

7 Actions for climate change

Youth exchange 30/03 - 10/04

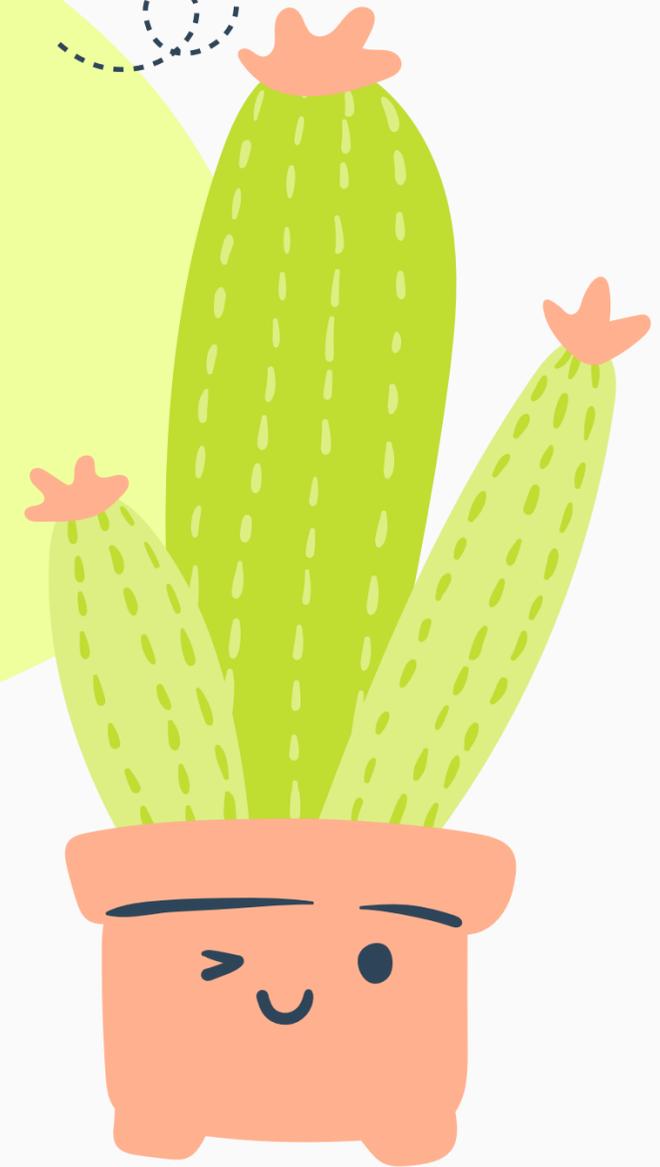
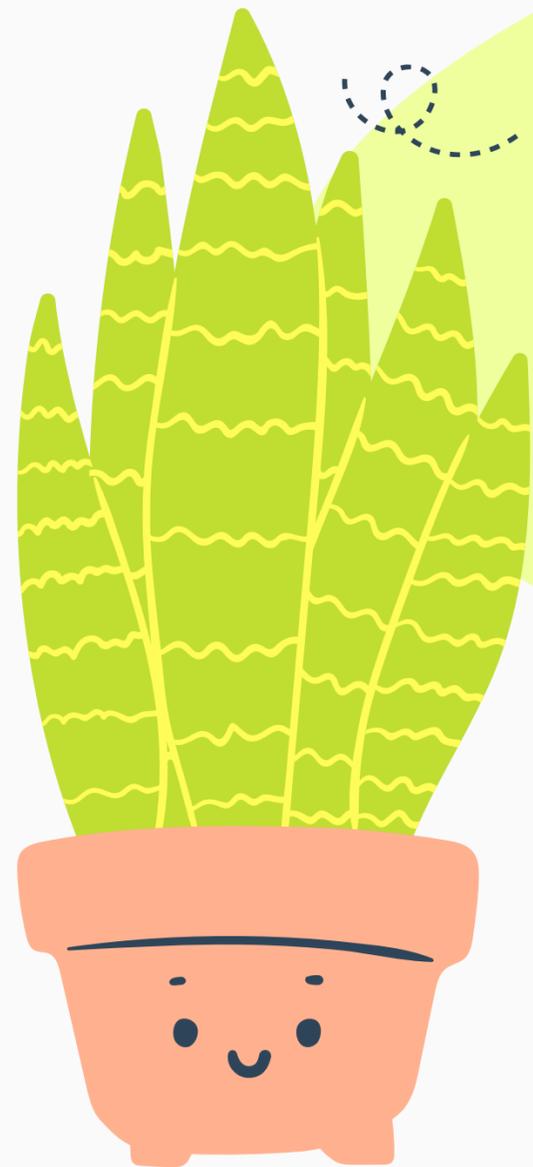


Co-funded by the
Erasmus+ Programme
of the European Union



The project

The aim of this project is to understand what we, as individuals can do to have the smallest impact possible on the environment. We will focus on 7 specific actions by experimenting them, meeting initiatives who are already working on them, debating, and researching on them.



