Key Action 1: Learning Mobility of Individuals

KA152/KA105 - Learning mobility of young people

One train ticket to the green(EST) sustainability
2020-1-EE01-KA105-077795

Estonia

Taking place 29.08.2022 - 06.09.2022
5 participants from each country (4+1)
**Description of the project**

The Belgian climate scientist, Christian de Duve, has said that only the robbery and neglect of natural resources, which causes energy crises, climate change, pollution and habitat destruction, has guaranteed the success of our society. When our resources are exhausted, there is nothing left for our children. Climate change is not just about changing the weather. In reality, this is changing the way we live, because climate change can lead to economic, migration, flooding of island states or conflicts over natural resources, clean water or cultivated land. There is no dispute as to whether or not climate change will take place, but how important human intervention is.

Climate change is a problem for all countries, all people, animals and plants, affecting people in both the upper and lower social classes. Climate change has caused major tragedies in the recent past: Australia's forest fires, more than 12 million people have emigrated from South Asia due to monsoons, and Central American long-term drought is causing food insecurity and poverty. Food insecurity, migration and climate change create new conflicts in the areas of social stratification, xenophobia and racism.

Climate change should also affect people with ignorant attitudes, as climate change robs jobs, diminishes tourism and reduces incomes. The "One train ticket to the green(EST) sustainability" youth exchange brings together 35 participants from seven different countries to jointly understand the impact of climate change on our society while sharing green experiences, proposing green solutions and allowing for better environmental protection.

Discussing a problem that speaks to us all in one way is the best way to break the project's broader goal is to teach participants responsible citizenship, reduce social exclusion and raise awareness. Greenhouse gas emissions can be curbed at three ends - reducing consumption, reducing production or increasing emissions capture - and these three approaches are the building blocks of the project.

The main objectives of the Youth Exchange are:

- A better understanding of climate change and its social, economic, political and environmental impacts;
- Promote tolerance, mutual understanding and dialogue between young people of different nationalities;
- Understand the processes, causes and consequences of climate migration and the resulting challenges - exile, terrorism, natural disasters, hate speech;
- Understand how our decisions and actions affect the environment;
- Prepare active young people to take on a more active, positive and responsible role in society to participate in decision-making at decision-making level;

- Raise awareness of the potential of the Erasmus + program;

- Enable the participating organizations to enhance their international cooperation;

The working methods used during the Youth Exchange include a wide range of non-formal educational methods: team games, brainstorming, group work and discussions, practical and case-based workshops.

The desirable impact of the project is to disseminate the project results at the local and national levels, enabling young people to use this new experience/knowledge in their professional and personal lives in the future. The project develops a deeper understanding of environmental protection and active citizenship among participating organizations and participants. Partner organizations get a new methodology that they can apply to their local community.

A variety of working methods are used to carry out youth exchange activities, such as drama techniques (improvisation games, role-playing, fantasy, mimicry), creative techniques (brainstorming, craftsmanship, visualization) and discussion techniques (debating, group work, simulations, discussions, workshops). Each group develops and is responsible for at least one activity, but at the same time contributes to the planning of all phases, which enables the participation of the participating youth before and after the Youth Exchange.

The organizers of the Youth Exchange and the authors of all activities are the participating young people. The role of the coordinating organization is limited to solving and managing logistical issues.
The impact of the project:

The most significant impact is on the personality of the participants at the cognitive level. All countries have different backgrounds, cultures, values and attitudes. For many young people, youth exchanges are the first opportunity to first come directly into contact with people of other nationalities and to experience diverse cultural dialogue. During the Youth Exchange, young people develop creativity, a better linguistic instinct and smoother problem solving as they work together to prove how important, necessary and possible it is to reach consensus. All this is achieved not only through various discussions and discussions but also through practical activities that help to create social bonds between young people. We believe that the emotions and experiences generated by youth exchanges will influence the future behaviour of these young people. The early exposure of young people to youth work and non-formal learning will certainly encourage participants to put their future knowledge into practice.

The main activities of the project influence each other and at the end of all activities we hope that the young people will (be):

- more tolerant and accept more diverse cultures;
- more aware of different living environments, weather conditions, and types of people;
- hear more languages and encountered people of different nationalities;
- have the courage to speak out and defend their positions;
- has increased the need for self-realization resulting from experiences in youth exchanges;
- are more aware of the traditions, customs, traditions and traditions of different countries;
- are able to better reflect and analyze the behaviour of themselves and other people;
- value diversity and recognize that people of different nationalities are different;
- feel more part of Europe and have the courage to express their thoughts and opinions;
- dare to express themselves more in a foreign language;
- acquire knowledge of how to engage constructively in climate-conscious discourse;
- have increased climate awareness;
- participants act as facilitators in the local community;

