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ERASMUS+ YOUTH EXCHANGE

# Nurturing Earth and Wellbeing

Community, mental health, and environment!

Vienna, Austria

01 - 08 August 2024

Including travel days!



# PARTNER ORGANIZATIONS



**Latvia**

**Ecological Future Education**



**Austria**

**EMOTiC**



**Croatia**

**IMPRESS**



**Greece**

**Active Green Solution**



**Hungary**

**Eurotender Egyesület**



**Romania**

**Asociația Kasta Morrely**



**Czechia**

**EYCB**



**Poland**

**LevelUp**

# BACKGROUND STORY

**“Nurturing Earth and Wellbeing”** is our first phase of a series of youth exchange projects tackling environmental issues and other youth-relevant social, economic and global issues. It is focused on the development of knowledge and skills around sustainability, food, nutrition, and mental health for young people. It will unite 40 participants from Latvia, Austria, Greece, Romania, Hungary, Poland, Czechia, and Austria, through a youth exchange from 01 to 08 August 2024 and follow-up activities in September. The main activity will take place in Vienna, Austria, and covers 3 main sustainability topics:

**Theoretical knowledge** of sustainable food systems,

**Practical skills** in urban agriculture, and

**Emotional-cognitive** of mental health practices.



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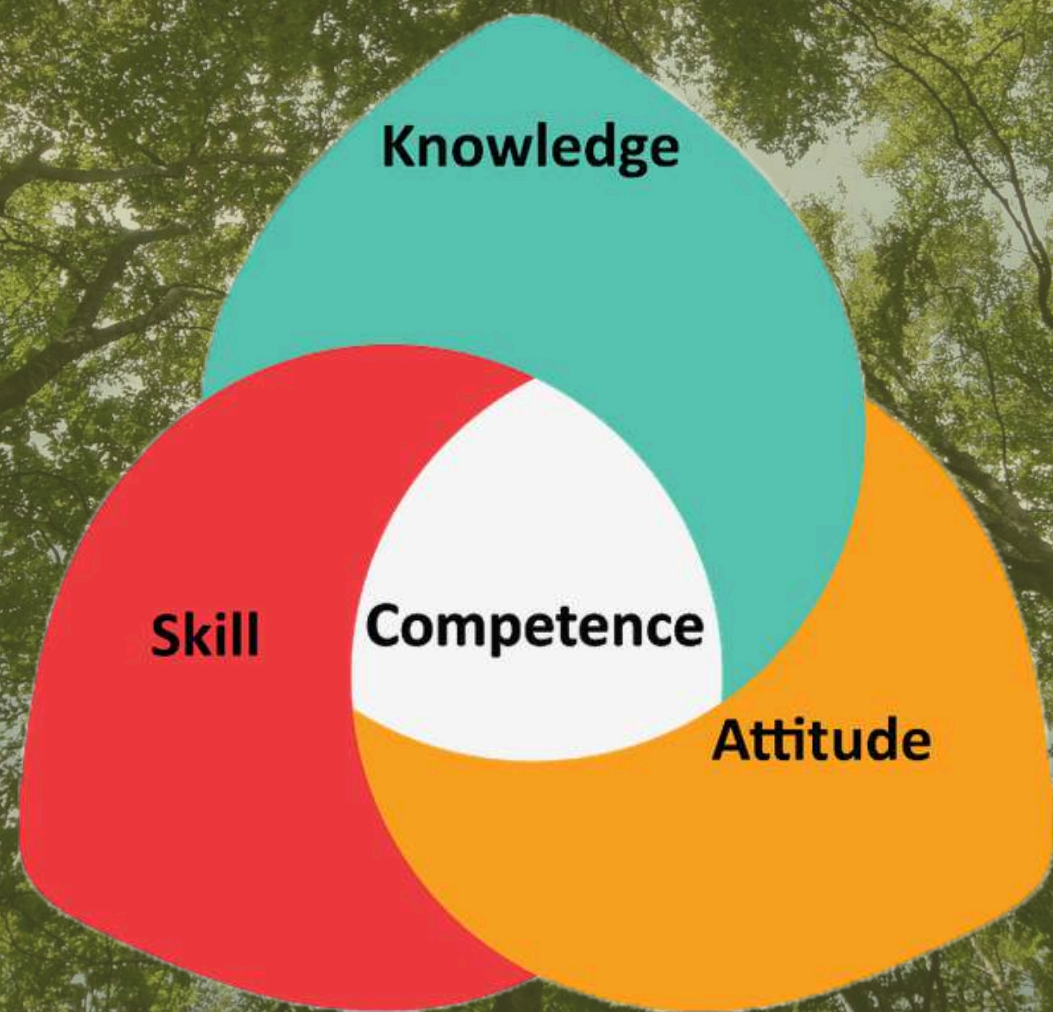
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## EXPECTED GENERAL LEARNING OUTCOMES:

