



Cofinancé par le  
programme Erasmus+  
de l'Union européenne



**Innovate.  
Empower.  
Start**

**Youth Exchange**

**Étroeungt, France**

**10-19 January 2022**

# 5 SIMPLE STEPS TO PARTICIPATE



1. READ THE  
INFOPACK  
FROM A TO Z



2. FILL THE  
APPLICATION  
FORM CLICKING  
HERE



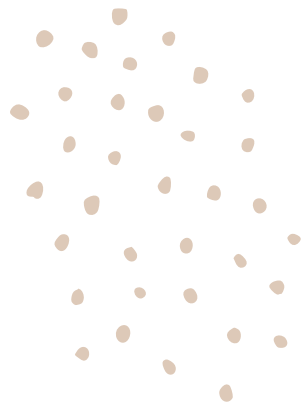
3. WAIT FOR  
OUR APPROVAL



4. BUY YOUR  
TRANSPORT  
TICKETS WITHIN 48  
HOURS... OR GO  
BACK TO STEP 2)



5. JOIN OUR  
PROJECT IN  
FRANCE



# About the project

## Project title: Innovate. Empower. Start.

### Project Type: Youth Exchange

In the light of the economic challenges we are facing in the aftermath of COVID-19, this youth exchange aims at preparing young people to develop adaptation and creativity skills and to ultimately find more sustainable solutions to the highly competitive job market. The objectives are:

1. Enhancing creativity and sense of initiative of the participants in the long term with the help of specific innovative tools.
2. Developing participants entrepreneurial competences and offering specific tools used in the field of entrepreneurship.
3. Developing the participants' winner mindset, motivation and resilience to make them capable of succeeding in ever-changing economic and social environments.

The overall non-formal and informal experience of the exchange will impact the participants at several aspects, considering both their personal and professional areas of their life. The project will have a long- and short-term impact on our participants, as following: Participants will become more creative persons. Creativity is a skill that is useful in all aspects of the life, improving one's overall state of well being and chances in all the areas. A creative person enhances her chances in everything that he/ she does, from the way you prepare your food, organised your life to your ability to see innovative business opportunities; The project will also impact our participants by raising their self-esteem and making them more aware of their qualities; We expect that the project will motivate young people to access the opportunities they have to start a business.

The youth exchange involves 36 participants between 18 and 30 years of age, who come from France, Bulgaria, Cyprus, Italy, Romania and Turkey, and from different backgrounds.

### Participants

6 participants per country (5 youngsters +1 leader), aged 18-30 years old. In each country group there should be at least 3-4 participants with fewer opportunities (living in rural area, unemployed, difficulties with studying, migrant background, etc etc etc). Gender balance of national groups is advised, however, gender should not be an exclusion criteria for motivated participants.

**As an Erasmus+ project, the participation in this project covers the travel cost, food and accommodation! There are no fees or other costs!**



# Travel



**Check in from accomodation** is by 16:00 on the Arrival Day: 10th January

**Check out from accomodation** is at 10:00 on the Departure Day: 19th January

There is an airport in Lille, but if it is impossible to land there or expensive, please use Brussels (BELGIUM), Charleroi (BELGIUM) or Paris airports.

The final location to reach is **Gare d'Avesnes-sur-Helpes**, where we will pick you up. You can get there from Paris (Gare du Nord and Airport Charles de Gaulle) and from Lille (Lille Flandres). Make sure to let us know the arrival time of the train you will use to arrive in Gare d'Avesnes-sur-Helpes. Don't arrive before checkin and don't leave after check out please!



## IMPORTANT!

Make sure you stop at the right place! The train can be on time or late, but it can't be earlier than the time shown on your ticket, so make sure not to stop earlier.

**Use a GPS** to make sure you arrive at the right place (use your mobile phone data or download the map for offline use before coming, it's possible with Google Map).

If needed, check the train station for the name Avesnes-sur-Helpes on the panels.

**People don't speak English here** and it can be confusing, so it's better to not ask them.

**Book train tickets online** as it's sometimes hard/impossible to access a ticket desk to buy one.

## To book:



If you want extra free days in France, you have to know that your accommodation, food and all other expenses won't be covered during those extra days, the transport will still be reimbursed on the condition that you either travel 8 to 19 January / 10 to 21 January / 9 to 20 January (only 2 extra days are allowed) and on the condition that transport is the same price or cheaper than on the classical travel dates of 10 to 19 January.



# How to reach Avesnes sur Helpe from the 5 Airports (Brussels National / Brussels Charleroi / Roissy CDG / Orly / Lille)





## IMPORTANT!

You can arrive in France max 2 days before the activity or stay max 2 days longer after to see around or to travel a bit. However, this should be done at your own expense, provided that flights during those days are cheaper/equal to the flights during the planned arrival and departure days.



# Financial Conditions & Number of Participants

Reimbursement will be done in **EUR**, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate given by the French National Agency for this project.

