

Youth Exchange

# For a Sustainable **FUTURE**

STAGE #2 LEIPZIG – 21/28 October 2019

## Infopack



# 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.

# 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.

# Involved Associations

- [ASSOCIAZIONE DI PROMOZIONE SOCIALE ACMOS](#) (Italy - Turin)
- [EINE WELT E.V.](#) (Germany - Leipzig)
- [EUROPAI HALLGATOK HALOZATANAK EGYESULETE-AEGEE BUDAPEST](#) (Hungary - Budapest)
- [ASSOCIAÇÃO ACADEMIA CIDADÃ AAC](#) (Portugal - Lisboa)



# 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 15–17 July 2019 – Exchange in Turin (Italy)

The first stage of the project was divided in three parts: the first one has taken 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 was carried on thanks to:

- non-formal activities
- contribution of participants

The second part has taken 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 perspective. During the camp the activities was 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 came 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 stage. !**



## **Stage #2 21-28 October 2019 – Exchange in Leipzig (Germany)**

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 entrepreneurs 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.

During this phase, activities will be carried out to focus the aspects of concrete commitment on the theme of sustainability in all its aspects: both through concrete experiences and moments of reflection.

This last phase will also be an opportunity to think together about which instances, ideas, concrete experiences and proposals to collect for the expected final

document of this exchange, will be the moment of synthesis of all the experiences and reflections collected until now, as a manifesto of our actions for the future and can be a driving force for new ideas and concepts as well as a starting point for future projects, business ideas and objectives that we want to achieve together and disseminate in our daily realities.

There will also be continuing opportunities for reflection and active participation on the issues of democracy and European citizenship. This year marks the 30th anniversary of the peaceful revolution, the protests that contributed to the fall of the German Democratic Republic, which took place in Leipzig in 1989. This will be one of the themes that will surround the youth exchange.

# Stage #2

## Informations

Leipzig (/ˈlaɪpsɪɡ/) is the most populous city in the German federal state of Saxony. With a population of 596,530 it is Germany's seventh most populous town as well as the second most populous city in the area of former East Germany after Berlin. Together with Halle (Saale), the largest city of the neighbouring state of Saxony-Anhalt, the city forms the polycentric conurbation of Leipzig-Halle. Between the two cities lies Leipzig/Halle International Airport.

Leipzig is located about 160 kilometres southwest of Berlin in the Leipzig Bay, which constitutes the southernmost part of the North German Plain, at the confluence of the White Elster River and two of its tributaries: the Pleiße and the Parthe. The name of the city as well as the names of many of its boroughs are of Slavic origin.

It has been a trade city since at least the time of the Holy Roman Empire. It was once one of the major European centres of learning and culture in fields such as music and publishing. Leipzig became a major urban centre within the German Democratic Republic (East Germany) after the Second World War, but its cultural and economic importance declined. Events in Leipzig in 1989 played a significant role in precipitating the fall of communism in Central and Eastern Europe, mainly through demonstrations starting from St. Nicholas Church. Since the reunification of Germany, Leipzig has undergone significant change with the restoration of some historical buildings, the demolition of others, and the development of a modern transport infrastructure.

Leipzig today is an economic centre, the most livable city in Germany. The city is one of two seats of the German National Library (together with Frankfurt), as well as the seat of the German Federal Administrative Court. Leipzig Zoo is one of



the most modern zoos in Europe and ranks first in Germany and second in Europe according to Anthony Sheridan. Leipzig is currently listed as the European City of the Year 2019.

Leipzig has long been a major centre for music, both classical as well as modern “dark alternative music” or darkwave genres. The Leipzig Opera is one of the most prominent opera houses in Germany and the Leipzig Gewandhaus Orchestra, established in 1743, is one of the oldest symphony orchestras in the world. Johann Sebastian Bach is one among many major composers who worked and lived in Leipzig.

## Participant

### 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.

## Arrival and Departure

**ARRIVAL: October 20, 2019 in Leipzig (free arrival)**

**DEPARTURE: October 29, 2019 from Leipzig (free departure)**

**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** (19 or 30 October). 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 rail travel or 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.

# Accommodation

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

In Leipzig, participants will stay in **Eine Welt Haus**. The accommodations are located in the south quarter of Leipzig called Connewitz.

