


An aerial photograph of a vast, dense forest. The forest is composed of many tall, thin trees, likely pines or spruces, with a mix of green foliage. In the center of the image, there is a large, open clearing with a lighter green, grassy or mossy ground. The overall scene is lush and natural, with a soft, slightly hazy atmosphere. The text 'WILD CAMPING' is overlaid in large, white, sans-serif capital letters across the middle of the image.

WILD CAMPING

Erasmus+ KA105



Activity: Youth Exchange

Dates: APV: June 3-4 / YE: July 5-11

Venue: Kaunas, Lithuania (APV) / Marcinkonys, Lithuania (YE)

Participating countries: Lithuania, Armenia, Spain, Portugal,
Luxembourg, UK, Poland

Number of participants: 2 (APV) / 6 (YE)

CONTEXT

As the lives of youngsters become more and more sedentary, this leads them to neglect physical activity which is crucial for the human's development at that age. The lack of physical activity leads to various health problems, including obesity, diabetes, high blood pressure, heart diseases. It also negatively affects the mental health of youngsters. Time spent in front of a TV or computer screen disturbs the normal psychological and social development: it adds to less curiosity, lower self-control, more distractibility, more difficulty making friends, less emotional stability, being more difficult to care for, and inability to finish tasks. **One of the ways to improve youth's mental and physical well-being is by wild camping.**

Camping in nature offers many benefits for young people. It adds to the physical activity time, helps to build and strengthen relationships, teaches valuable lessons about self-reliance and teamwork. Basking in a forest can reduce psychological stress, depression symptoms and hostility towards others. It can also lift the mood, improve sleep, increase vigour and help to feel more alive.

AIM & OBJECTIVES

The main goal of the project Wild Camping is boosting the social inclusion of young people with fewer opportunities with the means of physical outdoor activities.

In order to reach the main aim of the project, we have set out the following objectives:

- To raise youth's awareness of a healthy lifestyle;
- To familiarise youth with the outlets for managing their physical and mental health;
- To learn how to do wild camping safely;
- To facilitate international youth collaboration on the topic;
- To spread the knowledge of the Erasmus+ programme and its benefits to wider audiences.

PRIOR TO THE YE

- prepare to talk about social exclusion/inclusion situation in your community
- present how outdoor activities are being used for social inclusion in their countries
- in country teams, prepare to lead a special workshop on wild camping and different aspects of it. Each team will be able to choose from 4 topics (environment, healthy lifestyle, inclusion and self-reliance vs teamwork) and 4 methods (World Café, Open space workshop, Fishbowl conversation, Bohm Dialogue)
- prepare possible additional activities or games to be presented while walking or sitting down near the campfire
- share information about the project in your own networks
- search for or think of original energizers, ice-breaking activities, ways for reflections, YouthPass usage and other non-formal education methods that might be used during the project.
- refresh your English skills.

ARRIVAL DAY		
AM	Arrival, check-in	
PM		
	Free time / socialising / table games evening	
DAY 1		
AM	Ice-breaking & teambuilding	Ice-breaking, team building, games ("Speed dating", "1 to 20")
	Introduction to the project, its rules, schedule	Teamwork, presentation, non-formal discussion
PM	Sharing expectations for the project, setting objectives	Public speaking, steering, mapping
	Introduction to feedback, reflections, evaluation	Presentation, reflection, evaluation ("Five finger", "little boats"), giving feedback
DAY 2		
AM	Info-session: what is camping?	Presentation, audiovisual learning
	An interactive lecture by a guest from Scout Movement: surviving in the wild	Guest presentation, learning by doing
PM	Practical work in groups: integration through nature	Teamwork
	Introduction to Nature Therapy	Workshop, games
DAY 3		
AM	Energizers	Energizer, games
	Hiking	Kinaesthetic learning, self-reflection, outdoor learning, learning by doing
PM	Setting camp for the night	Teamwork, learning by doing
	Workshop by the participants: environment	World Café/Open space workshop/Fishbowl conversation/Bohm Dialogue
	Reflections	Reflection, evaluation, self-reflection

