



Stay healthy in a
multicultural society

-YOUTH EXCHANGE-

9-19th November 2020
Aulum, Denmark

**DANISH YOUTH
TEAM**

DELEN KONTAKT



Stay healthy in a multicultural society is a 2-stage youth exchange, gathering 36 youngsters from Italy, Poland, Slovakia, Romania, Lithuania and Denmark. The first stage is taking place in Denmark, while the second will be hosted in Italy.

It is intended to deliver a better understanding of the EU values together with active citizenship and intercultural dialogue. Furthermore, it aims to promote the concept of self-care, healthy lifestyle and regular practice of mindful techniques, as a way to build resilience and cope with stress and anxiety.



OBJECTIVES



Foster solidarity and tolerance, respect and mutual understanding, dialogue and cooperation between young people coming from different religious, cultural and social backgrounds.



To promote the concept of self-care, healthy lifestyle and regular practice of mindful techniques.



To empower participants to believe in themselves, increase their self-confidence and self-esteem, in their path of becoming the best version of themselves,



To encourage young people to participate in the solutions for social hindrance, thus stimulating their prospective role as active citizens.

ACTIVITIES



Address: Holtevej 18,
7490 Aulum, Denmark

You will be hosted in a large 1,000 m² camp located in central Denmark. Each room has 2-3 bunk beds. There will be shared bathrooms and showers.

The leisure area includes various board games, special place for campfire, small cottages and many others.



MEALS

Breakfast



Lunch



Dinner



Coffee break



Coffee break



Breakfast, lunch and dinner will be served daily in our spacious canteen. In between sessions you can enjoy a cup of coffee or tea and have a bite of authentic Danish sweets.

Should you have any special requests regarding the meals (e.g. vegetarian, vegan food), kindly mention this in the **Registration Form**.

To get to Denmark, you can either fly to Billund, Aarhus, Aalborg or Copenhagen Airport. You have to **arrive in Denmark latest on 9th November at 17:00**. Otherwise there is a high risk that you will miss the last train/bus to the venue.

You **MUST** book your flight tickets latest by **15th October**. This is very important because we need to buy in advance the train/bus tickets for you to get to the project venue. Public transport is very expensive in Denmark and that's why we need to book tickets 3-4 weeks months before in order to get the best price. Don't book any tickets for local transport in Denmark, as we will arrange this for you.

If you fail to comply with the above deadline for flights, then you risk going over the travel budget, as the train tickets usually cost around 120 EUR for a return ticket per person, compared to 30-40 EUR if we book it well in advance.



The cost of the local train/bus tickets in Denmark will be of course included in your travel budget.





Remember to drop us an email at danishyouthteam@gmail.com before booking your flight tickets, as we have to confirm your itinerary and price of the tickets. Be aware that we do not reimburse tickets purchased through travel agencies, unless otherwise agreed.

Feeling like visiting around?



In case you want to spend extra days in Denmark, feel free to do so. You are allowed to spend up to **6 extra days** outside the project dates. However, you'll have to cover the expenses for food and accommodation yourself for the extra days.



If you get selected to participate in this youth exchange, please fill in the **“Registration Form”** below by simply clicking on it.

Please have your flight tickets ready, as you'll have to upload them in the form.