Participants will share rooms. **Towels and bed sheets are NOT available** in the rooms. There is Wi-Fi internet connection.

We will wait for you to arrive at the final destination:



## EINE WELT HAUS

PRINZ-EUGEN-STRASSE 25,  
04277 LEIPZIG.

You can easily arrive there from the Leipzig main station/bus station (Leipzig Hauptbahnhof) or airport (LEJ) by commuter train (S-Bahn) with the station *Leipzig Connewitz*. From the main station it is possible to use also the tram lines 9 and 11 with the stop *S-Bahnhof Connewitz-Klemmstraße*. Both stops are 400 mt. from the house (see map below).

### Public transports in Leipzig (Leipziger Verkehrsbetriebe)

A single ticket for the city Leipzig costs 2,70 € and has a validity for 1 hour. The ticket from the airport included the city area of Leipzig and has a validity of 2 hours.

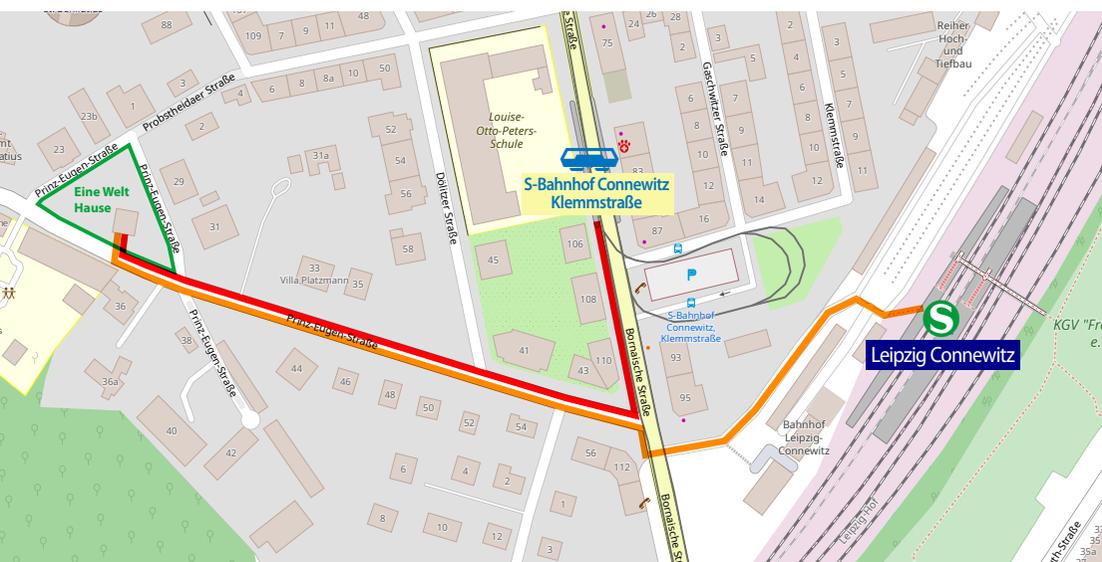
# Travel & Reimbursement

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

Exchange in Germany: 21 - 28 October 2019		
Country	Calculated start city	Maximum Reimbursement amount
Germany	Leipzig	0.00 €
Hungary	Budapest	180.00 €
Italy	Turin	275.00 €
Portugal	Lisbon	360.00 €
Portugal	Porto	275.00 €

## 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:
  - Tickets (airline, bus, train. etc.): original or electronic;
  - Invoice (by airlines or tickets without price above);
  - Proof of payment: receipt for cash/credit card slip or bank statement in case of transfer;
  - 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. 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.**
4. 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 travel before purchasing it.**



# Food

The food will be mostly vegetarian and organic and, if possible, fair-trade.

**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 vegan) it may not fully meet your expectations. We strongly recommend participants to inform the organizers IN ADVANCE about any special needs.

# Mobile Phone

There are three mobile operators in Germany: Deutsche Telekom, Vodafone and O2/E-Plus (Telefonica).

# Local Money

The German Currency is Euro. You can change your money in your country, at the airport, railway stations or in any bank in Germany.

## Transportation to Germany by Train

The town of Leipzig has a big freight airport with less passenger flights. If you are from Hungary or Italy we suggest you to come by train.