GOALS

- develop critical thinking about the **impact of individual and collective actions on the environment and climate change**;
- learn more about the **eco-gestures we can implement in our daily lives** and how they change our **contribution to climate change**;
- seek to collectively empower youth to be **their own agents of change**;
- Promote the power of social networks **to have a positive impact on the environment** and communicate green solutions;
- Promote awareness of **the impact of everyday positive practices**;
- **creating videos** that promote the eco-gestures they have seen;
- **creating a toolkit** of good ecological practices;
- **promote utopian thinking to reduce eco-anxiety** and encourage engagement in civil society to work towards a better future;
- promoting intercultural learning, active citizenship and social inclusion;
- promote **European values** and the improvement of **soft skills**;
- promote the **Erasmus+ program** and its opportunities.



ACTIVITIES

- A slow travel experience to come to the project!
- Ice-breaking games and energizers at the beginning of each session
- Exchange of ideas and good practices alongside participative discussions;
- Group dynamics and games to reflect on the topic;
- Some knowledge pills about eco-gestures;
- Visits of local initiatives implementing solutions in their daily lives;
- Practical activities to actually be able to improve our impact;
- Creation of videos that promote positive ecomedia practices;



Our team

RAKONTO

RAKONTO is an association created in 2021 in Pau (France) with the aim to promote the world's cultural diversity, ecological transition, and social activism. We create media content such as photos, videos, and articles to raise awareness among youth on global and local environmental, social and cultural issues.

Our main goal is to tell the stories of those who are fighting for a better future in order to inspire and raise awareness.

THE TEAM

We are a group of international storytellers and activists fighting for a better world through art and education.



PARTICIPANTS

We are looking for participants:

- Aged 18-30 (+30 exceptionally for group leaders)
- Motivated to learn about eco-gestures and to travel without planes;
- Willing to take part in an international experience;
- We particularly invite participants with fewer opportunities: people with social, cultural, geographical, economic obstacles;
- Resident of France, Spain, Italy, Germany or Portugal.



ACCOMODATION

The exchange will be held in Laroin, a small village located just next to Pau in the south west of France.



THE CAMPSITE

The venue of the project will be Iktus, which is a small campsite near a big lake in a huge, open, natural space.



BUNGALOWS

The participants will be hosted in wooden bungalows for 6/8 persons with 3 double rooms and a living room. Each bungalow has one bathroom.



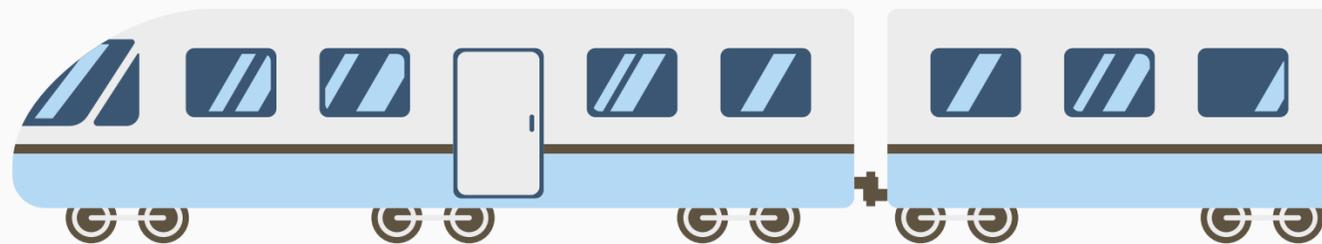
TRANSPORTATION

IMPORTANT

HERE YOU CAN FIND THE COMPLETE GUIDE TO HELP YOU WITH THE TRIP!!

Please note that you should all use green transportation, so **only bus, train, or carpooling are allowed**. You will also **HAVE TO** travel **3 days before the project** in order to experiment slow-travel. We will reimburse up to **114€** for accommodation and food if you keep the tickets. (You won't be allowed in the venue before the 2nd of April)

During this travel you will have to keep a visual diary that must contain photos and/or videos and can contain text, illustrations etc...



WHAT TO BRING



- Towel, shampoo, gel, toothpaste, hairdryer, etc.;
- Raincoat, since it could rain;
- Comfortable shoes;
- A water bottle to keep with you during the activities;
- An adapter for the plugs, C/E type, if needed;
- Flip-flops or sandals to stay inside;
- Local food from your country: we will do an intercultural night;
- **European Health Card or private insurance (IMPORTANT!!!)**



FOOD



The meals will be mainly vegan or vegetarian - a decision taken in line with the values of the association, since the consumption of meat is not very environmentally sustainable. We promise meals will provide you with a good deal of variety and will feel tasty even to the omnivores, though.

However, there is a big supermarket 15 minutes on foot from the venue, in case you want to buy some food for yourself.

Please do remember to fill out the online form document that we will send you before the project, about special dietary needs (religion-related restrictions, allergies, etc.).



DISCLAIMER



Since we want to create the safest space possible for everyone, this Youth Exchange will not allow sexist, racist, homophobic or any kind of violent/discriminatory behaviors.

If you have any doubt, please don't hesitate to reach us! You can write us an email to rakontoassociation@gmail.com



IMPORTANT DATES

25 FEBRUARY

All the participants must be selected and have completed a participation form.

01 MARCH

First meeting to organise and plan the travel with all the participants

10 MARCH

All the transports must be booked.

30 MARCH

The journey starts!

Contacts

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