



Erasmus+

ARCHIMEDES

Boosting Rural Life With Art

October 26th to November 4th 2018

Estonia

Learning mobility of individuals

Organized by NGO “PathFinders”

Summary of Project

"Boosting Rural Life With Art " is the Erasmus+ Key Action 1 Project - Youth Exchange, aiming to raise awareness on empowerment of rural youth in order to reach the European opportunities and to increase capacities of youth through art Works, create space for open dialogue, inter-cultural understanding, mutual respect and acceptance of diversity between young people in our countries.

The Project will include groups of 4 participants plus one group leader from 7 partner countries. Youth Exchange will be organized on 26th October – 4th November 2018 in Nelijärve in Estonia. The youth exchange will involve 38 participants in total, including 8 leaders and young people with rural background, youth leaders working with rural youth and artists who want to work with/for rural areas.

PathFinders would like to empower European youth by enabling them to raise their cultural awareness through a mix of methods of Non-formal learning and using different tools for learning and sharing information. By this Youth Exchange we provide space and time to our participants to share their life stories and experiences to enhance their mutual understanding, better inter cultural communications, networking, and friendship.

Project objectives are:

- Ensuring that participating young and local people are informed about European opportunities and providing opportunities for young people living in these regions to take advantage of youth opportunities;
- Being able to develop new methods that will enable young people living in rural areas to access to important information that can change their future;
- Improving the skills of young people living in rural areas on the basis of art and culture and contribute to becoming active citizens;
- Being able to provide social change positively in rural areas with art and cultural activities;

- Encouraging young people living in rural areas to have information about the nature of the youth projects and to undertake new projects;
- Creating a platform where young people can develop and demonstrate their artistic skills and their ability to express themselves;
- Encouraging young people living in rural areas to explore the NGO experience and to produce new projects by gaining project experience;
- Introducing the culture of the country and ensure introducing different cultures;
- Learning to appreciate and understand differences, similarities and other people's point of view and to consider inter-ethnic relations as European gain by common activities
- Improving self-confidence and communication skills of youth for a better interaction with others through understanding and practicing the non-verbal communication within activities
- Developing artistic skills, creativity of youth by using different technics in short time
- Improving personal abilities of interacting and building bridges of trust by working in a team with people of different culture and traditions, through different methods
- Strengthening relationships between participants, discover that, beyond our differences, we share a common humanity; create a positive attitude towards European values.

Using non-formal education methods we will offer participants wide variety of interactive workshops, presentations and discussion platforms comprising photography, video, music, theatre production. We will share information targeted at our local communities and European citizens in general, raising awareness on inclusion of young people who live in rural areas into Erasmus+ projects. As an outcome of our project we expect that participants will use the new skills and competences to increase their intercultural sensitivity, become more tolerant and respectful toward other European cultures and become more active in their communities and organizations.

The working methods will include:

- Small group discussion
- Group presentations
- Individual presentations
- Digital Skills
- Theatre methods
- Energizers
- Ice-breaking activities
- Outdoor activities
- Team-building activities,
- Exchange of experiences,
- Cultural activities,
- Social media skills
- On-going evaluation

The information about the project will be disseminated widely through Online platforms like action blogging, facebook, youtube, pinterest, instagram, partner organization's web pages. Also, thanks to our exhibition and theatre performance our projects will find its audience directly and Participants of the Project will have chance to communicate with local people and inform them about Erasmus+ projects and opportunities. So, the outputs and overall results of the project will be available to anyone – all over the world. In addition, we want to make a common exhibit of the results in each partner organization after the end of the Project.

Dates: 26th October – 4th November 2018 (including travelling days)

Location: Nelijärve, Estonia

Profile of Participants and Working Language

Working Language and Profile of Participants

Profile of participants: Youth workers, trainers, facilitators and youth leaders.

Age: 18+.

Language: The language of the course will be English. Participants should be fluent in English

Participation fee: €30.- The participation fee will be deducted from travel reimbursement cost.

Working Methodologies

Our training course will be based on non-formal education methods such as group works, simulations, individual reflections, peer to peer learning etc.

It means that learning is based on your experience, your motivation and your needs. You are responsible for your own learning but the team.

Responsibility of Partner Organizations

- Finding motivated and experienced participants.
- To assist travel arrangements.
- To warn the participants about the travel documents and insurance for reimbursement.
- To inform them about the schedule, tasks, duties and rules.

