



OLDE VECHTE FOUNDATION

Invites you to

EUROPE EXPRESS

an International
Youth Exchange

in

Ommen, the Netherlands

6 – 17 March 2015

Europe Express is a 12 days program about employability and volunteering where 55 people on age between 18–30 come together from 11 countries all over Europe.

EUROPE EXPRESS

is a youth exchange focusing on employability and volunteering and the relation between these two.

Together working with a multicultural international team you have the chance to discover how to transform your experience into practical marketable skills and competences in order to offer them on the job market. You also have the possibility to find out more about your strengths, skills and competences, and about international volunteering possibilities.

THIS EXCHANGE IS FOR YOU IF YOU ARE:

-  unemployed,
-  in dilemma where and how to start a career,
-  between 18–30 years old,
-  fresh graduated,
-  about to change your current profession,
-  from one of the partner countries (you can see them below).

PARTICIPATING COUNTRIES:

- | | | | |
|--|---|---|--|
|  Bulgaria |  Macedonia |  Croatia |  Poland |
|  Czech Republic |  Romania |  Greece |  Spain |
|  Italy |  The Netherlands |  Latvia | |

ELEMENTS OF THE EXCHANGE

LEARNING BY DOING

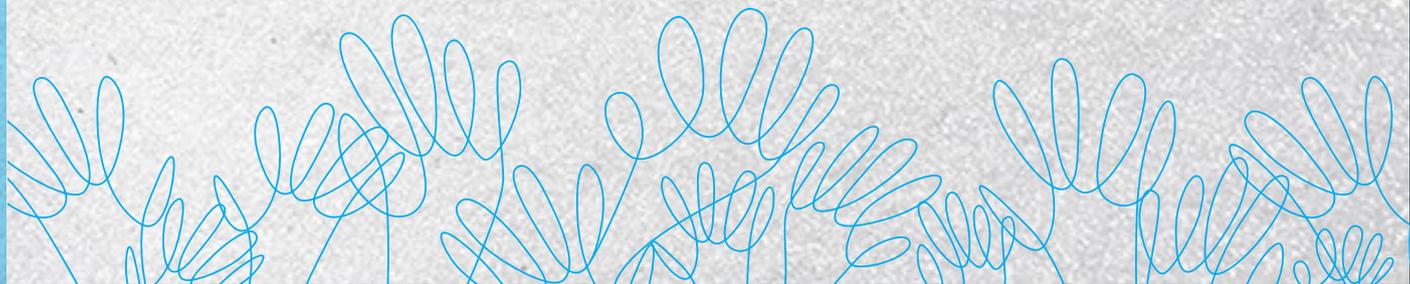
As a participant you will do experiential activities that can transform your learning into adventure. Playing involves both mind and body and can provoke an emotional response during the exercises. These movements and feelings stimulate the learning process. This is what we call 'learning by doing'.

OUTDOOR ACTIVITIES

Part of the program will be outdoor activities. The aim of it is to give you the opportunity to put yourself in real life situations that can reinforce your participation while using the skills that you have and gain at the moment.

MEDIA TOOLS

We will also use media as a tool for self-expression, which creates equal opportunities for everyone. You will have the opportunity by using media to apply specific practices to improve your communication and your ability to share your messages and creativity.



VOLUNTEERING

The idea of this project is based on the system in which Olde Vechte Foundation runs its activity; a system where volunteering is acknowledged as a way to get working experience, improve skills and create social contacts. In this direction we will support you with all information for short or long term volunteering opportunities in our organization and organizations on local and international level. This will be done from preparation to implementation, with a permanent focus on the expected results.

ABOUT OLDE VECHTE FOUNDATION

Olde Vechte Foundation is functioning as a training center for informal learning. The foundation is specialized in the method of learning by doing by experience as an effective and accessible way of learning, in which the individual is the center of the learning process. During this exchange you will have the chance to make contacts and friendships with our international team.

PROJECT PHASES

The project stages of the exchange have been set up to be active, attractive and dynamic. Therefore the program is divided into 3 phases: home preparation, the exchange and the follow up. We will create a Facebook group through which we will communicate with you about preparation that will include volunteering with your local sending organization.

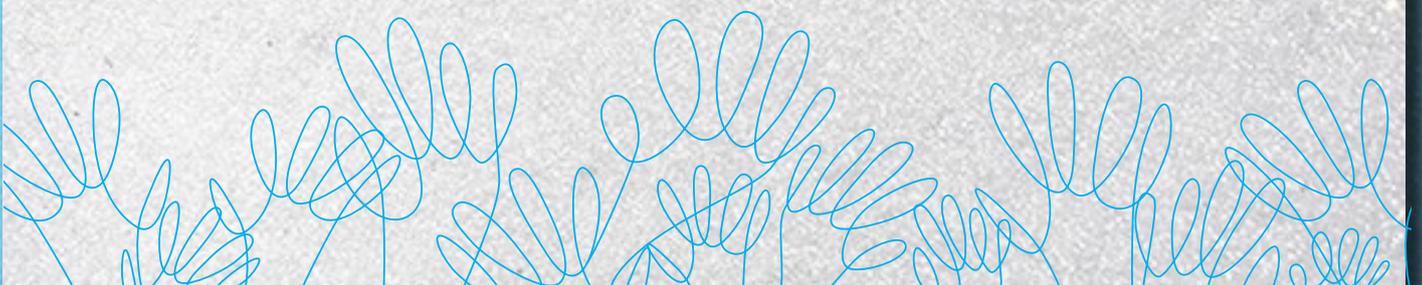
The second phase is represented by the exchange itself that happens in Ommen at Olde Vechte Foundation.

