apply to travels to Denmark depending on how you arrive in Denmark and your ties with or your purpose of entering Denmark. Many of the rules also apply for those returning home from a trip.

In Denmark, we use a corona passport to prove our COVID-19 status on vaccination, recent negative test and recovery from previous infection. Please keep in mind that you may need to get tested regularly during your stay in Denmark, if you are not vaccinated or previously infected with COVID-19.

The Danish travel restrictions may change before you arrive or during your stay. Please make sure to keep yourself updated on this page: <https://en.coronasmittle.dk/covidtravelrules>

EU and Schengen countries are classified into the categories green, yellow and red. Countries outside the EU and Schengen area are classified into the categories yellow, orange and red.



# Travel and Safety

The overviews given under the different categories of countries and regions help you better understand the restrictions that apply in your situation.

- GREEN Countries: Croatia and Czech Republic
- YELLOW Countries: North Macedonia

NEDERLANDS is currently not in any of these lists

## Travel restrictions for persons travelling on the basis of a negative COVID-19 test (persons who are not vaccinated and who have not previously been infected with COVID-19)

	GREEN	YELLOW	ORANGE	RED
Test required prior to boarding aircraft	No*	No*	No*	Yes
Test required after entry	No	Yes	Yes	Yes
Isolation required after entry	No	No	Yes	Yes
Foreigners required to have a worthy purpose for entry to Denmark	No**	No**	Yes**	Yes (short list)
Foreigners required to take test prior to entry to Denmark (EU Digital COVID Certificate)	Yes**	Yes**	Yes**	Yes

## Travel restrictions for persons travelling based on their status as fully vaccinated\*

	GRØN	GUL	ORANGE	RØD
Test required prior to boarding aircraft*	No*	No*	No*	Yes*
Test required upon arrival	No	No	No** ***	Yes
Isolation required upon arrival	No	No	No** ***	Yes
Foreigners required to have a worthy purpose for entry into Denmark**	No**	No**	No** ***	Yes** (kort liste)
Foreigners required to take test prior to entry into Denmark**	No**	No**	No** ***	Yes**

\* Applies to persons who have been fully vaccinated with an EMA-approved vaccine and who either 1) can present an EU digital COVID certificate or 2) are habitually resident in EU and Schengen countries, Andorra, San Marino, Monaco, the Vatican City, orange OECD countries og yellow third countries. Applies also to



# Travel

Traveling to the Denmark would be recommended by plane from each country. The venue is 70 km from the capital of Denmark, Copenhagen. How to find your flight tickets?

You must start looking for tickets to the closest airports to the venue. We recommend <https://www.kiwi.com/us/> as a good flight search website. Airports in order of preference: Copenhagen or Malmo airport

- Open jaws tickets (arrival to a city and departure from another city) are to avoid if possible
- if possible, try to buy return tickets (not one way with one airline and the other way with another way) = less emails to send = less calculations to do
- Stop over itineraries (to spend a day or lots of hours in another city on the way) are to avoid
- Options will not be reimbursed: travel insurance, luggage insurance, discount club, seat selection, meals on board, flexibility option (possibility to change the date), fast track, on time guarantee
- Checked luggage per Group only will be accepted (20 or 23kg). If you don't need a checked luggage, do not buy it
- Multi-city tickets are to avoid

Warning: do not buy any tickets (flight, bus or train) before telling us the price (luggage included), city of departure, city of arrival, the airline/company and the dates of travel. And please wait for our answer. If we don't answer it doesn't mean that you can buy the tickets (wait for our answer). If you buy a flight ticket without an approval, you may not be reimbursed or be reimbursed partially (for example we will reimburse you only the cost of the cheapest flight)



# Travel and Safety

## REIMBURSEMENT

The organizers will reimburse your travel costs from your home city to Store Heddinge , Denmark and back. The reimbursement of travel costs will only be done upon Full attendance in the youth exchange program and presentation of the original tickets.

By the Erasmus + calculations these are the maximum travel cost we can reimburse:

COUNTRY	TRAVEL COST PER PARTICIPANT
Denmark	20 euros
North Macedonia	275 euros
The Netherlands	275 euros
Croatia	275 euros
Czech Republic	275 euros

Any costs above these represents your own contribution. Please keep all your original tickets!

Your accommodation and food will be fully paid by the project budget. All participants are required to purchase health insurance. Reimbursement will be done by BANK after receiving all original travel document by post to the leader or organizational account in EURO.

Note: Transfers by Taxi will not be refunded



# What to bring

- Bring comfortable clothes and shoes for outdoors activities. Make sure you bring a raincoat because it could rain during some of the activities. We will update you
- on the weather forecast as we get closer to the YE.
- Bring towels and toiletries necessary for your shower and personal hygiene.
- Because we are going to stay in a scout center, each participant will have to bring their own bed covers, sheets and a pillow case or a sleeping bag.
- The scout center has blankets and pillows.
- Intercultural evening stuff: Intercultural evening is the chance to present your country in special way – bring some special good – food and drinks from your country to make us nice company during the country presentation.
- A small backpack for short hikes in nature
- Pocket knife (if you have a checked in bag)
- Any medicine that you need
- Travel insurance and your European Health Card



# Contact

## FACILITATOR AND PROJECT COORDINATOR:

Milcho Duli [info@sferainternational.org](mailto:info@sferainternational.org)

## LOGISTICS TEAM

Marijan Milenkovski [youthdevelopd@gmail.com](mailto:youthdevelopd@gmail.com)

## PARTNER ORGANIZATION CONTACTS:

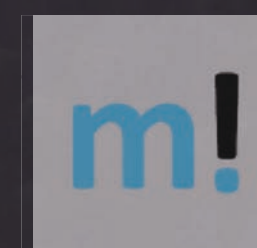
Denmark: [youthdevelopd@gmail.com](mailto:youthdevelopd@gmail.com)

The Netherlands: [outrac@kpnmail.nl](mailto:outrac@kpnmail.nl)

Croatia: [tamara.lipnjak@outwardboundcroatia.com](mailto:tamara.lipnjak@outwardboundcroatia.com)

Czech Republic: [kancelar@mladiinfo.cz](mailto:kancelar@mladiinfo.cz)

North Macedonia: [info@sferainternational.org](mailto:info@sferainternational.org)



Co-funded by the  
Erasmus+ Programme  
of the European Union

