

INFO PACK

YOUTH EXCHANGE

CONSEJO DE LA JUVENTUD DE LA RIOJA



DO IT "YOUTH" SELF!



GET INSPIRED!

17th- 23th August 2015

Consejo de La Juventud de La Rioja

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WHY THIS EXCHANGE?

This exchange is based on the interest of three young volunteers (Ana, Nihan and Aurelie) who were developing their EVS project at La Rioja the Youth Council. We started to work on this project with two main aims: firstly, to keep the relationship with both host and sending organizations of the participants; secondly, to gain their interest in particular topics as well as deepen the understanding of how youth exchanges function.

Our idea is to do a project involving the Youth Council of La Rioja as the coordinating organization together with the sending organizations of our three volunteers. Thus, once the project was already approved, the volunteers responsible for the coordination tasks from their countries of origin are able to ensure the quality and good communication between the organizations.

Please, find all information about the project enclosed below. For any other query, please contact **internacional@cjrioja.org**

ABOUT OUR ORGANIZATION

CJR is a non-governmental organization with its own public law entity created in La Rioja Parliament in 1986. Its aims are to defend the Youth rights, their interests, to drive the participation of the young people in the political, social, economic and cultural development of the region and to promote the youth groups or organizations in the community. Since then, the CJR as an organization dedicated to Youth is in charge of different tasks which are developed in two main working areas: “Promotion and participation of youth groups” attending youth demands, advising and providing a wide range of activities, courses, seminars, training projects, developing activities in order to energize youngsters and youth groups, etc. “The International Area” in which youngsters can get advices, help to develop and participate in diverse activities within the Youth in Action programme such as: EVS, Youth Exchange and Initiatives. We also advise youngsters and provide them with information about European programmes, grants, courses, etc. CJR working team is made up of two coordinators (one for each area). The Commission Bureau is made up of 6 members elected every two years in the Assembly, the organization Leader Body which is made up of 38 youth organizations.

As an organization dedicated to support youth and to promote youth participation among youth associations, we strongly believe ERASMUS PLUS programme matches with our aims and it's also a worthy tool to benefit youngsters. Since 1999, La Rioja Youth Council (CJR) has sent a great deal of youngsters from La Rioja to European countries and also we've been participating in several youth exchanges.

To foster youth active participation in general interests and particularly within the social field, CJR promotes ERASMUS PLUS programme among our organization members and other associations dedicated to work with and for youngsters.

DATES

17th- 23th August 2015

VENUE

Munilla, La Rioja (Spain)



Munilla is a little town in La Rioja, located in the region of Arnedo. It is famous for its clothes industry, chocolate and shoes but moreover for its numerous sites of **dinosaur's footprints** that form one of the most interesting and best preserved places in La Rioja, where they exhibit figures of dinosaurs too.



There are a lot of **hiking paths** where you can enjoy very valuable cultural landscapes. Also you can go for a ride on bike on tracks in the forest, swimming in the pool, play “pelota” and do many other sport activities.



ACCOMMODATION

Albergue Hayedo de Santiago

The accommodation we have selected for the realization of the youth exchange DO IT YOUTH-SELF!, Albergue Hayedo de Santiago, is managed by La Rioja Youth Institute, an organization with which La Rioja Youth Council has been working closely since its establishment.



- **Total capacity of the albergue:** 46 places.
- **Rooms:** places at this albergue are distributed in 2 double rooms, 4 triple rooms, 4 quadruples, and 2 rooms with 7 beds.
- **Common bathrooms** on the first and second floors.
- **Heating.**
- **Common spaces:** dining room, living room with TV and library. There are also table games available for the visitors.
- **Sport and recreational zone:** swimming pool and y fronton (pelota court) in the village nearby the albergue.



PARTICIPANTS

8 participants (aged 22 to 30) + 2 group leaders (no age limit).

People interested in developing new skills and gaining experience in non-formal education, motivated to participate actively in the youth exchange. We expect youngsters to be willing to collaborate and be prepared before the Exchange and attending all meetings related with the Project.

WORKING LANGUAGES

English (of course, it's not a problem if you or someone from your group does not have a good level of English). The main idea is to motivate the youngsters to learn English before the youth Exchange and realize the importance of this language as a tool of communication.

AIMS AND OBJECTIVES

To promote the active participation of young people in society, promoting partnership and offering a broad educational and cultural offer -To improve learning process of foreign languages supporting intercultural awareness - To promote positive values such as solidarity and tolerance strengthening cohesion among the young community of La Rioja -To promote mobility to improve the skills and employability of youth -To concentrate on international teamwork and principles of intercultural learning -To use the evaluation of this pilot training course to provide recommendations for the future practice (Youthpass) -To give space to participants to share and experience educational tools developed within the YiA program -To increase sense of initiative and entrepreneurship -Contribute to the reduction of youth unemployment -To enhance employability and improved career prospects.

