

# Back to Villages

Youth Exchange  
Arrival day 9/7/2022  
Departure day 16/7/2022

Makria logka,  
Aitoloakarnanias Greece

DEAR ALL,  
thank you for opening this infopack full of information  
about the upcoming youth exchange Permastyle. We believe that you  
will find answers to all of your questions here.



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Erasmus+ Programme  
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4H



## WHAT IS THE PROJECT ABOUT

According to statistics, three quarters of the European population live in urban areas (source: Eurostat), while most of them are not connected to nature. This lifestyle has increased a lot the pollution and has increase the stress of the people. In this project we will try to understand the benefits of living in small cities or villages, to come closer to nature, to explore the investing opportunities that there are and also to built our suistanable suggestion for living in Rural Areas. We will make a list of suggestions for the mayor to make people come back to the villages.



## GENERAL INFORMATION

### Dates

9th July (arrival day) - 16th July (departure day)

### Venue

Yamochori, Aitolokarnania, Greece

### The team

Youth Active Minds, Greece-Muhos, Finland

### Project Partners

Teatro Della Zucca, Italy

Mladiinfo, Czech Republic

Aide, Romania

Epeka, Turkey



## PARTICIPANTS

Each partner(5 participants)

-4 participants (18-30 years old) (Better to choose people with fewer opportunities)

-1 youth leader( 18+ years old).

If possible,the groups are gender balanced.



The participants need to be interested in the topic of this youth exchange. They should be motivated in learning about nature and its procedures. This project will be about peer to peer learning.



## THE PLACE

The accommodation of the participants will take place in Yamochori, a field that our organization is working on, following the love of nature and our philosophy of respect and reduce of carbon footprint. Yamochori is located in a very beautiful place between mountains and a river. Participants will sleep in big tents (i.e photo), separated by 6 people per tent. We will provide you with pillows and mattresses, you have to bring sheets, sleeping bag and towels. There are 4 shared flush toilets, 2 compost toilets and 4 showers. In the field we have a lot of trees and a big organic garden which provide us with the majority of the meals.

**The meals will be mediterranean, less meat.**



## SCHEDULE

1. Day(9th of June) Arrival day-Welcome to the project
  2. Day: Team building, Introduction to the topic.
  3. Day: Connect with nature,planting, do it yourself
  4. Day: Visit success stories of the area
  5. Day: Village game and hiking to the waterfalls
  6. Day: Compare cities and villages, build our sustainable village.
  7. Day :Give suggestion to the Mayor,evaluation of the project, conclusion, youthpass.
  8. Day(16th July) Departures
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## TRAVEL BUDGET

The maximum amount that each participant can spend for travel, for each country is:

- Finland, 360euro
- Italy, 275euro
- Czech Republic, 275euro
- Turkey, 275euro
- Romania, 275 euro
- Greece, 180 euro

The amounts that get over the maximum budget for each participant will NOT be reimbursed. So please book your tickets as soon as possible, BUT BEFORE ASK OUR CONFIRMATION PLEASE. If you would like to stay longer in Greece, you can book flights up to 3 days before and after arrival/departure of the dates of the EXCHANGE. Tickets with the dates longer than 3 days before or after the dates of the exchange will NOT be reimbursed. If you choose not to take flight/ecotransport you can have 5 days before and 5 days after to travel. If your representatives have booked their tickets, please, send us the following details as soon as possible:

- Name of the Traveller (Participant)
- Date and Time of the Arrival and Departure
- Price of the tickets
- Ticket copies with the price visible (Invoices)

The background features a dark green globe with a textured surface, showing the continents of Africa and Europe. In the top right corner, there is an illustration of a stack of gold coins, with one coin lying flat next to it. The coins have a stylized 'S' or similar symbol on them. The overall aesthetic is clean and professional, with a focus on financial and global themes.

# TRAVEL REIMBURSEMENT

In accordance with the rules of the Erasmus + Program, we will reimburse 100% of traveling costs from home to the project venue as long as you use the cheapest means and fares (low cost flights, 2nd class train tickets) and respecting the maximum amount per country.

1. Bring the organization bank account details (IBAN and BIC SWIFT CODE) or your group leader bank account because we will do just one bank transfer for all the group;
2. **KEEP ALL YOUR TRAVEL DOCUMENTS:** invoices, electronic tickets, train tickets, original boarding pass (very important), we need them! If you lose them we cannot reimburse you! Please bring your electronic travel confirmation already **PRINTED**.





## WHAT TO BRING ?

1. European Health Card.
2. Sleeping bag, bed sheet and headlight
3. Tent and the rest of camping equipment(optional, if you want more privacy)
4. At least one laptop/tablet per country, for video editing.
5. Something representing your country (food, drink, music, etc.) and think how to share/perform in a creative way (no touristic materials!) during the Intercultural Night.
6. Clothes and shoes for hiking and outdoor activities and a raincoat( just in case).
7. A swimming suit.
8. Flip-flops or sandals for swimming and showers.
9. A small backbag for the hiking and a refillable bottle
10. A towel, shampoo and other hygienic products(organic and dicomposable).