- Deeper emotional connection with and understanding of nature;
- Development of practical ability to tend to and care for edible plants;
- Increase understanding of the environmental impact of agriculture and food industry;
- Impact of holistic management of mental health on climate anxiety and motivation;
- Creating objectives and a step-by-step plan for routine improvements;
- Empowerment to take personal action and engage the local community;
- Communication and intercultural understanding.

# SPECIFIC FOCUS:



## THEORETICAL KNOWLEDGE

- *Learn about the theory of urban agriculture (and permaculture) along with its environmental impact when compared to mono-agriculture and learn about different environmental issues.*
- *Each country group will choose one topic from a pre-selected list of topics and prepare a presentation of 30 minutes about the assigned topic and present it during the program. These presentations can include short exercises, games, activities.*

## PRACTICAL SKILLS

- *Learn the practical skills required to grow your own food and edible plants, along with tending to and sustaining them.*

## MENTAL TOOLS AND RECONNECTION

- *Support the development of healthy connection with nature through mental tools, and improvement in health as a result.*



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# WHO CAN PARTICIPATE?

- young person 18–25 years old, resident in one of the partner countries (Latvia, Austria, Greece, Poland, Croatia, Czechia, Hungary and Romania);
- Young people from Austria, as local participants, can be between 15 and 25.
- able to communicate confidently in English;
- willing to experience a week of reconnecting to nature, learning about urban agriculture, and planning to implement changes to live better, healthier, and more sustainably;
- willing to commit to preparation and follow-up period;
- No previous experience in Erasmus+ or sustainable development is needed.
- We will select 4 young people from each country +1 group leader of any age.
- The group leader can be up to 30 years old.
- The oldest person in the group must be the group leader.





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# WHO CAN PARTICIPATE?

- young person 15–25 years old, resident in one of the partner countries (Latvia, Austria, Greece, Poland, Croatia, Czechia, Hungary and Romania);
- able to communicate confidently in English;
- willing to experience a week of reconnecting to nature, learning about urban agriculture, and planning to implement changes to live better, healthier, and more sustainably;
- willing to commit to preparation and follow-up period;
- No previous experience in Erasmus+ or sustainable development is needed.
- We will select 4 young people from each country +1 group leader of any age.
- The group leader can be up to 30 years old.
- The oldest person in the group must be the group leader.



# Program: Structure and focus of each day!

1

**INTRODUCTION AND  
BACKGROUND**

4

**RECONNECTION WITH  
OURSELVES & NATURE**

2

**ENVIRONMENTAL  
RISKS AND IMPACT**

5

**EXPLORATION OF THE  
BIGGER CLIMATE IMAGE**

3

**URBAN AGRICULTURE &  
COMMUNITY GARDENS**

6

**BRINGING TOGETHER  
MOFORWARD**





# PROGRAM METHEDODOLOGY

## *"Learning by experience"*

*- learning from experiencing different activities and putting them into practice.*

## *"Learning to play, playing to learn"*

*- connected with learning through games, a purposeful play in an interactive environment.*

## *"Learning through outdoors"*

*- learning about healthy life topics while being outdoors, and getting physically involved with nature*

