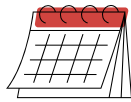




# CALL FOR PARTICIPANTS

## YOUTH EXCHANGE

# EAT - Europe à Table



8 DAYS (TRAVEL DAYS INCLUDED)  
FROM 11 TO 18 MAY 2025



YOUTH HOSTEL OF CHAMONIX,  
AUVERGNE-RHÔNE-ALPES REGION,  
FRANCE



ENGLISH



20 PARTICIPANTS FROM



## ABOUT CONCORDIA

Concordia is a French organisation of non-formal education which promotes intercultural exchanges. Our traditional activity are the international work camps, and one of their main goals is to allow participants to get open-minded and develop non-formal skills as autonomy and self-confidence, by meeting and living for a few weeks with people from all over the world with different cultural and social background.

The Rhône-Alpes delegation of Concordia, based in Lyon, is coordinating the organisation of this Youth Exchange project, in partnership with the Chamonix Youth Hostel.

For more information please visit our website : [www.concordia.fr](http://www.concordia.fr)



## PROFILE OF PARTICIPANTS

We are looking for 20 participants from Estonia, Finland, France and Greece (5 participants, including 1 group leader per country), with this profile:

- Young people from 18 to 30 years old  
Group leaders can be older than 30
- Motivation and interest in the topics tackled by the youth exchange program
- Good knowledge of English language would be useful to be able to actively participate in the exchange

## TOPICS AND METHODOLOGY OF THE PROJECT



The Youth Exchange will explore the concept of **sustainability** within the **processes of production, purchase, consumption and disposal of food**. The workshops proposed will focus on different methods, issues, challenges and solutions at local, national and international level.

The methodology (non-formal education, meetings with professionals, discussions) and the structure of the project 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.

## OBJECTIVES OF THE PROJECT



The activities of this project will expect to lead young participants to:

- Discuss a range of **key issues** relating to the reality of life for youths, especially on the topics of Food and Sustainability;
- Learn about **current local and global issues**, meet **local initiatives** engaged on the topic;
- Share ideas to help **shaping the future** of the Alpine region;
- Share personal experiences and find commonalities among peers from different countries, creating conditions where **solidarity and cooperation** are fostered and encouraged;
- Develop **soft skills** such as problem analysis and problem solving, conflict management, intercultural dialogue and communication, teamwork, time and task management, sense of initiative or entrepreneurial skills.

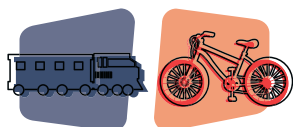
Participants will have the opportunity to **work in small groups** on concrete problems encountered by local partners, in connection with the themes of food and sustainability.



By the end of the project the participants will create a guide that will comprehend the **best practices** and the most relevant findings developed during the project. This final product will serve as a useful tool for all the organisations involved in the project.

## FINANCIAL CONDITIONS

ALL THE COSTS FOR FOOD AND ACCOMMODATION AS WELL AS THE PROGRAM COSTS WILL BE COVERED BY THE ERASMUS+ FUNDING. TRAVEL COSTS WILL BE COVERED UP TO A CERTAIN LIMIT (MORE INFORMATION BELOW)



### TRAVEL COST



You will be reimbursed the real costs of your transport fees up to a certain limit. Your travel cost refund depends on the distance between your country and France. The outline is defined by European Union. This table indicates the maximum amount of money that is reimbursed.

Link to the Erasmus + Distance Calculator :

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Travel distance	Green Travel	Non-Green Travel
10 - 99 km	56 EUR	28 EUR
100 - 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR

Please note that the process of reimbursement will be carried out directly with the applicant organizations and not with the individual participants, after receiving all the tickets and payment proofs.





## CHAMONIX



Chamonix is town located in the French Alps, just north of Mont Blanc, the highest mountain in Western Europe. It borders both Switzerland and Italy. It is one of the oldest ski resorts in France, popular with alpinists and mountain enthusiasts.

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## ACCOMODATION IN CHAMONIX

The Youth Exchange will take place at the Youth Hostel Chamonix - Mont-Blanc. The Hostel is a typical mountain chalet facing the Aiguille du Midi, located a few minutes away from the Chamonix valley.

The participants will be accomodated in rooms of 2, 4 or 6 beds.

Website of the Chamonix Hostel for more informations:  
<https://www.hifrance.org/en/youth-hostels/chamonix-mont-blanc/>



## DEADLINE FOR APPLICATIONS

14TH OF APRIL 2025

LINK TO APPLY :

[HTTPS://FORMS.GLE/RE7JTAVYF3ZKTDND6](https://forms.gle/re7jtavyf3zktdnd6)

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## CONTACT



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LOOKING FORWARDS  
TO MEETING YOU !