

INFOSHEET

“Youth On Earth – Yes we (c)are”

What does it mean to follow my inner voice?
Discover Authenticity

ERASMUS+ YOUTH EXCHANGE

**ZEGG, Bad Belzig, Germany
23th of August - 4th of September 2023**



You can apply for the project by the 23th July by filling in the following form:

<https://forms.gle/Chfh4Y3Jmq29Hfoh7>

Selection of the participants will happen by the 27th July 2023

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1. General information about the project

“Youth On Earth – yes we (c)are” is a project of “Yes to Sustainability”, an international project that aims to bring together young people from different regions of Europe by organizing Youth Exchanges in different ecovillages and rural projects, funded by Erasmus+.

WHAT IS A YOUTH EXCHANGE?

It is an Erasmus+ project that allows young people to go abroad, to learn foreign languages and cultures, to learn best practises on youth participation and to contribute to a better world with the support of the Erasmus+ program. It provides an opportunity to join meaningful work and experiential learning while costs for food, accommodation and travel are funded.

CONSCIOUS CONTRIBUTION

As an investment in your learning journey, we ask you for a conscious contribution (recommended donation between 80€ and 350€). Money is still a taboo topic in our society. On the last day we come together and you have the opportunity to discuss that topic and how you feel about it. You are invited to donate as much as you feel comfortable with and want to give from your heart, also regarding your current financial situation, free from duty, shame or guilt.

WHEN

From 23th of August to 4th of September 2023

- Arrival on the 23th of August, if possible between 15h-18h
- Departure on the 4th of September after 11h

WHERE

The ZEGG is one of the oldest ecovillages in Germany, founded in the nineties, where 110 people are living in close partnership and cooperation with the land around them and with its beings. The ZEGG is an intentional community and seminar centre and sees itself as a research project exploring socially and ecologically sustainable ways of living. A particular focus is the field of human relationships, communication and the issues of love and sexuality. Their ecological work is guided by the principles of permaculture. A reason to live in a community is to get into contact with other people and most importantly with ourselves.



PROGRAM & ACTIVITIES

We want to create a nervous system-sensitive space where we slow down to feel more of what is happening and to integrate the things that are happening. Our vision is to create a group experience where we can learn and experience ourselves with each other, and walk out with more inner presence and loving self-contact.

This exchange is for people between 18-30 years old, who want to co create with us a safe space of trust, authenticity, love, sensuality, mutual support, respect, where you can follow your inner truth and experience yourself in a group. By slowing down the speed and regulating our nervous systems and by learning the basic techniques of communicating our feelings, needs and boundaries, we gain confidence and security in ourselves, relationships and groups. We want to raise consciousness in the fields of social conditioning, love & sexuality, connection to yourself, our bodies, nature and others through methods like Forum, Medicine Walk, Men-& Women and Queer Circle, Deep Ecology and Conscious Bodywork. This Youth Exchange takes place in an ecovillage to show us a new perspective of sustainable living. In the mornings we will help the community in the garden and kitchen.

Topics:

- Authenticity/ Consciousness Work/ Self Development
- Spirituality/ Shamanism/ Nature Rituals
- Feelings/ Needs/ Communication
- Group Building/ Celebration/ Fun
- Exchange/ Skill Sharing/ Networking



3. Travel information

Participants should arrive at ZEGG on the 23th of August if possible between 15h-18h and leave on the 4th of September after cleaning together the space, 11h

TRAVEL RULES:

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.

3 travel days before and 3 travel days after the activity are possible. **We encourage all to use all the 6 travel days to have some stopovers to visit friends or discover the surrounding.** (Direct route is needed.) Food & accommodation during the travel days won't be reimbursed, only the transport costs.

Accepted travel days:

21.8., 22.8., 23.8. and 4.9, 5.9, 6.9

COSTS:

The travel costs are covered by the EU up to the following maximum amount that depends on the distance you travel from:

- 23€ (0-99 km)
- 210€ (100-490km)
- 320€ (500-1999km)
- 410€ (2000-2999km) only for Spanish participants possible

HOW TO GET THERE:

- Nearest (Flix)bus station: Berlin

From Berlin you can take the train to Bad Belzig.

- Nearest train station: Bad Belzig, Germany

- By Car- look in google maps : ZEGG, Rosa-Luxemburg-Straße 89, 14806 Bad Belzig, Germany

Important note:

We encourage you to consider traveling by shared car rides, train or bus, if possible, because it is the most ecological option. Planes are not allowed! However, we realize that some of you have a long way to travel, so this might not be a feasible option.

Please, be aware of the following information:

- Remember to keep all your original travel documents (invoices, electronic tickets, train tickets, fuel bills etc.) and give them to your Group Leader. Please **PRINT** your electronic tickets beforehand and bring them to the Youth Exchange! In addition send all your electronic tickets to: stefanie.goerisch@gmail.com
- No planes! Taxi fares cannot be reimbursed, if you decide to take a taxi, it will be at your own expense. First class tickets are not accepted.
- Try to do carsharing!
- The reimbursement of the participant's travels will be done after the end of the Youth Exchange, once the host organisation receives all the documents by the Group Leaders and it will be made by a bank transfer to your bank account. This can take up to -4 months.

4. What to bring

- Workwear
- Swimsuit and towel
- Sleeping bag (and your own tent if possible)
- Raincoat and warm clothes (the weather can quickly change)
- Comfortable shoes for working, walking and being outside
- Musical instruments and games
- Ecological and biodegradable shampoo, toothpaste and soap
- Slippers
- Diary/ notebook
- Mosquito spray, tick tong if you have
- Money (cash)
- Towel for the sauna
- Your European Health Insurance Card
- Your special needs (the nearest shop is 20 minutes to walk)

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 Group Leader! **You are obliged to bring an European Health Insurance!**

TERMS

Age between 18 and 30 years.

Residents in Spain, Italy, Germany and France.

Language: Basic English.

4. Food and Accomodation

FOOD

The ZEGG kitchen team is providing us 3 times per day some delicious and organic vegetarian/ vegan food. If you have special diet needs please write it down in the application form.

ZEGG is a drug free place. We ask you to respect it!

ACCOMMODATION

The accommodation will be simple, but pleasant in a common bedroom, in private tents and maybe a common tent (It isn't clear yet!). **If possible please bring your own tent! Please inform your Group Leader if you can not bring it along.**

You should bring your sleeping bag with you. Mattresses and sheets are provided! Pillows and covers & towels can be rented for 8 €.

During the day we will be outside or in the community room for our group.

5. Contact details

Spain (Ena) : iteshka397@gmail.com

Italy (Davide): davide.scotti90@gmail.com

Germany (Stefanie): stefanie.goerisch@gmail.com

France (Ena) : iteshka397@gmail.com

FOR MORE INFO:

<https://www.zegg.de/en/>

<https://yestosustainability.org>

How to apply?

<https://forms.gle/Chfh4Y3Jmq29Hfoh7>