

"Digital Detox and Nature Connection for Sustainable Living II"

12. April 2022 - 23. April 2022

In the Black Forest in Germany



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1. What?

“Yes to sustainability” is an Erasmus+ project that aims to bring young people from different regions of Europe together to learn foreign languages and cultures, to learn best practises on youth participation and to contribute to a better world.

Youths will come together to experience life in an ecovillage/ eco project and explore what kind of life they are creating for themselves and the world. During these days, there are different activities and time to reflect on how to develop your own life in a sustainable direction.

2. When?

The activity will take place from 12. April 2022 – 23. April 2022, 10 days long. Arrival day is on Tuesday, April the 12th, between 16h and 19h. The event will end on Saturday, April the 23rd and you can expect to depart between 13h and 15h.

3. Who?

Basic English-speaking youths with residence in Germany, Spain, Sweden, France, Slovenia or Italy in between 18 and 30 years who would like to explore living in a sustainable community without digital media.

4. Where?

The youth exchange will take place in “Haus Sonnenwald” in the village Schernbach-Seewald, Germany in the region of the Black Forest.

The hosting young (since 2015) non-profit organization „Freundeskreis der Akademie für angewandtes gutes Leben e.V.“ is establishing a place for transformative, practical and alternative education and a place where we can experiment with sustainable lifestyles to create innovative and creative solutions for the big challenges of our time.

The vision is to empower people and to help them unfold their unique potentials to be able to get active as pioneers of change for a good life for everybody.

The principles and values are a focus on the common good and the individual needs, the unfolding of everybody’s individual capabilities, exchange and networking with locals and international partners, ecology and regenerative, thoughtful lifestyles and creating a “new-we” – a corporation in trust, solidarity and awareness.

5. Food

Included meals are vegan/vegetarian, and we will try to provide for special diets if necessary. Please inform us if you have special needs. We cook our own food, and we will organize ourselves in kitchen teams!

Concerning drugs and alcohol we would like to make it clear that there is a no-drugs tolerance during the youth exchange. It is allowed to drink alcohol in a responsible way and as long as it does not affect the ability to take part in the programme and planned activities. It is NOT allowed to drink alcohol during the daytime. There will be smoking corners - it is allowed to smoke only there.

6. Accommodation

The accommodation will be simple, but pleasant, in shared rooms in the big guest house “Haus Sonnenwald”.

<https://www.gruppenhaus.de/haus-sonnenwald-schernbach-seewald-das-barrierefreie-ferienhaus-im-schwarzwald-bauernhof-sonnenwald-seewald-hs10809.html>

If you wish your privacy, you can bring your own tent!

Blankets and pillows are provided. Please bring your own sheet, duvet cover and big (German) pillowcase. If you prefer your sleeping bag, please also take a sheet for the mattress with you. You can also rent sheets, duvet covers and pillowcases for 5€ and towels for 3€.

7. What to bring

- Sheet, duvet cover and big pillowcase or sleeping bag and sheet, towel (can be rented)
- Workwear
- Raincoat and warm clothes
- Comfortable shoes for working, walking and being outside
- Ecological and biodegradable shampoo, toothpaste and soap
- House slippers
- Flashlights
- Your special needs, like medication, etc. (There is no shop nearby!)
- Water bottle
- Diary
- Musical instruments and games, analog camera, alarm clock, watch, CD or cassettes for our party time without digital media if you want
- Your best smile 😊

8. Insurance

We ask you to apply for the European Health Insurance Card. In some countries it is included in your normal Health Insurance Card – have a look on the back of your card and check it with your Youth Leader. You are obliged to bring a European Health Insurance!

9. Programme and activities

Sustainability: Through different activities we have time to explore and share our dreams, challenges, and opportunities as a generation, participate at workshops and intercultural activities. Immerse into sustainable living through actions we assist in different community works e.g. cooking and preserving food, building and repairing projects, planting trees and turning hay, cultivating vegetables, taking care of the cows.

Digital Detox: The whole program is without digital media to gain awareness about your digital behaviour and to find out what makes you happy besides mobile phone, computer etc. accompanied by workshops.

Nature connection: Besides living surrounded by nature during these days, there are also some workshops focused on herbal knowledge and nature rituals.

10. Costs

The project has been financed by the Erasmus+ programme.

Accommodation and food are included. We will reimburse up to 100% of your travel costs up to the limit set out below (11. Travel), as long as the reimbursement process is followed. We will reimburse you by bank transfer after we have all your original tickets, including return travel tickets and your completed form.

The participation fee for this project is on a sliding scale from 80 € - 150 € that needs to be paid in advance. It is on a sliding scale to take into account both your own personal situation and also the different economic situations across the partner countries. Please take these factors into consideration when deciding your participation fee.

If you are not able to come, you will only get back the money when you find a substitute person.

If the exchange need to be cancelled, you will definitely get this money back!

11. Travel

The National Agency expects you to travel from your home country. Coming here can be combined with another, work related trip if one way is to/from your home country. You have 3 travel days to arrive and 3 travel days to go back home by car, train or bus! We don't accept flights!

With public transport:

Next big city: Stuttgart or Karlsruhe. From Stuttgart or Karlsruhe, you can take the train to the train station: Freudenstadt Hbf. In Freudenstadt Hbf you need to take the S8 (train) (direction Karlsruhe Tullastraße) to the station: Stadtbahnhof/ ZOB Freudenstadt. From there you can take the bus 7787 (direction Besenfeld) to the bus station: Schernbach Ort.

To check your route you can use the following link:

<https://reiseauskunft.bahn.de/>

Don't hesitate to ask the German group for train booking. There are ways to make it cheaper! First class tickets as well as taxi costs cannot be reimbursed.

By car:

The exact address is: Haldenweg 15 in 72297 Seewald - Schernbach (Germany)

Costs

For the reimbursement of travel costs we need the original train or bus tickets or original fuel bills. The travel costs are covered by the EU up to the following maximum amount that depends on the distance you travel from:

- 210€ (100-490km)
- 310€ (500-1999km)
- 420€ (2000-2999km)

Unfortunately, due to the Covid Situation, we cannot guarantee that you will be reimbursed the travel costs incurred if the exchange is cancelled at short notice. Best is to carpool with the other participants from your country!

We hope for your understanding in these special times!

12. Application

If you haven't already done, you can apply for the project by the 27th of February 2022 by completing the following form: tinyurl.com/digitaldetox22

We will let you know as soon as possible if we have a place for you.

13. Contact details

Corinna for Germany: corinna.fech@bewusstdigital.de

Fillipo for Italy: ceschi@hacari.org

Angela for Spain: angelamartin1612@gmail.com

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More information:

www.yestosustainability.org

<https://www.gutes-leben-akademie.de>