



## GENERAL INFORMATION ABOUT THE ACTIVITIES:

„**SPROUTS OF CULTURE**” project foresees one activity, a Youth Exchange (YE) which will take place in **Horažďovice, Czech Republic**. Project is funded by the Erasmus + programme that supports people engaged in both formal and non-formal education at international level.

YE is designed to raise awareness about participants’ national policies towards food production and sustainability, to question and challenge the mindset of participants towards their consumption of food and to bring information about permaculture or community development through gastronomy. The mobility will stress on the importance of youth being involved in everyday life decisions or policies which affects the food they eat.

During local visits youth will be able to learn and see how farms can be used for education, not only for production, how locals are working towards nature preservation and how they are keeping food production away of pollution. They can also observe how the educational activities which are taking place in the nature can influence kids in having a healthy life style and alimentation.

The YE focuses on promoting intercultural dialogue, understanding the meaning of a culture shock through gastronomy, sharing common values on European citizenship, raising awareness about food production, improving foreign language competences, enhancing critical thinking and sense of initiative of young people.

Sessions will look over the consequences of situations generated when the above topics are not properly comprehended by youth: conflictual situations, xenophobia, pollution, indifference to local or national policies in food industry, becoming a non-active member of the community.

The youth exchange is also designed for the participants to experience a hand on approach and be directly involved in preparing and realize the exchange in the way they want it to be.

### **By the end of the Youth Exchange participants will be able to:**

1. promote international cooperation and use the international cooperation group formed by 26 youth and team leaders, but also other people they will interact with;
2. clearly define and identify issues connected with food waste and the impact of it;
3. speak English better and build easier an intercultural dialogue;
4. work better and more effective in a team, being able to give voice to their ideas;
5. learn and discuss about permaculture and other forms of sustainable farming;
6. show how people can change their mentality from passive consumers to active prosumers.
7. recognize good practices, grassroots initiatives around Europe regarding food production;
8. develop a simple take home project to implement in their regions;
9. work better with media tools and release clear and simple literate messages related to the topic;
10. to put their ideas into action, and not get overwhelmed with frustration or lose the initial energy;
11. work with the Sustainable Development Goals, especially the twelfth goal regarding consumption and production patterns;
12. enumerate and acknowledge their own national policies towards food production and its sustainability, but also to brief the ones in partner countries.

## **PARTICIPANT'S PROFILE:**

The Youth Exchange is addressed to youth who:

- are 18- 30 years old;
- are interested in the topic and willing to learn;
- are able to communicate properly in English;
- are interested in youth education;
- are willing to develop soft skills;
- express need for enriching knowledge on food production and sustainability;
- express need for networking and sharing experiences with other youth;
- are ready to take part in all sessions;
- understand that this is an educational activity, not a leisure one;
- have organizational support for further youth activities.

Team leaders must be older than 25 years old with no age limit. Their profile follows the above mentioned criteria but in addition they have to be aware of their role in the team, to be active in all sessions and support the team when needed, to permanently act like a participant. Team leaders have to know their team, create and maintain a pleasant mood within it.

## **CONSORTIUM PARTNERS:**

This project was designed and is implemented by five partner organizations from across Europe. An enhanced role belongs to the Czech and Polish partners which are both in charge of good realization of the Youth Exchange. The other partners support us in each of the countries to identify the youth that would benefit the most from this project. With most of partners we have a great cooperation and we build in time both strong professional and friendship relations. On this project the partner organizations who will contribute to its implementation and send their youth to participate in the international mobility are:

1. **Dům Děti a Mládeže – Czech Republic**
2. Stowarzyszenie Projektów Międzynarodowych „INPRO”– Poland
3. Associazione di Promozione Sociale YOUNG EFFECT – Italy
4. Cultivate Cornwall CIC – UK
5. Asociación Sociocultural Fahz Denia - Spain



## Youth Exchange will take place in Horažďovice



Horažďovice, is a town in the Plzeň Region of the Czech Republic. It lies on the Otava River, some 50 km (31 mi) to the South-East from the region capital of Plzeň. A fortified settlement was established here in the 10th century and two centuries later the stone castle became an administrative centre of the Prácheň region.

The closest airports are:

137 km - Václav Havel Airport Prague (PRG):

<https://www.prg.aero/en/#/>

257 km - Brno Airport: <http://www.brno-airport.cz/en/>

Viena Airport or Nuremberg Airport can be also options to fly to, but only in case the prices are a reason for it.

NOTE: You arrive on Saturday when coaches or busses connections might be slightly limited. You depart on Sunday so please check properly the working hours for coaches or buses too. Seat reservation for bus from Praha to Horažďovice is needed. It is available a month ago on this website: <https://jizdnirady.idnes.cz/vlakyautobusymhdvse/spojeni/>

You are expected to arrive on Saturday 22<sup>nd</sup> of September 2018. You will depart from the venue on 30<sup>th</sup> of September 2018 after breakfast. There is the possibility for you to extend your stay up to 2 days before or after the project dates if travel arrangements imply it, however we will not cover any costs generated by this extension (accommodation, meals, etc.).

We will assist you while planning your travel. No tickets should be purchased before Mr. Radu Mirea is giving a last check and approve the travel plan. Preferably the travel arrangements should be done with team leaders. This will ease communication and avoid confusions. But if a participant needs to have a separate assistance this is possible too.

## ACCOMMODATION AND VENUE IN HORÁŽDOVICE :



Participants will be accommodated in one of the facilities of the Youth Center called PROUD – ENVICENTRUM PODBRANSKÝ MLÝN - <https://www.envicentrum.eu/> situated very close to the center of the town. You will be sharing a multiple room with few other participants of the same gender. Rooms number of beds and the whole facility can be checked here: <https://www.envicentrum.eu/en/about-us/proud-en> The building hosts a hostel, a kitchen, a dining room, training rooms, a laboratory and offices.

