

Creating Leaders Environmentally Adapted to Needs

Project Agreement Code: 2023-1-NL02-KA153-YOU-000132720

ERASMUS+ Training Course

INFOPACK

Project Dates: 14.02.2024 - 22.02.2024

Project City: Arnhem, Netherlands



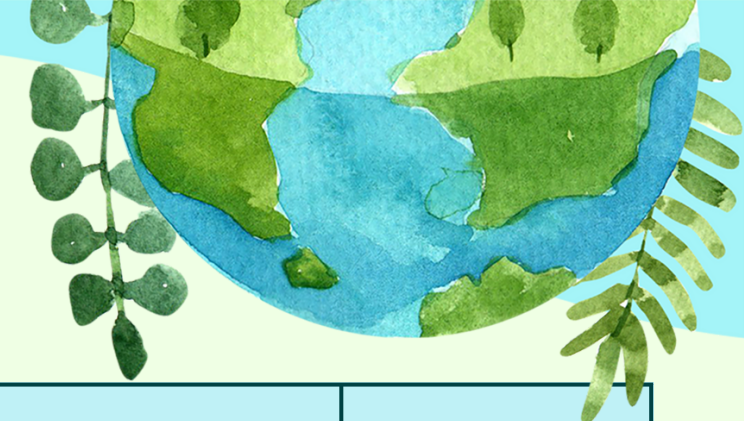
About The Project

The project addresses the substantial impact of waste, defined as discarded substances or objects, on resources in terms of materials and energy. Directive 2008/98/EC and CoE Recommendation Nr 96 highlight the importance of preventive environmental strategies. Recognizing the need for widespread involvement in environmental protection, the initiative aims to educate and engage citizens. Eurostat's statistics on waste generation in the EU underscore the disparities among Member States in waste management. Based on local research shared among partners, the project identified the need to enhance youth workers' skills in waste management. The primary goal is to equip 40 participants with tools to foster proactive waste management reactions, understand waste impact, classify waste streams, and promote a sense of belonging to the EU. Additionally, the project aims to create a digital guide of best practices in zero waste with a local consulting company in Amsterdam. Evaluation will be through pre- and post-project questionnaires, self-assessment Youthpass certificates, updated CVs, LinkedIn profiles, and local action implementations to instill zero waste practices in youth work contexts.












Goals

1. Equip youth workers with waste management competencies for transformative facilitation.
2. Promote zero waste understanding and sustainable practices among youth workers.
3. Tailor waste management strategies to address specific youth needs effectively.
4. Foster active youth worker participation in ecological competence development.
5. Encourage innovation and exchange of effective youth work methods.
6. Strengthen institutional capacities and enhance cooperation for sustainable impact.

Participants Profile



CLICK THE FACEBOOK ICONS

Country Name	Social Media	Role	Travel Limit	Number of Participants	Arrival Date	Departure Day	Travel Days
 Czech Republic		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 France		Project Partner	210 Euro	4	14/02/2024	22/02/2024	1
 Hungary		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 Italy		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 Netherlands		Project Coodinator	23 Euro	4	14/02/2024	22/02/2024	0
 Poland		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 Portugal		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 Romania		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 Spain		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1
 Ukraine		Project Partner	275 Euro	4	14/02/2024	22/02/2024	1

IMPORTANT ARRIVAL INSTRUCTIONS

Participants from **France** and the **Netherlands** fall under the **Green travel category** for our project. They are required to utilize **eco-friendly transportation modes like trains and buses**, with air travel being prohibited. This mandate aligns with our project's commitment to adopting environmentally sustainable practices.

it's essential to arrive at the accommodation by 19:00 on the 14th evening. The program begins at 21:00, so being on time is important to join the scheduled activities.

Please note that 30 euros from the travel budget of each participant allocated for public transport in the project, and 30 euros will be subtracted from the budget in the table. For example: 275-30=245 Euro Budget.



