

What's Your Footprint

Youth Exchange
8-15 August 2022

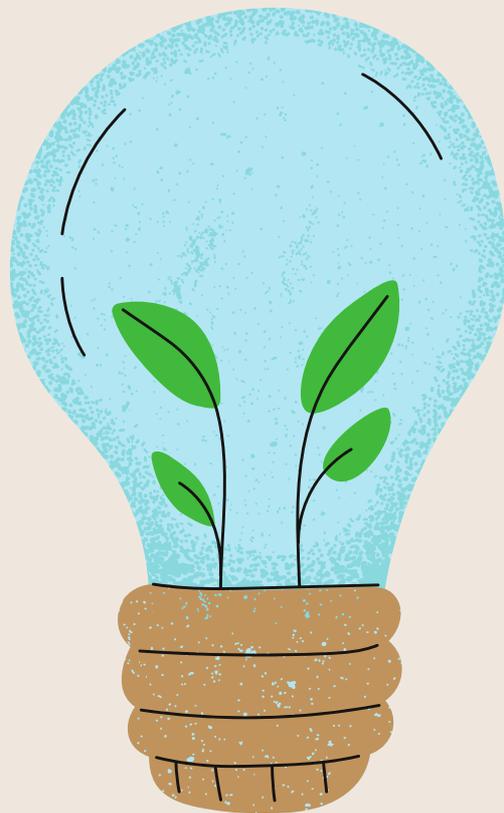
Makria Iogka,
Aitoloakarnanias Greece

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



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Erasmus+ Programme
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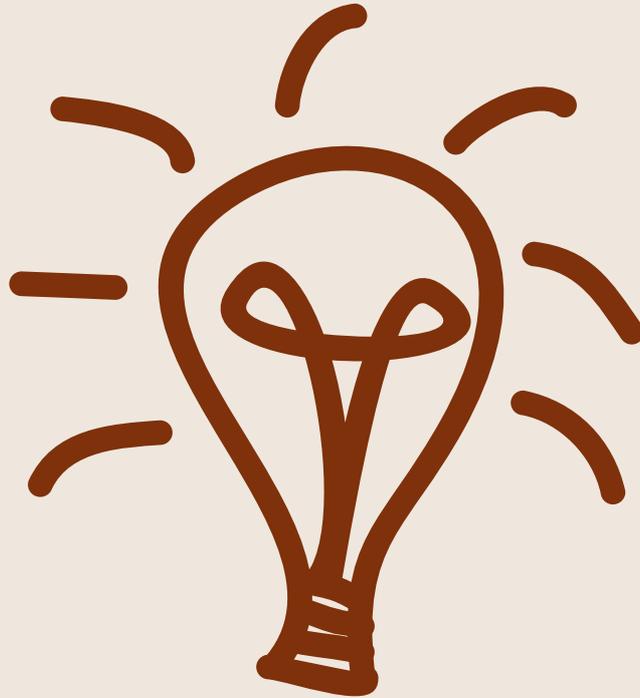
SUMMARY- WHY TO COME

The condition about climate and earth is critical, there is a lot of pollution everywhere, the oceans are filled with plastic and the majority of people, companies and governments don't care about it. The idea of this project started from the Greek team when they realized, during a Solidarity Project, travelling from Chalkida to Lamia in Greece by bicycle that many people are really not aware about the environmental crisis, as most of beaches were full of rubbish, air pollution made difficult to cycle and cities were built aiming to serve car and not alternative means of transportation. So we created this youth exchange in order to increase awareness about these crucial problems which will take place in YamoChori which created by us the last two years as a core of sustainability.



PROJECT OBJECTIVES

- To learn our environmental footprint, the effects for the future of the earth and ways to decrease it.
- To realize how many plastics we use every day and ways to avoid them.
- Upcycling plastic in many ways and especially with a specific machine for direct recycling and learn ways of self-production(e.g. soaps, lip balm)Learn how to build with natural building techniques, through participating in a local project.
- Explore the benefits of the use of bicycles avoiding cars during the project.
- Interact with locals and try to change their non eco-friendly habits.
- Connect people with different cultures, work together and enjoy a week in a very beautiful place next to the river.