		DAY 4	
AM	Energizers	Games, sports games	
	Hiking	Kinaesthetic learning, self-reflection, outdoor learning, learning by doing	
PM	Setting camp for the night	Teamwork, learning by doing	
	Workshop by the participants: healthy lifestyle	World Café/Open space workshop method/Fishbowl conversation/Bohm Dialogue	
	Reflections	Reflection, evaluation, self-reflection	
		DAY 5	
AM	Energizers	Games, sports games	
	Hiking	Kinaesthetic learning, self-reflection, outdoor learning, learning by doing	
PM	Setting camp for the night	Teamwork, learning by doing	
	Workshop by the participants: inclusion	World Café/Open space workshop method/Fishbowl conversation/Bohm Dialogue	
	Reflections	Reflection, evaluation, self-reflection	
		DAY 6	
AM	Energizers	Games, sports games	
	Hiking	Kinaesthetic learning, self-reflection, outdoor learning, learning by doing	
PM	Setting camp for the night	Teamwork, learning by doing	
	Workshop by the participants: self-reliance vs teamwork	World Café/Open space workshop method/Fishbowl conversation/Bohm Dialogue	
	Reflections	Reflection, evaluation, self-reflection	
		DAY 7	
AM	Interactive revision of all the things learnt	Work in pairs	
	Preparing disseminational material	Teamwork	
PM	Project wrap-up & evaluation	Evaluation	
	Special meditation session in the nature	Reflection, meditation	
		DEPARTURE DAY	
AM	Departure		
PM			

AFTER THE YE

- 1) sharing photos and videos from the youth exchange;
- 2) writing press releases, blog posts, articles to the digital media about the project;
- 3) sharing pictures with the slogans created during the youth exchange highlighting wild camping benefits;
- 4) organising info-session for the local youth about the camping, social inclusion and this project;
- 5) any other dissemination activities that youth came up with.

PARTICIPANTS

- 1. team leaders (1 per country);
- 2. youth with fewer opportunities (2 per country);
- 3. youth interested to learn about social inclusion through physical outdoor activities (3 per country).

ACCOMMODATION

- The youth exchange will take place in Marcinkonys, a village in the Dzūkija National Park. The park is the largest protected area in Lithuania and the country's most extensive forest.
- Our base camp will be a rural tourism home. There will be electricity, Wi-fi, showers, toilets. For the first two days we will stay there, third to sixth days will be spent completely outdoors without any facilities and on the last day, the group will come back to the home.
- We will hike around 10km every day.
- Every participant must take a SLEEPING BAG.

TRAVEL

- Kaunas airport – Kaunas station (bus route no 29/29E) – Varėna (bus) – Marcinkonys (bus)
- Vilnius airport – Vilnius station (train, bus routes 1; 2; airport express) – Marcinkonys (bus)
- Organisers will pick you up and take you to our base camp
- Every participant must purchase travel tickets with flexible dates and insurance for travel disruption/delay

FINANCES

Accommodation, food and other project-related expenses are covered by the EU.

Maximum reimbursable travel costs:

Country	Maximum compensation amount, eur
Lithuania	20
UK	275
Luxembourg	275
Poland	180
Portugal	360
Armenia	360 (+35 visa costs)
Spain	360