Fewer Opportunities:

Our partners from each country aim to include two participants who face obstacles in a group of four, and Project partners must share these two people with us in advance for flawless implementation and quality assurance. Our focus is on promoting holistic well-being, security and an inclusive environment. These challenges are rooted in cultural differences, economic barriers, and geographical limitations. Cultural differences span different traditions and minority groups, while economic barriers are seen among those who are unemployed or face difficulties in obtaining stable employment. Geographic barriers arise for those living in rural areas where educational and recreational resources are limited. Each partner organization is committed to ensuring inclusion, with each group of four participants representing a spectrum of these challenges.

1. Millennium Peacemakers (NL): 2 participants as being voluntary youth workers from rural areas;
2. Jeunesse Active de Rouen (FR): 2 participants as being voluntary youth workers
3. Associação Check-IN (PT): 2 participants from rural areas;
4. Dream Youth Actives (IT): 2 participants with minority background from rural areas;
5. 2Europa (ES): 2 participants being minority and half time youth workers;
6. Asociația Alternativa Eco (RO): 2 participants having Roma background from rural areas;
7. Fiatalok Egységben Egyesület (HU): 2 participants with migrant background;
8. Youthist Off Havirov (CZ): 2 participants being voluntary youth workers;
9. Just do it (PL): 2 participants with minority background from rural areas;
10. Foundation of Regional Initiatives (UA): 2 participants with refugee background.

Insurance Arrangements:

For seamless access to government-provided healthcare services throughout the project, it's highly recommended that participants obtain a European Health Insurance Card (EHIC). This card ensures convenient and swift access to healthcare facilities during your stay. To acquire the EHIC, please visit the following link: [EHIC Link](#). This card is essential to guarantee access to necessary medical care and services in case of any health-related requirements during the project.

Environmental Sustainability Overview:

In our project, priority is given to environmentally friendly practices. We encourage recycling, reducing food waste and provide cloth bags to reduce plastic use. We avoid single-use plastics, choosing local, seasonal food and reusable water bottles. LED bulbs and careful use of electricity help with energy efficiency. Using personal cups instead of disposable cups strengthens our commitment to the environment. We encourage eco-friendly travel such as train and cycling, and our digital approach minimizes paper use, shared through online platforms. These measures confirm our commitment to environmental sustainability.



Travel Reimbursement

Maximum travel reimbursements are as detailed above. Prior confirmation from the organization is essential before ticket purchase. Reimbursement of travel costs is contingent upon attendance at all sessions. It's crucial to retain boarding passes and gather necessary documentation such as e-tickets, invoices, and proof of payment. For train and bus tickets, ensure visibility of the date, itinerary, and price. Please note, taxi expenses cannot be reimbursed.

All participants are required to provide necessary documentation to the organization directly. Tickets purchased through a travel agency will not be covered under reimbursement policies. Reimbursement will be provided to the appointed team leader, who will distribute funds among group members accordingly.

Tickets purchased without prior approval will not be eligible for reimbursement. The reimbursement process occurs up to 3 months following submission of all essential documents, including return documents. A comprehensive travel route will be shared with participants via project groups one week before the project begins, facilitating continuous communication between the host organization and project participants.



Accommodation and Food

The project provides full coverage for accommodation and three meals daily through the Erasmus+ Programme. We strive to offer the finest accommodation available. Please remember to bring your slippers, towel, toothpaste, toothbrush, and other personal care items for your comfort during your stay.

Participants will reside in comfortably spacious houses designed to accommodate 6-8 individuals, with each room allocated for 2-4 occupants. Each house boasts exclusive facilities including a dedicated kitchen, bathroom, and guest room, ensuring a private and convenient living experience.

Participants will stay at EuroParcs De Hooge Veluwe, a 15-20 minute distance from the city, for the project's duration. Training, meals, and educational sessions will occur in the city center. Additionally, €30 per participant from the travel budget will cover public transportation. Example: $275 - 30 = 245$; €30 will be allocated for public transport.

Each house will prepare its breakfast, fostering a mix of diverse nationalities. Please refrain from requesting to stay with participants from their nation. Each household will have a budget for a cultural breakfast.

The designated accommodation, EuroParcs De Hooge Veluwe, located at Koningsweg 14, 6816 TC Arnhem, provides a serene and conducive environment for the program. However, in unforeseen circumstances necessitating relocation, participants will receive prior notification 15 days in advance. This ensures a seamless transition should any changes to the accommodation venue arise.



