



In France

Riom-ès-Montagnes – Condat – Saint-Nectaire (France)

6th to 28th AUGUST 2019

With 50 youth participants from

Mexico France

India Bulgaria

Italy South-Africa

Spain

<http://7trailsformixity.org/>

Facebook : 7 Trails For Mixity



Co-funded by the
Erasmus+ Programme
of the European Union



ZASHTONE!
Why not!

Place and logistic details

7 Trail For Mixity Youth exchange is planned from **06 august (Arrival day) to 28 august (departure day) 2019** in 3 small villages in very beautiful part of France, Cantal Auvergne. situated in the central region of France. It's famous with the good food, wonderful landscapes, volcanoes, delicious cheese, quality of life.

We are accommodated in 3 cottages in Riom-ès-Montagnes, in a college in Condat, in 2 big cottages in Saint-Nectaire. Room are for 2/3 to 6/8 people.

In Riom-ès-Montagnes, Condat, activity rooms, kitchen, living room are all side by side, close to the village center. In Saint-Nectaire, activity, lunch place is 10 min walking from the accommodation place.

We have fresh and quality food prepared by our cooker Nikolay.

Riom-ès-Montagnes:



Condat:



Saint-Nectaire:



Description of « 7 TRAILS FOR MIXITY » Youth Project

Partner and group participants

The youth exchange project “7 Trails for mixity” organised from 06th August (arrival day) to 28th August (departure day) 2019 is an initiative set up in the framework of European Union program “**ERASMUS+**” (http://eacea.ec.europa.eu/erasmus-plus_en), leaded by Euroculture en Pays Gentiane and involving 7 partner countries from those organisations : KwaMashu School of Dance Theater (South Africa), Arka Art Trust (India), C3 Spazio Creativo (Italy), Instituto Artene (Mexico), Pirineus Creatius (Spain), Zashto ne ! Why not ! (Bulgatie).

European Union and local funds permit us to welcome you during three weeks, covering activities, accommodation, foods for each participant and refund a part of your transport costs (cf part travel refund).

This project put together 50 young people aged from 16 to 30 years old and coming from Bulgaria, France, Italy, Spain, India, Mexico, South-Africa. Each groups of participant have to be composed by **6 young people + 1 leader (can be more than 30 year old)**. To be participant from a country, you can be a citizen having the nationality or a legal resident in this country (foreigner, refugee with resident permit are welcome). French group is composed by young participant from Auvergne and young refugees waiting for their asylum application in the CAO of Champagnac, youth participant with mental disability.

This exchange is about mixity, so each group composition need to be representative **of the diversity of our societies**. Groups has to involved **as many girls as boy and people from different background**, origins, people with special needs, disabled people. Two specialized educators will be present the all exchange to support people with special needs.

Concept

The exchange is about building an intercultural common project and production in different forms (performances, exhibitions, short movies, documentary, blog ect) to **explore and reveal our cultural diversity, imagination, creativity, opinion and collective richness** and share it with local population in host villages, using arts as intercultural tools.

Youth exchange aims to create a space for meeting, for reflection and action, **around the topic of mixity, ways, methods, tools to make everybody having access to non-formal activities**.

We will offering enough time, resources, methods, activities, interventions, to understand better, positioning ourselves and take action as young citizens to share and promote this process of exchange.

The variety of point of views, of shared feelings and experiences, will bring us **into constructive meetings and discussions, in order to develop reflection, production**, action around this complex issue.

Production done in creative workshop will permit us to **produce various outputs** (blog, documentary, short-movies, performances, exhibitions) according to the proposal of the participant, based on a dynamic fusion of the the different cultures and artistic fields, expressing cultural diversity and stories.

Main topic: How arts can contribute to inclusion and mixity?

7 Trails for Mixity youth exchange is a part of an experimental capacity building project involving 7 partners from 4 continents. It aims to show that youth activities involving arts and cultures should be opened to all young people as a key tool for personal and professional development and whatever their origins or situations are, to increase mutual understanding and benefits among all young people and citizens and to stop the isolation of a large part of the young people staying in specialized centres and under-represented in the medias and cultural spheres.

During this youth exchange, **we will experiment new non-formal education methods** proposed by professional artist and youth workers, how observed good practices to the side of 7 partners from February to June 2019. Some of them will intent to the youth exchange.

We propose to create together a mixed environment enriched by wide diversity of participants and **find ways to build a common space for expression**, in everybody has his/her chance to propose, to express, to share, to learn, to leat to leat, to flourish. We want to share tools, ideas, methods to make is able in our country to develop such kind of activities which mix people and include those how are usually isolated and under-represented.

Collaborative and creative activities

At the beginning of the exchange, we will get in contact thanks ice-breaking games, communication exercises, meditative workshop, sport which we will help you to listen each other an act as a group. Then we will exchange about our topic of **mixity and representativeness** in our different country. Beside, we will organize workshop to discover different artistic fields : movement, theatre, circus,

music, singing which are very efficient as intercultural tools, to build the group and collective dynamic and to express our self. Arts are also a valuable way to achieve new skills.

The creative process will be developed in different participative **workshops using artistic expression: performing, visual arts, communication** leading by different participant/leaders according to their skills and know-how.

Professional and experimented artists from partner's organizations will be present during all the exchange to teach and guide participants in each field: dance, theatre, visual arts, painting, circus, music, singing.

A lot of free, informal time and evening times are set aside for activities with the local population and local associations: party, intercultural evening, games, walks, sports. This time can also be used **for participants to propose and realize activities.**

Valorisation / Dissemination of results

We are commented with the local board which support our project to **share with local communities as much as possible our creative productions**, our reflexions, to sensibilize to cultural diversity, mixity matters, promote cultural diversity. Local impact is a very important dimension of the project.