Responsibility of Participants

- Please inform the organization if you have any kind of allergies, chronic diseases or disabilities. If you are vegetarian or vegan, it is also required.
- Please fill the Application Form via link: <https://goo.gl/forms/j4vn5iDjQDLMqAYc2>
- To search travel options and inform us about the details of the tickets and buy them **AFTER GETTING CONFIRMATION** from the coordinator.
- To inform the hosting organization about the arrival.
- To attend in the all sessions of the project activity.
- To buy **HEALTH AND TRAVEL INSURANCE** for the dates of training course. We cannot accept participants without health and travel insurance (requirement by Estonian National Agency)

Preparing for the Training Course

Intercultural Night:

There will be intercultural night(s) where you can present some food from your country. So please bring the ingredients you will need. We will also provide the things you can find in market (if needed). You will not be able to use data projector for presenting your culture. Please do not bring touristic brochures.

Financial Issues and Conditions

We will reimburse travel cost after the training course in **euro via bank transfer for non-EU residents and via bank transfer for EU residents. Please prepare your bank-details!!**

The foreseen time to reimburse the travel cost is December 2018.

!Note (IMPORTANT!): We will **NOT REFUND** any tickets that have been purchased **by a travel agency**, this is not the most cost effective method and will **NOT** be refunded!

!Note (IMPORTANT!): We will **NOT REFUND** any taxi expenses unless that will be only options to travel (incase the public transport will not work etc). Taxi expenses have to be confirmed in advance!

The prices on the TICKETS, not on the invoices, will be regarded while your reimbursement will be calculated.

!!!Note: Reimbursement of travel costs will only be done upon presentation of all (including return tickets) original tickets, receipt/invoices and boarding passes. Please print before all documents, which are related to travel expenses. This means that once home after the training, participants will be asked to send the originals of all return documents and boarding passes. Please remember to **bring the original invoices** – there will be no reimbursement without the original invoices and tickets with indicated Names of travelers, description of the journey, indication of cost and currency and date of travel.

Please do not lose your boarding passes; you will need them for reimbursement of travel cost.

!!!!Note: If participants pay for their ticket with a credit card, they are requested to bring along the confirmation of payment (i.e. credit card slip and/or bank statement).

!!!!!!Note: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month when the grant agreement for this project will be signed by the NA, as stated in the official European Commission web-site at <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

!!!!!!Note: Finally, please print all documents related your travel (Electronic Tickets, bus tickets etc.). We kindly ask you to bring money you will need to spend for your own goods during project.

Maximum Travel Cost Limit Per Country/Per Person

COUNTRIES	Max. Limit Per Person	Number of Participants
Estonia	-	8
Poland	€275	5
Romania	€275	5
Italy	€275	5
Turkey	€360	5
Hungary	€275	5
France	€275	5

Health and travel insurance

Health and travel insurance is not provided and will not be reimbursed by the organizers. It is **mandatory** to have health and travel insurance (it is also a requirement of Estonian National Agency). Participants need to provide a copy of health and travel insurance with their travel documents in advance.

Visa and currency

For non-EU citizens visa is needed to enter Estonia. If you need visa to participate in the training please contact us as soon as possible after confirmation of your participation in the training. Organizer will provide you all needed documents to apply for visa. All visa-costs (excluding insurance) will be reimbursed together with travel costs.

Please **DO NOT FORGET** to bring along the confirmation of payment (i.e. credit card slip and/or bank statement).

Currency: The currency in Estonia is the Euro (EUR)

Training Venue and Travelling Arrangements

Nelijärve Puhkekeskus (homepage <http://www.nelijarve.ee/en/>) is a very nice place in nature, in forest, it has tiny lakes nearby and hiking trails. Closest shop is 4km away, but at the venue we have a bar, which is open until 8pm, it is possible to buy some snacks from there and you can pay by card as well.

You will be staying in shared rooms.

There is **WiFi** in the venue.

Please bring **warm clothes and suitable footwear for nature**, so that we could do some activities outdoors as well! But also bring your **swimsuits**, because we will have one sauna evening and if you like, you can jump from sauna into the lake. Take **sportive clothes and footwear**, because we are in countryside, in nature, walking on soil and grass and we are planning to spend time outdoors and to organize some sportive games. There is possibility to play football, volleyball, basketball. If you know any energizers or any other games that you want to organize during the training, then you are welcome and you will get a chance to do it. We have very big open space and forest for all kinds of activities.

There are other possible activities you can do for extra fee (rent bicycle, boat, badminton, billiard, water bicycle, table tennis, walking sticks, price range is 2-10 eur, depending of what you are renting and for how long. You can ask about this from reception).

Towels are provided by the accommodation. However, the rooms will not be cleaned during our stay, so please keep them clean yourself.

