

Youth Exchange “Let’s go out!”

Goals of the project:

- I. promote an healthy lifestyle;
- II. reconnect youth with nature;
- III. involve youth participation in the ecological transition.

We are looking for participants ready to live an experience in an **international framework**, which are upon **18 years old** and (preferably) under **26 years old**. We wish the participants to be active and ready to contribute with their attitudes to the activities of the Youth Exchange.



Venue: Paola, Calabria (IT)

How to get in Paola?

You may fly on Rome airports (Ciampino or Fiumicino), Naples or Lamezia Terme (international airport of Calabria, the nearest of Paola).

From Rome and Naples you may arrive in Paola via railway. The trains are the fastest connections among those airports and Paola.

You can take high-speed trains (so called *Freccia*), intercity or even from Naples and Lamezia Terme regional trains.

Check those websites for the best solution to travel by trains. Name of the city where you have to arrive is simply PAOLA ☺

<https://www.trenitalia.com/en.html>

<https://www.italotreno.it/en>

What to bring with you?

Bring some good & comfortable shoes and clothes. Since the project is about “Green measures”, we are going to experience activities outdoor.

Some stakeholder of the project are organizations involved in the safeguard of the nature and the promotion of the environment.

Paola is located among sea and mountains. During the Youth Exchange, we are going to experience both! ☺

During the activities, we are going to exchange ideas and get to know about your culture. Please bring something you would like to share! ;)

Coronavirus emergency:

In Italy you can travel with the Green Pass. There are not limitations connected with quarantine by coming from the countries of the partner's organizations.

For more info check the official website and simulate your travel to Italy:

https://infocovid.viaggiaresicuri.it/_manutenzione.html#

Project's partners:

Greece: PLATFORMA GIA TIN EKPAIDEUSI KAI KATARTISI POLITON – ELLAS, contact person: Agoritsa Mandraki



Email greece@cetplatform.org

Cost refund: max 275 € per participant

Bulgaria: Sdruženie s nestopanska cel v obshtestvena polza za mladezhki iniciativi, evropejska intergacia i grazhdansko uchastie v publichnia zhivot (AGORA), contact person: Veronika Yovcheva



Email veronika.yovcheva1989@gmail.com

Cost refund: max 275 € per participant



Latvia: BALTIJAS REGIONALAIS FONDS, contact person: Alise Pumpure

Email alise@brfonds.lv

Cost refund: max 360 € per participant



Spain: Consejo de la Juventud de Ciudad Real, contact person: Maribel Molinero Garcia

Email info@consejoven.org

Cost refund: max 275 € per participant



Italy: PAOLAB, contact person: Emanuele Carnevale



Email: paolab2006@gmail.com

Emergency numbers:

112 Carabinieri

113 Police

115 Fire brigade

118 Hospital first aid – ambulance

APV "Let's go out!" 1 – 2 October 2021 - Italy	
1st	Ice-breaking & short intro by participants and organizers (if available also stakeholders). Introduction about the YE: Goals & Programme.
	Needs of the participants and Safety information. City excursion. Foretaste of Intercultural evening.
2nd	Programming Outdoor activities. Review – Confirmation about the Programme. Pre-departing preparation for the participants of the YE. Exploring the uses of Paola-southern Italy.

Youth Exchange "Let's go out!" 5-12 November 2021 - Italy	
5 th	Arrive. Getting to know each other: Expectations, Fears and Objectives. Common rules and safety instructions.
6 th	Presentation about environmental situations in the partner's countries. Meeting the stakeholder. Info for good orientation (outdoor activity). Reflection. Second International evening.
7 th	Clean-up the beach – learning how to be active in this field (outdoor activity). My daily environmental life – theatre play. Reflection. Third International evening.
8 th	Meeting with stakeholder – exchange knowledge about safeguard of the environment. Visit Paola – Free time. Self-organized evening.
9th	Environmental awareness through trekking: Fire prevention (outdoor activity). Drawing our future: Recycling workshop. Reflection. Fourth International evening.
10 th	Measuring our environmental impact: how to implement the change? Thematic areas: effects of exploitation of natural resources, energy consumption, healthy and sustainable nutrition, carbon footprints, waste & pollution. Preparation of brochures/leaflets. Reflection. Fifth International evening.
11 th	Finalisation of the brochure & dissemination strategy. Back to Erasmus+: Presentation of the programme & Project Ideas. Evaluation.
12th	Youthpass ceremony. Departure.