



ERASMUS + YOUTH EXCHANGE

EUROPE TRAIL

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Erasmus + Youth Exchange

3rd - 11th May 2022

Tenerife. Canary Islands. Spain

25 Participants. (5 participants +1
Leader) Latvia, Norway, Poland
and Spain

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1. THE PROJECT



We are happy to send you the information about the Youth Exchange Europe Trail, this is a very special project and we want you to be motivated and ready to put your energy and enthusiasm into it.

Please be sure that you have fulfilled your personal details on the participant form: <https://forms.gle/XY4oBeRtQy7sKqUXA>

EUROPE TRAIL is a Erasmus + Youth Exchange, to meet other youngsters from the many cultures that live together in Europe, and that are shaping the new intercultural identity of the European Union.

Through living together, environmental awareness, enjoy of nature and overcoming challenges as a team, we want to discover together the values that unite us and the cultural differences that enrich us.

For 9 days, the 25 participants residing in Latvia, Norway, Poland and Spain, will live together in the cabins of the La Esperanza forest in Tenerife, to share our diverse cultural origins, and discover more about the nature that surrounds us.

We will explore various natural spaces on the island of Tenerife through trails accessible to anyone. We will learn more about mountain safety, orientation techniques and the history and nature of our regions and much more. We will also work together with the community to carry out environmental volunteer actions.

We hope that this Youth Exchange, financed by the Erasmus + program, will serve to increase knowledge, respect and tolerance towards people from other cultures, understand and assume as their own the motto of the European Union, "United in Diversity".

We also want all participants to learn to enjoy the natural environment, planning our field trips safely, without causing an impact on the environment and learning to read in nature all the information that we can obtain in an activity accessible to any young person at any point of Europe as is hiking



2. ACTIVITIES

During the 9 days of the exchange we will have the opportunity to meet each other, and discover the culture, nature and traditions of Tenerife. The activities program is not closed yet, to adapt to sending organisations activities, and to local conditions like the weather so be aware that some of the planned activities can change.

We will propose you to make some cultural visits, of course a hike in the island, and some educational and volunteering workshops, and for sure to learn more about the different cultures of each of the participant countries.

We will ask every National Group to prepare one cultural evening to present his country and traditions to the other participants. So it can be great if you can go beyond the food, music, or dances, from your country, and try to discover where your traditions came from.

We will also ask each group to prepare at least one session to present a popular hike trail in their region, with pictures, videos, and maps, and explain about your local nature and histories related to that hike.

As a dissemination activity, after the Youth Exchange each national group will have to prepare a hike in their region, with the new skills learned during the exchange, and use that opportunity to share what you will learn here.

EUROPE TRAIL	EUROPE TRAIL- Youth Exchange								
	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Energizer	Energizer	Energizer	Energizer	Energizer	Energizer	Energizer	Energizer	Energizer
MORNING session1 9:00-11:30	Arrival	GETTING TO KNOW Ice Breaking Games	Montaña Roja HIKE	Orientation Race: How to read a Map	SHORT HIKE: Samara mountain	HIKE: Los Gigantes	OPEN SPACE	ABAMA	FINAL EVALUATION
MORNING session2 11:45-13:30	Arrival	BE SAFE Basic security and First Aid at nature		Orientation Race: Race by teams				SNOORKEL and Games at sea side	YOUTH PASS CEREMONIE
LUNCH TIME		LUNCH	PICNIC	LUNCH	LUNCH	PICNIC	LUNCH	LUNCH OUT	
AFTERNOON Session 4 16:30-18:00	WELCOME AND INTRODUCTION	DISCOVER MAP By groups make a map of the surrounding Forest of Valtor	Coast cleaning	Aborigine Treasure Hunt	MINUTE CINEMA		TEIDE National Park Visitors Center	Closing activities	Departure
AFTERNOON Session 4 16:30-18:00	OPEN BAGPACK (Hopes and Fears)		SNOORKEL and Games at sea side		Erasmus+ Presentation	GigantesSea Pools: Team building games	SHORT HIKE: La fortaleza		Departure
CIRCLE MEETING / TOPIC	SOCIAL CONTRACT (Rules)	TEAM WORKING	Plastic alternatives	Interculturality	Tagoror: MID EVALUATION	Climate Change	Sunset Share	Future Europe Trail	Departure
DINNER TIME	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER OUT	PICNIC	DINNER OF TRADITIONAL FOOD	Travel
EVENING	GETTING TO KNOW Informal Presentation	NORWAY Cultural Presentation	LATVIA Cultural Presentation	POLAND Cultural Presentation	CAHARIAN Cultural Presentation	GAME NIGHT	STAR WATCHING	INTERCULTURAL FAREWELL PARTY	Departure
	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	

