1. **What?**

"Yes to sustainability" is an Erasmus+ project that aims to bring young people from different regions of Europe together to learn foreign languages and cultures, to learn best practises on youth participation and to contribute to a better world.

Youths will come together to experience life in an ecovillage and explore what kind of life they are creating for themselves and the world. During these days, there are different activities and time to reflect on how to develop your own life in a sustainable direction.

2. **When?**

The activity will take place from 05. - 16. May 2023. Arrival day is on Friday, May the 5th, between 15:00 and 17:00. The event will end on Tuesday, May the 16th and you can expect to depart at around 12:30.

3. **Who?**

Basic English-speaking youths with residence in Germany, The Netherlands, Greece, and Portugal aged between 18 and 30 years who would like to explore living in a sustainable community without digital media.
4. **Where?**

The youth exchange will take place in the nature community in the village Schönsee, located in south-east Germany. The hosting organization „nature community“ makes a significant contribution to the development of a world where all beings live in peace, trust, freedom, joy, and connectedness through the way they live together: [https://nature.community/](https://nature.community/)

5. **Food**

Included meals are vegan and we will try to provide for special diets if necessary.

Concerning drugs and alcohol we would like to make it clear that there is a no-drugs tolerance during the youth exchange - including alcohol. Smoking is only allowed in dedicated smoking areas.

6. **Accommodation**

The accommodation will be simple, but pleasant, in shared rooms in the guest house. If you wish more privacy, you can bring your own tent.

7. **Insurance**

For this Youth Exchange you need the European Health Insurance Card. In some countries it is included in your normal Health Insurance Card.

8. **What to bring**

- Raincoat and warm clothes
- Workwear (for outside)
- Comfortable shoes for working, walking and being outside
- House slippers/ warm socks
- Water bottle
- bread box/ Tupperware
- Your special needs, like medication, special snack wishes etc.
- European Health Insurance Card
- Printed version of all your travel tickets
- Diary
- Analogue camera, analogue alarm clock/ watch, cassettes if you have
- Musical instruments, song texts and games if you want
- Flashlights
- Your best smile =)

9. **Programme and activities**

**Sustainability:** Through different activities we have time to explore and share our dreams, challenges, and opportunities as a generation, participate at workshops and intercultural activities. Immersing into sustainable living through actions we assist in different community works e.g., everyday household tasks such as cooking and maintaining the exterior, and also ecological building, clay plastering, upcycling...

**Digital Detox:** The whole program is without digital media to gain awareness about your digital behaviour and to find out what makes you happy besides mobile phone, computer etc. accompanied by workshops.
10. Cost

The project has been financed by the Erasmus+ programme. Accommodation and food are included. We will reimburse 100% of your travel costs up to the limit set out below as long as the reimbursement process is followed, and timelines are met. We will reimburse you by bank transfer after we have all your original tickets, including return travel tickets and your completed form.

For the reimbursement of travel costs, we need the original train or bus tickets or original fuel bills. The travel costs are covered by the EU up to the following maximum amount that depends on the distance you travel from with this distance calculator: https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator:

- 210€ (100-490km)
- 320€ (500-1999km)
- 410€ (2000-2999km)

The participation fee for this project is on a sliding scale from 60 € - 150 € that needs to be paid in advance. It is on a sliding scale to consider both your own personal situation and also the different economic situations across the partner countries. Please take these factors into consideration when deciding for your participation fee. If you are not able to come, you will only get back the money if you find a substitute person. If the whole exchange needs to be cancelled for any reason, you will get this money back!

In order to ensure the organization of future youth exchanges, we appreciate donations at the end of the program if you appreciated it.

11. Travel

The National Agency expects you to travel from your home country. Coming here can be combined with another, work related trip if one way is to/from your home country. You have 3 travel days to arrive and 3 travel days to go back home by car (not alone), train or bus. We don’t accept ferries, flights, taxis, or first-class rail tickets!

With public transport:

Destination: Schönsee, Ascherbrücke, Germany

By car:

The exact address is: St. Hubertus 1, 92539 Schönsee, Germany

12. Application

If you haven't already done, you can apply for the project by the 26th of March 2023 by completing the following form: https://tinyurl.com/detoxMay23

We will let you know as soon as possible if we have a place for you.

13. Contact details

Gion for Germany: gionkraft@gmx.de
Jennifer for Netherlands: jennifershek@posteo.net
Sofia for Greece: sofia1406@windowslive.com
Liza for Portugal: linyin07@gmail.com
More information: www.yestosustainability.org