From **TURIN** the journey takes ca. 11 hours and you can choose this connection:

**Torino - Verona Porta Nuova** (Purchased by [Trenitalia](#) or [Italo](#)).

**Verona Porta Nuova - Leipzig via München** (Purchased by [Deutsche Bahn](#)).

- ! We suggest you to buy directly a ticket to LEIPZIG CONNEWITZ by the German railways to save the costs of public transport in Leipzig.
- We invite you to consider a connecting time of at least 30 minutes in Verona.



From **BUDAPEST** the journey takes ca. 10 hours and you can choose this connections:

**Budapest Nyugati - Leipzig via Prag hl.n.** (Purchased by [Deutsche Bahn](#)) or

**Budapest Keleti - Leipzig via Wien/München** (Purchased by [Deutsche Bahn](#)).

- ! We suggest you to buy directly a ticket to the station LEIPZIG CONNEWITZ to save the costs of public transport in Leipzig.

# Transportation to Germany by Plane

There are three airports in the Leipzig area. LEIPZIG/HALLE (LEJ), Berlin SCHÖNEFELD (SXF) and Berlin TEGEL (TXL).

**FROM LEIPZIG/HALLE AIRPORT (LEJ)** you can take:

- Commuter service (S-Bahn) lines S5 and S5X to LEIPZIG CONNEWITZ train station. This starts every 30' Minutes (from 4.25 a.m. to 11:23 p.m.) and it costs 5,00 €. Tickets are available at the automatic ticket machines on the platforms. This connection takes 25 minutes.

**FROM BERLIN SCHÖNEFELD AIRPORT (SXF)** to Leipzig you can take:

- Local train to BERLIN central station (HBF) and then a train to LEIPZIG. Train tickets are purchased by [Deutsche Bahn](#). This connection takes 2 hour and 45 minutes.
- OR
- Bus [Flixbus](#) to LEIPZIG BUSBAHNHOF (closed to Leipzig main station). This connection takes 2 hours and 20 minutes.

**FROM BERLIN TEGEL AIRPORT (TXL)** to Leipzig you can take:

- Bus [TXL](#) to BERLIN HBF (central station) and then the train to LEIPZIG. Train tickets are purchased by [Deutsche Bahn](#). This connection takes 2 hours.
- OR
- Bus [Flixbus](#) or [Blablabus](#) to LEIPZIG BUSBAHNHOF (closed to Leipzig main station) This connection takes 2 hours and 40 minutes.

## RAIL&FLY Option

If you fly with the follow airlines:

*Adria Airways, Aeroflot, Air Europa, Air Serbia, American Airlines, ANA, Belavia, Cathay Pacific Airways, Condor Flugdienst, Croatia Airlines, Deutsche Lufthansa, Egyptair, El Al Israel Airlines, Emirates, Ethiopian Airlines, Etihad Airways, Eurowings, Eva Air, Finnair, Gulf Air, Hainan Airlines, Iberia, Icelandair, LATAM Airlines, MIAT Mongolian, TAP AirPortugal, TUIfly, Turkish Airlines, Ukraine International, United Airlines*

you can also buy a Rail&Fly option. This can only be booked via the offering airline or its agencies. It is important to inform them before ticket issuance that you want to use Rail&Fly. <https://www.bahn.de/p/view/service/buchung/flug/rail-and-fly-english.shtml> This kind of ticket can be use in the same day from ANY German airport to all German destinations with all kind of trains. It costs 34,00 € one-way.

! If you choose to travel from these airports with the train we suggest you to buy directly a ticket to the station LEIPZIG CONNEWITZ to save the costs of public transport in Leipzig.



# TO DO LIST

## MANDATORY!

- Bring Healthy food and drinks from your country/region for the intercultural evening.
- Your Country Flag
- Medicine, if you have allergies/or you need medicine, please bring what you may need!
- Material and researches requested by facilitators
- Towels and bed sheets
- Toilet products

## RECOMMENDED!

- Make sure you have an insurance (travel, health, accident, liability), to inform you this costs cannot be reimbursed, its fully on participants.
- Photo camera, laptop
- Music, games, photo camera, cash
- Cheerful mood!
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# Organizers

The exchange in Germany will be administrated by *Eine Welt e.V. Leipzig*.

## CONTACTS:

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The whole exchange is managed by *Associazione ACMOS*.

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