The impact of Youth Exchanges on partner organizations is the creation of international links. Youth Exchanges bring with them cultural features that bring new ideas and ideas to the work of organizations on how to continue and diversify youth work.
**Participating organizations:**

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>ROLE</th>
<th>COUNTRY</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kanavere Kolmikvāi MTÜ</td>
<td>Coordinator</td>
<td>Estonia</td>
<td>Ms Anu Uusmaa, Mr Aksel Heiskonen - <a href="mailto:info@uhiskond.ee">info@uhiskond.ee</a></td>
</tr>
<tr>
<td>Creatorium</td>
<td>Partner</td>
<td>Norway</td>
<td>Mr Jørgen Johan Jenssen - <a href="mailto:creatoriuminternational@gmail.com">creatoriuminternational@gmail.com</a></td>
</tr>
<tr>
<td>SEAL Cyprus</td>
<td>Partner</td>
<td>Cyprus</td>
<td>Mr Anna Dalosi <a href="mailto:projects@sealcyprus.org">projects@sealcyprus.org</a></td>
</tr>
<tr>
<td>NEW HORIZONS</td>
<td>Partner</td>
<td>Italy</td>
<td>Mr. Gregorio Sambataro <a href="mailto:newhorizons.contactus@gmail.com">newhorizons.contactus@gmail.com</a></td>
</tr>
<tr>
<td>Psientifica</td>
<td>Partner</td>
<td>Portugal</td>
<td>Ms. Ana Mendes <a href="mailto:ana.mendes@cjaquedap.t">ana.mendes@cjaquedap.t</a></td>
</tr>
<tr>
<td>Fiatalok a részvételért Egyesület</td>
<td>Partner</td>
<td>Hungary</td>
<td>Mr. Miklós László <a href="mailto:kisloszos@gmail.com">kisloszos@gmail.com</a></td>
</tr>
<tr>
<td>Euronation</td>
<td>Partner</td>
<td>Spain</td>
<td>Mr. Pablo Orta <a href="mailto:info@euronation.es">info@euronation.es</a></td>
</tr>
</tbody>
</table>

**Main details of the project.**

**Venue:** Estonia, Kose-Uuemõisa, OxForell Recreation Centre

**Dates:** Taking place 29.08.2022 - 06.09.2022 (arrival on 29.08, departure on 06.09). Welcoming dinner will be held 29.08.2022 at 20:00.

**Age:** Between 16-29 years old. No age limit for group leader

**Number of participants:** 5 participants (4 + GL)

**Participating countries:** Estonia, Norway, Cyprus, Italy, Portugal, Hungary and Spain

**Language:** Working language will be English
Participants profile

Participants should be between 16-29 years old, motivated to take part in all stages of the project (preparation, realization, follow-up), have a fluent command of the English language, and gender balance in the group is advisable but not compulsory.

✓ You are open to recognise own stereotypes and prejudices to work with these in an intercultural environment;
✓ You are ready to take part in the whole project;
✓ You are ready to take part in the whole youth exchange and take a facilitator role for certain workshops;
✓ You want to know how to build and promote inclusive societies;
✓ You have a personal motivation for mobility.
✓ Interested in the subject of the project and are fully involved in all activities and want to learn more about different cultures;
✓ It must be the first youth exchange for the majority of the group. In the selection process, participants with fewer experiences will be preferred;
✓ Participants with fewer opportunities will be preferred in the selection process, such as young people with different social charges, young people with lower educational attainment, children from large families, young people living in poverty, immigrants, refugees, or ethnic, religious and religious minorities;
✓ Gender balance should be maintained in groups;
✓ Participants must be between 16 and 29;
✓ The participant must be able to handle the communication level in English.

The group leader must be an active youth worker who deals with young people with fewer opportunities on a daily basis and holds a valid national certificate. The existence of a professional certificate confirms to the organizers that group leaders have sufficient competence to cope with unforeseen situations and unavoidable problems. Equal representation of both genders is expected.
**Working methods used:**

The course is strongly based on experiential learning (learning by doing), with adequate time allocated for debriefing and reflection throughout the whole program as the process will be highly personal and aim for attitudinal changes, therefore, reflection is a very important part of the process (as the educational team is well aware of). Generally, the working methods will be rather non-formal and participative. The methods are chosen in a way to allow for a maximum of substantial learning effects, meet the needs of the group and encourage a high level of participation in a very unique way in the process of the youth exchange. It is very important to take the “real-life” cases and the experience of the participants, their organizations and other youth workers from the field.

The working methods used in this youth exchange are chosen to offer the possibility of equal involvement of each participant, every person being stimulated to dialogue and intercultural learning, reflection and experiential learning, and to activation of personal resources. Our main goal is to build long-term relationships between the participants and partners. The youth exchange has a draft program, but the activities will be constructed and adapted to group needs taking into account the reactions of participants, their feedback, their expressed needs, their experience and the group process. The youth exchange includes the evaluation part which will consist of a questionnaire and will also be focused on process and reflection on information and methods used in training reported to personal experience and changes they can bring inside the organization.