The follow up phase will happen after the exchange. This will be done throughout the personal case studies about your new approaches towards volunteering and to keep track on which next steps you are about to take in order to find a job or a volunteering organization.

TRAVEL REIMBURSEMENT AND PARTICIPATION FEE

For travelling, according to Erasmus+ regulations, there is a fixed amount of 170 Euros in cash to be reimbursed for each participant, if participating until the end of the exchange. Travelling costs for participants from the Netherlands can not be reimbursed.

There is no participation fee.



DATES OF THE PROJECT

Arrival day: 6 March 2015 between 13.⁰⁰ and 18.⁰⁰ hour

Start of the program: 6 March 2015 19.⁰⁰ hour

End of the program: 17 March 2015, 20.⁰⁰ hour

Departure day: 18 March 2015 before 10.⁰⁰ hour

You will receive a confirmation letter in which you will be informed about all the practical arrangements and how to arrive to Ommen.

After receiving the confirmation letter, contact your sending organization before booking your ticket, to support you on arranging your travel.

OLDE VECHTE FOUNDATION



The exchange will take place in the little town of Ommen, the Netherlands.

During the exchange you will be hosted in the group accommodation of Olde Vechte Foundation. Hosting and catering will be provided by the foundation.

About the house:

There are 21 sleeping rooms that can be occupied by 2–6 people. The accommodation includes showers and toilets on each floor. There is wireless connection, a washing machine and a dryer that you can use. Also there are cozy areas available apart from the main exchange room.

The accommodation is located within walking distance from Ommen city center. For more details please have a look on our website: www.oldevechte.nl

Please note that Olde Vechte is a group accommodation, which means we take care of the house by ourselves. The house will be our home for the entire exchange.

ADDRESS:

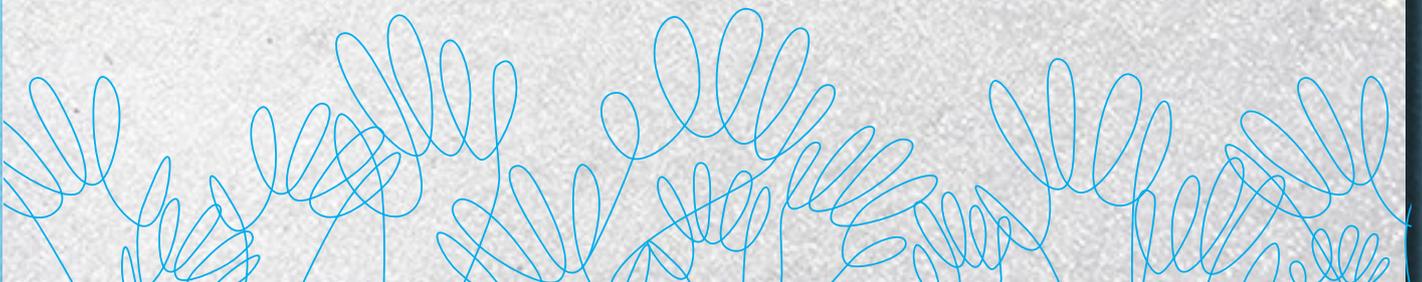
Zeesserweg 12
7731 BG Ommen
The Netherlands

Phone number: 0031 529 451 963

Web page: <http://www.synergytrainingsnl.com/>

Email address: info.oldevechte@gmail.com

Facebook Page: <https://www.facebook.com/SynergyOldeVechteFoundation>



Once you decide to apply for Europe Express fill in the application form and send it to the sending organization of your country (see the contacts below).

| COUNTRY | ORGANIZATION | CONTACT | E-MAIL |
|-----------------|--|---------------------------------------|---|
| Bulgaria | Synergy Bulgaria | Tihomir Georgiev | synergytrainingsbulgaria@gmail.com |
| Croatia | Syncro-Synergy Croatia | Andris Ansabergs | synergy@synergy-croatia.com |
| Czech Republic | Brno Connected | Katka Martinková | brnoconnected@gmail.com |
| Greece | YIC-Municipality Kordelio Evosmos | Sofia Giannouchidou | infocenter@kordelio-evosmos.gr |
| Italy | Vagamondo Informal Group of Youngsters | Margherita Bisselo | infoyouthprojects@gmail.com |
| Latvia | Izdzivo ideju | Lauma Zubule Nora Meldere | lauma@luzumpunkts.lv norameldere@gmail.com |
| Macedonia | Youth Association YMCA Bitola | Aleksandra Cingarovska & Viktor Iliev | aleksandra8587@yahoo.com contact@ymcabitola.org.mk |
| Poland | Sekretariat ds. Młodzieży Województwa Zachodniopomorskiego | Malgorzata Ludwizek | mlodziej@wzp.pl |
| Spain | Colectivo GENTES | Felipe Manzano | erasmusplus@colectivogentes.es |
| Romania | Federatia YMCA Romania | Alina Pop | alina.ymca@gmail.com |
| The Netherlands | Stichting 'De Olde Vechte' | Svetlana Petkovska | info.oldevechte@gmail.com |

CONTACT INFORMATION

If you want to know more about the exchange, have any questions, you can write to Olde Vechte Foundation : info.oldevechte@gmail.com

