

ME AND MY WORLD PART 1



AMBITIA INSTITUTE

OLDENBURG / GERMANY





INFO

Reference number: 2021-1-SI02-KA152-YOU-000006757

Project duration: 1.11.2021 - 1.9.2022

Activity dates: 11.4.2022 - 20.4.2022

Venue: Oldenburg, Germany



Erasmus+



Wellbeing of young people has been one of the top topics of the past few years. Young people are facing many health-related issues such as risky sexual life, lacking physical activity, eating disorders or bad eating habits, addictions, depression and anxiety and lack of coping mechanisms to reduce stress. There are at least two aspects to health. One aspect is an intrapersonal wellbeing that deals with the personal and individual understanding and practices that lead to health. The second aspect is an interpersonal wellbeing that deals with the personal environment. Most wellbeing programmes focus only on the intrapersonal aspect and are neglecting the relationship with and the role of the environment. Our project tends to address the internal and external aspect in every person's life.

Intrapersonal: We are talking about the self-awareness, understanding my own emotions, what do I need, what makes me happy, what do I want to achieve and learn, connection between my body, mind, and my emotions etc.

Interpersonal: This aspect is dealing with my relationship with other people, with the local community, nature, work, and society. It is important to visualise what kind of the environment one wants to live in so that it supports the healthy life and how to help developing such environment.

Objectives of the project are:

- To raise an awareness about our own personal identity and recognition of our needs.
- To learn how to recognise and develop skills that complement our own needs.
- To learn how to build community and our own environment.
- To understand and learn what is civic responsibility.

THE FLOW OF THE PROJECT

First youth exchange:

11.4.2022 – 20.4.2022 in Oldenburg, Germany

Second youth exchange:

8.7.2022 – 17.7.2022 in Šmarješke Toplice, Slovenia

PROGRAMME

DAY 1

Arrivals.

DAY 2

Getting to know each other.

Team building activities.

Introduction to the Daily reflection.

DAY 3

Workshop about personal identity and values.

Reflecting on the past.

Daily reflection.

DAY 4

Reflecting on motivation and interest.

Reflecting on who influences their decisions and to what extent.

Reflecting on the future.

Daily reflection.

DAY 5

Recognising and managing emotions.

Learning empathy and building resilience.

Daily reflection.

DAY 6

Getting to know Oldenburg.

Free afternoon.

DAY 7

Discovering own talents.

Promoting nonformal learning.

Daily reflection.

DAY 8

Planning the personal future.

Planning the second youth exchange.

Daily reflection.

DAY 9

Evaluation.

Youthpass

DAY 10

Departures.



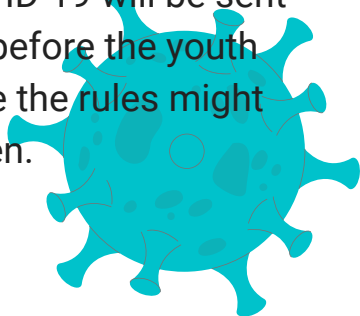


PARTNERS

Basilikata Link, Italy
Eutopia, Croatia
World Our Home, Latvia
Ambitia Institute, Slovenia
Jugendkulturarbeit, Germany

AGE LIMIT: 15 - 25 YEARS
NUMBER OF PARTICIPANTS: 5
NUMBER OF THE LEADERS: 2

Info about the COVID-19 will be sent to you two weeks before the youth exchange, because the rules might change a bit till then.



ROOMS

Our house used to be an Army base, but we turned it into a special place for young people to enjoy international youth work. The house has 12 rooms with 4 beds and a bathroom. Our house has a professional kitchen and professional chef to make delicious meals. If you are a vegetarian, have a gluten intolerance or simply a picky eater, do not worry. We will feed you properly!

WORKING

We are very happy to be able to work in three beautiful rooms. We work mostly in the big hall, that turns into a theatre hall and two smaller rooms. There is an amazing meadow in the front of the house and if you behave really nice, we will show you authentic army bunker in our basement.

BRING WITH YOU



SHOPPING AND OTHER NEEDS

REWE store is opened every day (except on Sundays) from 6.00 till 24.00 and is just 10 minutes away from our house.

In the same building as REWE, there is also a doctor for some medical problems, Pharmacy and a bank. The nearest WESTERN UNION is at the main Post office near the central train station, which is 25 minutes walking distance.

The city centre is 30 minutes walking distance.

We will also arrange the accident and liability insurance for all participants, but make sure, you bring international insurance card with you anyway.



It is important for us to collect some of your personal information to properly organise the youth exchange. Some information is required for the final report of the Erasmus + programme. So, please ask all your participants (leaders or young people) to fill in the application you can find on the following link.

APPLICATION

For more contact and additional information, please contact me to:
karmen, murn(at)ambitia.eu



NO NOISE OUTSIDE AFTER 22.00

Our house is located in the residential area and there should not be any noise outside the house after 22.00. We can use one special room for the socializing and gathering.

NO SMOKING IN THE HOUSE AND NO ALCOHOL

Smoking is prohibited in the house by law and alcohol is prohibited by the Erasmus + programme.

TRAVEL COSTS REIMBURSEMENT

275 EUR per person

Reimbursement will be done after the activity is finished but only upon the request/receipt and copies of all tickets and boarding passes.

TRAVEL

You can reach us by plane to the following airports:

Airport Hamburg (additional 2,5 hours of train)

Airport Bremen (additional 1 hour of train)

Airport Hannover (additional 2 hours of train)

Our project supports the GREEN TRAVEL, so we suggest you come by train or bus. Flix bus station is located at the main train and bus station.

When you reach Oldenburg, we will guide you to the local bus (5 minutes drive) or you can walk to us (25 minutes of walk).



WE ARE SUPER EXCITED TO MEET WITH YOU IN APRIL!