



Dear participant,

“Do you see borders?” is a youth exchange co-funded by the European Union under the Erasmus+ Program – Key Action 1.

In order to make this project an enjoyable and memorable experience for all, we have designed this info-pack which offers important practical information that you need to know before coming.

We wish you a nice trip without any unforeseen adventures! Looking forward to meeting you soon in France!

**Yours,
The Project Team Concordia Rhône-Alpes**

About the Youth Exchange

DATES

01.07.2019 (arrival) – 08.07.2019 (departure)

PLACE

Saint-Julien-en-Vercors, France

PARTICIPATING COUNTRIES

France, Spain, Estonia, Turkey

PARTICIPANTS

Young people from 18 to 30 years old

16 participants and 4 youth leaders (1 youth leader and 4 participants from each partner organisation)

This is a learning experience with mandatory attendance to all the activities, so please, be responsible for attending all parts of the youth exchange and for taking an active part in it. In particular, be ready to contribute to the creation and delivery of the final flash-mob event.

LANGUAGE

English

FINANCIAL CONDITIONS

All the costs of food and accommodation as well as the program costs will be covered by the organizers.

Return tickets to/from Saint-Julien-en-Vercors will be covered within the following limits depending on the country of departure:

France – 20 euros

Spain – 275 euros

Estonia – 360 euros

Turkey – 360 euros

Concordia would like to encourage participants to buy travel tickets ASAP to enjoy economical prices. Please do not buy travel tickets until your participation has been approved by Concordia, after sending your filled application form. All the travel costs will be reimbursed the earliest 3 months after the end of the youth exchange.

Please note that the process of reimbursement will be carried out directly with the applicant organizations and not with the individual participants.

We kindly remind all participants to keep the original tickets and boarding passes.



HOSTING ORGANISATION

Concordia is a non-profit organisation which promotes intercultural exchanges through non-formal education. Our principal activities are the organization of international workcamps and of Erasmus+ projects.

Our main goal is to allow participants to become open-minded and develop non-formal skills as autonomy and self-confidence by meeting people with different cultural and social backgrounds from all over Europe, and by living together during some weeks.

THEMES AND SHORT PRESENTATION

- **Cultural diversity and identity**
- **Solidarity and tolerance**
- **Breaking stereotypes and borders**

This Youth Exchange deals mainly with the topics of stereotypes, cultural diversity, developing tolerance and fostering integration processes.

This project is the opportunity to share different experiences related to these items, both at an individual and national level. It will allow participants to talk about their realities, but also, thanks to peer-learning processes, to exchange ideas and points of view between each other.

The Youth Exchange also focuses on self-expression. Some parts of the program will be dedicated to interactive activities about the topics that will allow to go deeper into the subject. The participants will be offered a chance to experiment different means of self-expression through body language as a different approach to raise awareness about the topic. There will be workshops on forum theatre or improvisation, for example.

At the end of the project the participants will put together a flash mob performance based on the things they have learned within the week and reflecting on the intercultural aspects of the group.

On the last day of the program, participants will present in public the results of the project with their flash mob performance. A video will also be created by the participants to disseminate the results of the project.

THE METHODOLOGY

The methodology (non-formal education, discussions and debates, simulation games, theoretical contributions) and the structure of the youth exchange will encourage an active involvement of each participant in order to develop competences and new tools for personal and social development. Non-formal education tools will be used to create a friendly and caring atmosphere, considering each participant in his or her diversity, personality and culture, so that each person can feel free to express him(her)self, share his or her experiences, teach and learn from the others. Participants will be encouraged to be responsible for their learning process. Artistic workshops will allow the youngsters to discover new ways of expression, encouraging their creativity and ability to create collectively, and to gain self-confidence.

About the venue

Saint-Julien-en-Vercors (50 km from Grenoble).

The youth exchange will take place in a vacation centre, in a quite mountainous area of France. Participants will be hosted in Matrassière Centre in Saint-Julien-en-Vercors, a little village in the Drôme department, located one hour away from Grenoble and 2 hours from Lyon.

Participants will sleep in big tents around the vacation centre, every tent hosting 6 or 8 beds. The tents are equipped with wood stoves in case of cold weather. You don't need to take a sleeping bag, as sheets and blankets will be provided, except if you think you may need an extra one.

