

## INFO-PACK

# Let's dance : dancing without borders

Youth Exchange (YE)

in La Vancelle (France, nearby Strasbourg)

from Saturday October 19th to Friday October 25th 2019



Project Number : 2019-1-FR02-KA105-015895

### Countries:

France : Tambour Battant

Italy : Eurosud

Lithuania : ASOCIACIJA APKABINK EUROPA

Spain : ASOCIACION BUILDING BRIDGES

Romania : Doinita Dance Studio



Erasmus+

TAMBOUR BATTANT

This infopack contains all the important topics and information which regards you as partners and participants. Please read carefully the next chapters. We have tried to include all possible information in this info pack, even the apparently obvious topics. Don't hesitate to contact us in case something is not clear.

**Description:**

The project " Let's dance : dancing without borders" is a youth exchange on the theme of the dance. It aims to provide young participants skills in the field of dancing and artistic expression in general. It also aims to promote intercultural understanding between young Europeans, to raise awareness about issues of European citizenship through various activities based on methods of formal and informal training.

**What is a Youth Exchange**

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods. Youth exchanges take place outside the school environment. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. Participants' learning experiences are recognized through a Youthpass. Discover more watching this video <https://www.youtube.com/watch?v=myhRLRrV8Io> and this video <https://www.youtube.com/watch?v=SXdqTWuSnHs>

Be aware, that it is not a course or a training course. It is a youth exchange, it means that all the activities will be done by the participants themselves.

There is no trainer or dance teacher during the YE, however, to guaranty a good quality of the dance workshops, a facilitator (a dancer) will join us.

### **Objectives:**

The youth exchange has four objectives:

1. Acquire or reinforce participants' knowledge in the fields of music and dance;
2. Discover the traditions and cultures of the countries involved in the project through traditional dance;
3. To strengthen the sense of belonging to a European community brings together in its diversity;
4. Improve the skills of participants in foreign languages, especially the French and English languages

### **Activities:**

Cost : Free (cofunded by Erasmus plus funds)

The participants will be actively involved in various activities with the support of formal methods and non- formal such as working groups, workshops, round tables, role games, focus groups, open sessions and presentations.

### **Participant's profile**

The project's participants will be young people between 18 and 25 years who have a strong passion for artistic activities and young people who show an interest in developing skills in this area (dances) However, Youth Exchanges (in Erasmus +) allows the participation of the youth between 13 to 30 years old. For participants not between 18 to 30, the partners must contact Tambour Battant before selected them officiallly. If there are some minor participants, they will be up to 6 in total. **In case a partner would like to send a minor, the partner has to ask Tambour Battant before. Indeed, we have maximum of 6.** For minor participants, the partner or the leader will have to send prior the departure the parental permission or equivalent.

15 of the participants must be youth with less opportunities (3 per country). Each partner has to inform Tambour Battant who are the participants with less opportunities

It would be nice if each country could come with 3 boys and 3 girls (leader included)

The youth leader can be a youth but he/she must be a little older than the others. There is not age limit for the youth leader. The leaders must participate to all the activities as a regular participant. Especially if there are minor in the group, a minimum of 30 years old for the leader would be a must.

The participants of this youth exchange can not be already engaged under an other Erasmus + mobility (exemple : EVS volunteers can not participate, Erasmus student neither...)

**IMPORTANT :** we can only accept participants who live in the countries of the partners (=residents) and who travel to and from the country of the partners.

**Working Languages:** English is the working language (however, for the participants who speak french, it will be possible for them to practice their french during informal conversation during the YE)

**Dates and time of arrival :** from Saturday October 19th (arrival date) to Friday October 25th 2019 (departure date). No specific time of arrival : the participants will arrive when their flights will arrive.

**Number of participants:** 5 youth + 1 leader per country (30 in total)

**Number of Countries:** 4 + 1 (France) = 5 countries in total

## **Participation fees from the partner organisations:**

Partners organization may ask participation fees and/or membership fees. Despite the fact that all the partners are a non-profit organizations managed largely by volunteers, they, of course have a number of inevitable expenses: one or several employees, rent, invoices and other running costs. Participation fees may also cover the support of the participants: selection, predeparture meeting, administrative procedures, 24-hour assistance, insurances, bank transfer fees (for the reimbursement), dissemination of the project, they may buy the flight tickets for your, after youth exchange evaluation...

Participation fees and services included can vary between the sending organizations. Participation fees could be also lower for the leader as a small consideration for the work and the tasks they might have. Please contact your sending organisation to know the costs of the participation fees (if there are any) and to know which services are included.

