

**Youth Exchange „Raise your sails“
29th June – 10th July 2014
Estonia**

Call for participants

**YOU
create
YOUR OWN
OPPORTUNITIES**

Dates: 29th June (arrival day) – 10th July (departure day) 2014
Countries: Estonia, the Netherlands, Romania, France, Spain, Hungary
Participants: 4 young participants (18 – 25 years old) and 1 leader (25-30)

Who we are:

We are 17 people from Estonia that met 3 years ago in one local project. Since then we have organized 2 our own youth initiatives, 1 youth exchange and a number of meetings and trainings for Russian speaking youth in Estonia and international encounters with people from all over the world. We work in cooperation with 5 youth centers and 2 international youth association EstYES (www.estyes.ee) and Vita Tiim (<http://vitatiim.ee/>).

Our vision:

For a long time we have witnessed that young people get puzzled when asked about their future goals. Only few know what they want to study after school and which direction to move. Many others choose the way suggested by somebody else: parents, teacher, friends, environment. As a result do not become a real creators of our unique life but mere followers of somebody others' values, interests and dreams. Are there any possibilities, methods, ideas, policies to change it? It is obvious that there are many suggestions and ideas about how to deal with the issue. In our view – self-discovery and empowerment is the most efficient way out.

How we are going to do it:

We believe that every young person has potential and ability to make change for the better. Therefore we are going to work with youth in the way where they could:

- define own values, interests and goals
- see own weak and strong sides
- make decisions and assume responsibilities
- draw conclusions and reflect on results
- see possibilities for further development and follow-up

We are sure that this way is going to help young people to restore believe in there self-esteem. What, as we believe, is a key for setting life goals.

Travel:

The Youth in Action program refunds up to 70 % of your travel costs, if you participate in the whole exchange. Choose the cheapest way of travelling and buy return tickets, but ONLY after agreeing on dates and time with organizers. You must keep all your tickets, boarding passes and receipts (originals). ONLY if you have the travel tickets, boarding passes and receipts we are able to reimburse your travel costs. See the table below for the highest price from which we will reimburse you 70% (all amounts are in Euro).

Country	Travel costs per person (100%)	Max. Reimbursement per person (70%)
Netherlands	210	147
Romania	400	280
Spain	450	315
Hungary	380	266
France	410	287

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
08:30-09:30		Team spirit <i>Breakfast</i>	Be aspiring <i>Breakfast</i>	Know yourself <i>Breakfast</i>	Take responsibility <i>Breakfast</i>	Dare to be creative <i>Breakfast</i>	Be productive <i>Breakfast</i>
09:30-11:00	Arrival of the participants	Morning energizer Ice-breakers, name-games	Morning energizer Engage your passion and create your dreams (using power of positive imaging or visioning for sharing, team-building and inspiring)	Morning energizer How do you like to learn new things? (learning style and paths)	Morning energizer Theater of oppressed Let's play and see what we can and what we can't change	Morning energizer Are you a creative thinker? (critical thinking vs. creative thinking; the principals of creative thinking)	Morning energizer Think tank (what are your ideas?)
11:00-11:30		<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
11:30-13:00		Intro to the topic and the YE programme	-//-	What are you good at? Be aware of your resources (strengths and abilities) and increase your confidence	-//-	Open your Mind: different techniques of warming up mind and body addressed to all senses	-//-
13:00-15:00		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
15:00-16:30		Afternoon energizer Team-building games and activities	Afternoon energizer Learning and self-development journal: explaining its idea and purpose. Create your own learning journal	Afternoon energizer What do you like to learn? Understand your learning needs and set up your learning goals	Afternoon energizer Challenge initiative game and discussion	Afternoon energizer Design your personal inspiring learning and working space	Afternoon energizer Create a plan for SDL practice on the Day 8
16:30-17:00		<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
17:00-18:00		Create an agreement about common rules and a learning contract	-//-	-//-	-//-	-//-	-//-
18:00-19:00		Reflect in national groups	Reflect in national groups and your learning journal	Reflect in national groups and your learning journal	Reflect in national groups and your learning journal	Reflect in national groups and your learning journal	Reflect in national groups and your learning journal
19:00-20:00		<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
20:00	Welcome Evening: getting to know each other games; main info about the venue and its surroundings	Cultural evening	Cultural evening	Movie night	Games proposed by participants	Inspirational evening	Movie night

Day 8 Become	Day 9 Self-reflect	Day 10 Reflection is a key	Day 11	Day 12
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	Departure of the participants
24-hours of SDL practice	Morning energizer What and how have you learned? (analyze the learning outcomes of SDL practice, its challenges and opportunities)	Morning energizer Intro to the Youthpass and its advantages	Morning energizer Overview and evaluation of the youth exchange	
<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	
-//-	What do you take back home? How can you share it with others?	-//-	-//-	
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	
-//-	Afternoon energizer New ideas and possibilities	Afternoon energizer What is reflection and why it's important	Feedback	
<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	
-//-	Create your own, personal learning agenda for a month/a year (make promises to fulfill)	Filling the Youthpass	-//-	
Overall reflection	Reflect in national groups and your learning journal	Reflect in national groups and your learning journal		
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	
Free			Farewell Party	