The methodology is based on the non-formal educational concept. Non-formal learning (NFL) is **the learning which takes place through planned activities** (in terms of learning objectives and learning time) where some form of learning support is present, but which is not part of the formal education and training system. A variety of working methods are used to implement youth exchange activities such as drama techniques (improvisation games, role play, fantasy, mimicry), creative techniques (brainstorming, crafting, visualization) and discussion techniques (debate, group work, simulations, discussions, workshops).

You may find out different non-formal learning methods from [SALTO-YOUTH’s informational centre](https://www.salto-youth.net). Commonly there are [ice-breakers, team-building games and energizers](https://www.salto-youth.net) used in Erasmus+ projects.
Preparation

Organizations

The partner organizations should host a preparatory meeting before the youth exchange. The preparatory meeting with the group should cover the following topics:

- What is the Erasmus+ program and what are its possibilities;
- How participation increases young people's awareness of other cultures, which prejudices and discrimination,
- diversity and tolerance, stereotypes and related fears of young people;
- Project description, management, schedule, activities and milestones;
- expectations, opportunities and responsibilities;
- content preparation, i.e. homework, the responsibilities of participants;
- Preparation of cultural evenings;
- Inclusion of participants with fewer opportunities

Partner organizations should take photos of the meeting. After the end of the meeting, the partner organizations should make a summary of the expectations, fears and hopes of the participants.

Individual participants

The participants should follow the guidelines given by the partner organization. We expect all the involved people to actively take part in the youth exchange and contribute to the preparation, execution and dissemination process.

Each individual should be prepared to contribute with the following:

1. Fill in the participation form, (Deadline: 10.08.2022)
2. Fill in the travel form, (Deadline: 15.08.2022)
3. Contribute to the preparation of team-building games and energizers;
4. Contribute to the preparation facilitating workshops;
5. Contribute to the preparation of the intercultural evening;
6. Fill in evaluation forms and questionnaires;
7. Write an essay after the end of the project (1-2 pages, A4, times new roman, size 12);

National groups

There will be seven activity days and seven countries. Each country will be assigned one activity day to facilitate. During that day, according to the aims and goals of the project, each national group has to facilitate the activities of the day (energizers, workshops, evening amusement). The groups are free to choose their own methodology for the activities.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
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<tbody>
<tr>
<td>08:00</td>
<td>Group Introduction</td>
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Responsibilities of the national groups:

Common responsibilities: Each group will facilitate one day. Each group will prepare all the energizers for their day. Workshops should be divided into two parts - one where participants discuss, prepare and create content and the second part should be dedicated to presenting the results of the teamwork with other groups.

Day 1. Portugal: The aim of the first day is to get to know each other and bond the group. Team shall facilitate name-games and team-building games. Later should facilitate a workshop to map the fears, expectations and hopes for the project.

Day 2. Norway: The agenda of the first workshop is to map the feelings of the participants to understand how they define climate change and what is their perception of it in international groups. The second session should take place in national groups where participants can share the situation in their country and how climate change affects their country.

Day 3. Estonia: Estonian group is responsible for the Eco-orientation games in the local area, flashmob and planting trees near the venue.

Day 4. Spain: The agenda of the first workshop should focus on making the participants think of ways how they can reduce their carbon footprint in their daily activities and what are ways how to compensate for emissions created by them. The workshop aims to bring the topic down to a personal level and also create useful tips, tools, exhibitions or results that would address the topic. The second workshop should be done using a fish-bowl method - every participant can propose environmental-related topics to discuss, everyone else can join in and the facilitators of roundtables should be making notes of the discussion points.

Day 5. Italy: The first workshop should make the participants discuss about the future of environmentalism from a positive perspective - what humankind has to win from the Green Deal. The second workshop should focus on addressing what will happen to the planet, politics and economy if nothing changes.

Day 6. Cyprus: The workshops facilitated by Cyprus should focus on hosting workshops that help to summarize the content of the youth exchange, conclude what has been learnt during the days and how to make use of the information in the future. One way would be making a theatre play, creating/playing eco-games or using any other methodology you would like that helps to bring the topic together.

Day 7. Hungary: Responsible for mid-term evaluation, final-evaluation, Youthpass workshop (introducing Key Competencies) and the “Erasmus+” workshop on the first day where participants can share their previous experiences and learn of new opportunities in the Erasmus+ programme.
Project venue

The project takes place in Estonia, Kose-Uuemõisa. The project location is 40km from the capital of Estonia, Tallinn. The village has approximately 1000 citizens, super-market is 300m from the venue. The project will take place in Oxforell recreational centre. People will be accommodated in rooms of two. There will be three meals per day. Please inform us in advance if you have special needs related to food.
Reaching the project venue

If you need any help with domestic transportation - you can always contact the coordinator.