# Learning Process and steps

PRE-ARRIVAL –  
PREPARATION PHASE

YOUTH EXCHANGE –  
LEARNING PHASE

ONE MONTH  
FOLLOW-UP PHASE

ONLINE SOCIAL MEDIA COVERAGE AND DISSEMINATION



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# FINANCIAL COSTS



*All costs for accommodation, food, materials, and local transportation during the exchange mobility are covered by the ERASMUS+ grant;*

*Participants should book their own travel tickets to and from Vienna\* (by themselves / with help from the partners), and the hosting organizer will refund all costs after the full and successful participation in the mobility and after handing the original proof of tickets/invoices/boarding passes/receipts;*

*Max travel reimbursement amounts:*

*\* Financial aid will be available if needed.*

## *Green Travel*

*Croatia - €210*

*Czechia - €210*

*Hungary - €210*

*Poland - €320*

## *Air travel*

*Latvia - €275*

*Romania - €275*

*Greece - €275*

*Austria - 0*



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All costs related to the youth exchange such as food, accommodation, and other practicalities during the formal mobility dates are covered.

The travel costs will be reimbursed up to the determined limit. Any amounts beyond these limits must be afforded by the participants themselves. Buying tickets is the own responsibility of each participant (with the support of sending organizations, after the approval of the coordinating and hosting organisation). To be reimbursed, the participant has to provide all evidence of travel documents such as original train tickets, original boarding passes, original invoices, etc. as well as the evidence of payment (e.g. bank transcript of payment). Before purchasing the tickets, you will need to send us the potential itinerary and costs and wait for our confirmation. The implementation of the local follow-up is a must for the travel refund.

If you want to arrive earlier in Vienna, or leave later, and still receive your travel refund, it's possible to arrive max. two days in advance OR leave max. two days after the mobility, or one day before and one day after. Please be informed that participants will have to take care of own costs and expenses on these extra days. The official arrival day is 01 August 2024 and the official departure day is 08 August 2024. If you arrive earlier or leave later and the cost of travel on these days is more than the cost on the official days for travel, we will consider only the costs for the travel on the official days, and you should cover the extra different amount.

#### **OTHER IMPORTANT DETAILS FOR THE REIMBURSEMENT OF THE TRAVEL COSTS:**

- Missing or lost tickets will not be reimbursed;
- Taxi, car, or petrol costs and travel agency fee charging are not reimbursed;
- Boarding passes for all the parts of air travel are essential for reimbursement.
- We are not responsible for any fee that you might have to pay for your sending organisation.

# VENUE

The mobility will be held at the Jugendgästehaus Wien Brigittenau in Vienna, Austria. Participants are required to arrive from the airport to the venue by themselves and also depart by themselves to the airport. You will be accommodated in rooms with 2 – 4 beds, which you will be sharing with participants of the same gender, however, mixed with participants from other nationalities who are also participating in the youth exchange. All meals will also be provided by us at the same venue.

Address of the Venue: Jugendgästehaus Wien Brigittenau, Adalbert-Stifter-Strasse 73, 1200 Vienna.



# HOW TO GET THERE?



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## VIENNA OR BRATISLAVA AIRPORT

Use Skyscanner.com or  
kiwi.com for cheap tickets.

## LOCAL TRAIN

Use the local train (S-bahn)  
directly from the airport, or  
if arriving from Bratislava,  
buy a flixbus ticket to  
Vienna.

## LOCAL TRANSPORT

Buses, trains, trams, and the  
metro are all readily  
available for transport  
through Vienna. We  
recommend using Oebb on  
the trains.

## REIMBURSEMENT

All tickets/boarding  
passes/invoices/receipts  
must be sent to EMOTiC  
and EFE in order for  
reimbursement to be  
processed. Travel must be  
confirmed beforehand in  
order to process  
reimbursement

## ECONOMIC TRAVEL

For travellers within Austria,  
we encourage the most  
environmentally friendly  
option possible.

# WHEN TO GET THERE?

**Arrival day: 1st August, before dinner.**

PROGRAMME:

2nd to 7th August, in total 6 days PLUS THE 2 travel days.

**Departure day: 8th August, after breakfast.**

- It may be possible to arrive/leave outside of this range, however this must be discussed beforehand and all food/accommodation costs must be individually covered.