Maximum amount to be reimbursed per person:

Country	Travel amount in Euro / per participant	Number of participants	Visa cost per participant
Bulgaria	275	6 (5 participants + 1 leader)	NA
Cyprus	360	6 (5 participants + 1 leader)	NA
Italy	275	6 (5 participants + 1 leader)	NA
Romania	275	6 (5 participants + 1 leader)	NA
Turkey	360	6 (5 participants + 1 leader)	110, 00 EUR composed of: Visa fee 60, 00 EUR Visa application fee 35, 00 EUR Mandatory extra insurance 15, 00 EUR

Remember that this amount can be reimbursed only based on receipts and other proofs of payment and that travel costs will be reimbursed on the basis of the CHEAPEST possibilities either by bank transfer after the course via bank transfer.

Business class tickets will not be reimbursed, so make sure to buy economy class.

When booking your flight, please keep in mind that only 1 cargo luggage and 1 cabin luggage are eligible for reimbursement. Any extra luggage will NOT be reimbursed as well as any luggage booked after the flight has already been booked.

Priority boarding and reserved seats are eligible for reimbursement only if ordered in a package that includes luggage and that is cheaper than ordering the luggage alone.

Taxis and private vans are NOT eligible for reimbursement.



Screenshots and Mobile format transport documents are not eligible for reimbursement except if from the beginning there is no alternative to get an A4 transport document.

To contribute to environmental protection, please try to use electronic transport documents only and when possible, do your check-in online to get an A4 boarding pass in pdf format.

Keep and save all your documents!

Physical documents of arrival will must be given during the Youth Exchange, while physical documents of departure will have to be sent by the post after the Youth Exchange (feel free to reunite all documents of your team and send only one envelope & VERY IMPORTANT!: take clear and good quality pictures of the documents before sending them, in case anything happens), electronic documents will need to be uploaded on our online reimbursement form after the Youth Exchange.



### **IMPORTANT!**

**In order to receive their reimbursement, each participant should upload the following documents to the reimbursement form:**

- **Booking (usually a booking email, there must be price and name of the person stated on it, print the email as PDF).**
- **Boarding passes / Tickets**
- **Invoices in case you don't have a booking email with price and names**
- **Online Check-in should be made before your leave France so you do not have to send the physical boarding pass by the post**



Please book your transport as soon as you get confirmation from us that your registration to the project has been approved. You will receive an email, when it happens, please send us confirmation that you received it, as it may end up in the Spam.

Transfer your flight booking email to [transport@sunriseproject.eu](mailto:transport@sunriseproject.eu) as soon as you book your flight as a final confirmation that you are participating in the project.

## **Insurance & other costs & COVID**

Keep in mind that you are self-responsible for sufficient insurance (illness/personal liability/cancellation/theft etc.). The hosting organization takes no responsibility for the insurance.

Make sure you have travel insurance valid for France during the entire activity or travel period.

We advise you to travel with your European Health Insurance Card (EHIC) if you come from a European Union member state.

Considering that vaccine is available and free in every country participating, the hosting organisation cannot cover any costs incurred by Covid19 tests, quarantines or other events related to it. The law makes compulsory that all participants have green pass (vaccination OR proof from curing OR test). Masks will not be obligatory and participants will be able to wear it or not according to the current law. Participants take responsibility to cover any cost related to Covid19 and the project. It is the responsibility of the participants to check and comply with travel restrictions to and from France back to their home country.



# VISA information - only for Turkey

You can find in the table above the amount approved for the visa costs. Remember to keep all your invoices and documents in order to be able to get a reimbursement. Our organisation will support you with the documents needed to apply for the visa.

## Accommodation and Food

Please find a link to the accommodation here:



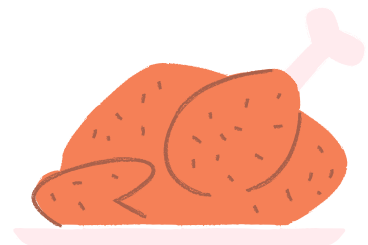
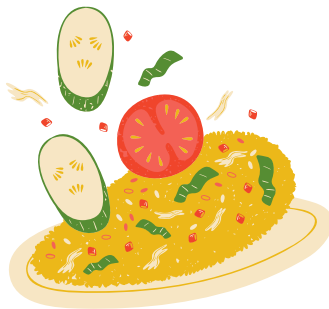
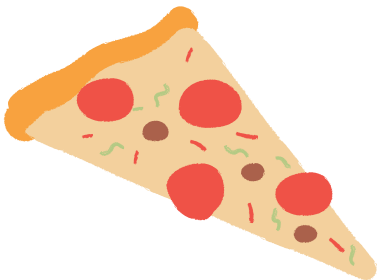
Bedsheets are not provided for free, you will have to either bring your own or a sleeping bag/ bedsheets or rent bedsheets for 5€ (for the whole duration of the project is a total of 5€, it's NOT 5 € per day !).

Blankets and Pillows (without sheets) are provided for free of course (but needs to be covered with sheets), just the sheets are for rent... If this is not clear and you have any question regarding bedsheets (or anything else), please send an email to the contact adress under this section.



Towels won't be provided, so don't forget to bring one or two for your stay =)

Since we will organise an intercultural evening, remember to bring some food and drinks! However, don't bring anything that we will need fridge as the fridges will already be full of stuff for the breakfast, lunches and dinners.



## Useful Contacts