

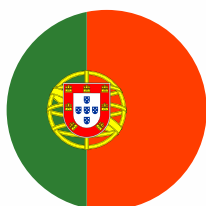
YOUTH EXCHANGE DIY FOR SUSTAINABLE LIVING

01 - 09 August 2022

Stockholm, Sweden



Swedish Youth
For European
Integration



Youth Cluster
Um Mundo de
Oportunidades



EKO
Entrepreneurship
and Social
Economy Group



Associazione di
Promozione
Sociale KORA

SUMMARY

DIY FOR SUSTAINABLE LIVING

Climate change is one of the most threatening issues in today's world and it is clearly one of the greatest destabilising forces which can cripple the global economy, it's harming human health and leads to a huge damage to the planet.

Despite the world's growing interest, more education and advocacy campaigns on the topic, there is still the need to debate and bring knowledge to the communities, since it seems easier advocating than being the change. Nowadays we eat rice from across the globe that is 50 cents cheaper than rice produced within the EU, own things that are cheaper to discard than to cherish and maintain and advocate fair-trade products, but feed a system that creates quality of life for a small percentage of the world's population. The current social-economic model, with focus on growth and competition, raises questions about sustainability, environmental impact and over consumption. The desire to implement "DIY for Sustainable Living" emerged from the reality that reflects the different ways that we are breaking the limits of survival.

"DIY for Sustainable Living" has as its main goal to create changemakers. The structure "Reality Check > Reflection > Action" will allow us to explore the context and problems we face, by sharing our knowledge about climate change, circular economy, environmental protection and prevention. The brainstorming sessions will allow us to become more critical about climate issues while finding solutions. The action phase will start during the YE, because before influencing others it is important to implement sustainable behaviours in our lives, a zero-waste ideology will be put into practice, such as buying national produce, avoiding waste and the use of sustainable products. As a group, we have multiple solutions in place that we have adopted during our journey towards a sustainable lifestyle, therefore through practical workshops, based on a problem solving approach, we will use the concept of Reduce-Reuse-Repair-Recycle to find simple behaviours that lead to environmentally conscious choices.

ACTIVITIES

During the Youth Exchange we will explore the interconnections between environmental issues, debate possible solutions and understand the limits of the solutions through activities that involve discussion, brainstorming and self-reflection. Part of the Youth Exchange will focus on hands-on activities, such as a lunch rally, experimental dinner, natural cosmetics workshops and repair café to create tools to adopt environmentally viable behaviours in our daily lives - using natural cosmetics, a reusable bottle, taking shorter showers, purchasing local produce, cooking zero-waste, among others. With lots of inspiration from activists, zero-waste chefs, organisations and apps, we will improve our knowledge about today's world, improve our lifestyle and increase our social and community involvement across borders!

PRELIMINARY SCHEDULE

	SYEI
	Kora
	Youth Cluster
	Eko
	Team Leaders

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Energisers and Meal Team	Sweden	Team Leaders	Italy	Portugal	N/A	Greece	Sweden	Team Leaders	N/A
08:30 - 09:30	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30 - 10:00		Energisers	Energisers	Energisers	Local Farm or City Game (to confirm)	Energisers	Energisers	Evaluation of the YE	Departures
10:00 - 11:00		Ice-Breaking Games	Climate Net	Fair Food: Clean Cargo & Zero Waste		My Steps Towards a Sustainable Lifestyle	Living Library	Rewind and Finishing the YouthPass	
11:00 - 11:30		Coffee break	Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	
11:30 - 12:30		Erasmus+ and YouthPass	Climate Net	Fair Food: Clean Cargo & Zero Waste		My Steps Towards a Sustainable Lifestyle	Living Library	Letters to Myself	
12:30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 - 17:00	Dialogue Hike	Natural Cosmetics Workshop	Repair and Reuse Café	Sustainability in the City: Free Time	Afternoon in Nature: Fishing and Landart	"Becoming a Builder"	Packing and Cleaning		
17:00 - 17:30	Coffee break	Coffee break	Coffee break		Coffee break	Coffee break	Coffee break		
17:30 - 18:00	Tour	Reflection Groups in National Teams	Reflection Groups		Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	
18:00 - 19:00		Working Groups	Working Groups		Working Groups	Working Groups	Working Groups	Working Groups	
19:00 - 19:30		Self-Care Time	Self-Care Time	Self-Care Time	Self-Care Time	Self-Care Time	Self-Care Time		
19:30 - 20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farwell Party		
Night Activities	Welcoming Games	The Deridians	Intercultural Night Italy	Intercultural Night Portugal	Free Night	Intercultural Night Greece		Intercultural Night Sweden	

