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## YOUTH EXCHANGE INFOPACK

Title: **Together in Motion**

Location: **Jõulumäe Tervisespordi Keskus.**

Dates: **17th to 24th August 2024**

(17th and 24th are travel dates, activities are between those dates)

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Name of contact: **Romet**

Organizer's website: <https://interest.edu.ee/>

Venue's website: <https://joulumae.ee/en/home/>

Venue's location: <https://goo.gl/maps/3qdyR4ks9JmPrhHk6>

Venue's address: Jõulumäe Tervisespordikeskus, Leina küla, Häädemeeste vald 86504  
Pärnumaa, Estonia

Participants: **13 - 18** years old participants and 2 group leaders **18+**.

Total **10 persons** per country.

Countries: Spain, Hungary, Slovakia, Bulgaria, Estonia and Palestine.

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### **Project description**

The aim of the project is to promote international youth communication and intercultural understanding through sports and leisure activities. The project also aims to support young people's physical and mental well-being and encourage them to follow a healthy lifestyle. In addition, we aim to develop young people's communication and teamwork skills so that they can collaborate and interact with representatives of different cultures. The project will introduce young people to new sports and leisure activities to help them expand their interests and skills, and give them the opportunity to express themselves and develop creativity through sports and leisure activities. We also aim to provide young people with a positive and supportive environment where they can learn, create new friendships, and gain new experiences.

The objectives of the project are:

- To promote international youth communication and intercultural understanding through sports and leisure activities.
- To support young people's physical and mental well-being and encourage them to follow a healthy lifestyle.
- To develop young people's communication and teamwork skills so that they can collaborate and interact with representatives of different cultures.
- To introduce young people to new sports and leisure activities to help them expand their interests and skills.
- To provide young people with the opportunity to express themselves and develop creativity through sports and leisure activities.
- To provide young people with a positive and supportive environment where they can learn, create new acquaintances, and gain new experiences
- To develop 8 key competences and to notice learning through them.

## Important

This is a learning project, meaning that we will spend lots of time **participating in workshops** and learning through playful ways. We will also spend lots of time outdoors. Have some comfortable clothes and shoes for spending time outside.

**Workshop sessions are divided between each country's teams to be organized.** Some workshops are organized by Estonian, some by Bulgarians and so on. If there is a topic you would like to address or something you would like to share, be sure to let your group leader know and we'll try to fit it into the program.

We will have intercultural nights on 2-3 evenings, so please bring some good music, food, drinks and information about your country. We will not use any digital devices, videos and such to present your country.

You should have travel insurance and **tickets bought 1 month before travel date.**

## Reimbursements

Your public transport costs are wired back to you in **3 months** after the youth exchange. Why does it take 3 months? After this project that is funded by European Commission, we need to submit reports that everything went well and after that we receive the last 20% of funding. We cannot complete payments for everybody, if we are missing the last 20%.

Max travel reimbursements below. You should keep all receipts and also boarding passes for flights. Best if they are digital (PDFs) and sent via e-mail.

Slovakia 275€

Hungary 275€

Bulgaria 275€

Spain (Canary islands) 820€

Palestine 530€

Estonia 20€

**Before buying, please confirm travel dates and flight routes.** Group leader's will collect all travel preferences from participants and submit it to project's email (written beginning of this infopack) and we will confirm those in 1 working day.

### How to get here

1. take a flight to RIX or TLL.
2. take a Lux Express or Flixbus bus to Pärnu City.
  - a. If you come from Riga, it's easier to tell bus driver to make a stop on highway bus stop [here](#) and we will pick you up. Bus drivers have no idea where is that bus stop, so you have to tell the driver something like "please stop in 300 meters".
3. take a regional bus to [Metsaküla bus stop](#). [Information about regional buses](#).
4. We will pick you up from there.



Buses from Riga Coach station.

[Luxexpress Riga](#)

[Flixbus Riga](#)

Buses from Tallinn Coach station.

