

TEACH & LEARN II

PART 1

Youth exchange

18-28 Jul 2023

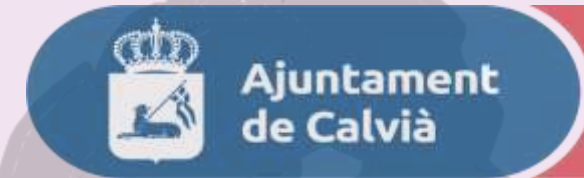
Amange, France



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de Calvià**

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WHAT IS A YOUTH EXCHANGE?



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In contrary to the well-known formal learning we experience in school or university, during youth exchanges you can expect to participate in workshops, exercises, debates, role-plays, outdoor activities, theatre, and art tools based on non-formal and informal learning methods.

Youth exchanges are educational programs that help young people challenge their worldview, improve their English speaking skills, gain confidence, and strengthen values such as solidarity, democracy, as well as discover new cultures, habits, and lifestyles in a safe environment.

You get the chance to meet a lot of new people, participate in activities, and get out of your comfort zone! Make some mistakes, being ridiculous, and laughing at yourself and others is all part of the process! We just ask you to enjoy this opportunity that we offer you!

ABOUT THIS PROJECT:

This is a project where all young people between the age of 16 and 25 can participate. The more diverse, the more interesting the project gets!



The project's goal is to lead young people to teach other young people. This means that each participant will teach a skill or competence that he/she finds interesting to the rest of the group.

There are a lot of skills you can teach:

- dance and music masterclasses;
- minority sports; ecological guidelines;
- culinary skills;
- audiovisual competitions;
- board games;
- role-playing and classics;
- mythological or cultural stories;
- & many others that will emerge during the project.



This project was created for young people to experience different activities and develop new skills with each other, as well as empower young people with leadership competences.

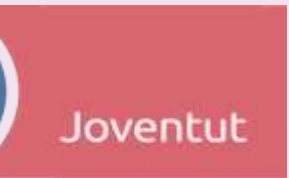
- This type of learning brings you more meaningful knowledge, and the diversity of activities lets you get out of your comfort zone and try new experiences.
- In this project each young person will have their moment of protagonism by being the leader of one of the activities, this can have a very positive influence on your self-esteem, as well as develop skills and other competencies as an individual.



What's The Purpose?



WHO CAN PARTICIPATE?



1) Who is between **16** and **25** years old.

2) Who has the experience, or would like to learn and encourage an atmosphere of positive thinking and inspiring the young people in their communities.

3) Motivated and able to propose activities and share experiences

4) A resident of one of the following countries:

Italy (Vagamondo) info@vagamondo.info

Spain (Calvià) juventud@calvia.com

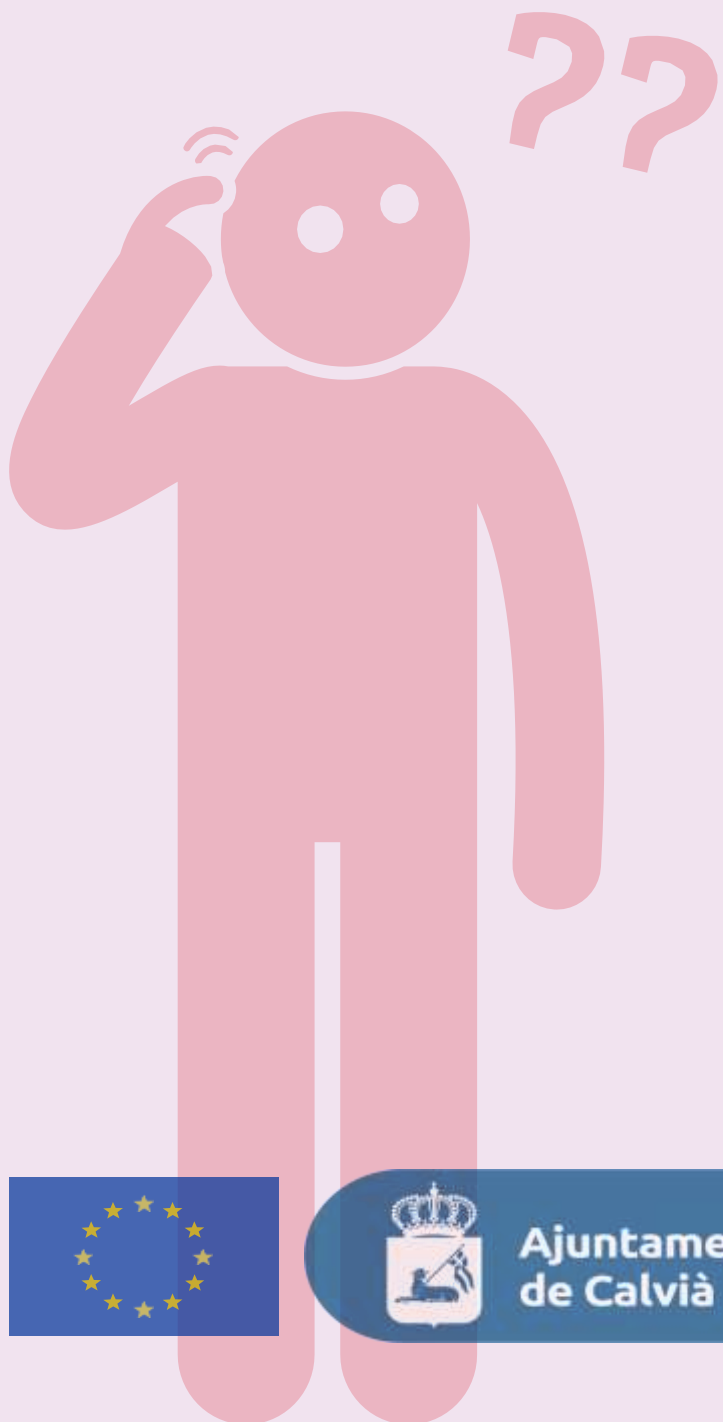
Bulgaria (Sofia) absociety.erasmus@gmail.com

