

Info pack about the Youth Exchange:

“Inclusion to the bone!”

Dates APV: 1 youngster (under 31) + 1 group leader: 28 february – 2 march (including travel) 16 people

Dates YE: 1 group leader: 5 youngsters/helper: 17-27 April (including traveling days) 50 people

- 8 countries: each country 1 group leader (no age limit) and 5 participants/helpers under 31 when the project starts including helpers and people with different abilities, IT IS IMPORTANT THAT YOU SELECT HELPERS AND PARTICIPANTS THAT WANT TO JOIN ALL THE ACTIVITIES IN AN ACTIVE WAY (IN THE BOUNDRIES OF THEIR LIMITATIONS OF COURSE)!!!! Helpers will be full participants!
- We would like to have people from different “groups”, so it will be a mix of people with down syndrome, people with light mental or light psychiatric problems and with different Physical disabilities and other participants from backgrounds with fewer opportunities, of course it is mandatory that they can follow the tasks as far as possible or with help and translation. Please share this also with your participants, so they know it is a mixed group and we are not putting anyone in “boxes”. We prefer participants that would like to be more active in mixed abilities projects and want to learn from each other.
- We can discuss the program with you, so we can adapt it as good as possible to the group, in the excel you will find the general idea
- You can start selecting your participants and looking for tickets, ☺ budget according to Erasmus rules, doubts? then check with me before buying ☺

It is a YE, so also the APV as mentioned before, for the YE in total: 53 people, the division of people is as follows:

countries	partner organisers	pax including helpers or trainers facilitators etc.
Netherlands	Rock solid	3 trainers/facilitators– 1 group leader and 4 participants/helpers under 31
Greece	Kane	1 group leader and 5 participants/helpers under 31
Romania	Adapto	1 group leader and 5 participants/helpers under 31
Turkey	Ebagem	1 group leader and 5 participants/helpers under 31
Spain	Ajovenes	1 group leader and 5 participants/helpers under 31
Hungary	ODE	1 group leader and 5 participants/helpers under 31
Slovenia	ODTIZ	1 group leader and 5 participants/helpers under 31
Turkey	CYDD	1 group leader and 5 participants/helpers under 31

Trainers: Chris van Maanen <https://www.facebook.com/chris.vanmaanen>



Facebookgroup: Inclusion to the Bone <https://www.facebook.com/groups/567256880796545/>

Information about the Venue:

2 adapted six persons stone house with if needed 2 extra mattresses

6 x fishermans cottage with 6 beds

Conference room “de Silo” from 17 till 18 april

Conference room “de Kapschuur” van 19 till 27 april (here we will do all the activities)

Adress: Schoterpad 1, 8314RA BANT, Netherlands. tel 0031527-261899 (there is wifi, not so well, but it works)



What to prepare:

- There will be 4 intercultural evenings: in that evening 2 countries will present their organisation and their country, but also will teach us something interactive, like a song or a dance or be creative! and a table with some drinks and food!
- Every country should prepare a small presentation about their organisation and their wishes for cooperation for the future.

- **the participants/leaders should prepare one of the workshops, i will send each team the workshop they need to workout and prepare.**
- **BRING YOUR OWN TOWELS! (BED SHEETS ARE PROVIDED)**
- **BRING SOME CLOTHES FOR CARNIVAL NIGHT!**
- **FOR THE EVENINGS WE WILL PROVIDE DRINKS FOR SUPERMARKET PRICES, SO YOU CAN PUT IT ON THE LIST AND IN THE END OF THE WEEK PAY WHAT YOU USED ☺**
- **BRING A SWIMSUIT IF YOU WANT TO ENJOY THE HOTTUB IN THE EVENINGS ☺**

TRAVEL FOR PEOPLE WHO WANT THE EASY WAY!

- **We will arrange a bus from Schiphol (Amsterdam airport) to the venue to pick you up from the airport on 17 April around 19.00**
- **We will arrange a bus from the venue to Schiphol (Amsterdam airport) to bring you back to the airport on 27 April around 6.00**

Then you need to book your tickets accordingly of course, if there are slight differences in time we will adapt the hours. (if you have many waiting hours then you can go (on your own expenses) to Amsterdam in your waiting time, it is 15 min by train directly from the airport)

TRAVEL FOR PEOPLE WHO WANT IT THE HARD WAY ☺

You can fly on every available airport in the Netherlands, and from there travel by train. (Amsterdam is the most convenient, but Eindhoven will do also)

You can travel by train to Lelystad central station (from every airport) it will cost you 1-3 hours, from there you taken the bus to Emmeloord and from Emmeloord you take the bus to Bant, then it is about 5 km walking (if possible we will pick you up)

You can book the train tickets quit easy online on www.ns.nl , you can switch to English, you book 2nd class, no discount one way tickets, so one one-way ticket for coming and one for going ☺, in the Netherlands we don't have fixed seats in the train and also you can use the train ticket all day long. So there is no fixed time. You can also go out and back in, so you can go from Schiphol to Amsterdam central and go a few hours to the city and then go back in the train and go to Lelystad. we calculate them of course for the travel costs. (from Eindhoven single trip is 21,50, from Amsterdam is 11,50, this is in your total costs for the travel.

As soon as you found tickets then let me know and i will help you with the rest ☺, at least try to be in time before the start and don't leave before the end! We cannot stay longer then the program nights in the venue. You are allowed to come earlier or leave later if you want to spend some time in the Netherlands extra. Of course, then the hostel and food will be for your own costs.

Summary of the project:

“Inclusion to the bone” is a youth exchange including 7 countries & 8 partners: Netherlands, Slovenia, Greece, Romania, Turkey, Spain and Hungary. This is a follow up of several similar projects that reached a huge impact in the local and EU community. The exchange will be held from 17-27 april 2020. The main objectives are to support the social inclusion of youngsters with mental and or physical disabilities, present them diverse cultures, foster mutual understanding between young people from different countries, develop solidarity and promote tolerance among young people and encourage creating friendships. Additionally, this project promotes the young people's active participation focusing on their European citizenship and the European cooperation in the youth field.

During 9 days, 4 young people with disabilities, one helper and a group leader from each country (50 people in total) will meet and learn about each other's countries, traditions and cultures, share experience on the ways they are overcoming their difficulties and how they get involved in their local communities, through group work, discussions, interactive games and presentations. The activities within the exchange will involve funny games, energizers, team-buildings, role plays for the participants, so that they get to know each other better, learn about new cultures and make new friends over the borders. Youngsters will organize an international evening where everyone will have the chance to present themselves in front of the others and explain more about their culture, interesting facts about their countries etc. The event will include traditional dishes, photo exhibition, videos and traditional music from the 8 countries, local organizations will be invited as well.

The expected result of that youth exchange will be to increase the network of organizations for people with mental and physical disabilities and to bring ideas for projects they can organize themselves, at a local or European level. After learning more in a non-formal way about the problems and opportunities they have, they can think about the projects and activities they can organize themselves.

Daily program: the short version in the file attached.