

# HIKE

## How I Kan Evolve

**29 Sept – 9 October 2017**  
**Ajaccio, France**

**Countries involved** : Bulgaria, Croatia, France, Italy  
**23 Participants**

**Theme** : Environment and human impact in Nature

Organised by [Center of Youth and Sport of Corsica](#) (CSJC)



## WHAT IS THE PROJECT ?

The Youth Exchange “How I Kan Evolve (HIKE)” brings together young people of all profiles, from 4 different countries. HIKE **wishes to set up a collective reflection on the themes of environment, pollution and possible new alternatives to improve these observations.** The theme of HIKE was particularly chosen following numerous recent articles explaining the deterioration of the local environmental situation. **The objectives of this youth exchange are to promote the awareness of our mode of consumption and our real impact on the environment** by setting up workshops, reflections and debates, proposing 4 days of trekking in nature in total autonomy. To be in action through collective work based on the creation of an event for the attention of the outside public and schools to promote a message of respect and awareness of their actions.

**Activities:** Reflexion about environment and human impact on Nature, discovering new alternatives to develop oneself, hike and night out, creative workshops, organising an event to promote awareness.

**Language :** Activities will be in english, to enhance language practice. Trainers and group leaders should speak english fluently to help communication.

### SOME OBJECTIVES OF THE YOUTH EXCHANGE

1. Explain the details of new alternatives and the freedoms that this suggests.
2. Learning and understanding the functioning of communication and trade (supply and demand, desires and needs)
3. Educate the environment in a practical way, through a multi-day trek in total autonomy organized by participants.
4. Changing behavior and committing to an active and responsible social approach.

## PARTICIPANTS

### **23 Participants :**

- 4+1 for Bulgaria
- 4+1 for Croatia (coming by car if possible)
- 4+1 for France + 1 special need accompanying person
- 4+1 for Italy (coming by car if possible)
- 2 trainers

**Profile :** We aim at involving participants from all profiles between 18 and 30 years old. Participants with disability are welcome as we are including 1 supporting person and as long as participants can walk in autonomy for 4 days in Nature. Of course if participant is interested, ages can be adapted between 13 and 30 years old. It is not necessary to speak english.

**Info about accompanying person :** 1000€ on bill for the whole project.

### **PARTICIPANTS WILL BE COMMITED TO:**

- **Get involved in every step of the project :**
  - o prep meeting,
  - o project,
  - o conclusion meeting
- **Create interactive group presentation during intercultural evening :**
  - o Present your country's culture in 30 minutes max (keep in mind that it is about sharing culture, not promoting nationalism ; ) )
  - o You can bring food but there is no refrigerator and we cannot cook
- **Organise the nights out during the 4 days trek.**
- **Create an animation about topic to suggest in public to promote awareness regarding environment.**

### **PARTNERS/GROUP LEADERS WILL BE COMMITED TO :**

- **Make a preparation meeting with participants (within the month before the project) to :**
  - o Meet between participants Share the objective of the project and program
  - o Talk about what is the YouthPass
  - o Think already about the intercultural activity
  - o Take care of 15€ participation fee
  - o Talk about material to bring / Help with the registration file online.
- **Lead a 1h workshop on the topic during the week**
  - o Bulgaria : New alternatives workshop
  - o Croatia : workshop on environment context
  - o Italy : I pay, I vote workshop and education to media
- **Organise a conclusion meeting with participants (within the month after the project) to :**
  - o Ask about a small report regarding professional and personal change
  - o Help participants with Erasmus+ related topics (EVS/Project's building...)

## PRACTICAL INFOS

**Arrival :** Friday 29/09/17 max 18pm.

**Departure :** Monday 09/10/17 from 9am to 12pm.

### Travel tips

Due to its touristic attraction, please note that fees are expensive to come to Corsica, especially in summer time ! So **be sure that you book your transportation as soon as possible** to pay the minimum amount. Cheaper option is the boat, but it's the longest : you might have to plan a night in the boat.

- **By air** : airfrance, aircorsica, easyjet, volotea
- **By boat** : corsica ferry, corsica linea, meridionale...

### Accommodation and meals :

- We will be hosted in fully equipped CSJC rooms. Participants will be in rooms by 2 or 3 from same country. It is necessary to take your towel and your hygienic kit.
- CSJC will organise meals. Depending on program it can be cold (outside activities) or hot meals at the self restaurant.

### Insurance

- Participants should bring their European Health Insurance Card and are recommended to take travel insurance

### Participation fee and Refunding process

- Participation is 15 euro and is to be payed in cash on arrival to the project
- Travelling costs to be reimbursed are in the amount of tickets prices up to the maximum (regarding Erasmus+ refunding rules) per each participant, by **transferring the reimbursement to sending organization account**. Please note that CSJC cannot refund individuals !



Country	Max refund per participant in €
Bulgaria	275
Croatia	180
France / Ajaccio	0
Italy	180

## About coordinator CSJC :

The CSJC has a strong position in the field of youth, sport and cultural development of the island, especially with the organisation of actions about various topics regarding all publics.

There are four main missions that the CSJC works on :

- An issue of social utility
- A sporting challenge
- An issue of public service
- A challenge for sustainable development:
- For a few years now, the establishment is developing the island internationally.

## SUMMARY OF WHAT YOU HAVE TO DO

- Make sure you arrive in Ajaccio. Public transports are not very convenient in the island if you arrive somewhere else.
- Let know the CSJC if you need cold lunch on departure day before project starts.
- Let know asap about special diet in your group.
- Let know about participants in wheelchairs

## Material to bring

- Outdoor clothes - comfortable sport clothes and sport shoes (consider sea and hike)
- Material to sleep outside : Bag + Sleeping bag + mattress + head light + plate and cutlery. **Please let know the organisation if you don't own this material.**
- Personal medications (if needed)
- Personal things (towel, personal hygiene kit)
- Passport or other official identification
- Invoices and travel tickets

## Applications and information

For any questions and information about the project and application process contact the sending organizations and contact persons. If this youth exchange is interesting you, please send your application forms to your organisation **before July 31st**.

Country	Sending Organisation	Contact
Croatia	Outward Bound Croatia	lana.novosel@outwardbound.hr
Bulgaria	Bulgarian Sport Development Association	info@bulsport.bg
France	Centre du Sport et de la Jeunesse de Corse	Mathilda.olive.pro@gmail.com
Italy	Kamaleonte	raimondiroberta@virgilio.it