# WHAT TO BRING?

## PACKING LIST:

- Passport/ID card;
- Comfortable walking shoes and clothes for outdoors;
- Small umbrella;
- Anti-rain jacket;
- Sun cream & Sun glasses
- Your own reusable cup for any drinks including hot ones.
- Your own water bottle.
- Any needed medicines;
- Insurance (please bring your EHIC card, and ensure your belongings in other ways).
- Games, songs, dances, quizzes, food, beverages, and traditions to represent your country in the intercultural evening.





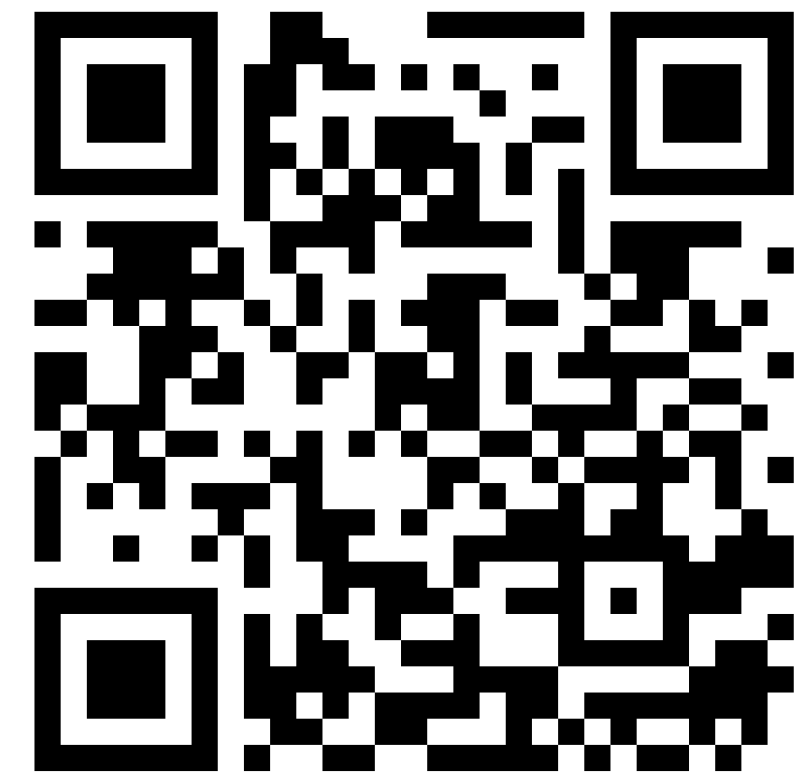
## **ALLERGIES? MEDICINES? OR DIETARY NEEDS?**

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DON'T WORRY! IF YOU HAVE DIETARY NEEDS, ILLNESS, PHYSICAL LIMITATIONS AND/OR USE MEDICINE WE NEED TO KNOW ABOUT, PLEASE INFORM US. IF YOU ARE VEGETARIAN OR HAVE SPECIAL DIET, LET US KNOW, INDICATING WHAT YOU CAN AND CANNOT EAT, SO THAT WE CAN ARRANGE THE SUITABLE FOOD.

# APPLICATION

All those eligible for participation and interested in this youth exchange should fill in the following application form by the latest **20.June.2024** in order to be considered for the selection.



Form link is [here](#).

[Project page: https://www.emotic.org/nurturing-earth-wellbeing2024](https://www.emotic.org/nurturing-earth-wellbeing2024)

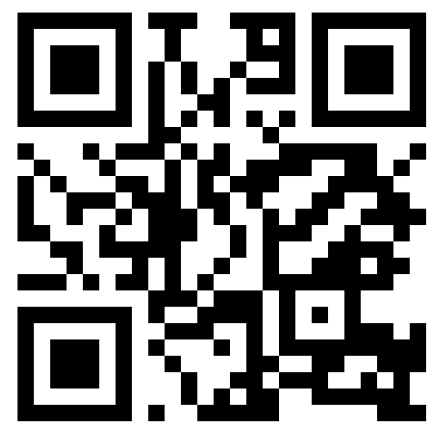
# HOW TO REACH US

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