GOOGLE MAPS: <https://bit.ly/4agXnCa>



Cultural Exchange

During the intercultural night, participants are encouraged to bring a vibrant array of their culture's essence. This includes traditional food, drinks, sweets, and snacks that showcase the unique flavours and culinary heritage of each country. Beyond gastronomic delights, participants can present their culture through visuals such as pictures, captivating performances of traditional dances, and soulful renditions of folkloric songs. The flexibility to bring prepared food or demonstrate culinary skills by procuring ingredients allows for a dynamic sharing of cultural experiences. Importantly, the shopping expenses for acquiring these cultural elements rest with the presenting country group, ensuring fair and inclusive participation.

Weather

In February, Arnhem starts to transition from winter to early spring, yet the weather can remain chilly with average temperatures ranging between 2°C and 8°C. While it's slightly milder than January, it's advisable to dress warmly in layers, including a warm coat, gloves, and a hat, particularly at the start of this month. Though the likelihood of snow diminishes, occasional precipitation persists, so having an umbrella or waterproof clothing might be beneficial. Despite the cold, Arnhem retains its allure with picturesque vistas and a snug atmosphere.



Activity schedule

Day 0, Arrival day

15:00 – 23:00 – Activities: Welcoming the participants; Introduction of participants; Warm Up activities; Social evening

Day 1: Day of Introduction

9:30 – 11:00: Getting to know each other
11:00 – 11:30: Coffee Break
11:30 – 13:00: Understanding the Week Ahead
13:00 – 15:00: Lunch Break
15:00 – 16:30: Establishing Group Guidelines
16:30 – 17:00: Coffee Break
17:00 – 18:30: Addressing Hate Speech
18:30 – 19:00: Reflection Group
19:00 – 21:00: Dinner Break
International Evening with Locals

Day 2: Day of Fundamental Creativity

9:30 – 16:30: Waste Management and Environmental Posters
16:30 – 17:00: Coffee Break
17:00 – 18:30: World 20 Years Later
18:30 – 19:00: Reflection Group
19:00 – 21:00: Dinner Break
Cultural Night – Silent Cinema

Day 3: Day of Sharing

9:30 – 18:30: Zero Waste Festival at Vondelpark
18:30 – 19:00: Reflection Group
19:00 – 21:00: Dinner Break
Cultural Night – U&I

Day 4: World Cleanup Day 2023 Special Edition

9:30 – 13:00: Canal Cleanup in Amsterdam
13:00 – 15:00: Lunch Break
15:00 – 18:30: Study visit The Waste Transformers Installation and Plastic Recycling Amsterdam
18:30 – 19:00: Reflection Group
19:00 – 21:00: Dinner Break
Cultural Night – Languages

Day 5: Day of Attention

9:30 – 11:00: Banquet Table
11:00 – 11:30: Coffee Break
11:30 – 13:00: Waste Auction
13:00 – 15:00: Lunch Break
15:00 – 18:30: Amsterdam Treasure Hunting
18:30 – 19:00: Reflection Group
19:00 – 21:00: Dinner Break
Cultural Night – Cookie Monster