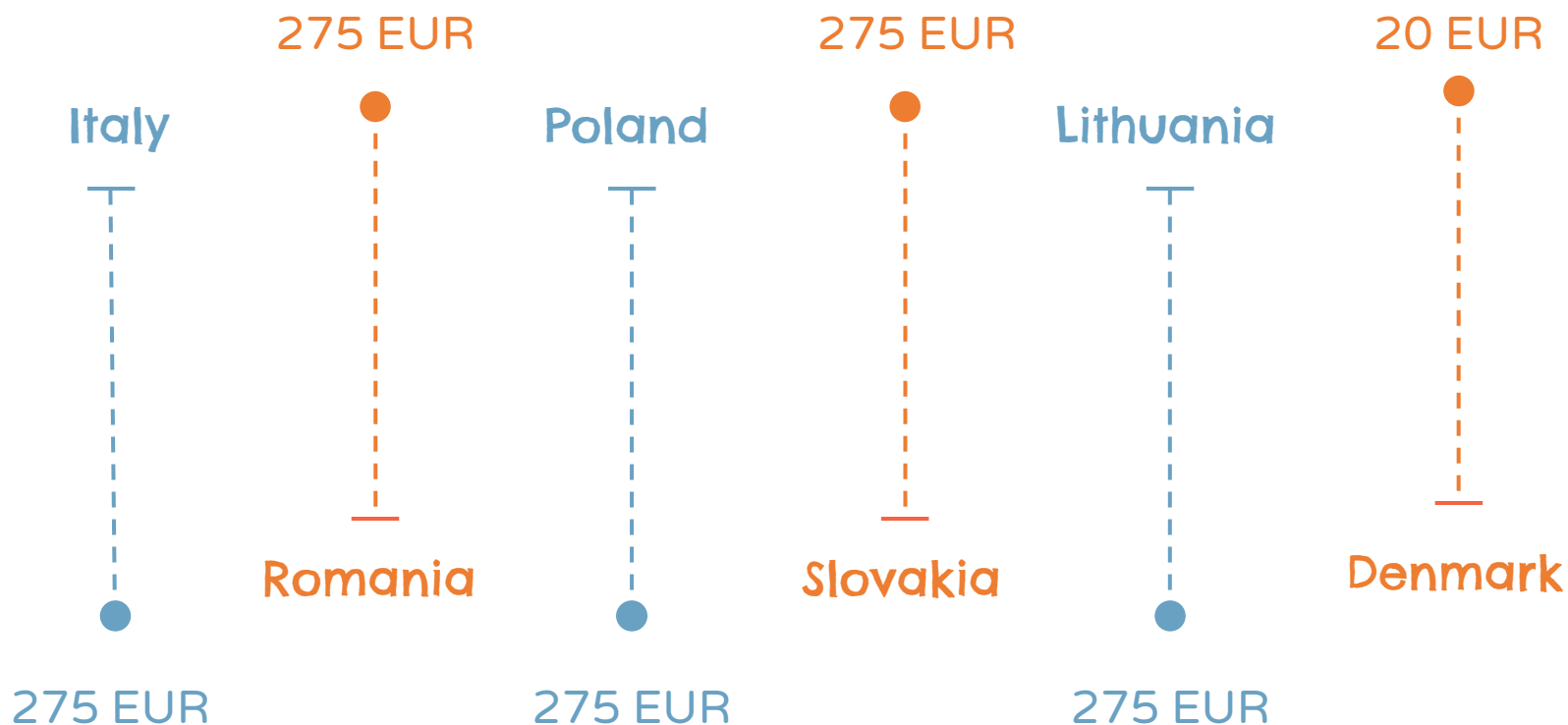
Deadline: 28.10.2020



Only for selected participants!



FINANCIAL



Accommodation, meals and travel costs will be covered for all participants. However, the upper limit for the travel budget varies for each country, as outlined above.

Although it is not mandatory, we strongly advise you to have **medical insurance** covering emergencies. You never know what might happen during your stay. Medical services are very expensive in Denmark.

REIMBURSEMENT

As a general rule, participants are requested to keep all tickets, invoices and **boarding passes** in order to be eligible for refunding. We strongly recommend that you check-in online for your flights and get your boarding passes in PDF format. In order to receive the travel reimbursement for the whole group, the team leaders from each country must follow 2 simple steps:

- ✓ **Step 1.** Team leader gathers ALL the travel documents from its national team, electronically. These include: **boarding passes**, local bus/train tickets and any other relevant receipts.
- ✓ **Step 2.** Team leader fills out the **Reimbursement Request** form and uploads ALL the travel documents by clicking the button below.



Documents sent by email, whatsapp, facebook, etc will be disregarded.



Reimbursements will be processed per country, no later than 6 weeks from the day we receive the reimbursement forms.

Participation fee: 20 EUR per participant
(it includes: cultural trip to Aarhus, bed linen, towel, materials)

Only for Team Leaders:



REIMBURSEMENT REQUEST



PARTICIPANT COUNTRIES



We are welcoming 6 participants (including the group leader) from each of the following countries: Italy, Slovakia, Poland, Romania, Lithuania and Denmark. All participants must be aged 18-30 y.o.

Each national team will have one group leader (no age limit) who will be responsible for submitting the documents needed for the reimbursement process.



38 participants



6 countries



5 pax + 1 leader/ team

WHAT TO BRING?



Weather in Denmark is usually cold during winter. Therefore, bring **warm clothes** with you.

Also, take some **basic pills** with you in case you get sick or catch a cold. If you follow a special treatment which requires specific medication, remember to take it along with you as well.

Regarding the intercultural evenings, feel free to bring your flag together with **traditional food, snacks or drinks** with you. However, the maximum limit for alcohol is 5 Litres per country



HOW TO APPLY?



In order to apply for this youth exchange, please refer to our **local partners** from each country. They are solely responsible to recruit and select participants. Below you have the contact details for each of them.

Applicants from **Denmark** can contact us directly using the details at the bottom of this infopack.



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MEET THE TEAM!



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Facilitator



**Nathalie
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Mentor
Co-facilitator



**Ida
Ivanova**

IT & Logistics
Photographer



**Rachel
Wullems**

Project Assistant
Intern

**DANISH YOUTH
TEAM**

BETTER TOGETHER

Danish Youth Team

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