France (Besançon) communication@erasmus-besancon.com



HOW TO APPLY

- You need to be selected by the partner organization from your country (listed on the above page).*
- One team will be created per country, with 9 participants each (16-25 years old) + 1 team leader (with no age limit), except the Spanish team that will have 18 participants + 2 youth leaders.
- Each team leader will coordinate the preparation of workshops during the youth exchange.
- If you apply for the team leader role, consider this as a learning opportunity for taking further steps and responsibilities in facilitating activities in the field of youth and non-formal education. We will have a preparatory online meeting for the group leaders. Please, have this in mind if you apply to be the team leader of your country's team.

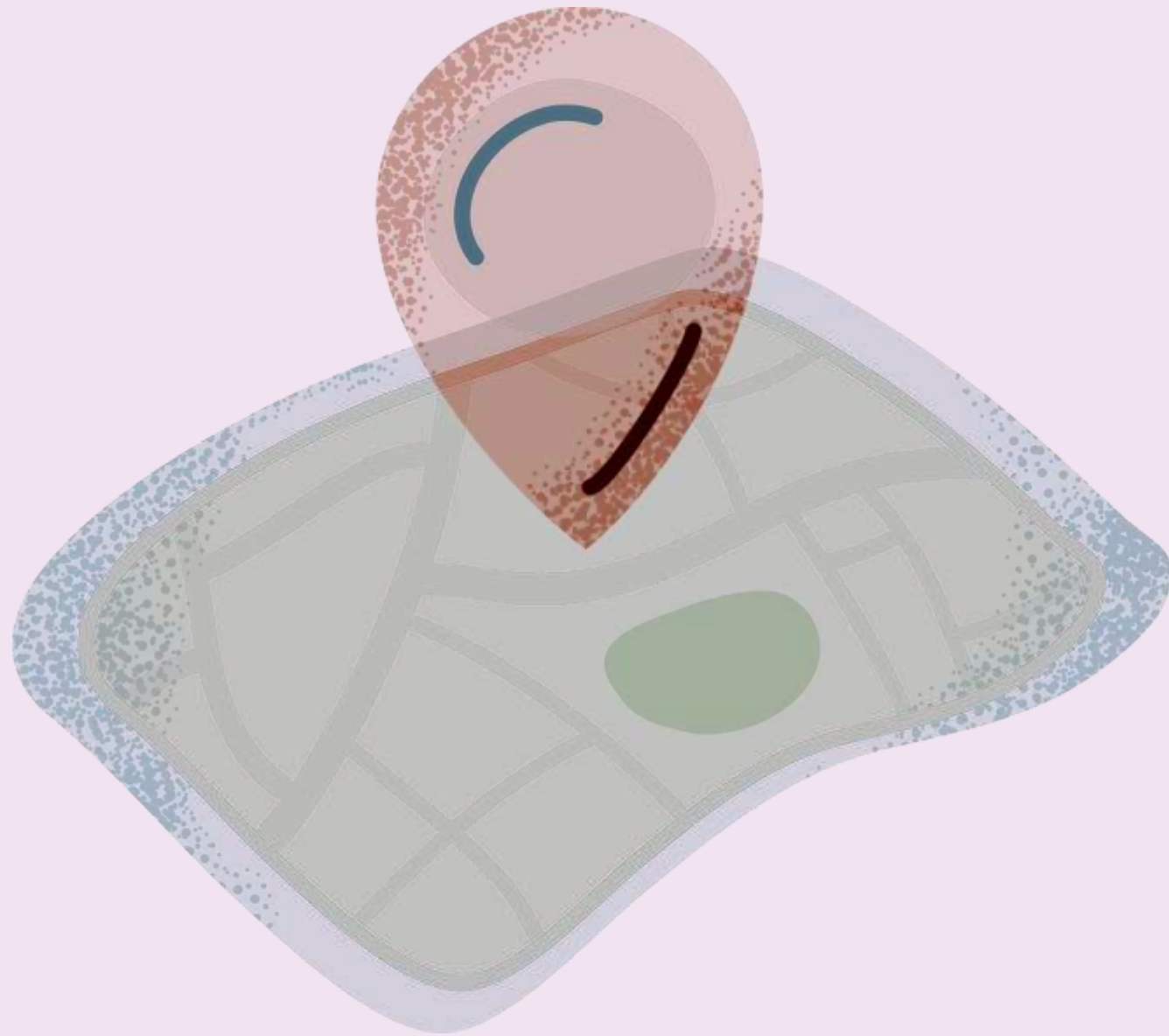


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*find the application form at the end of the infopack.

THE VENUE - LOCATION



- ◆ This project will take place in the Bourgogne Franche-Comté region, which is located in the north-east of France. The Jura county is mostly known for its changing landscapes, where you can find lakes, rocky hills, or flat areas with a lot of fields and agriculture!
- ◆ This part of France is also mostly known for its wines (Savagnin, yellow or straw wine...), but also for its cheeses (Comté, Morbier, Mont d'Or...).
- ◆ The project is located in the small village of Amange, which has around 420 inhabitants. Amange is in a rural area, with a lot of green fields around. The nearest city is only a few kilometers away and is called Dole: a little city with a beautiful old center, and the birthplace of Louis Pasteur.



