

YOUTH EXCHANGE

ALL ABOUT YOU

QUARTU SANT'ELENA
ITALY

22 - 29 OCTOBER 2019



Co-funded by the
Erasmus+ Programme
of the European Union





THE PROJECT

WHEN

22 - 29 OCTOBER
2019

WHERE

QUARTU SANT'ELENA
ITALY

In the last decade, the process of cultural diversification in the EU became faster, due to globalisation, evolution in ITC, refugee crisis, making it more necessary to be able to understand and communicate with people from different backgrounds.

The aim of the youth exchange “**All about You**” is to enable young people to discover more about their **identity**, in order to know themselves better and, as a consequence, be more aware of people from other cultural backgrounds and be better at communicating with them. The discovery of one's identity will play the role of a tool for **intercultural dialogue**.

The **objectives** of "All about You" are:

- Provide youngsters with a higher awareness of themselves and their identity;
- Help the participants to discover the elements that build their identity and be able to explain them to the others;
- Develop participants' ability to identify, reflect and deal with cultural differences and increase their acceptance of differences;
- Develop participants' video making and interviewing skills.



THE ACTIVITIES

All the sessions will be highly participatory, will be focused on the development of the participants and will be based on **non formal methods**, they will include: group works, individual and group reflections, team building activities, role plays, meditation session, interviews, video making, discussions activities, presentations, informal moments.

The practical **outcomes** of the project will be:

- an online handbook about identity, which will contain videos and written interviews that participants will do to locals;
- an infographic about the project topics.

After the youth exchange, each country group will take care of **dissemination** and promotional activities which will include: writing articles and online content, 3 presentations/workshops per country group.

Before the youth exchange, as part of the preparation, each national group should make a research about local realities on the topics of: migration, religion, cultural diversification, and will be asked to perform some tasks.

Be ready to present your culture to the others during the **intercultural evening**, through the use of interactive presentations, games, dances, traditional food and drinks.

Please bring anything you need to present your country at best!





THE PARTICIPANTS

The Youth exchange will involve 30 participants and group leaders coming from 6 different countries (4 participants + 1 g.l. per country): Italy, Cyprus, Spain, France, Poland and North Macedonia.

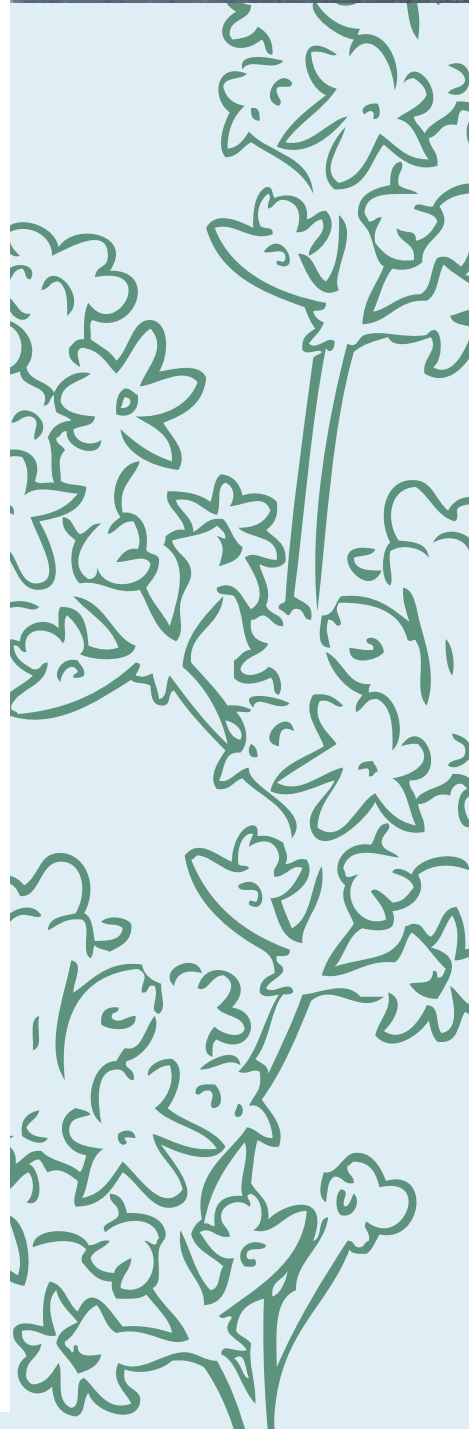
Participants: 18 - 25 years old, 4 per country. They will come from two target groups:

- youngsters coming from villages, rural or isolated areas that have a strong connection to their traditional culture;
- youngsters with a multicultural background.