### **CURRENCY IN CZECH REPUBLIC:**

The domestic currency is the CZK (Czech Koruna), which is about 26.1 CZK to 1 Euro. In Czech Republic, most places will accept Visa and Master Card debit and credit card. You can also take cash from a special kind of cash machines (ATM) all over country. Exchanges can be done in the bank in the centre of the town. Bank will charge a fee against the service.

### **Maximum reimbursement in EURO per participant from each country is up to as follows:**

Poland 275, Italy 275, Spain 275, UK 275

### **WEATHER IN HORAŽŤOVICE:**

The weather in HORAŽŤOVICE, is in general is warm during this period with temperatures between 16 and 23 degrees.

### **REIMBURSEMENTS:**

Reimbursement of travel costs will be done during the Youth Exchange as soon as we have all original documents from you. You will be reimbursed in Czech Koruna. We will have a printer available at the project location to print boarding passes and other documents related to the reimbursement.

### **DOCUMENTS WE NEED FOR REIMBURSEMENT:**

- Original invoice of the flight ticket, it should be in English with amounts in CZK (if possible). Please make sure you ask for invoice when you make the purchase.
- Boarding passes (very important) from your journey to Czech Republic and from your journey back (electronic versions – make online check-in)
- Flight tickets with travel times, showing your name and routes / dates / time and price
- Bus/train tickets – we don't reimburse local transportation
- We will need some statement if you travelled by uncommon routes (if not on the city of your sending organisation)
- Book Economy Light tickets with small luggage
- Use of taxi will not be reimbursed
- The scanned and signed reimbursement form with the scanned receipt. Please always try to get all tickets and boarding passes in electronic format and send it to us before you arrive.

### **INSURANCE**

Participants MUST arrange their own travel insurance. If you are EU resident, you can use the European Health Insurance Card (EHIC), but get info about its conditions, coverage and limitations. For more information, please check: [ec.europa.eu/social/main.jsp?catId=509&langId=en](http://ec.europa.eu/social/main.jsp?catId=509&langId=en).

Please note that citizens from outside the EU and the ones not eligible for EHIC must take private insurance, which also is not reimbursable by the project. Please kindly provide us with the details of your insurance after tickets are purchased.

## **DIETARY/SPECIAL REQUIREMENTS**

Please inform us if you have any dietary requirements or special dietary requests. If you have any allergies, please also let us know and don't forget to bring your own medicines. You will also fill a survey with specific data once you will finish the travel arrangements.

## **ERASMUS PLUS**

This YE is funded by the Erasmus Plus Program under Key Action 1 – Learning Mobility of Individuals - Mobility for young people and youth workers. If you would like to find out more about possible opportunities please follow the link [https://eacea.ec.europa.eu/homepage\\_en](https://eacea.ec.europa.eu/homepage_en)

## **SOCIAL MEDIA**

We are on Facebook and Instagram and will update our activities on social media.

We will set up a Facebook group for selected participants so if you're selected to participate but you are not in the group yet, please let us know and we will add you in. There we can share all the resources, links to interesting websites, stories and photos of the activities.

## **YOUR CONTACT**

Should you have any further questions, comments or requests, here you have our contacts:

**1. Radu Mirea**, email [radu@goinpro.org](mailto:radu@goinpro.org), mobile +48 730 025 040 (Whatsapp too).

**FB:** <https://www.facebook.com/mirea.radu> add me and I will add you to the participants group.

**2. Zuzana Jahnova**, email [jahnova.ddm@gmail.com](mailto:jahnova.ddm@gmail.com), mobile +420778449919.

**FB:** <https://www.facebook.com/zuzana.jahnova>.

## **ABOUT US**

### **Stowarzyszenie Projektów Międzynarodowych "INPRO"**

Our mission is to make people believe that international initiatives bring added value and progress to the development of a community. Our initiatives are generally dedicated to the personal development and education of young people from Rzeszów and Podkarpackie province. We strive to promote activities and workshops designed to attract people, not only of different cultural backgrounds but also of different origins, ages as well as opinions and beliefs. Through our activities we aim to provide qualitative non formal education programmes, create an international environment as well as cultivate the character of individuals. We open up for dialog current local, national and global issues. Our association is also dedicated to fomenting an interaction between the internationals living in the city with local community.



Website: [www.goinpro.org](http://www.goinpro.org)

Facebook: <https://www.facebook.com/goinpro.org>

Instagram: [www.instagram.com/inprorzszow](https://www.instagram.com/inprorzszow)



"Dum deti a mladeze Horazdovice" – DDM is an educational centre focusing on children and young people.

DDM offers more than 20 regular leisure time activities (art, music, dance, sport, nature, handcraft, taking care of animals, environmental education). DDM also organise summer camps, occasional educational activities and events for public.

DDM consist of three departments. One of them is the main office. Another two departments are PROUD-Environmental education centre and Educational farm. These two parts are completing each other for the noble cultural and educational purposes.

DDM had also different cooperation with other organizations which were organizing here different activities and mobilities for youth and youth workers, under Erasmus+. Last year DDM took a step forward and applied for hosting two EVS volunteers and recently was informed that the project was granted and new members will join the team.

DDM is known in the region for the quality of work and services, showing through its facilities a piece of unforgettable history and past charm. Our staff is involved and dedicated to our work, DDM being a landmark when speaking professionally but also a friend of the community and a promoter of best practices when comes about youth education.

<http://www.ddm-hd.cz/>

<https://www.facebook.com/envicentrum.PROUD/>