THE VENUE - ACOMODATION



1) The place you will be staying is in a MFR: a place that provides professional training for young people, that has a boarding system.

- Each dorm is composed of 6 rooms.
- You will live in shared rooms, with two bunk beds and a sink.
- There is a shared bathroom with showers and toilets at the end of each dorm.
- A room with a washing machine and a dryer will be provided.
- Wifi will be provided.

2) The activity rooms will be on the same place as the dorms, and the MFR also provides a lot of outdoor space to use (table tennis, garden, football field...etc).

- Breakfast, lunch and dinners will take place in the cafeteria. Tables are available outside if you wish to enjoy the sun while eating, or during breaks.
- Meals will be prepared by a chef who's going to take care and respect all diets. Meat will be served every two days. We will ask the chef to plan a simple and tasty menu so that it suits the majority of participants.

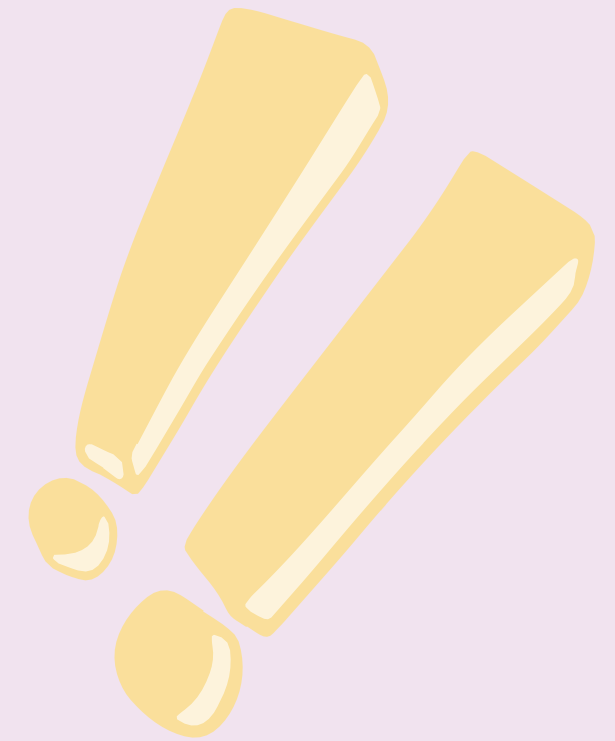
LIVING TOGETHER

During this project, we will all live together as a group, which means that we will be responsible for the caring and cleaning of the spaces that we will be using in order to keep a functional and pleasant environment.

The participants will be divided in small groups with a duties rotation system to make the whole accommodation system work:

- preparing coffee breaks;
- cleaning and arranging the common areas:
- washing the dishes
- anything else needed.

We believe it is important to learn how to take care of our own needs as a group!



MFR Amange

Dining area

Activity room

Washing machine

Common area

Activity room

Activity room

Activity room

Dorms

Dorms



HOW TO REACH THE ACCOMMODATION?