PARTICIPANTS

The project "DIY for Sustainable Living" will include 23 young people from Sweden, Portugal, Italy and Greece, **Each partner country will be represented by four participants aged 18 to 25 and one group leader up to 28 years old.** As much as possible we aim for gender balanced teams and participants with fewer opportunities will have priority in the selection process.

Are you questioning if you are the right participant to take part in the YE: DIY for Sustainable Living? Check if you meet the requirements bellow:



18 to 25 years old



Currently living in Greece, Italy, Portugal or Sweden



Interested in sustainability and sustainable living



Curious about current challenges and finding solutions



Ready to spend 9 days in a multicultural environment

PRIORITY CRITERIA



Young people with fewer opportunities

economical, social and geographic obstacles, educational difficulties, cultural differences: disability and health problems



Young people who never took part in a similar project

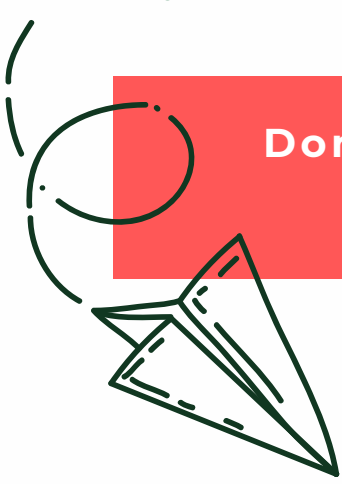


NEETs

TRAVELS

Your travels will be reimbursed after the YE and we can only reimburse public transport and 2nd class tickets and you will have to save them to send to us, digitally or physically depending on the ticket. You are also allowed to arrive or departure **2 days before or after the youth exchange**, thus you will have to cover your food and accommodation costs. Below you can find the maximum amount that we can reimburse you for the travels.

We want to remind you the importance of reducing your carbon footprint, therefore we have some advice for you when checking for travels: **please do not bring more than one check in luggage per national team; direct flights pollute less than flights with stopovers and, when possible we request you to use train or bus, instead of plane.**



**Don't purchase tickets before
SYEI's team approval!**

COUNTRY	BUDGET <i>PER PERSON</i>
Sweden	20€
Italy	275€
Greece	360€
Portugal	360€

VENUE

The Youth Exchange will take place in Stockholm, Sweden and we will have the chance to be a bit further from the city in **Hellasgården**. You can get to know more about the venue in their website.

Some of the activities will take place in the conference room, while others will take place outside. This will depend on the weather conditions. In Hellasgården you will have some free time and some activities in the lake, forest and there will be plenty of time to get to know the surroundings. The hotel offers bed linen and towels, but please bring your own towel to use in case you want to dive in the lake,

Regarding accommodation, the rooms take up to 4 participants, which will be divided by gender and we will mix nationalities. If you have any requests regarding the accommodation, please let us know in the application forms and we will be happy to solve it to ensure everyone is comfortable with the arrangements.



