

For a sustainable future!

Double Youth Exchange

Turin | Italy 15-22 July 2019

Leipzig | Germany 21-28 October 2019

Stage# 1 Exchange in Italy



Project description

Summary

Countries: Italy, Hungary, Portugal and Germany

STAGE 1

Location: Turin and Boves, Italy

Dates: 15-22 July 2019

Hosting organization: ACMOS

STAGE 2

Location: Leipzig, Germany

Dates: 21-28 October 2019

Hosting organization: Eine Welt e.V

"For a sustainable future" is a double international youth exchange project that aims to involve 28 participants aged between 20 and 30 from different countries to strengthen young people's awareness about sustainability and create innovative forms of consumption and production respective of the environment and human rights.

Organisations involved

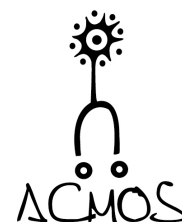
- ASSOCIAZIONE DI PROMOZIONE SOCIALE ACMOS (Italy-Turin) <http://associazione.acmos.net/>
- Eine Welt e.V. (Germany-Leipzig) <https://einewelt-leipzig.de/de/>
- EUROPÁI HALLGATOK HALOZATANAK EGYESULETE- AEGEE BUDAPEST (Hungary – Budapest) <https://www.locals.aegEE.org/budapest/en/about-us/>
- Associação Academia Cidadã AAC (Portugal – Lisboa) <http://academiacidada.org/en/>

The topic

The challenge of humanity in the 21st century is to satisfy the needs of the global population within the planet's resources. Kate Raworth with her book "Doughnut Economy" expresses this concept very clearly and some suggestions for the future: "The Doughnut of social and planetary boundaries is a playfully serious approach to frame this challenge and serves as a compass for human progress in this century. The environmental ceiling consists of nine planetary boundaries, as set out by Rockstrom et



al. (..) The twelve dimensions of the social foundations derive from internationally agreed minimum social standards, identified by governments in the Sustainable Development Goals in 2015. Between social and planetary boundaries lies an environmentally safe and socially just space in which humanity can thrive".



This challenge requires especially the education and the sensitization of young people, as well as their innovative and creative capacity. This challenge is also very relevant for young European citizens. The European Union promotes democracy, respect for human rights, freedom and equality, but to realize these values concretely, to promote and achieve a sustainable future, it is important to have aware and sensitive citizens who can become critical consumers aware of the impact of their choices and innovative and inclusive entrepreneurs. All this, is increasingly relevant given the increase of population in urban settings, the increase of migration in Europe, the spread of poverty, unemployment and new forms of labour exploitation, especially among young people or among the weakest. Accepting this challenge means becoming aware of the daily impact of our choices and developing practices and new business ideas that can:

- reduce waste and consumption of resources, starting from everyday life
- promote mutual support among citizens to create integrated communities
- promote respect for human rights and workers through responsible consumption
- improve inclusion, especially for migrants and disadvantaged young people in general
- reduce unemployment and social marginality by creating innovative entrepreneurial ideas

Overall aims and objectives:

The main purpose of this international exchange of young people is to create an intercultural experience in which young people from different countries become aware of the social and environmental impact of their consumption and the importance of sustainability, and then develop concrete proposals that can be realised by the young participants or by the project partner organizations at the end of the exchange.

This objective will be achieved by comparing the situations in different countries and looking for proposals that can be applied across the countries involved and, more generally, among European countries. At the end of the exchange the online brochure "For a sustainable future" will be published, which will gather some of the successful experiences identified by the participants in their contexts of belonging and the activities and / or entrepreneurship proposals conceived during the exchange by the young participants. This document will be available to all young people, volunteers and operators of partner and non-partner associations.

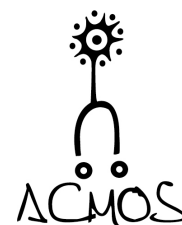
Stage #1 Exchange in Italy 15 - 22 July 2019 (8 days)

The first stage of the project will be divided in three parts: the first one will take place in Turin (15 - 17 July 2019) to start exploring the theme of the project, focusing on the challenges of sustainability and the impact of young people's consumption in environmental and social terms. During the meeting activities will be carried on thanks to:

- Non-formal activities
- The meeting with some local experiences
- Contribution of participants

The second part will take place on a camping ground in Boves (17 -21 July 2019) - which is a small town near Turin - to go deeper in the theme of the project, reflecting together on different aspects and sharing our national prospective. During the camp the activities will be carried on thanks to:

- Non-formal activities
- The reading of some abstracts from the book "Doughnut Economy"
- Workshops in groups and conferences



For the last part, we will come back to Turin to summarize the experience made in the previous days and share feedback about it.

Between the first and the second phase, the participants will have to do research in their local communities to find positive experiences of their territory to share with the other participants in the next mobility.

Stage #2 Exchange in Germany from 21-28 October 2019 (8 days)

The second phase of the exchange will take place in Germany - Leipzig (21-28 October 2019) to share the experiences found, meet concrete examples of entrepreneurship or activities that focus on sustainability in the area and create new initiatives or forms of enterprises to be tested and disseminated at the end of the exchange.

Attending both stages is not mandatory, but preferable

Arrival and Departure dates #STAGE 1

Turin | Italy 15-22 JULY 2019

Arrival: July 14, 2019 in **Turin** (check- in from 16.00 to the evening)

Departure: July 23, 2019 from **Turin** (check- out during the morning)

Note: Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. **Always get the approval from organizers for your flight before purchasing it.**

Early arrivals or late departures are at the responsibility of the participants to pay for stay. If you arrive early or leave later than the dates above you have to cover your own accommodation and food.

