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NCMPB
НАЦИОНАЛНО СЪДРУЖЕНИЕ НА
МЛАДЕЖКИТЕ РАБОТНИЦИ В
БЪЛГАРИЯ

SUSTAINOVATION

2024-1-BG01-KA151-YOU-000219105

YOUTH EXCHANGE

23-24 October - Preparatory Visit

21-30 November - Youth Exchange

Tbilisi, Georgia



About the project

The idea of the Youth Exchange is to bring together 42 young people from 7 countries, aged 18-30 from various countries and promote a healthy and green habits by exchanging good practices. digital tools and developing further dissemination plans.

Objectives are:

1. Promote green and healthy habits through educating young leaders about sustainable living and reducing environmental impact
2. Develop participants green digital skills through practicing and testing various green tools
3. Develop sustainable outcomes to promote green habits in their communities
4. Create a network of young people across partner countries who are committed to develop their green habits and share their skills and knowledge
5. Foster intercultural exchange and cooperation between participants from diverse backgrounds

Participants profile

Each partner has to select and send one group leader and five participants, totally 6 per country/organisation.

Participants are expected to be:

- be resident of one of the partnering organisations country
- in this project young people with fewer opportunities are welcomed
- motivated and able to take part in the full duration of the activity and to share previous experience, including being involved in the dissemination of the outcomes of the Youth Exchange
- aged 18 - 30 years (recommended)
- able to communicate independently in English

We highly recommend you to keep the gender balance

Leaders are expected to be:

- be resident of one of the partnering organisations country
- motivated and able to take part in the full duration of the activity and to share previous experience, including being involved in the dissemination of the outcomes of the Youth Exchange
- aged 20+ years (recommended)
- able to communicate independently in English
- having strong leadership competencies
- having experience in the Erasmus+ or other international projects is an asset

Tasks for you

Home tasks to do before coming to the project. The tasks implementation will be facilitated and supported by the group leaders and in specific cases by the team of facilitators and will be the following:

- ✿ prepare session/workshop - each country group has to run particular session (workshop, set of activities, peer education/NFE method) on a particular topic divided by the team among each other, so that share and change the practice, for example - daily green habits, digital healthy tools, outdoor green habits, sustainable eating, etc)
- ✿ prepare a creative and interactive presentation/game/quizzes/dance of your country and culture, which will take place at the Intercultural Fair
- ✿ prepare and present your sending organization



Practicalities



How to reach to the venue

- There are two international airports - Tbilisi and Kutaisi, for each of them, we will send separate guide with how to reach detailed description. once the group leader will be selected/introduced.



What to bring with you -

warm clothes and relevant shoes as there will be a bit not hot ☺.

A water bottle, personal toiletries

Also, some food, drinks or souvenirs for the cultural evenings.



Accommodation - The Prep-meeting and Youth Exchange will take place in Tbilisi; participants will be accommodated in the 2 or 3 persons rooms with all basic facilities. Hair dryer and washing machine (1KG 5 GEL) will be provided. More information about the venue here.



Insurance - The travel and health insurance are not covered by the project and there is no special need for insurance to enter Georgia but we ask to bring your insurance cards or buy one

Practicalities

All expenses (accommodation and travel tickets/costs) are covered by the project based on the sufficient receipts, tickets, boarding passes and invoices. The reimbursement will be done after the Youth Exchange within three months of time by the bank transfer.

We recommend you to purchase flight tickets in Euros as the tickets price in other currency will be calculated according to Euroinfo calculator, the official converter for European Commission.



Note: Do not book tickets before our consultation and proving them!!!

Note: without presenting the sufficient proves of travel expenses and boarding passes no reimbursement could be done!

Travel days:

PV - 22 October - arrival, 25 October - Departure day

YE - 21 November - arrival, 30 November - Departure day

Travel expenses will be reimbursed according to the E+ limits

Travel plan will be suggested individually by the project coordinator!

Portugal - 1188 €

Moldova - 309 €

UKraine - 309 €

Bulgaria - 309 €

Armenia - 285 € (Green travel)

Turkiye - 285 € Green Travel



ARE YOU READY FOR YOUR MIND-BLOWING EXPERIENCE?



Are you already a selected participant or group leader from the partner organisation? Fill out  [Application form](#)



DEADLINE FOR SELECTION OF GROUP LEADER - 25 SEPTEMBER

DEADLINE FOR SELECTION OF PARTICIPANTS - 5 OCTOBER

DEADLINE FOR BOOKING TRAVEL TICKETS - 10 OCTOBER

For more any questions please feel free to approach us -
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