HOW TO REACH THE VENUE

We advise teams to travel together, nevertheless we understand that, if someone in the group wants to travel earlier or later, that will not be possible and it is ok,

The best solution will be to travel directly to Stockholm Arlanda Airport and bellow you can find the route to Hellasgården. In case you have direct flights from your home country to Denmark or an airport in another country and decide to arrive to Stockholm by bus or train, we will support you finding the best options as soon as we know about your travel details.

We'll request you to arrive to the venue the latest at 18:00, if possible.

➔ From Arlanda Airport to Stockholm Centralstation

Once you arrive, catch the bus to Central Stockholm. The price is 119 SEK one way and it becomes cheaper if you buy group tickets. Bear in mind that is cheaper to purchase the tickets online than in the airport. **Purchase the tickets here.**

In alternative you can catch the **Arlanda Express**, which is much faster and, if you are up to 25 years old, it will cost 149 SEK one way, if you are over 25, it will be 298 SEK one way.

➔ From Stockholm Centralstation to Hellasgården

In Central Stockholm you will have to go to the train station, where you can purchase a 75 minute ticket. We advise you to install **SL APP** and purchase via app. The price of a ticket is 39 SEK. There are no student discounts, unless if you are a student in Sweden. One ticket is enough to can catch the train and after the bus.

You will catch the train number **14** towards Fruängen T-bana, but your stop is in **Slussen - it is only 2 stops after T-Centralen, don't miss it.** In Slussen you will leave the train station and go to the bus stop to catch the bus number **401** towards Ekstubben and you will leave in **Hellasgården** stop.

Currency

The Swedish currency is the Swedish crown, 1€ is approximately 10 SEK. In Sweden you can pay with card everywhere and, some places don't accept cash anymore, thus using a card will be a better option to avoid conversion fees or being unable to pay. Revolut is the best option and it is free.

Health and Insurance

Make sure you have a valid European Health Insurance Card. If you don't have one please request it ahead or you will have to purchase an insurance to take part in the Youth Exchange. Regarding Covid-19 vaccination you have to be vaccinated with the last dose taken maximum 9 months before the project.

Weather

The weather in Stockholm is quite unpredictable and colder than in Portugal, Italy and Greece during summer. For this reason we advise you to bring clothes for warm weather, but also some warm clothes, shoes and a jacket in case the rains.

Dietary Requirements

During the Youth Exchange we will cook mainly vegetarian and vegan meals, so please come with that in mind! If you have any special requests, such as food allergies or intolerance, please let us know in the application form, so we can prepare ahead.

Considering that each team will be responsible to prepare meals at least during one day, SYEI will share this details with each team to ensure all meals plans are accordingly to other participants food restrictions.

Language

In Sweden everyone understands English, thus if you need help with directions or information you can ask anyone for support.

WHAT TO BRING

- ☒ Clothes, hygiene products and warm clothes for rain
- ☒ Swimming clothes, flip-flops and a towel
- ☒ Your own reusable bottle, as you'll need for the walks
- ☒ If you have, a notebook and pen for personal use
- ☒ One computer per national team
- ☒ Some old clothes you don't use anymore and don't mind to tear and reuse to make something out of it

TASKS FOR EVERY NATIONAL TEAM

- ☒ Choose a travel option with a low carbon footprint, but but also compare costs and convenience
- ☒ Prepare some activities for the cultural night - dances, quizzes, etc and bring some typical food and drinks
- ☒ Organise some workshops for the youth exchange and dissemination - the sending organisation and team leader will guide you
- ☒ Plan traditional meals. Each national team will be responsible for lunch and dinner during one day! Don't forget it should be vegetarian/ vegan.

HOW TO APPLY?

You can apply for the Youth Exchange "DIY for Sustainable Living" until the **30th of May 2022** with the sending organisation of your country. Check who they are on the first page.

Each partner organisation will inform every participant regarding the selection the **latest on 5th of June 2022**.



Do you have any questions? Contact us!

CONTACTS

You can contact us on the following email and phone numbers. Please save our contacts, so we can keep in touch during the arrival day.



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