4. LANGUAGE

During all the activities and at the Youth Exchange we will communicate with each other in English. With the help of the Group Leaders, we will facilitate and translate when possible, but at least a basic skill in English level is needed.



4. ACCOMODATION

We will be in to venues, at youth hostel at Guía de Isora, and the forest camp “MADRE DEL AGUA, VILAFLOR” forest cabins. We will have most of the meals during the exchange there, covered by the project.

Once there we will explain the basic rules of the camp, like there is strictly not allowed to drink alcohol, during the whole project, or smoke at any place of the camping area.

You can use your phone but the signal can be very limited for most phone companies, at the forest.

Campamento Madre del Agua, Vilaflor, on google maps

<https://goo.gl/maps/wCLb6mmZ7KcbwejL6>

And some pictures of the cabins:



5. FOOD

We will have most of the meals during the project there, all covered by the project. When we will have some activities out, to simplify the logistics and help to co-found the project, we will ask participants to cover only the costs of one lunch and one dinner by yourself during the free time.

We will provide all the rest of the food at the hostel facilities, for environmental reasons, and to provide new learning experiences for all, we will have all of the meals based on vegetarian and vegan options.

We will have a staff cook specialised in vegan food for the youth exchange, but we will make turns to share tasks for help in the cleaning and serving the food for the whole group.

If you have any allergy, medical or food requirement, please let us know to be able to offer a suitable diet for you.



6. WHAT TO BRING



The weather in Tenerife is very changing and we will be at a certain altitude most of the time and moving a lot so it could change a lot, depending on the place of the island we are.

So if we are lucky with weather and for the activities outside we recommend you to bring **a strong solar cream and cap, sunglasses, some walking or sport shoes, backpack for hikes, towel and swimming suit.**

We will be running some activities at the mountains so it will be much colder and wet, especially during the evening, so we recommend **a light rain jacket and jumper.**



Comfortable clothes as we will be working outside and inviting you to sit or lay on the ground.

The temperature average will be around 17°, but the humidity will be around 80% so the feel is colder.

We will be allocated in a wooden cabin with basic facilities, that means there is only the mattress and pillows, so we do NOT have blankets or bed sheets.

Each participant has to bring his own **sleeping bag**.



7. INSURANCE

We have all participants covered with Third Party Liability insurance in case of accident, and medical insurance during the time of the Youth Exchange.

In case some medical attention is needed we strongly recommend you to bring with you, also the European Health Card. (The Blue Card) than normally you can ask for free in your health office.

If each participant wants to have extra travel insurance, they will have to cover it by itself.

We are expecting that for the time of the project most of the European population will be vaccinated against Covid, but we cannot foresee any changes in medical situation, so we recommend every participant to be fully vaccinated in order to protect each other and been able to do all activities together, take in mind that to access public spaces like restaurants is mandatory to present the covid passport.

8. TRAVEL & TRAVELING COSTS

TRAVEL

You can choose different options to arrive in Tenerife, there are two international airports on the island. Depending on which airport you choose we will set a meeting time, according to your arriving times. It is very important that you tell us in advance your travel plan.

