

## OUTDOOR YOUTH EXCHANGE:

### NATURAL EXPERIENCE – EXPERIENTIAL NATURE

22.08-30.08.2014

KÕRVEMAA, ESTONIA

YOUR HOSTING TEAM:



PAVEL

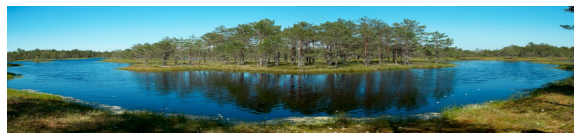


JANA

WITH THIS PROJECT WE ARE SEEKING TO ADDRESS THE IMPORTANCE OF SPENDING TIME OUTDOORS: EXPLORING THE NATURE, KEEPING AWAY ALL THE GADGETS, AND FINDING UNITY BOTH WITH ONESELF AND THE ENVIRONMENT AROUND. WE WOULD LIKE TO SHOW THAT SPENDING TIME AND LEARNING OUTDOORS IS A GREAT WAY TO KEEP FIT BOTH MENTALLY AND PHYSICALLY. A SPECIAL PLACE IN ESTONIA WAS CHOSEN TO HOST US: KÕRVEMAA NATIONAL PARK. LOCAL CITIZENS WILL SHOW THE PARTICIPANTS AROUND: THE MARVELLOUS LANDSCAPES, SWAMPS AND FORESTS.

THE PROJECT AIMS TO CONCENTRATE ON MOTIVATING YOUNGSTERS TO SPEND MORE TIME OUTDOORS AND IN THE NATURE. WE THRIVE TO SHOW THE VALUE OF ENVIRONMENT WHICH SO OFTEN IS TAKEN FOR GRANTED

IMPLEMENTATION OF THIS PROJECT WAS SUPPORTED BY ERASMUS+ PROGRAMME



THE OUTDOOR YOUTH EXCHANGE "NATURAL EXPERIENCE-EXPERIENTIAL NATURE" WILL GATHER REPRESENTATIVES OF YOUTH ORGANIZATIONS, PEOPLE WHO WORK WITH YOUTH, OR JUST YOUNG PEOPLE IN THE AGE OF 18-26 WHO ARE KEEN ON OUTDOOR ACTIVITIES AND WOULD LIKE TO EXPERIENCE A NEW ENVIRONMENT AND FACE NEW CHALLENGES. THERE WILL BE 5 PARTICIPANTS + 1 EXPERIENCED GROUP LEADER FROM THE FOLLOWING COUNTRIES: ARMENIA, DENMARK, ESTONIA, GEORGIA, MOLDOVA AND POLAND. IN TOTAL WE WILL HOST 38 PARTICIPANTS DIRECTLY INVOLVED IN THE ACTIVITY.

-LIVING IN TENTS, COOKING ON FIRE  
-HEALTHY LIFESTYLE, ORIENTEERING, CAMP GAMES, PHOTO-HUNTING, ON GO COOKING  
-TRIGGER INTERCULTURAL DIALOGUE  
-CULTURAL EXCHANGE THROUGH DISCUSSION OF OUTDOOR LIFESTYLE  
-IMPORTANCE OF THE PRESERVATION OF THE NATURAL ENVIRONMENT AND ECO-FRIENDLY LIFESTYLE  
-STRENGTHEN COOPERATION OF VILLAGE CITIZENS WITH CITY CITIZENS THROUGH COMMON EVENTS AND TREKKING DURING THE PROGRAMME OF THE YOUTH EXCHANGE  
-DEVELOP NEW TOOLS AND IDEAS AND DEVELOP EXISTING/FUTURE PROJECTS

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**PREPARATORY THINGS:**

- GET TO KNOW THE PROJECT'S PROGRAM, DISTRIBUTE PREPARATORY TASKS FOR ACTIVITIES (EACH COUNTRY IS RESPONSIBLE FOR PARTICULAR TASKS)

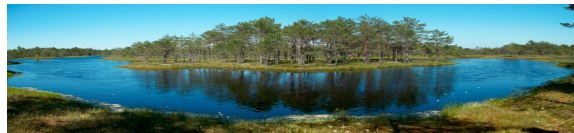
-CONDUCT A SMALL, INDIVIDUAL, LOCAL RESEARCH ON HOW THE YOUNG PEOPLE IN YOUR COUNTRY OR REGION OF ORIGIN ARE INVOLVED IN OUTDOOR ACTIVITIES IN THE NATURE (BE PREPARED TO PRESENT)