[Luxexpress Tallinn](#)

[Flixbus Tallinn](#)

With some Luxexpress buses you can also be picked up from airport, search your route on website having starting point Riga airport or Tallinn airport. Some buses depart from only coach station, not picking up from airport. So you might have to travel to coach station from airport.

### Venue

Jõulumäe tervisespordi keskus (literal translation means Christmas Hill Sports Centre) - one of the best places for sports recreation. It's big and you can do different activities in your free

time - running, trekking, football, basketball, disc golf, go for a swim in a lake or sea. Check out this video if you have a moment: [https://www.youtube.com/watch?v=dzdMcYm8O\\_0](https://www.youtube.com/watch?v=dzdMcYm8O_0)



You will have your own tiny little house for sleeping and you'll share it with 3 buddies. Bathroom and toilet are located in different buildings nearby. Bathroom is a shared bathroom that is basically a big room with showers.



Beach is 40 minutes of walking. Lake is 20 minutes of walking or 10 minutes of running and is actually more convenient place for a swim as the water is not salty, no waves and it's deep. Sea is better for sunset chill.



## Food

This is what an average vegetarian meal looked like last summer. Meals are big, but prepare for simple cuisine. Estonian typical meal is a little bit of potato / rice / pasta, a little bit of salad, and a little bit of meat. Of course all requests for vegetarian, vegan, lactose intolerance and gluten intolerance are handled accordingly.



## Shopping

There are no shops nearby but you can buy simple stuff such as ice cream or lemonade from the venue's reception desk any time. We'll take some participants to shop (4 km) with a car every few days and they can handle your purchases.

## Weather and nature

We expect sunny weather and about 24 degrees, we might get rain a few times but usually it's raining for short time. Generally you should be fine if you have a hoodie and long pants. Some days might even be hot enough that you get to wear a t-shirt. Nights are chilly though, having **warm clothing** with you is a good idea.

There are no dangerous animals in the forest except ticks, who are common in most parts of the world.



Ticks carry 2 infectious diseases. For example [Justin Bieber](#) and [Avril Lavigne](#) have been bitten by ticks and have Lyme disease. Illness can be very serious.

We personally think you should not worry, but should take precautions and check your skin on a regular basis. Finding ticks from your skin is common, but getting infected is quite rare. As we spend lots of time outside - look out for these.

## Dissemination activities

Each group is expected to organize a dissemination activity once they return back to their countries. The purpose of this activity is to spread the results of the project among other people. By deciding to take part in this project, the participants are accepting the **responsibility of organizing the dissemination activity** in their community.

More detailed information about this will be provided during a dedicated session, in one of the activity days.

## Safety

**Have an travel insurance** that covers at least 50 000€ of medical expenses. Be mindful that we don't sit in room for 7 days, but rather have outside activities every day. Also many insurance companies require insurance to be bought before buying flight tickets.

It's also recommended to **travel together**. It helps less experienced travelers to reach destination with less stress and reduces other risks too.

Be sure to have the **phone number of your group leader and organizer** (find it in the beginning of this info pack) in your mobile device. When something happens while travelling or in the project, then you have the option to quickly reach somebody who can help.

Emergency phone number for police, ambulance and fire brigade is **112**. Emergency services are free in Estonia.

It is recommended to have **European Health Insurance Card** that covers some medical cases too.

To be always informed about changes and other necessary information, be sure to join the **facebook or whatsapp group**. Invitation link is shared privately by your organization or group leader.

If you are **under 18** then you need a **parental consent** form on paper to be with you while you travel. Ask template from your sending organization.

On first activity day of project we will have a session for:

- rules by the accommodation venue and rules from host organization (safety, cleaning etc)
- common agreements that we as participants together will make to have enjoyable and safe time together.

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If you have an issue that host organization cannot resolve then here are the contacts for Estonian government coordinating agency:

Erasmus+ ja Euroopa Solidaarsuskorpuse agentuuri noorteprogrammide keskus

Phone: +372 6979 236

Web: <https://europanoored.eu>

End. See you soon!

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