



# NATURE DISCOVERY



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

**12-18 October 2019**  
**Ulfborg, Denmark**

## Info Pack

### NATIVE

## KA105-051 Youth Exchange

Project funded by the Erasmus+ Programme of the European Union

### **Mobility in Ulfborg, Denmark**

12/10/2019 – 18/10/2019 (including travel days).

**Target group:** 30 participants, 18–25 years old

### **Partner organisations**

	Organisation	Country	No. of participants
1	DNS The Necessary Teacher Training College	Denmark	6
2	QG Enviro	Italy	6
3	Ayuntamiento de Maracena	Spain	6
4	Merseyside Expanding Horizons Limited	United Kingdom	6
5	Ikšķiles Brīvā skola	Latvia	6

**Language:** ENGLISH



## Objectives

Reconnecting youth to nature can be a lever of a profound change towards mitigating the environmental crisis by creating value and work; building a new ecological, fair and shared market; re-launching citizen participation; even promoting new paths and new spaces for democracy.

The consortium want to create a strong project on environmental awareness and help young Europeans reconnect to nature, promote the sustainable use of natural resources, through very simple activities, such as gathering products from the forest and cooking/processing them.

The objectives for participants are:

- To learn about Non-Wood Forest Products (NWFP) and their benefits, and their traditional uses across Europe;
- To develop knowledge and skills around the theme of using products from nature and traditional knowledge in Europe;
- To understand the theory and practice of using products from forests;
- To explore different examples and approaches across Europe of traditional uses of NWFPs, for developing new skills amongst young people;
- To be able to use techniques of non-formal learning with young people within their own organisations;
- To have a good working knowledge of the Erasmus+ Programme;
- To develop new projects together;
- To foster European discussion about sustainable development and economy;
- To increase the awareness of young people regarding the local natural heritage;
- To encourage good practice sharing across borders.

## Programme Overview

The exchange will bring together representatives of five partner organisations to exchange ideas and agree a viable culture-based project. The methods employed will be visual presentations, group work, group discussions and brainstorming, presentation of the Erasmus+ programme, organising a walk in the forest and a food/cooking meeting with local students and citizens.

Note: All the activities, except of the walk in the woods, will be organised in Tvind School Centre, home to DNS The Necessary Teacher Training College.



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DAY 0: ARRIVAL DAY, in the evening: Welcome Dinner.

## DAY 1: PRESENTATIONS AND EXPECTATIONS

*Morning activity:* Introduction of the participants and introduction to the house rules. Introduction of the Erasmus+ programme and Youth Pass. Presenting the programme of the exchange.

*Afternoon activity:* Discussions about expectations towards the exchange. Sharing experiences about Non-Wood Forest Products (NWFP).

*Evening activity:* Integration & Danish evening.

## DAY 2: FOREST TOUR

*All-day activity:* Picking up forest products during a walk in the woods. The expert will introduce the products, give the group some advices and examples on how to prepare and cook food from NWFPs.

*Evening activity:* Spanish & Italian evening.

## DAY 3: COOKING

*All-day activity:* Participants will be split in small mixed groups and will work on different dishes for the evening programme, following the advices from the expert. They will work in teams and collaborate to cook and create a great event for the guests.

*Evening activity:* Evening programme with the local community.

## DAY 4: PRODUCT CREATION

*All-day activity:* Creating dissemination products.

*Evening activity:* Latvian & British evening.

## DAY 5: PRODUCT CREATION & CONCLUSION

*Morning activity:* Finalising the products.

*Afternoon activity:* Conclusions and future plans.

*Evening activity:* Goodbye evening.



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## **Participants' profile**

- 25 young people age 18-25 years old,
- Five group leaders over 18 years old, without upper age limit,
- Able to communicate in English,
- Motivated to collaborate and participate in all the project activities,
- Residing in Denmark, Latvia, Italy, Spain or United Kingdom.

We will offer equal opportunities to participants from different backgrounds to have access to the project, although we would like to include more people from urban areas than from rural.

We especially welcome for the application submission:

- Students with little financial means,
- Unemployed or underemployed,
- Persons of foreign backgrounds,
- Persons that have had little contact with other cultures.

We will ensure gender balance.

We also invite six persons as volunteers helping in the kitchen during the exchange. There are no age or residence restrictions for this group.

## **Selection of the participants**

All who want to participate in the project should fill up the [Application Form](#).

The deadline for the applicants is on the 12<sup>th</sup> of September.

Each partner organisation will interview (via Skype or alternative channel), qualify and select five participants and one group leader.

Each partner organisation will prepare their participants by exchanging information, questionnaires and tasks between the project's consortium, group leaders and participants.

Each partner organisation will support their participants in purchasing tickets and safe travel to the venue and back.

