



INFOPACK

YOUTH EXCHANGE

# GET IN TOUCH

17.01.2020 - 26.01.2020

OTEPÄÄ, ESTONIA



# ABOUT THE PROJECT

Dates: 17.01.2020 - 26.01.2020

Location: Otepää, Estonia

Involved countries: Estonia, Lithuania, Spain, Italy, Greece

Participants: 4+1 group leader per country

"Get in Touch" is a youth exchange about the self-empowerment of the individual in relation to the others, to the world and to him/herself through the exploration of every form of contact (communicative, physical, digital and more). The main purpose is to analyze and combine different forms of contact to find a balance for the self-development of an individual who is influenced by the modernity and the new technologies of 21st century, an individual who feels more and more reluctant to physical contact. This project aims to prove how technology, personal development, meetings and partnerships are all different forms of contact.

The youth exchange will be structured in different related topics: myself, the others, the group & the community.



## PARTICIPANT'S PROFILE

- 18-30 years old
- interested in the topic of different forms of contact
- loves the life of Erasmus+
- not scared of the breezy January in Estonia

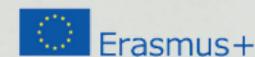
## HOW TO APPLY

The application form will be open until **21.11.2019**

<https://forms.gle/YVxaEkb6tKRSVD67A>

## GROUP LEADER'S PROFILE

- 18+ without the upper age limitation
- youth worker or has previous experience in team leading or Erasmus+ projects
- good command of English
- willing to support his/her team throughout the project



## SCHEDULE

DAY1 - Getting to know each other, team building.

DAY2 - Relating and creating with each other

DAY3 - Conscious movement and trust

DAY4 - Digital contact

DAY5 - Community in touch

DAY6 - Contact in everyday life

DAY7 - Erasmus+ opportunities, dissemination & closing ceremony

## PARTNERS

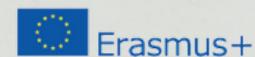
Estonia - Partner Up Estonia

Italy - YOUth Connect

Spain - Youth Europa Spain

Lithuania - VSJ Jaunimo Ambasadoriai

Greece - Angels of Europe



## TRAVEL DETAILS ✈️

The best option is fly to Tallinn or Riga (Latvia). Once we have gathered everyones travel itineraries we will provide you with further information how you will reach the destination.

PLEASE NOTE: There is maximum 2 checked in luggages allowed per national team. Sharing is caring :)

Do not buy the tickets before getting the confirmation from us. Send your possible itineraries to [partnerupestonia@gmail.com](mailto:partnerupestonia@gmail.com)

**Tickets bought without confirmation will not be reimbursed.**

**Estonia - 20€**  
**Lithuania - 275€**  
**Spain - 530€**  
**Italy - 275€**  
**Greece - 360€**

**PLEASE KEEP ALL YOUR TICKETS AND TRAVEL DOCUMENTS!** Without them we will not be able to reimburse you.

You are also allowed to take 5 travel days before or after the project to enjoy Estonia. We can't cover your expenses on these days.



## PRACTICAL INFO

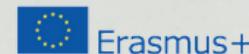
PLEASE NOTE: The food during the project will be 100% plant-based.

It might happen that there will be double beds inside the venue. In that case some of you have to share the double bed with another participant of the same sex. Your consent will be asked in the application form.

If you're available to do so you are asked to contribute with the donation 20€ in cash during the project. However it is not obligatory and it is completely up to you.

## WHAT TO BRING

- Warm clothes - you'll be coming to the north.
- Shoes or socks to stay inside the venue.
- Your personal toiletries and products you may need.
- Good mood and activeness!



CONTACT US 

HOSTING ORGANISATION

**Partner Up Estonia**

partnerupestonia@gmail.com

**Ingrid Tärk**

project coordinator

+37256620118

ingridtark@gmail.com

**Siret Lepik**

project coordinator

+37256652987

lepik.siret@gmail.com

