



18.4. 2019 - 28.4. 2019

# LET US EXPRESS

YOUTH  
EXCHANGE

Markovci,  
Slovenia



Erasmus+



# BASIC INFORMATION

## **Participating countries**

Slovenia

Bulgaria

Croatia

Italy

Lithuania

Romania

## **Participant groups**

6 participants (aged between 18 - 30) + 1 team leader (no age limit)

## **Location**

Markovci (Goričko), Slovenia

## **Date**

18. 4. 2019 - 28. 4. 2019

## **Working language**

English, although a high communicative level is not necessary





# PROJECT DESCRIPTION

Communications plays such a big part in our lives today. It is hard to think of a single activity that we engage in that doesn't involve communications in some way. In our busy world, we sometimes forget just how important communications are to our success, relationships, and, ultimately, happiness in life. From our daily experience in working with young people we find an alarming situation: young people are not able to express themselves clearly to highlight their benefits and competencies within society. In our activities we notice that young people are full of potential skills (digital, artistic, cultural) that are not recognized and developed simply because they do not know communicate and promote themselves.



# PROJECT DESCRIPTION

Through this project the participants will improve their Communication skills and learn how to express themselves. They will also learn on online communication and how to protect themselves online. At the Youth exchange there will be many educational activities like seminars, interactive presentations, creative indoor and outdoor workshops that aim to teach young participants in various Communication skills and techniques. Activities will be adjusted to participants' interests so they would work actively on their communicational, social and real "human" skills. Through various examples of life situations, the participants will learn how to listen actively, how to ask meaningful questions, how to say no, how to express themselves clearly through verbal and nonverbal techniques and how to develop healthy social environment. By learning this the participants will definitely foster their Communication skills and competences that will be very useful in their everyday life situations..



# ACTIVITIES

- Name games, energizers, trust games,
- NGO market,
- Erasmus + program presentation, Youthpass,
- Reflection groups to prepare Youthpass,
- Everyday evaluation of the activities,
- Intercultural dinner and evening programs,
- Trip to Murska Sobota,
- Communication seminar,
- Creative debates, games,
- Problem solving workshops,
- Analytical thinking workshops and much more.





# PROFILE OF PARTICIPANTS

- Age 18 - 30
- 6 participants + 1 group leader from each country
- Please try to keep the genders balanced
- Erasmus + is a program that supports disadvantaged young people. So we also want to open our project to these young people. The accommodation is not suitable for people with wheelchairs, but all other disabilities are welcome
- English will be our working language, but it is not obligatory to have a high communicative level. We will find a way!
- People who are interested in the topic
- Young people who share the volunteering spirit
- Motivated, nice, cheerful, smiling participants

# TRAVEL PLAN



You must find the cheapest travel possibility to Markovci (Goričko). The best way is to fly to Budapest and then take a train to Hodoš. There are very good train connections to Hodoš.

Please contact us before you buy tickets. Look for the best option and then send it to us. We will help you find good connections, ***but all travel possibilities have to be confirmed by us.***

We will also need all the information about your arrival and departure. And finally, ***we will also need original transport tickets, so please keep them.*** For the way back, we will make copies and as soon as you get back, you will have to send us the originals.

# TRAVEL COSTS



- Slovenia - €0
- Italy - €275
- Romania - €275
- Lithuania - €275
- Croatia - €180
- Bulgaria - €275





# FINANCE

***There is a participation fee of 30 euros that will be charged from every participant of the exchange.***

100% of your traveling costs will be reimbursed on the condition that the person has all the bills, tickets and boarding passes (when traveling by a plane) to present to us.

Participants should prepare copies of all the bills, tickets and boarding passes and bring everything in a printed version.

100% costs of simple accommodation and basic food is covered. The travel costs will not be reimbursed to people who are not taking part of the entire youth exchange or not respecting the rules of the exchange.

# ACCOMMODATION

We will be accommodated in a Youth Centre in Markovci (Goričko), surrounded by peaceful forests.

There are comfortable rooms, a dining room, a workshop room and a kitchen. The centre also has a functioning wifi network.

We will have the entire centre for ourselves.





# FOOD

We will have catering from local restaurant for breakfast, lunch and dinner. But help in the kitchen and with the dishes from participants is very welcome and appreciated.

***If you have some special needs for food (vegetarian, celiac, some allergies, etc.), please, inform us beforehand.***

We can provide you just “with/without meat” vegetarian food, if you have some very complicated diet, or as a vegetarian you would like to have some special ingredients, we would appreciate if you could bring the food that you need with you.





# RULES

- *No alcohol*
- *No drugs*
- *Punctuality*
- *Respect each other*
- *Clean up after yourself*
- *Active participation*

We will talk about more rules at the project itself.



# WHAT TO BRING

- Lots of positive energy,
- Towels and personal things,
- Typical food for intercultural evening,
- Posters, cards, videos, music that is typical for your country,
- Info, presentation, other material to present your country,
- Camera, laptop and other equipment for workshops,
- Ideas, energizers, ice-breaking games
- Good mood

***Your group leader will also inform you about the preparations before coming to the project.***



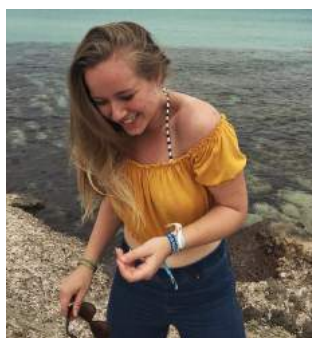
Feel free to contact us if you have any more questions!



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