The SOUTH airport is closer to the venue, but the bus connection is good for both airports, so pick the cheaper option for you.



The meeting point will be Costa Adeje Bus Station, (also know as Las Americas bus station)

<https://goo.gl/maps/GvgJQutz3LkexLtB8>

You can get there from the airport, or any part of the island, by public bus :

<https://titsa.com/index.php/en/tenerife-by-bus/getting-to-the-airport/tenerife-south-airport/linea-40>

TRAVELING COSTS

We have a travel limit cost per each country and per person, and from that total cost of the trip, we will reimbursement up to the maximum allowed according to the Erasmus+ distance calculator:

Poland, Norway and Latvia 820€
Spain 0€



Only the long distance transport is covered, no local bus, or transport to the closest airport.

We are in the middle of the Atlantic ocean, so the only valid transport to arrive is by plane. Check with your group leader and try to travel all together, and we recommend buying the plane ticket with option to change or refund, just in case.

We will try to do the reimbursement as soon as possible after the exchange, and for that we need that all of you collect the original receipt of the plane tickets, as well as the boarding cards.

When we have checked all documents we will made one international bank transfer to the youth leader of each group, when all individual reports and dissemination activities have been made.

All participants must attend the whole activities of the youth exchange, and follow the common rules, in order to receive back the refund of travel cost.

If you need to do a PCR or covid test to travel, this cost is not covered by the project, and neither cover by the insurance, so we recommend to be sure to have and print the covid passport before the travel to facilitate the trip.



9. INFORMATION & LINKS

Here you can check some information about our association, Isla CreActiva

www.islacreactiva.org

<https://www.facebook.com/AsociacionIslaCreActiva?fref=ts>

Here you can find some more information about youth in action, and youth exchanges:

http://eacea.ec.europa.eu/erasmus-plus_en

Here you can find some more information about the Canary Islands:

en.wikipedia.org/wiki/Canary_Islands

And here some tourism information about Tenerife:

www.webtenerife.co.uk



10. COVID

At this moment, only people with one of the following: a negative PCR test/completed vaccination/Certificate of Recovery, can travel to the island.

We are optimistic that the situation will be better in early spring, where the project is projected to take place.

It is of importance to state that throughout all the phases of the project, we will not discriminate on the basis of vaccination status, or of course any other status, and we are in accord with the official protocols issued by the Ministry of Health and WHO. Furthermore, we will advise everyone to bring a negative self-test with them, to make sure that a covid outbreak will not be the case.

To enhance the Health and Safety measures, we will give each participant an antigen self-test on the first day of the project, and in the middle of the week.

We will take a bubble approach, and avoid crowded places, and the project will take place in the forest, and it will be an ideal covid-free zone. We will take into consideration all the national protocols to ensure maximised health standards.



The process of booking tickets should be done in coordination with your country leader, as times are extremely uncertain, we advise the participants to book a refundable ticket in the case that the project gets cancelled (or are covid positive just before the project).

Due to the Erasmus+ policies, we cannot refund anyone if the project is cancelled, delayed, or if a participant can't travel because they tested positive covid test and couldn't take the flight.

In the case that someone has covid symptoms in the project, we will take all the measures that are set by the official protocols, and we will prepare an isolation area to stay, until the end of the project. We cannot host after the youth exchange, so if a participant is covid positive after the Youth Exchange, we need to cover the medical and host costs.



To conclude with, we are really doing our best to physically host the project, and for it to be a great learning experience for everyone involved. We want to hike, talk and laugh, and be close to each other, carefree, without contemplating about covid, for that we need everyone's cooperation, so we all will enjoy this experience.

11. CONTACT

To start to know each other, share info and keep contact after the exchange we have opened a group on Facebook, so please join in and feel free to ask anything that you need.

<https://www.facebook.com/groups/800112593955983/about>

For anything else you can ask your group leader, or use the group to ask.

This infosheet is not finished, and will be completed and modified as we will gather more informations and prepare some more activities !!!!



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