## Venue



Where : La Vancelle (France, nearby Strasbourg)

La Vancelle is small beautiful village located near small mountains where on one of the peak are castle's ruins. There is no shop however there are two famous restaurants in which one of them has one Michelin star.

## Accommodation : Youth Hostel MJC La Vancelle



Cost : Free (cofunded by Erasmus + funds)

Name of the hostel : **Youth Hostel MJC La Vancelle**

<http://www.mjc-la-vancelle.com/> (La Vancelle, near to Strasbourg)

Address : MJC, Place Andlauer, 14 rue du Général de Gaulle 67730 LA VANCELLE (FRANCE)

For any question about the accommodation, do not write directly to the hostel. You must ask us. Wi-fi is available but only in the rooms (not in the meeting room)

You will stay in rooms for 4 people with shared bathroom. A very few people will stay in a double or triple room, those smaller rooms are dedicated for the leaders who are older. Some participants may stay in a dormitory up to 6 people. The genders will not be mixed. If there are couples among the participants, please be prepared to sleep separately. Countries will be mixed in the rooms (for exemple: one French, one Italian, one Spanish, one Romanian)

The beds have sheets and blankets, you don't need to bring your sleeping bag.

There are no washing machines in the hostel, so you can not do your laundry, but if you really need there is a river nearby where you can wash your clothes...

There is an iron in the youth hostel

There is a hair dryer in the youth hostel

During the youth exchange, each participant may (one time) clean the common areas in an small team.

There is no “cleaning” of the rooms during the YE. The participants will have to keep their own rooms clean by themselves during the YE.

For information, the accomodation will be available from Saturday October 19th midday = noon = 12 o'clock until Friday October 25th 11 am (=morning)

## **Food :**



Cost : Free (cofunded by Erasmus + funds)

The budget for a youth exchange is very tight. There will not be any professional cook during the YE. The meal will be prepared by the participants themselves and/or some volunteers.

The meal will be simple like : a starter (vegetable soup or salad or a speciality from participating country), a main course (a piece of meat with starchy or a speciality from a participating country), cheese and bread, and one fruit (or a dessert from a participating country)

During the youth exchange, each participant may prepare one meal and clean the dishes (one time) in an international team. Living together in small community, sharing the responsibilities and creating the links not only during workshop or free time but also during cleaning, cooking together...

About the food, please let us know if you have a special diet.

We will have at least one meal in a restaurant during the YE and we try to respect the diet of the participant as much as possible for ethical reasons, beliefs, health problems or religions, but, to avoid in disappointment, please be aware :

If you are vegetarian : in France, restaurants are not used to host vegetarians, therefore, instead of the meat you may get two eggs or an omelet.

If you are vegan : in France, some restaurants even do not accept to serve vegan because they don't know how to deal with their food since dairy product are everywhere, therefore, in some restaurants you may just get some salad and/or vegetables with olive oil.

If you don't eat pork : if the pork is on the « menu » you may get the same food as the vegetarian

If you are pescetarian : in this part of France (far from the sea), we seldom eat fish/sea food (probably once a week only), therefore if some meat is on the « menu » you may get the same food as the vegetarian.

If you eat halal food : in France, restaurants which serve halal food are not common, therefore, if some meat is on the « menu », you may get the same food as the vegetarian.

If you eat lactose free food or gluten free food : we will buy some « ready » meals in the supermarket in heat them in the microwave.

Please write only lactose free food or gluten free food if you really have an allergy/intolerance. If you don't eat milk and/or cheese because it is hard to digest, it is not an allergy, just don't eat cheese neither drink milk.

If you have any allergy problems : you may have to remind the cooks in each restaurant.

If you forget to mention your special diet on the information form, we may have some troubles to feed you during the YE. For organisational reasons, it is not possible to change your diet during the YE.

# Travel



For the travel, participants will be reimbursed up to the maximum 275 euros (except France : 20 euros)

Warning : unlike some other host organisations, Tambour Battant follows the rules of the french national agency : you must buy the cheapest flight ticket.

Italian participants must check with Tambour Battant because the budget can be lower (it depends where the participants live).

The amount is per participant and is not transferable to an other participant (even if there is still some money not spent). Obviously, if there is still some money not spent from one country, the amount is not transferable to an other country.

## **How to find your flight tickets ?**

You must start looking for tickets to the closest airports to the YE place.