All participants are interested in the topics of identity and self development, in meeting other cultures and widening their horizons.

Group leaders: 22 and 35 years old, 1 per country. They will be experienced members of their NGOs, with previous experience in international mobility projects. They must have a good knowledge of non formal education, positive attitude, leadership skills, empathy and problem solving skills.

Both participants and group leaders must be available to attend all the project phases: preparation, youth exchange in Italy and dissemination once back in their countries. 60% of the group will be at their first experience with international mobility projects. Partner organizations are encouraged to keep the gender balance as much as possible when creating the group of participants. Participants with fewer opportunities will be fully involved in the project, they will receive additional support from their organisations.



THE VENUE

ACCOMMODATION

The youth exchange will take place in Quartu Sant'Elena, Sardinia, Italy. You will be accommodated in multiple rooms with other participants from different countries.

The meals (breakfast, lunch and dinner) will be provided on site and in nearby restaurants, so that you can experience Italian cuisine.



WHAT TO BRING

Personal belongings, hygiene products and towels, swimsuit, any medicine you might need. At least two laptops per country, cameras and other tools you might need to record videos. Anything you need to present your country in the intercultural evening.



WEATHER



In October the temperature might range between 14° and 23°. Rain might be possible. Some activities will be done outside so please bring comfortable clothes, shoes and a rain jacket.



INSURANCE

Each participant **MUST** have a valid health insurance during their stay in Italy (health insurance will not be reimbursed by the organizers). Participants from the EU can use the European Health Insurance Card (E111 card).



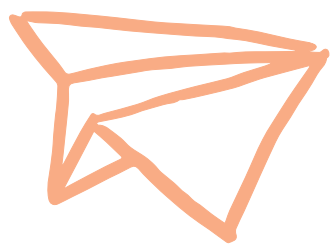
**CAGLIARI
AIRPORT**

HOW TO GET THERE

The best way to reach our venue is by plane, landing at **Cagliari** airport (there are direct flights from many European cities). From the airport you can get a train to the city center (your stop will be **Piazza Matteotti**), you can buy the train tickets at an automatic machine. We will meet you in Piazza Matteotti and go all together to Quartu Sant'Elena.

Please do not buy any ticket before our confirmation.

TRAVEL REIMBURSEMENT



ARRIVAL DAY: 22 OF OCTOBER

*No later than 5pm

DEPARTURE DAY: 29 OF OCTOBER

Arrange all your travel in advance based on economy class tickets.

Please check the best travel route and inform us before buying the tickets: allaboutyou.ye@gmail.com

Please do not buy any ticket before our confirmation

In case you would like to book a ticket arriving before or staying after the youth exchange, it has to be agreed with the hosting organisation.

The Italian National Agency is not accepting any stopover in any city around Europe or in Italy.

Travel grant per participant, calculated according to the official address of each organisation, following the rules of the Erasmus+ Programme:



ITALY
Un Giorno
in Più

0€



CYPRUS
KEY NGO

360€



FRANCE
En Root

275€



SPAIN
La Vibria
Intercultural

275€



POLAND
Logos
Polska

275€



NORTH
MACEDONIA
Kreator
Kumanovo

275€

Travel costs exceeding the maximum reimbursable amount will not be covered. Please bring with you all the original tickets and boarding passes.

In order to receive the travel reimbursement, every participant must:

- Provide to the hosting organisation original tickets, invoices, boarding passes (with price and name of the person stated on it);
 - Accomplish the dissemination activities;
- Group leaders must fill in the mobility report.

Upon the accomplishment of the previous tasks, the money will be transferred to the bank account of the sending organisation, with one single bank transfer per group.

CONTACTS



YOUR HOST:
ASSOCIAZIONE UN GIORNO IN PIÙ

For any question you can contact us on:
allaboutyou.ye@gmail.com

PLEASE JOIN
THE
FACEBOOK
GROUP OF THE
PROJECT



PARTICIPANTS AND
GROUP LEADERS
MUST FILL IN THE
PARTICIPANT FORM



We are looking forward to
welcoming you in Italy



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