-BE PREPARE TO PRESENT YOUR ORGANISATION (TAKE PROMOTIONAL MATERIALS)

-INTERCULTURAL EVENING AND PRESENTATION OF COUNTRIES' TRADITIONS (BRING SAMPLES OF YOUR TRADITIONAL AND/OR REGIONAL FOOD AND DRINKS FOR ALL OF US TO DISCOVER AND ENJOY. IF YOU ARE A GUITAR PLAYER, DANCER, ORIGAMI MASTER, COBRA CHARMER OR SOMEONE ELSE, THEN DON'T FORGET TO BRING YOUR GUITAR, COBRA, SHEETS FOR ORIGAMI AND ETC. THE MORE YOU BRING, THE MORE OPPORTUNITIES WE WILL HAVE TO GAIN NEW SKILLS AND ENJOY THE TIME SPENT TOGETHER. ANY CONTRIBUTION, WE TAKE IT! AND IT'S NOT ONLY FOR THE INTERCULTURAL EVENING)

-PREPARE MENTALLY TO THE PROJECT, THE OUTDOOR LIVING CONDITIONS AND ALSO THE INTERCULTURAL ENVIRONMENT

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### THE VENUE:



THE YOUTH EXCHANGE WILL BE MADE IN THE OUTDOOR CONDITIONS MAINLY FOCUSING ON EXPERIENTIAL LEARNING. PARTICIPANTS WILL BE LIVING IN TENTS\*(WILL BE PROVIDED) ON THE AREA OF ONE OF THE COZY, RURAL, TOURISTIC FARM [SÕESAUNATALU](#) IN KÕRVEMAA REGION. SÕESAUNA TOURSIM CENTER IS SITUATED IN THE MIDST OF DOZENS OF LAKE RESERVOIRS AND RICH FORESTS, LOW PINE TREES AND SWAMPS, WHERE IN DIFFERENT SEASONS YOU CAN FIND YOURSELF DISCOVERING THE GIFTS OF NATURE

AS IT IS OUR FIRST EXPERIENCE WITH ORGANISING AN OUTDOOR YOUTH EXCHANGE SPECIFIC PLACE WAS CHOSEN WHERE MAXIMUM PROTECTION, SAFETY AND FLEXIBILITY IS PROVIDED

\* TENTS ARE PROVIDED (BUT IF YOU FEEL LIKE SLEEPING IN YOURS, FEEL FREE TO BRING IT)

*\*IF THE WEATHER WILL BE A DISASTER WE WILL BE ABLE TO MOVE INDOOR*

### WEATHER FORECAST:

IT IS HARD TO PREDICT ESTONIAN WEATHER, SO PLEASE BE PATIENT AND BE PREPARED FOR ANY TYPE OF WEATHER.

YOU CAN CHECK THE FORECAST HERE:

[WEATHER FORECAST](#)  
[GISMETEO](#)

(HARJU COUNTY; WE WILL BE IN THE MIDDLE OF KOSE AND AEGVIIDU)

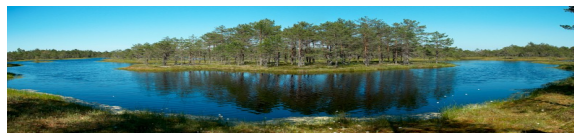
[SÕESAUNATALU LOCATION](#)

### MUST TAKE:

SLEEPING BAGS, MATS FOR SLEEPING WARM CLOTHES, RAIN COAT, COMFORTABLE SHOES (AT LEAST 2 PAIRS), COMFORTABLE RUCKSACK FOR HIKING, POCKET LIGHT, TOWEL, TOILETRIES, ANTI-MOSQUITO RELIANT, MEDICAMENTS (WE'LL HAVE A FIRST AID BOX, BUT IF YOU NEED ANY SPECIAL MEDICINES, PLEASE BRING THEM), SUN CAP (SUN CREAM), AND OTHER STUFF YOU THINK YOU MIGHT NEED (THERMAL CLOTHES, ROLLING PADS, HIKING STICKS, CAMERA, SUNGLASSES, ETC)

FOOD, ACCOMMODATION AND OTHER PROJECT RELATED EXPENSES ARE COVERED BY THE ERASMUS+ PROGRAMME

IMPLEMENTATION OF THIS PROJECT WAS SUPPORTED BY ERASMUS+ PROGRAMME



**TRAVELLING AND REIMBURSEMENT:**

AS THE PROJECT BUDGET IS NOT SO BIG WE WILL BE ABLE TO REIMBURSE 70% OF TRAVEL COSTS. THE BANK TRANSFER WITH REIMBURSEMENT WILL BE MADE DURING ONE MONTH AFTER THE PROJECT.