Airports in order of preference :

Strasbourg, Basel-Mulhouse-Freiburg (to notice, this airport is located in France in Schengen area, no need to have a passeport),

Karlsruhe/Baden-Baden, Stuttgart, Frankfurt Main, Frankfurt Hahn, Zurich.

**Warning : Flights to/from Paris are never accepted**

TIPS :

- Try to land on the closest airport to the YE place (see the list in order of preference above)
- Open jaws tickets (arrival to a city and departure from an other city) are to avoid.
- Try to buy return tickets (not one way with one airline and the other way with an other way) = less emails to send = less calculations to do
- Stop over itineraries (to spend a day or lots of hours in an other city on the way) are to avoid.

- Options will not be reimbursed. Options are : travel insurance, luggage insurance, priority boarding, seat selection, meals on board, flexibility option (possibility to change the date), lounge, fast track, on time guaranteeing
- For the participants who will not book a checked luggage, the « priority boarding » option may be reimbursed (after approval by Tambour Battant) because this option often allows the participant to bring a big cabin luggage
- one checked luggage per participant only will be accepted (15 or 20 or 23kg). If you don't need a checked luggage : do not buy it.
- Multi-city tickets are to avoid

**In all cases, you don't need to search how to reach the YE place from the airport of arrival. Tambour Battant will explain you how to do it and Tambour Battant will organized everything. We will not pick you up at the airport. You will probably take the public transportation. You just have to look for your flight tickets from your city/country to one of the airport which is mentioned above.**

Extra days :

Extra days in the country of origin are not allowed (it means you can not leave home, spend a few days in your capital for exemple and then take your flight).

If you want to arrive earlier and/or go back home later, we have to discuss about it (to come 1 or 2 days earlier OR leave 1 or 2 days later is acceptable (but not more than 2 days IN TOTAL) and again you must ask us before buying the flight tickets). Obviously, your « special » flight ticket can not be more expensive than the flight ticket on the exact dates. All the expenses during extra days are for your own. Our accomodation is not available if you arrive earlier or if your leave later.

It is also possible to come by car but an agreement must be established prior to the departure (for example, only one car with 6 people, shortest way...). If you rent a car (for the entire group of course), you must rent the cheapest. If you come with a personal car, any compensation for the use of the personal car must be negociated before the departure. It is also possible to come by bus, by train or with car sharing.

In all cases, you must contact us before. Hitchhiking is not allowed.

**Warning: do not buy any tickets (flight, bus or train) before telling us the price (luggage included), city of departure, city of arrival, the airline/company and the dates of travel. And please wait for our answer. If we don't answer it doesn't mean that you can buy the tickets (wait for our answer). If you buy a flight ticket without an approval, you may not be reimbursed or be reimbursed partially (for exemple we will reimburse you only the cost of the cheapest flight)**

Reimbursement : The refunds will be made when all the tickets (bus, train, flight) and boarding passes will be sent by email only (no Facebook and no post mail please). You must send us scans or PDF or forwarded emails (pictures from a camera will not be accepted). The scans must be on the good sense of reading (not upside down).

Each leader will have to complete an excel document with all the expenses per participant. Moreover the survey must be done (one survey per leader) and the dissemination work must be done by the partners and/or the participants and the partners have to tell Tambour Battant who are the youth with less opportunities. We must send the money to the partner bank account by bank transfer. Travel expenses will be reimbursed after the YE by bank transfer to the partner organization, within the limit of the Erasmus+ lamp sums

**Program :**

Timetable	Activities
<i>Day 1</i>	
AM	Journey and arrival of Participants
	Participants registration
PM	Welcome coffee
	dinner, icebreaker games
<i>Day 2</i>	
AM	Energizer and overview of all week program
	Expectations and fears of participants, Presentations of partners
PM	Energizer, Dance workshop
	Daily evaluations and leaders meeting, Countries presentations
<i>Day 3</i>	
AM	Energizer
	Departure to Strasbourg
PM	European Parliament or Council of Europe visit, Strasbourg visit
	Diner in Strasbourg
<i>Day 4</i>	
AM	Energizer
	Dance Workshop
PM	Hiking to a Castle
	Daily evaluation and leaders meeting, Evening activities
<i>Day 5</i>	
AM	Energizer
	Dance workshop
PM	Show in the retirement house
	Dance show (to see), Daily evaluation, leaders meeting, Evening <u>activities</u>
<i>Day 6</i>	
AM	Energizer
	Dance workshop
PM	Presentation about <u>Youthpass</u> and key competences
	Final evaluation of the YE, certificates and <u>youthpasses</u> ceremony
<i>Day 7</i>	
AM	Departure of participants
PM	

There will be 3 hours of activities in the morning and 3 hours in the afternoon (10 am to 1pm and 3pm to 6pm)

Free time : except the free time that you will have in Strasbourg (to be confirmed) and the free time before/after the lunch and diner, there is not really “a free day” or “a half a day free”, therefore if you want some time to explore the cities around, think about adding extra days.

