

## What is “Life and earth connected” Project?

“Life and earth connected” is a youth exchange about healthy lifestyle and environmental awareness which is focused on the following matters: well-being physical, social and mental; responsible consumption and sustainability.

## What are the objectives of “Life and earth connected” project?

The **main objective** of this project is to promote personal well-being through healthier and more respectful lifestyles with oneself and the environment.

**Other objectives** are:

- Improve our emotional intelligence through a self-awareness, assertiveness, empathy and other social skills
- Increase our self-esteem and confidence in ourselves.
- Learn about other healthier lifestyle habits through cultural exchange.
- Raising awareness about the direct connection between caring for oneself and the environment.

### ✓ Who are in?

There are a total of 5 partners in this project.

NAME	COUNTRY	MAIL
AJ Mesa Local de la Juventud de Puente Genil	Spain	mesalocalpg@gmail.com
Udruga Zmergo	Croatia	erasmus@zmergo.hr
Viimsi Vallavalitsus	Estonia	haridus@viimsivv.ee
Vivre Ensemble Avec Nos Differences	France	v.imetys@gmail.com
COSI (Civic Orientation and Social Integration)	Romania	asociatiacosi@gmail.com

### ✓ Who is this project oriented for?

This project is aimed to young people between 18 and 30 years old. The number of participants per country is 6 at the most (5 participants + 1 leader). The total number of countries will be 5, included Spain.

### ✓ How this project financed?

This project will be implemented within the framework of Erasmus + Programme of the European Commission (K1). Accommodation, food, traveling (home country – training venue – home country), materials, visa costs are fully covered by Erasmus+ Programme. Participants are required to buy the tickets in advance. Travel costs will be reimbursed according to the references given by the European Commission (see table below)

NAME	COUNTRY	MAXIMUM AMOUNT TO REIMBURSE
AJ Mesa Local de la Juventud de Puente Genil	Spain	20€
Udruga Zmergo	Croatia	275€
Viimsi Vallavalitsus	Estonia	530€
Vivre Ensemble Avec Nos Differences	France	1500€
COSI (Civic Orientation and Social Integration)	Romania	360€

### ✓ How can I buy the tickets?

All of the tickets are booked and bought only after the approval of the organization. Only previously approved travel expenses will be reimbursed, so please do not buy any tickets until this has been agreed upon with the hosting organization. Participants are asked to keep all of the original tickets, boarding passes, receipts/invoices. They will be collected during the training course.

### ✓ How will be the reimbursement?

The reimbursement will be done in two halves

First one when: - All the e-tickets, boarding-passes and invoices (originals) will get to AJ Mesa Local de la Juventud de Puente Genil; - The Mobility Tool final report will be done online.

Second one when: - Spanish NA make the final payment of the 20%

### ✓ How is the Health Insurance managed?

Health insurance IS NOT provided and reimbursed by organizers. All participants are strongly advised to get the private travel insurance. All EU-based participants need to apply for European Health Insurance Cards (EHIC).

PLEASE LET US KNOW if you have any illnesses or use any medicine and you have special diet or/ and have any kind of limitation.

### ✓ What is needed to bring?

Please try to bring one laptop per country we might use it in some of the sessions. Bring also:

- For the intercultural night: Local food and/or drinks, other cultural curiosities and interesting facts.
- For the Marketplace: Information material about your country, your organisation, culture and general aspects of the culture that are typical characteristic of the area you belong to. It will be great if you could bring posters, brochures and other small things. Please bring short video or power point presentation of your organisation and/ or country.

### ✓ How are we going to work?

The methodology will be based on: learning among peers, constructive debates, role playing, presentations, active participation, learning through experiences, cooperation and group dynamics, artistic creations, theatre forum, etc...

### ✓ When?

This project will take place from **9 to 17 March 2020**.

### ✓ Where is it going to be?

This project will take place in Puente Genil. It is a Spanish municipality in the province of Córdoba, Andalusia, in its southwestern part. It is part of the Southern Cordobesa Campiña and its municipal term borders the province of Seville. Its geographical enclave is privileged, it is located in the heart of Andalusia, constituting an ideal location at the level of communications by rail and road, being a short distance from the most important Andalusian capitals. (Córdoba a 69 km, Málaga a 110 km, Sevilla a 120 km y Granada a 150 km).