GENERAL INFORMATION

Dates

8th August (arrival day) - 15th August (departure day)

Venue

Makria logka, Aitoloakarnanias Greece

The team

Youth Active Minds, Greece

Project Partners

- Muhoksen 4H-yhdistys ry, Finland
- TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES, Portugal
- VulcanicaMente, Italy
- MLADIINFO CR Z.S.,Czech Republic
- MITTETULUNDUSUHING NOORED UHISKONNA HEAKS, Estonia



Total

-6 youth leaders

-24 youngsters

-6 countries

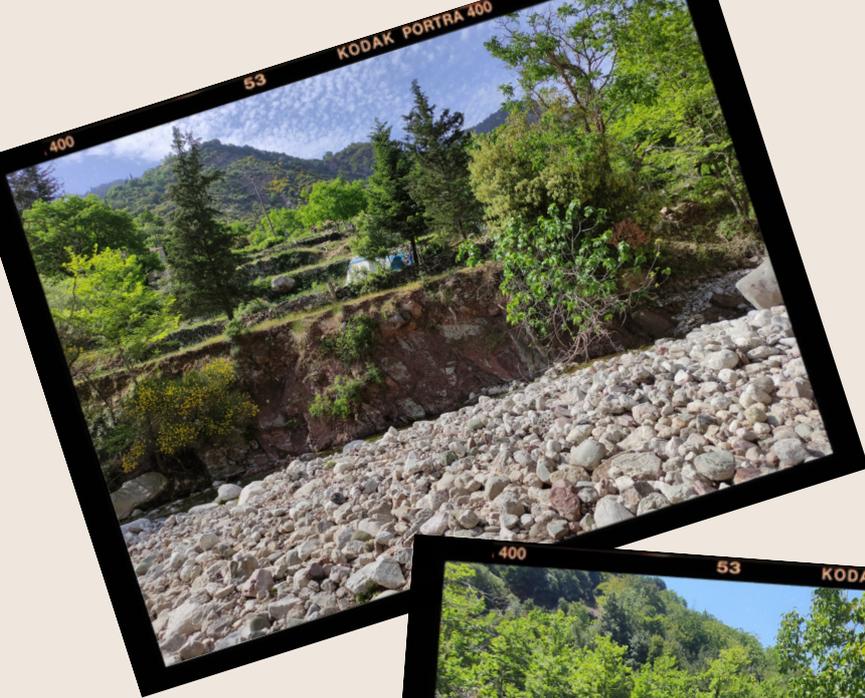
-Group leaders 18+

Each partner(5 participants)

-4 participants (18-30 years old) (prefer participants with fewer opportunities)

-1 youth leader(18+ years old). Team would be better to be 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 showers. In the field we have a lot of trees and a big organic garden which provide us with the majority of the meals.



SCHEDULE

1. Day(8th August): Getting know each other and arrivals.
2. Day: Check our footprint
3. Day: Collect plastic and upcycle.
4. Day: Build with natural materials.
5. Day: Village game and hiking to the waterfalls
6. Day: Planting-Make your own garden.
7. Day 7:Evaluation of the project, conclusion, youthpass, departures (after 18:00).
8. Day(15 August) Departures



TRAVEL DETAILS

First Option:

1. Flight to Athens
2. Ktel Bus to Thermo or Agrinio
3. From Agrinio or Thermo we collect you

Second Option:

1. Flight to Corfu
2. Ktel Bus to Agrinio (everyday at 1pm)
3. From there we are going to collect you.

Third Option:

1. Ferry to Patras
2. Ktel Bus to Agrinio or Thermo
3. From there we are going to collect you.

If you have a better solution and more eco-friendly (without airplanes) let us know
(<https://www.rome2rio.com/>)

TRAVEL BUDGET

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

- Finland, 360euro
- Italy, 180euro
- Estonia 360euro
- Czech Republic, 275euro
- Portugal, 530 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)



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).