The project venue is easily accessible with public transportation. The bus ticket costs 3€ (one way) and takes 35 minutes, the bus goes 12 times a day. You have to use the regional bus nr 138, a ticket can be bought from the bus (SCHEDULE). You can enter the bus from seven different bus stops, depending if you are coming straight from the airport or if you are sightseeing in the city centre (Balti jaam, Vabaduse väljak, Kivisilla, Keskturg, Bussijaam, Sossimägi, Lindakivi). Lindakivi bus stop is 300m from the airport. The final stop is “Kose-Uuemõisa”.

Oxforell Recreational Centre is 750m from the “Kose-Uuemõisa” bus stop. There are signs that point towards Oxforell (Google Maps Pin).
Travel reimbursement

Transportation costs of all participants will be covered by project’s budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Country</th>
<th>Distance band (KM)</th>
<th>Reimbursement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kanavere Kolnikváli MTÜ</td>
<td>Estonia</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Creatorium</td>
<td>Norway</td>
<td>500-1999</td>
<td>275€</td>
</tr>
<tr>
<td>SEAL Cyprus</td>
<td>Cyprus</td>
<td>2000-2999</td>
<td>360€</td>
</tr>
<tr>
<td>NEW HORIZONS</td>
<td>Italy</td>
<td>2000-2999</td>
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<tr>
<td>Psientifica</td>
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<td>Fiatalok részvételeért Egyesület</td>
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<tr>
<td>Euronation</td>
<td>Spain</td>
<td>3000-3999</td>
<td>530€</td>
</tr>
</tbody>
</table>

Reimbursement process will be done within 30 days after the end of the mobility via a bank transfer. The reimbursement will be done to the sending organization or to the group leader. The participants are required to provide the hosting organization with all travel documents and a dedicated reimbursement form (shared at the end of the mobility).

Keep in mind

You have to send the travel plan to the organizers and wait for approval before buying the tickets. Reimbursement process requires copies of ALL original documents: boarding tickets and invoices. In case of missing or invalid documents, the reimbursement process will not take place. The invoices and itineraries must include the total cost of the transportation. Booking paper is not enough - the original invoice is required. Any costs for taxi or petrol are not reimbursed. Booking engines can be used - but using paid services by any travel agency is not allowed. Return tickets must be bought in advance before the journey. Missing or lost tickets are not reimbursed. Following the guidelines of the Erasmus+/YIA Programme and internal regulations, the travel must be released by the participants on the direct way within a maximum of 2 days. In case of long pauses or indirect routes, you must explain why a longer stay was vitally necessary (for example: no alternative flights to your destination or the price exceeds the budget in all other ways).
What to bring

- Flyers, brochures, promotional materials and etc. to present your organization to other participants

- Drinks and foods from your country and region and any other items that may help you to present your country during the intercultural evening

- We have the opportunity to listen music from speakers - so would be excellent if you come with a playlist of great songs from your country to listen during the evening activities.

- Health insurance documents

- Personal items you may need - Your slippers, medicine, toothpaste, toothbrush and personal care items.

- Expect that nights might be cold and occasionally it might rain.

- All invoices, tickets and boarding passes related to your travel!

We are looking forward to having you in Estonia
Practical matters

Covid: At least now, covid does not imply any restrictions.

Weather: It is definitely colder than in your country. It's probably between 15°C - 20°C. Occasionally rains and mild wind can be experienced.

Time zone: Estonia is in the Eastern European Time Zone: GMT + 3 hours.

National currency: Euro (1 euro = 100 cents)

Banks: Most banks are open from 9:00 to 18:00 on weekdays

Power supply: The electrical current is 220 volts AC, 50 Hz, European-style 2-pin plugs are in use

Visa: Estonia is a part of the Schengen visa area. Nationals of the EU are free to enter Estonia. The required travel document for entry is a national ID card or passport.

Pharmacies: In Tallinn, Pharmacies are usually open from 10:00-19:00. Two of them stay open all night: Südameapteek – Tõnismägi 5, ph: +372 644 2282 and Vikerlase 19, ph: +372 638 4338. Pharmacies in shopping centres are usually open from 9:00-21:00. In Kose-Uuemõisa, the nearest pharmacy is 3km away in the Kose borough centre.

Emergency: In case of an accident or sudden illness, call an ambulance or the police free of charge from any phone: 112.

Shopping malls, stores: In Tallinn - Ülemiste Centre is the largest one. If you are looking to shop, go there. If you are looking for groceries, go to Sikupilli Prisma which is a supermarket open 24/7. In Kose-Uuemõisa - there’s a supermarket open from 10:00 - 21:00.