Day 6: Day of Personal Impact

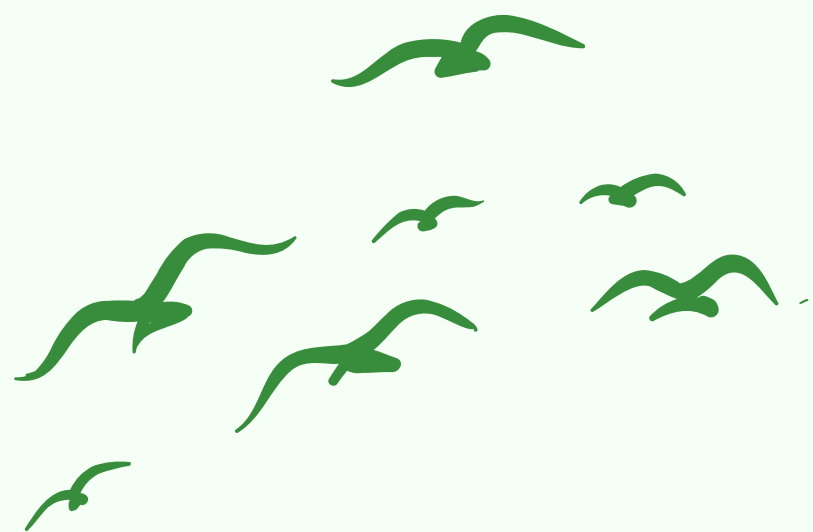
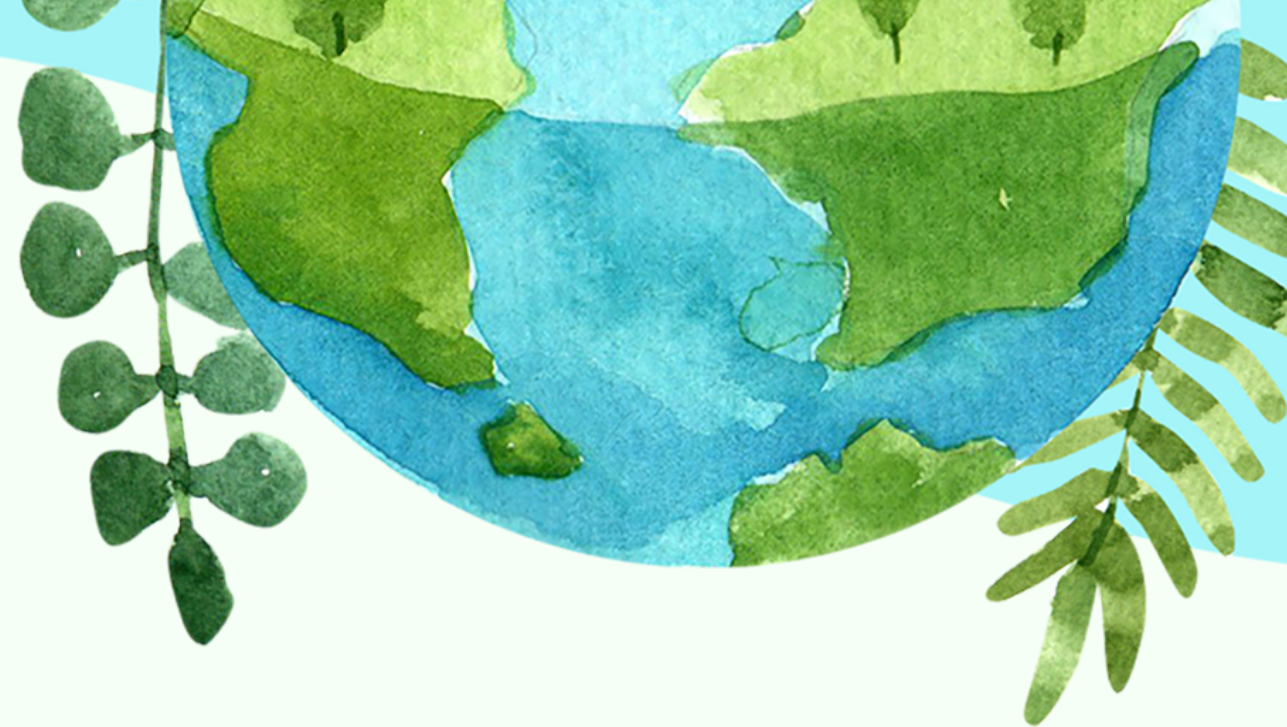
9:30 – 11:00: Carbon and Water Footprint
11:00 – 11:30: Coffee Break
11:30 – 13:00: Remake & Regrow
13:00 – 15:00: Lunch Break
15:00 – 18:30: Recycling Museum
18:30 – 19:00: Reflection Group
19:00 – 21:00: Dinner Break
Musical Bond of the Past and the Future

Day 7: Day of Future Cooperation

09:30 – 13:00: General Overview of Erasmus+ Programme & Idea Development
13:00 – 15:00: Lunch Break
15:00 – 17:00: Learning Reflection & Evaluation of Training Course
17:00 – 17:45: Youthpass Certificates
18:00 – 19:00: Preparing the Farewell Party

Day 8: Day of Departure





14.02.2024 - 22.02.2024

Arnhem, Netherlands

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