For an effective communication before, during, and after mobility, the participants are asked to join the Facebook project page (if they have a Facebook account).



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## **How to prepare for mobility**

We expect participants to play an active role throughout the entire project, in line with their capabilities and needs.

Before the starting date, participants will be in contact (Skype meetings, emails and Facebook group) to ensure that they are prepared.

They will also create two presentations before the arrival, one about their own organisation, and another about the cultural experience of their own country related to forests and forest products. We will ask for traditions, recipes of NWFPs from their home country and stories about traditional knowledge.

## **Arrival and departure of groups**

All groups must arrive on the 12<sup>th</sup> of October 2019, no later than 19:00 for the check-in and welcome dinner. Departure will take place on the 18<sup>th</sup> of October 2019, after breakfast.

## **Travel**

The hosting school centre is situated in Denmark, near the west coast of Jutland:

Tvind School Centre. Skorkærvej 8, Madum. DK-6990 Ulfborg.

See the location on [Google Maps](#).

The closest train station is in [Ulfborg](#). The closest international airport is in Billund (BLL), but Århus (AAR) is also fine for some connections. København (Copenhagen, CPH) might be an option but in this case, the travel by train or bus might be expensive.

We pick up the participants at the Ulfborg train station by a prior agreement.

Otherwise, the following websites can be used for planning the travel in Denmark:

[rejseplanen.dk](#) [DK/EN/DE] for finding the connections

[dsb.dk/#orange=true](#) [DK] for cheap train tickets

[rødbillet.dk](#) [DK/EN] for cheap bus tickets

Read the guidelines below, before you purchase the tickets.



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## **Purchasing tickets**

The participants are responsible for the purchase of their tickets with a support from their organisations and DNS The Necessary Teacher Training College.

We encourage using trains (InterRail), buses (FlixBus), minibuses and ride sharing (BlaBlaCar) because of their lower carbon footprint comparing to planes.

The participants should find their tickets in due time as to receive better price offers.

The tickets should be of the lowest standard (economic). We don't reimburse any additional services that can be avoided, like check-in assistance, choice of a seat or extra insurance.

We leave the participants an opportunity to arrive one day earlier and depart one day later to give them more flexibility in finding affordable tickets, but they cannot arrive late or depart before the end of the exchange.

Those who arrive earlier might be asked to wait for the other participants and take the shuttle altogether.

We encourage the participants to travel in groups, especially having in mind those who don't have experience of travelling and feel insecure about it.

We don't use dubious online travel agencies when there is a qualified concern that they are fraudulent.

We use our common sense - saving on the travel expenses has reasonable limits.

The partner organisations make sure that DNS has a full overview of arrivals to Denmark and departures from Denmark. It will help in advising itineraries to the school and combining shuttles.

DNS approves the travel itinerary before the purchase of the tickets.

We might organise shuttle between the airport in Billund and Holstebro using our institution's vehicles when there is a bigger group of participants arriving or departing.

DNS will purchase all the bus and train tickets in Denmark ahead of time directly from DNS account which helps us save up to 70% of their on-site price.

At the end of the project, the tickets are reimbursed by DNS via bank transfer directly to each participant based on the original boarding passes and receipts that include the price of the tickets.

The tickets are reimbursed up to the limits decided by the Erasmus+ rules.



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Travel reimbursement limits per participant according to the country of residence:

Denmark 90 EUR,

Italy 275 EUR,

Spain 360 EUR,

United Kingdom 275 EUR,

Latvia 275 EUR.

Note that these amounts should also cover the tickets within Denmark which will be purchased directly by DNS.

### About the venue

Tvind School Centre is a host of the exchange. Food, accommodation and all the facilities are located at the same campus near each other and surrounded by forests, fields and meadows.

We are very proud of our no-drugs-no-alcohol policy. It means that the whole campus is **free from alcohol and other drugs**. Please respect that because it is an important precondition for maintaining an active, dynamic, international and inclusive environment. Not respecting this policy might result in expulsion from the campus.

There are several units at Tvind School Centre.

\*[DNS The Necessary Teacher Training College](https://dns-tvind.dk) – dns-tvind.dk

\*[Youth High School PTG](https://ptg-youth-college.dk) – ptg-youth-college.dk

\*Tvindkraft is a once biggest windmill constructed by the students, teachers and volunteers from the school centre in 1975-1978.

The campus is also a home to youth and adults with social, cultural, mental and/or other challenges.

The participants will have at their disposal well-equipped meeting rooms, working space, sport facilities, nature park, music studio, filming equipment, well-equipped kitchen, printing and IT services. Wi-Fi covers most of the campus.

The participants will be accommodated in double rooms (possibility of single rooms, in case of special needs) with shared bathrooms. We will mix the participants from different countries to support multicultural exchange.

The participants will be introduced to other important aspects of our school community on arrival to the school.