Participants profiles

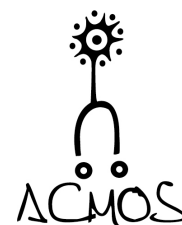
28 Participants

- Residents of Italy, Portugal, Germany and Hungary
- Ages 20-30
- Preferable Good English language skills
- Preferable: ability and willingness to contribute to lead a session or facilitate a group activity

Registration of participants is final only upon purchase of flight tickets.

All participants will have to sign a code of conduct agreement.

The selection of participants will be managed by partners organizations in countries involved.



Accommodation and food

The Youth Exchange will be implemented in the frame of the Erasmus + Programme:
Accommodation and food will be covered 100% by the organizers.

In Turin, participants will stay in Hotel **Open 011** (<http://open011-turin.hotels-in-turin.com/en/>), a beautiful hotel close to the center of the city.

Participants will share rooms. Towels are NOT available in the rooms.

There is WiFi Internet Connection.

In Boves, participants will stay in the camp. The hosting organization will provide sleeping materials for all participants (sleeping bags, air bad, pillow) necessary for both options: participants have to choose before coming if they prefer to sleep outside in a tent or inside the palace that we will use for the activities (it is a big and unique room).

Important notice on food: Please, keep in mind, that the provided food may differ from the food you are used to have in your country, and, even in case of providing food for special groups, e.g. (if you are heavily meat eater or vegetarian) it may not fully meet your expectations. We strongly recommend participants to inform the organizers IN ADVANCE about any special needs.

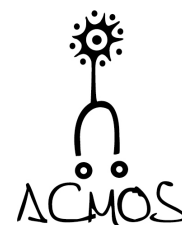
Travel and reimbursement

Travel expenses will be reimbursed according to Erasmus + rules as follow:

Exchange in Italy: 15-22 July		
Country	Calculated start city	Maximum Reimbursement amount
Italy	Turin	0
Portugal	Lisbon	275
Germany	Leipzig	275
Hungary	Budapest	275

Important! Please read carefully!

1. Maximum reimbursement amount **is the maximum amount** a participant can be reimbursed. Anything above this amount will have to be covered by the participant.
2. **To be reimbursed participants must provide**
 - a. Tickets (Airline, bus, train..etc): Original or electronic
 - b. Invoice
 - c. Proof of payment: Receipt for cash/ credit card slip or bank statement in case of transfer
 - d. Flight boarding passes



3. Travel cost will be reimbursed through bank transfer after the youth exchange after you have submitted as return boarding passes and all the other documents above
4. **Calculated Start city** is the point where travel distance is calculated in the project. While you may start your travel from anywhere in your country, if your start location is not the city mentioned above then you need to provide organizers with some other information. If this is the case, please consult with organizers.
5. Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. **Always get the approval from organizers for your flight before purchasing it.**

Transport in Italy

From MALPENSA AIRPORT (Milano) you can take:

- train to MILANO CENTRALE train station <http://www.trenord.it/EN/>
- OR**
- bus <http://www.malpensashuttle.it/en/index.html> to MILANO CENTRALE train station (ticket 10 €, bus every 20 minutes).

From ORIO AL SERIO AIRPORT (Bergamo) you can take a bus to MILANO CENTRALE http://www.orioshuttle.com/_eng/

From CASELLE AIRPORT (Torino) you can take a bus to PORTA SUSA train station (ticket 7 €)

<http://www.sadem.it/en/prodotti/collegamento-aeroporti/torino-caselle-international-airport.aspx>

We will wait for you to arrive at the final destination: THE HOTEL OPEN 011 – CORSO VENEZIA 11, TURIN.

You can easily arrive there by bus from **PORTA SUSA** or **DORA** (train stations in Turin).

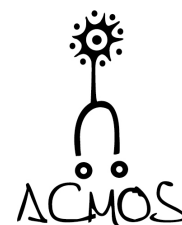
Public transports in Turin: <http://www.gtt.to.it/cms/en/>

Local Money

The Italian Currency is Euro. You can change your money in your country, at the airport or in any bank in Italy.

Italian Mobile Phones

There are four mobile operators in Italy: Tim, Vodafone, Wind and Tre.



Things to bring and do

Mandatory!

1. Bring Healthy food and drinks from your country/region for the intercultural evening (We kindly ask all participants to bring some national drinks, snacks, music, instruments, traditional clothes from their home countries, as a contribution to the intercultural evening, please bring already prepared snacks/food, you will have possibility to cook!)
2. Your Country Flag
3. Medicine, if you have allergies/or you periodically need medicine, please bring what you may need!
4. Material and researches requested by facilitators (we will send you all details after your application)
5. Towels
6. Pillowcase
7. Shower products

Recommended!

8. Make sure you have an insurance (travel, health, accident, liability), to inform you this costs cannot be reimbursed, its fully on participants
9. Slippers
10. Photo camera, laptop
11. Music, games, photo camera, cash
12. Tracking boot and socks (during Boves days there will be a light hike in the mountains)

Organizers:

The exchange in Italy will be administrated by "Acmos".

Chiara Andena – chiara.andena@acmos.net +39 3474559442

Simone Potè – simone.pote@hotmail.it +39 3486094812

Deadline: 16 June 2017