So, the results shall be shared during the youth exchange through **public events with projections/debates, street animations and performances.**

Dissemination, valorization is also made through **social networks, through our web-platform** and continued through actions in Cantal and in each participating countries, after the project. Each group is encouraged to organize in its country a valorisation session / feed back to promote our common work, great experience, communicate about Erasmus+ opportunity, to give the chance to other youth people to live further intercultural experience.

What to gain in participating to the youth exchange?

- Multiple learnings outcomes, new skills, knowledge
- Develop mutual understanding and tolerance
- Stage experience
- Better knowledge of the Erasmus+ mobility programmes
- International network of friends and professionals created
- New knowledges in the field of social inclusion and inclusion policy in your own country
- Grow your citizen awareness to news tools and methods to act developing your society.
- New awareness generated confronting ourselves with different positive cases, will benefit to the participants who will be in possession of new assets for their personal social and economical integration and to become active young leaders on the major issue of citizenship integration and with the development of a common information system, with the support of our coordinating organisation, to create, manage and monitor the different initiatives.

Objectives

- **Increase mutual understanding and benefits among all young people and citizens** and to stop the isolation of a large part of the young people staying in specialized centres and under-represented in the medias and cultural spheres.
 - **Discover each other**, culture from different countries, realities, activities, stories, knowledge, experiences, and points of view
 - **Create a unique space of exchange and dialogue** bringing together people with culture and different mental conditions
- Experiment new methods using arts as an **intercultural and therapy tool**
- **Developing a common reflection about a major contemporary issue, which is inclusion of disable people in our society**, we are all concerned about using arts and intercultural dialogue

- Gaining for each participant new **skills and stage experience** and develop mutual understanding and tolerance. We are looking to bring some **benefit to participants and emphasize** that the arts are a valuable way to achieve this.
- Enhancing **skills and knowledges** in different field useful for personal, professional, social life
- Setting up a common project following our topic, developing mutual understanding, solidarity and tolerance between young people of different countries and culture
- Permitting each participant to find his own space for expression and develop his **personal fulfillment**
- **Setting up an event all together and sharing it with the local population** during the exchange and create objects and realization permitting to keep going sharing our experience after the exchange in our different countries.
- **Learning how to communicate in a multicultural environment**, to acquire skills in the artistic field and how to conceive and set up a European project and valorize it in the future
- Building up a new social and international network
- Transmit methodology and know-how about intercultural project management to permit youth participant to develop similar project in their own countries

Expectations and commitments

There is no selection, no criteria to take part to this project, except age (16 to 30 years old). But some terms must be known and respected:

- To be committed and motivated** to take part in the project in from the preparatory phase to the end.
- To be involved in **the preparatory time** : research information about mixity and representativeness in your country to be presented to the group at the beginning of the exchange. Send preparatory questionnaire beginning of july.
- **To be involved in the activities**, fix to the time table and time.
- To be commented in the evaluation process.

- **Take initiatives; make proposals** in the formal activities frame and in the informal time proposing extra activities.
- **To fix to the date 06th to 28th August 2019 and take part the all 3 weeks exchange.** It is not possible to arrive late and return earlier. Fix the arrival and departure time indicated in the part "Intinerary".
- **Each partner group has to involve 7 participants** (including leader) not less, representative of diversity of our societies
- We rely on **good will, good spirits** and **cooperation** to take an **active part in the community** life and contribute to the good execution and quality of this project (setting the table, washing up, serving, keep common rooms clean). Sometimes, our cooker, Nikolai needs help.
- **Respect the basic rules of community life.**
 - Contribute to organize performances helping the technical team,
 - Contribute to promote the project during the exchange and after, creating connections with local communities and inhabitants, in France and in your own country to keep the project alive after the exchange.

Travel refund

If you organize yourself as soon as possible you have the chance to have good price for the ticket and have most of your ticket costs covered.

You are reimbursed according to the straight distance between the place you travel from (your place) to Riom-ès-Montagnes, using the distance calculator supported by the European Commission:

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm .

See in the table below the amount of money reimbursed per participant (among fixed by European Union).

The amount indicated applies to return journey meaning do not multiply per 2.

Eligible costs	Amount	Rule of allocation	
Travel	Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return	For travel distances between 10 and 99KM: 20 EUR per participant For travel distances between 100 and 499 KM: 180 EUR per participant For travel distances between 500 and 1999 KM: 275 EUR per participant For travel distances between 2000 and 2999 KM: 360 EUR per participant For travel distances between 3000 and 3999 KM: 530 EUR per participant	Based on the travel distance per participant. Travel distances must be calculated using the distance calculator supported by the European Commission http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm (The amount indicated applies to return journey meaning do not multiply per 2)

KEEP YOUR ROUND TRIP TICKETS : all tickets (plane, bus, RER, train, coach tickets, motorway, petrol tickets), boarding pass and invoices from your place to Clermont-Ferrand on 06th august, and from Clermont-ferrand to your place on 28th August. Proofs of transport have to indicate your name, date of travel, prices, departure and arrival place.

If you do not provide these complete documents, with required informations, you cannot be reimbursed by European Union.

NB :

- European Union can tolerate you stay in France 2 days before or after the formal date of the exchange (to visit France for exemple), but fees during this time (accommodation, food, activities) are at your expense. And still you need proofs of travel to come until Clermont, and your leave from there.
- If you total travel costs is less than the fixed allocation or equal, you can be refund 100%.