## **RESPONSIBLE PARTICIPATION:**

In order to have a responsible and participative atmosphere, we are expecting from you to give the maximum of yourselves to participate as much as possible and in the best way.

Reimbursement of travel expenses inquired by participants will be done according to a full participation in all the activities.

## **WHAT DO YOU TO NEED TO PREPARE ? :**

### **For the meals**



Please think about starter, main course and dessert that your country will cook during the YE for all the participants. Local food (from your country) is preferred !

### **Work and reflection groups**



Bring or make a presentation of your country (maximum 15 minutes). You can use Power point, musics, videos, pictures, etc. Please also bring Information brochures of your country and/or city. It is not possible to use internet in the meeting room during the presentation: all the videos, music, pictures must be downloaded on your computer prior the presentation)

Bring a presentation of your sending organization (present your "sending" organization to the other participants, maximum 15 minutes). Maybe your organisation has already something. You can use Power point, videos, pictures, etc. Please also bring Information brochures of your sending organisation (if there are any).

### **Role plays (energizers) and other group consolidation activities (team building activities)**



Please prepare at least two energizers and one team building activities (= name game) per group (=per country)

### **Dances workshops**



- Select and repeat one traditional dance to show to other participants (and to teach to the other participants) during the YE

- find the music of your traditional dance and keep it on media (and bring it for the YE)

## Cultural visits



There are lovely walks to do around the accommodation. So bring comfortable walking shoes or sneakers

## WHAT DO YOU NEED TO BRING WITH YOU ? :



- Please bring your own towel, soap, sleepers (if you need) and shampoo (and of course tooth paste and tooth brush), if you can not because of liquids limitations (hand luggage) please let us know, we will provide you some if your order in advance

- Bring an umbrella
- Bring your camera if you have one

- Bring your european health insurance card (if you have one), we encourage you to subscribe your own travel insurance <https://www.worldnomads.com> (price around 30 euros), but if you have bought your transportation with your credit card you may have an insurance included (you must check with your bank or credit card compagny), for information, in case you need to see a doctor during the YE Tambour Battant will not pay the expenses
- Internet is available in the accommodation but only in the rooms... (bring your smartphone, do not ask me why but it works better on the smartphones...)
- Bring your credit card if you have one for your personal expenses
- About your health : bring your favorite medicines (exemples : paracetamol, ibuprofren, immodium...), Tambour Battant will not provide any medecines during the YE because of possible allergies to medecines. If necessary, we will bring you to the nearest pharmacy (next village) and you will buy what you need. Please, if you often have fever, bring your personnal thermometer because Tambour Battant will not provide it for hygiene reasons.
- Bring your MP3 player with your favorite music, if you want, usually, the evenings become parties...
- Bring a bit of cash (not to much please for security reason), everything is free and included (accommodation, food, activities), but you may buy some souvenirs
- La Vancelle is not an isolated place but there is no shops nearby therefore it is not possible to make purchases eveyday during the YE, thank you to plan in advance what you would require for the duration of the youth exchange (the participants will have their own fridge in our meeting room)
- The rooms have no keys, please bring a padlock to lock your luggage (Tambour Battant can not be responsible for any lost or stolen item)

## **Insurance**

Participants from EU countries are advised to carry an European Health Insurance Card (former E111 form). We recommend you to pay your airline tickets with a credit card, travel insurance is often included (it is a recommendation only, do not change your credit card specifically for this trip!) We encourage you to subscribe your own travel insurance (for exemple : <https://www.worldnomads.com>). This purchase will not be reimbursed. Also, insurance will not be reimbursed if you add it as an option in your flight ticket

## **Facebook group of the project :**

<https://www.facebook.com/groups/2423203751298547/>

## **Contact :**

Email : [tambourbattant@hotmail.com](mailto:tambourbattant@hotmail.com)

- + 33 9 72 38 63 55 (land line phone = fixed phone)

**We are looking forward to meet you and work together with you. We hope you will enjoy your time in France!**