→ We ask you to arrive at Dole by train or by Flixbus. A private bus will then take you to Amange on the arrival date, and back to Dole on the day of departure. The hours of departure will be given to you later so that you can plan your arrival on time.

BY PLANE:

Basel-Mulhouse – travel to Dole by train or carsharing.

Lyon St-Exupéry – travel to Dole by train, Flixbus or carsharing.

Geneva – travel to Dole by train or carsharing.

BY TRAIN/BUS:

You can arrive at Doles train station. A lot of buses also stop at Dole (especially Flixbus). If you plan on traveling by bus, but cannot find one that stops at Dole, you can arrive in Besançon or Dijon first, and then easily reach Dole by train.



TRAVEL COSTS – REIMBURSEMENT

275 €

- ITALY
- BULGARY
- SPAIN

23 €

- FRANCE



ECONOMIC CONDITIONS



We will reimburse your travel costs according to the rules of the Erasmus + Program. The reimbursement process of the confirmed travel plans will start by presenting the original tickets, receipts/invoices/boarding passes. The reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt, or invoice.

IMPORTANT NOTES:

- 1-** Please, do not buy any transportation ticket without consulting your sending organization. Not confirmed purchased tickets might not be reimbursed.
- 2-** It is possible to travel 2 days (in total) out of the program schedule, but the PROJECT is NOT covering the costs for accommodation & food outside the Youth Exchange dates.
- 3-** The participants need to contact and apply through a participating association.
- 4 -** Full participation in this youth exchange activities is required to get the reimbursement.
- 5-** The reimbursement of your travel costs CAN'T exceed the indicated value for your country.

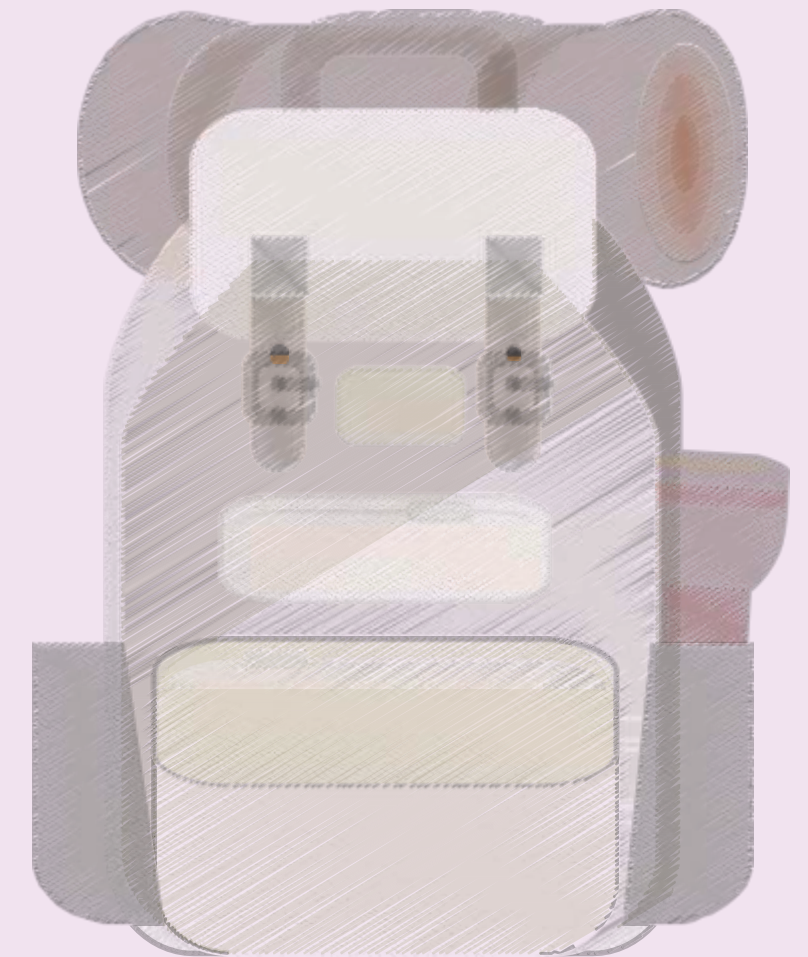
WEATHER/WHAT TO BRING

July is a very nice moment to visit this part of France, it is usually warm and sunny during the day, but the temperature usually drops a bit at night. The average temperature in summer is around 23-26°C. At night, it usually drops to 13-16°C.

Don't forget to bring:

- a towel (they will not be provided in the accommodation)
- summer clothes, a few warmer clothes for the evening, and a rain jacket (thunder is common during summer!).
- comfortable clothes and shoes for walking (there is a nice hike to do in the forest next to the village)

- **Private health insurance or European healthcare card**
- **Positive attitude and willingness to contribute to the**
- **experience**



SEE YOU ON JULY 18 IN FRANCE!

[CLICK HERE TO APPLY](#)



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