Participants will share the public bathroom and toilets in the centre right next to the tents area.

Meals will be served in the centre's dining room and prepared with bio-based products. From Monday to Friday afternoon, all meals will be provided by the centre's cooks. From Friday evening to Sunday evening, participants will prepare their own food all together.

Participants will have several rooms at their disposal for their activities.

Keep in mind that the accommodation site is quite rural and isolated.

Some excursions may be organized during the week to discover the beautiful surroundings.





Arrival (1st of July)

Your arrival in Saint-Julien-en-Vercors is expected in the evening of 1st July. The planned activities will start in the morning on the 2nd July.

Participants will be met by a member of the French team at the **bus station of Villard de Lans at 2 possible times during the afternoon** (we will define the times and get back to you when we know the arrival time of each participant).

HOW TO GET THERE?

From Lyon (Airport Saint Exupéry):

This airport is the closest international airport from Saint-Julien-en-Vercors.

When you arrive at this airport, you'll need to take a train/bus for Grenoble, leaving directly from Lyon Saint-Exupéry airport. You can buy tickets online by visiting this website: <https://en.oui.sncf/en/>

Below you can find a screenshot of the possible trains from Lyon Airport to Grenoble:

The screenshot shows the OUI.sncf website interface for a train journey from Lyon Saint Exupéry Airport to Grenoble on Monday 1st July. The search results are displayed in a table format, showing departure times, arrival times, and prices for different fare conditions.

Departure Time	Arrival Time	Non exchangeable	Exchangeable conditions apply	Flexible	1 st class
08h38	09h41	-	€16.50	€33	€18.50
09h39	10h41	-	€16.50	€28	€18.50
11h38	12h41	-	€16.50	€28	€18.50
13h39	14h41	-	€16.50	€28	€18.50
16h41	17h45	-	€16.50	€28	€18.50

Please note that bus journeys from Lyon Airport to Grenoble are not yet available on the website. If the bus suits you better than the train, we invite you to check the bus journeys closer to the date in the same website: <https://en.oui.sncf/en/>



When you arrive at the train station of Grenoble, you have to take another bus for Villard de Lans. It'll be the bus 5100 (mainly) or 5110 from the regional company Transisère. You also can check online for the tickets: <https://www.transisere.fr/en>

We ask you to take a bus in the following direction:
Start: GARE ROUTIERE – GRENOBLE
End: GARE ROUTIERE – VILLARD DE LANS

Start / End Options

Start: (A) GARES - GRENOBLE

End: (B) GARE ROUTIERE - VILLARD DE LANS

Add a stopover

Date: Monday, July 1, 2019

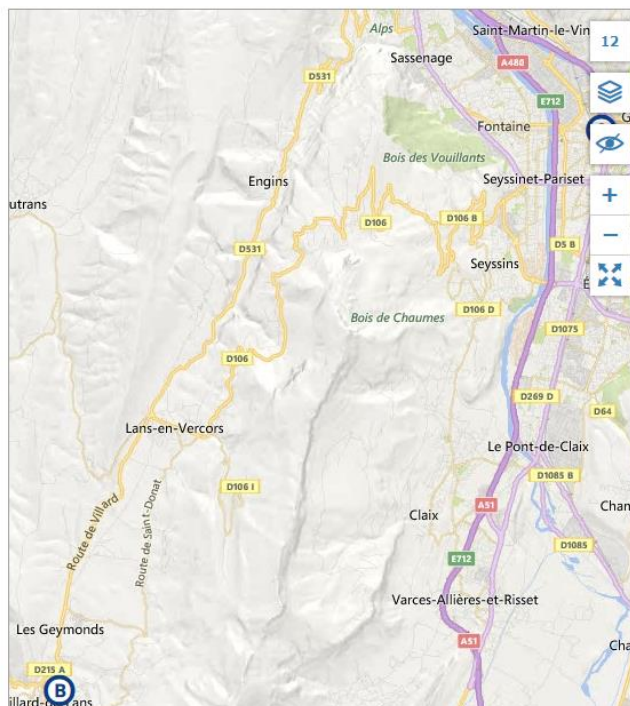
Departure: 10:10 AM

Buttons: New search, Return trip, Search

Trip Results

Depart 12:26 pm – Arrive 1:30 pm	1h04
5100	Transisère
	CO ₂
Depart 2:36 pm – Arrive 3:40 pm	1h04
5100	Transisère
	CO ₂
Depart 4:56 pm – Arrive 6:06 pm	1h10
5100	Transisère
	CO ₂