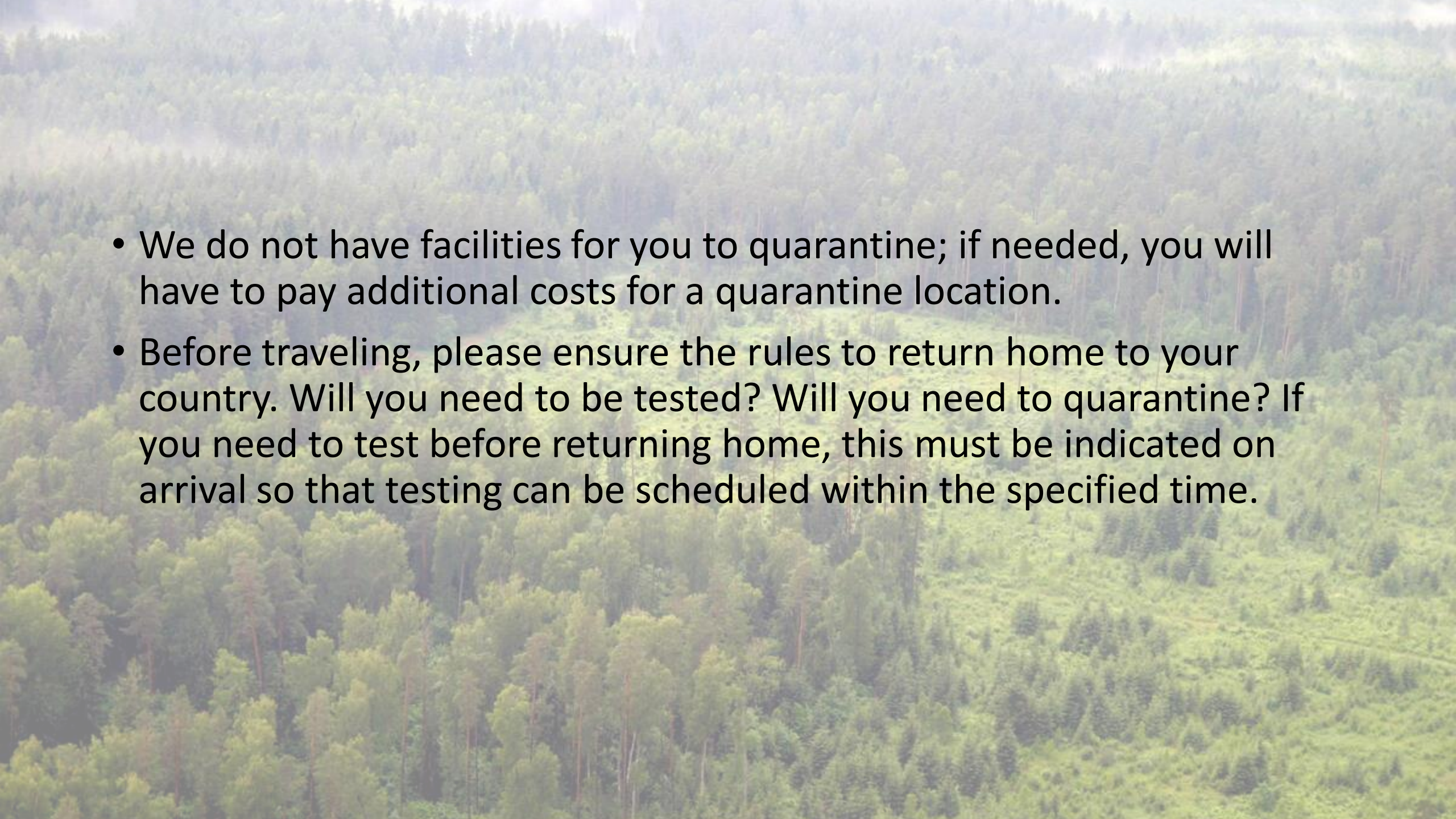
WHAT TO BRING

Pack light!

- Hiking backpack
- Comfortable waterproof hiking shoes
- Sleeping bag
- Towel
- Personal cosmetics, sunscreen, mosquito repellent
- Sleeping bag and towel
- Comfortable clothes – layers layers layers! Pack quick drying t-shirts, warmer jacket, swimsuit, extra socks
- Insurance

COVID RULES IN LITHUANIA

- All persons have to provide a negative result of COVID-19 (PCR or antigen) test taken **within 72 hours** before the entry to Lithuania;
- All persons, arriving to Lithuania **by all means of transport**, are obligated to register with the National Public Health Center.
<https://keleiviams.nvsc.lt/en/form>
- Mandatory face masks indoors.

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- An aerial photograph of a vast, dense forest with a mix of green and brownish-green trees, covering rolling hills. The text is overlaid on the lower-left portion of the image.
- We do not have facilities for you to quarantine; if needed, you will have to pay additional costs for a quarantine location.
 - Before traveling, please ensure the rules to return home to your country. Will you need to be tested? Will you need to quarantine? If you need to test before returning home, this must be indicated on arrival so that testing can be scheduled within the specified time.

HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are required to have a valid European Health Insurance Card + additional private insurance that covers COVID-19 cases.

An aerial photograph of a vast, dense forest in Lithuania. The forest is composed of a mix of tall, thin trees and shorter, denser vegetation. The colors range from deep greens to lighter, yellowish-green, suggesting a diverse ecosystem. The text "SEE YOU IN LITHUANIA!" is overlaid in the center in a bold, white, sans-serif font.

SEE YOU IN LITHUANIA!