HERE IS THE TRAVEL BUDGET IN REALITY FOR THE NEW PROGRAMME:

Estonia	Estonia	10 - 99 km	▼	8	20.00	160.00
Denmark	Estonia	500 - 1999 km	▼	6	170.00	1020.00
Armenia	Estonia	2000 - 2999 km	▼	6	270.00	1620.00
Georgia	Estonia	2000 - 2999 km	▼	6	270.00	1620.00
Moldova (Republic of)	Estonia	500 - 1999 km	▼	6	170.00	1020.00
Poland	Estonia	500 - 1999 km	▼	6	170.00	1020.00

THE MAXIMUM DATE OF ARRIVAL IS 22 OF AUGUST BY 16:30

PLEASE BUY THE TICKET AS SOON AS POSSIBLE AND SEND IT TO OUR EMAIL AS THE BUDGET IS NOT SO BIG, CHECK [THE CONNECTIONS](#) VIA POLAND OR RIGA (THERE IS A POSSIBILITY TO GET [CHEAP BUS](#) TICKETS FROM THERE TO TALLINN)

**UPON YOUR ARRIVAL:**

**AIRPORT:** YOU WILL HAVE TO TAKE [BUS NR.2](#) (DESTINATION OF THE BUS→REISISADAM) TILL [A.LAIKMAA](#) (6<sup>TH</sup> STOP, NEXT TO THE TALLINK HOTEL AND THE MAIN SHOPPING MALL VIRU KESKUS).

MAIN **MAIN BUS STATION:** YOU CAN TAKE [TRAM NR.2](#) ON [TARTU MNT. STREET](#) (DESTINATION→KOPLI) TILL [MERE PUIESTEE](#) (4<sup>TH</sup> STOP)

PUBLIC TRANSPORT TICKETS YOU BUY FROM THE DRIVER – 1,60 EURO (KEEP IT)

WE ARE MEETING AT 17:30 NEAR [VENE KULTUURI KESKUS](#) MERE PST. 5 ([DIRECTIONS FROM A.LAIKMAA](#); [DIRECTIONS FROM MERE PUIESTEE](#) ) AND FROM THERE WE'LL HAVE THE BUS TILL OUR BEAUTIFUL VENUE

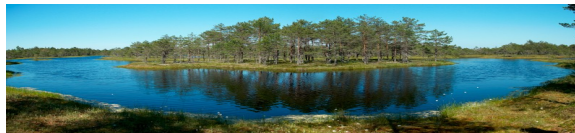
WE'LL HAVE THE BUS ON THE 29<sup>TH</sup> OF AUGUST WHICH WILL TAKE US TO THE CITY CENTER WHERE WE'LL HAVE A TRADITIONAL ESTONIAN DINNER AND THE LAST NIGHT WILL BE IN THE HOSTEL

UPON YOUR DEPARTURE YOU'LL HAVE TO USE THE SAME BUS/TRAM BUT BACKWARDS TO THE AIRPORT: [BUS NR.2](#) FROM [A.LAIKMAA](#) TILL [LENNUJAAM](#) (DESTINATION OF THE BUS→ MÕIGU)

TO THE MAIN BUS STATION: [TRAM NR.2](#) FROM [MERE PUIESTEE](#) TILL [AUTOBUSSIJAAAM](#) (DESTINATION OF THE TRAM→ÜLEMISTE)

PS! THE LINKS WITH DESCRIPTIONS ARE UNDER KEY WORDS (UNDERLINED BLUE)

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**HOW TO APPLY:**

PLEASE SEND YOUR APPLICATION FORM TO OUR EMAIL (TITLE EMAIL AND APPLICATION FORM IN THE SAME STYLE: COUNTRY\_NAME\_SURNAME\_NE-EN)

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**OUR CONTACT INFORMATION:**

**SHOKKINGROUP@GMAIL.COM**

**FACEBOOK PAGE**

**IF YOU HAVE ANY QUESTIONS FEEL FREE TO CONTACT OUR PROJECT COORDINATOR:**

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**JANA.NAUMENKOVA@GMAIL.COM**

**+37258028971 (EST NR)**

**+48696336002 (PL NR)**

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**HOPE WE WILL ENJOY TOGETHER ALL THE MOMENTS SPENT IN ESTONIA**

**PS! CHECK THE LINK :)**

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