ACTIVITIES AND WORKSHOPS

Following activities will be realized by the applicants:

Energizers- there will be energizers during the morning and afternoon sessions (2 energizers every day).

Group Dynamics- applying games where participants gain confidence, ice- breaking games during first days where people get to know each other, name games to remember co-partners, etc.

Cultural Visits- the camp is situated in a beautiful nature close to the village Arnedo, as well as the capital of La Rioja, Logroño. We would like to take the opportunity and show the participants the Spanish culture. We have prepared outside activities and gymkhanas to discover the environment.

Night activities- Intercultural nights will be held after daily programme where participants will represent their countries by preparing traditional food, presentations, videos, dance, songs, etc. Young people can gain valuable intercultural awareness to perceive better cultural diversity.

Workshops

"Handmade" workshop- we would like to foster young people to take the initiative and find the inspiration for their future projects or work. We would like to present a manual work through which our participants will learn how to make a natural soap or homemade bread. This type of workshop also includes Recycling activity where young people will use their imagination to create a "new" product from the "old" one.

"Think about your possibilities" workshop- various games and activities focusing on possibilities of youngsters helping them to explore their strenghts and weaknesses. Example: telling the stories, role-plays, dynamics, making videos, etc.

"Create your project" workshop- by using various activities, brainstorming and self-evaluation we would like to make youngsters think about their dreams and future and help them to realize in which stage they are at the moment. All parts of the workshop are prepared

to coach young people and ask themselves what is necessary to do to accomplish their target. We will invite young professionals- entrepreneurs who will represent their business and explain how they started from zero.

Preparation of the project and its phases

The project will be finalized with the help of our participants who are actually the protagonists of this process. One of the goals we set is the involvement of young people in their preparation and in all phases of this exchange. Thus, the activity is not to summarize planning return travel only, but also to include a preparation phase like another assessment as important as the exchange itself. Below, we define the phases that follow the project once it is confirmed by the Spanish National Agency.

PHASE 1: PREPARATION

STEP1

Selection of the participants

Participating organizations will launch a meeting/call to gain more information about the exchange. All conditions, practical aspects and the commitments that they need to acquire to participate will be explained.

In a meeting an application form will be presented where prospective participants fill in their personal data and other issues related to their motivation (*Why do you want to participate in this exchange? What do you expect to learn at this meeting? How can you contribute to the group? etc.*).

In case the number of interested participants is higher than expected, each organization will select participants based on the following conditions:

- Age requirement
- Motivation
- Priority to the unemployed candidates
- Group diversity (gender, education, level of English ...)

We will create a facebook group with the selected youngsters to exchange all news, tips and to get to know each other better before arriving to the youth exchange.

STEP 2

Monthly meetings

Monthly meetings will be organized with the group of the participants to explain and evaluate the following topics:

What is Erasmus Plus? Information about the possibilities of the program and youth exchanges.

What do we want to achieve with this exchange?

What kind of activities we would like to do? Brainstorming – activities that participants would like to propose to the group:

- Organization Activities.
- Norms, standards and other practical aspects before the travel.
- Interculture: What do we know about the cultures of the participating countries?

What kind of stereotypes do we have about particular culture?

In addition to these meetings we expect at least two Skype interviews with the representatives of each group and the leaders. We would like to go through the results, which leaders obtained from their groups, during the monthly meetings and exchange information.

STEP 3

Advanced Planning Visit (APV)

We consider important to organize an Advanced Planning Visit a month before the exchange. It will involve one leader from each country group to share their work and results and close all details before the travel.

The objectives of the visit are:

- To know the coordinators, facilities and the environment in which the exchange will take place.

-To sum up activities proposed by the youngsters and to plan and arrange activities as well as workshops according to main interests of the participants.

- To make estimation of materials and resources required for each activity.
- To define standards of a peaceful co-existence.
- To specify practical aspects.

Duration of the Advanced Planning Visit takes two days, excluding travel. Both, accommodation and service will be covered by the Youth Council of La Rioja.

PHASE 2: YOUTH EXCHANGE

PHASE 3: EVALUATION AND FOLLOW-UP

The evaluations will be done every day (few minutes) after the morning energizers. At the end, we would like the participants to fill in the final questionnaire.

YOUTHPASS:

As this youth exchange is based on the principles of non-formal education, all participants will be able to get a YouthPass certificate after the project. YouthPass is confirming their participation in the Exchange emphasizing their learning process and individual reflection about new competences they will gain.

Meeting at the end of the Youth Exchange in the countries of the participants to evaluate the project and to inform them about the other opportunities and options within the Erasmus Plus programme.