[Expand your criteria](#)



PLEASE CONTACT US ASAP (SEE LAST PAGE OF THE INFOPACK) TO INFORM US AT WHAT PRECISE TIME YOU PLAN TO ARRIVE AT VILLARD-DE-LANS. THE TRAINERS WILL PICK YOU UP BY CAR AT THE BUS STATION "Gare routière Villard de Lans" AT TWO POSSIBLE TIMES DURING THE AFTERNOON;



Preparation

Tickets

For the reimbursement you have to bring us the originals of flight tickets, invoices, boarding passes, bus/train tickets for the national transportation in your country and in France. **Don't lose any of them, otherwise we can't reimburse you these costs.** Taxi costs are not eligible expenses in the Erasmus+ projects, so it won't be included in the transport reimbursement. The travel costs will be reimbursed within the limits indicated before, depending on your country.

IMPORTANT! Travel costs exceeding the indicated limit are the responsibility of participants. That is why we strongly recommend you to buy tickets as soon as possible to enjoy the lowest prices.

Please note, if you buy your ticket in other currency than euro, we will calculate your travel costs according to the exchange rates from official European Commission website for the month when the ticket was purchased <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

You will have to send us your return tickets by post after the youth exchange is over and you are back home. Your sending organisation will prepare a global invoice detailing all your transportation costs and we will reimburse them some weeks after the youth exchange.

Insurance

The health insurance is not provided and will not be reimbursed by the organizers. Nevertheless, all participants are strongly advised to purchase travel insurance or to take your EU insurance cards with you.

It is very important that you notify us of any health risk or possibly necessary medicines, special dietary requirements and so on.

Intercultural evening

Each national group should be ready to present their culture during an intercultural evening. It is up to you to choose a form of presentation, but try to make it as interactive and interesting as possible. It is advisable to contact your team members in advance to prepare the presentation together. See the information about Facebook group below.

Bring some traditional food from your country. Think about music, dances and games to share with other participants. And do not forget your best mood and curiosity towards other cultures!

Infopack for the Youth exchange
“Do you see borders?”
1st - 8th July 2019
Saint-Julien-en-Vercors, France



Pack smart

- Clothes for different weather conditions (please, check the weather forecast before packing your suitcase. Remember that Saint-Julien-en-Vercors is a mountain village situated at more than 1000 m above the sea level. Consequently, even at the beginning of July it may get pretty cold there)
- Sturdy shoes for hiking
- Towel, toiletries and personal hygiene objects
- Medicine if you have any specific illness or medical condition
- Traditional food and drinks to represent your country and culture
- **And the most important...lots of positive energy and tolerance towards other participants!**

Facebook Group

Please don't forget to join the Facebook group of the youth exchange. Like this, you can meet and exchange with the other participants in advance.

Here is the link:

<https://www.facebook.com/groups/2282690088686070/?source=unknown>

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PRELIMINARY PLANNING OF THE YOUTH EXCHANGE

The programme might be changed during the youth exchange, depending on the dynamics of the group and needs of the participants.

	1 JULY	2 JULY	3 JULY	4 JULY	5 JULY	6 JULY	7 JULY	8 JULY
B R E A K F A S T								
AM	ARRIVALS	Games to get to know each other	Introduction to the topic of stereotypes	Exchange on the topic of borders and integration processes	Free time (hiking, visit)	Impro workshop	General rehearsal	DEPARTURE
AM	ARRIVALS	Presentation of the programme	Introduction to the topic of inclusion and exclusion	Theatre workshop	Free time (hiking, visit)	Flash mob preparation	General rehearsal	DEPARTURE
L U N C H								
PM	ARRIVALS	Team building	Exchange with a refugee about his/her life path	Introduction to the topic of discrimination and exclusion	Introduction to Youthpass ; Preparation of the evening with local people	Flash mob preparation	Flash mob	DEPARTURE
D I N N E R								
		Film night	Gymkhana	Evening with local people	Intercultural evening	Intercultural evening	Farewell party	DEPARTURE