Last night (3rd Nov) we will spend in a hostel in Tallinn city center.

For arriving to the venue:

You are going to **take train** from Ülemiste train stop, it is 650 meters from the airport. You can also find it on Google maps.

If you don't want to walk from airport to train stop, then you can go there by tram number 4 and drive 2 stops to Ülemiste jaam (please pay attention that it is second stop, because first stop after airport has a very similar name, so don't get confused!). When you arrive to Ülemiste jaam, then you will already see railway or if you don't see, then ask somebody. You can buy tram ticket from the driver (only in cash- 2 euros) or if your bank card supports contactless payment, then you can pay for ticket with swiping your bank card at the ticket machine which locates at the door near the driver, or you buy ticket from R-kiosk (little shop) in the airport and also in various places across Tallinn.

In the airport there is very good free WiFi, so if you need to check anything online, you can do it. There is also WiFi in train.

When you get **in train**, then you just take a seat and wait until train inspector comes to you. You do not have to go search for her, just sit and wait, she will come sooner or later. You can pay for ticket in cash or by card. Buy ticket to **Nelijärve**, it costs 4.40 eur (but if you have student card, then you can ask for discount). The ride from Ülemiste to Nelijärve takes 33 minutes.

For those who are not coming from airport, you can take the train from train station (Balti jaam) which is in city center, next to old town (the train departs from there 10min earlier than from Ülemiste). The stop in train station is called Tallinn.

You can check train times here <http://elron.ee/en/> but if you are confused, then please ask project coordinator Maarja Tamm to help you!

NB! Make sure the train you take has a stop at **Nelijärve!**

When you get off from train, then follow the little road which starts from train stop, there is just one road anyway. Walk until main road, cross the road and continue towards the venue. Before you cross the road, you will also see sign which directs you to Nelijärve Puhkekeskus. After you enter the gate, you walk a bit more and you see reception (open 24h) on right side. The walk from train stop to the venue is about 500 meters.

Please contact and consult the organizer about your travelling plan. Do not buy your tickets until the organizer approve the details. Any tickets purchased without consultation or from travel agency will not be reimbursed.

Jah	Yes
Ei	No
Palun	Please
Olgu	O.K.
Aitäh	Thank you.
Tere	Hello
Mis su nimi on?	What is your name?
Minu nimi on ...	My name is...
Meeldiv tutvuda	Nice to meet you
Kuidas läheb?	How are you?
Mul läheb hästi, tänan.	I am fine, thank you.
Kust sa pärit oled?	Where are you from?
Mina tulen ...	I am coming from ...
Mina ka!	Me too!
Head aega	Goodbye
Tere hommikust!	Good morning!
Tere õhtusst!	Good evening!
Head ööd!	Good night!
Nägemiseni!	See you later!
Kus on ...?	Where is...?
Ma tahan minna ...	I want to go...
Lennujaam	Airport
Bussijaam	Coach (Bus) Station
Buss	Bus (Coach)
Minibuss	Minibus
Väljumine	Departure
Saabumine	Arrival
Rahavahetus	Exchange Office
Pilet	Ticket

Draft Program

NB! Following program is a draft and can be modified before or during the youth exchange according to the needs and circumstances.

D/H	26.10	27.10	28.10	29.10	30.10	31.10	1.11	2.11	3.11	4.11	
08.30	Breakfast										
10.00	A R R I V A L S	Knowing each other	Rural Area, Opportunities	Opportunities and Methods	Practice in the Groups	F R E E D A Y	Last preparations	Analyzing the performance	Development of new Project Ideas	D E P A R T U R E S	
11.30		Coffee break					Coffee break				
11.50		Breaking ice	Art and Change	Division into the groups	Practice in the Groups		Rehearsal	Preparing for second performance	Development of new Project Ideas		
13.00		Lunch					Lunch				
14.30		Team building	Explanation of European Opportunities	Practice in Photography/Video-Theatre/Music Groups	Practice for the Show and Exhibition		Arriving to the performance venue.	Arriving to the performance venue.	Writing Youthpass		
16.00	Coffee break										
16.20	Knowing each other	Aim, objectives, and program Erasmus+ and youthpass	Interview with local people about Erasmus+ program	Practice in the Groups	Practice for the Show and Exhibition	First Performance and Exhibition.	Second Performance and Exhibition .	Coffee break	Follow up, planning and Evaluation		
18.00		Reflection						Reflection			
19.00	Dinner										
20.30		Intercultural night 1	Intercultural night 2	Sauna evening	Free	Free	Free	Free	Farewell		

Contact Details

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Deadline to send application: 24th September 2018.