

INFOPACK

TOGETHER FOR A SUSTAINABLE FUTURE

Youth Exchange – Denmark

05–13. March 2025

THE
NORDIC
CREW



WHO ARE WE?



THE
NORDIC
CREW

We are The Nordic Crew, a professional coaching center in Aarhus, Denmark. Our goal is to be the connecting platform between professionals or passionate individuals eager to share their knowledge and those who would like to learn and improve.

As proud participants in the Erasmus+ program, we are dedicated to fostering youth engagement and cross-cultural exchange throughout Europe. Our initiatives empower young people to develop their skills, broaden their horizons, and enhance their employability. We promote cultural exchange, facilitate intercultural dialogue and understanding, and support lifelong learning through workshops and training sessions that encourage continuous personal and professional development.

Our focus spans a variety of topics, including entrepreneurship, sustainability, and mental health. By addressing these critical areas, we aim to equip participants with the tools and insights needed to thrive in today's world, fostering a generation of innovative, responsible, and well-rounded individuals.

THE PROJECT

“Together for a Sustainable Future” is a Youth Exchange focusing on sustainable development, encompassing environmental, social, economic, and cultural dimensions. The project aims to raise awareness and understanding of sustainability among young people, highlighting the importance of sustainable practices in daily life.

Sustainable development is essential for addressing ongoing environmental and social challenges, and young people play a vital role in this effort. By participating in this exchange, youth from Denmark, Croatia, Italy, Cyprus, and North Macedonia will engage in workshops, outdoor activities, and cultural exchanges to learn about sustainability, share experiences, and develop skills to become active agents of change in their communities.



OBJECTIVES

- Raise awareness of sustainability: Improve participants' understanding of sustainability and its various dimensions (environmental, economic, social, and cultural).
- Promote peer learning and experience sharing: Enable young people to learn from each other and share country-specific contexts related to sustainable development.
- Empower youth participation: Encourage young individuals to actively participate in initiatives aimed at advancing the SDGs.
- Encourage sustainable lifestyles: Inspire participants to assess their daily choices and adopt more sustainable habits.
- Foster intercultural learning: Promote cultural exchange and understanding through shared experiences and activities.
- Advocate for sustainability: Encourage participants to become advocates for sustainable development at local and global levels.

PARTICIPANT COUNTRIES

In this project, we are welcoming 7 participants (including the group leader) from North Macedonia, Italy, Croatia, Cyprus, and Denmark. All participants must be between 18 and 30 years old.

Each national team will have one group leader with no age limit, who will be responsible for submitting the necessary documents for the reimbursement process.



Denmark



Cyprus



Croatia



Italy



North Macedonia

PARTICIPANT'S PROFILE

- You are between 18 and 30 years old (the group leader can be over 30).
- You have a genuine desire to develop yourself and an interest in the topic of sustainability.
- You are curious about other cultures and open to learning from diverse perspectives.
- You are ready to be actively involved in social and educational activities.
- You are open to working in an international team and collaborating with peers from different backgrounds.
- You speak English at least at a basic level and are eager to improve it.

ACTIVITIES

1. WORKSHOPS

Engaging sessions covering diverse sustainability topics. Participants will participate in presentations, group discussions, brainstorming, case studies, and hands-on activities.

2. ENERGIZERS & TEAMBUILDING

Daily warm-up games and activities to energize participants and build friendships within the group.

3. CULTURAL NIGHTS

Intercultural evenings featuring performances, music, and food tastings from different countries.

THE VENUE

The venue is a spacious holiday home located in **Ebeltoft**, Denmark's oldest market town. It offers nine cozy bedrooms (3-4 participants per room), each with a private bathroom and TV. A highlight of the house is the swimming pool area with a large hot tub accommodating up to six people. Surrounded by natural beauty, the house is just a 12-minute walk from the beach.



MEALS

Breakfast, lunch, and dinner will be served daily in our spacious canteen. Between sessions, you can enjoy a cup of coffee or tea and have a bite of authentic Danish sweets.

If you have any special requests regarding the meals (e.g. vegetarian, vegan food), or have any allergies, please mention this in the **Registration Form**.

BREAKFAST



COFFEE BREAK



LUNCH



COFFEE BREAK

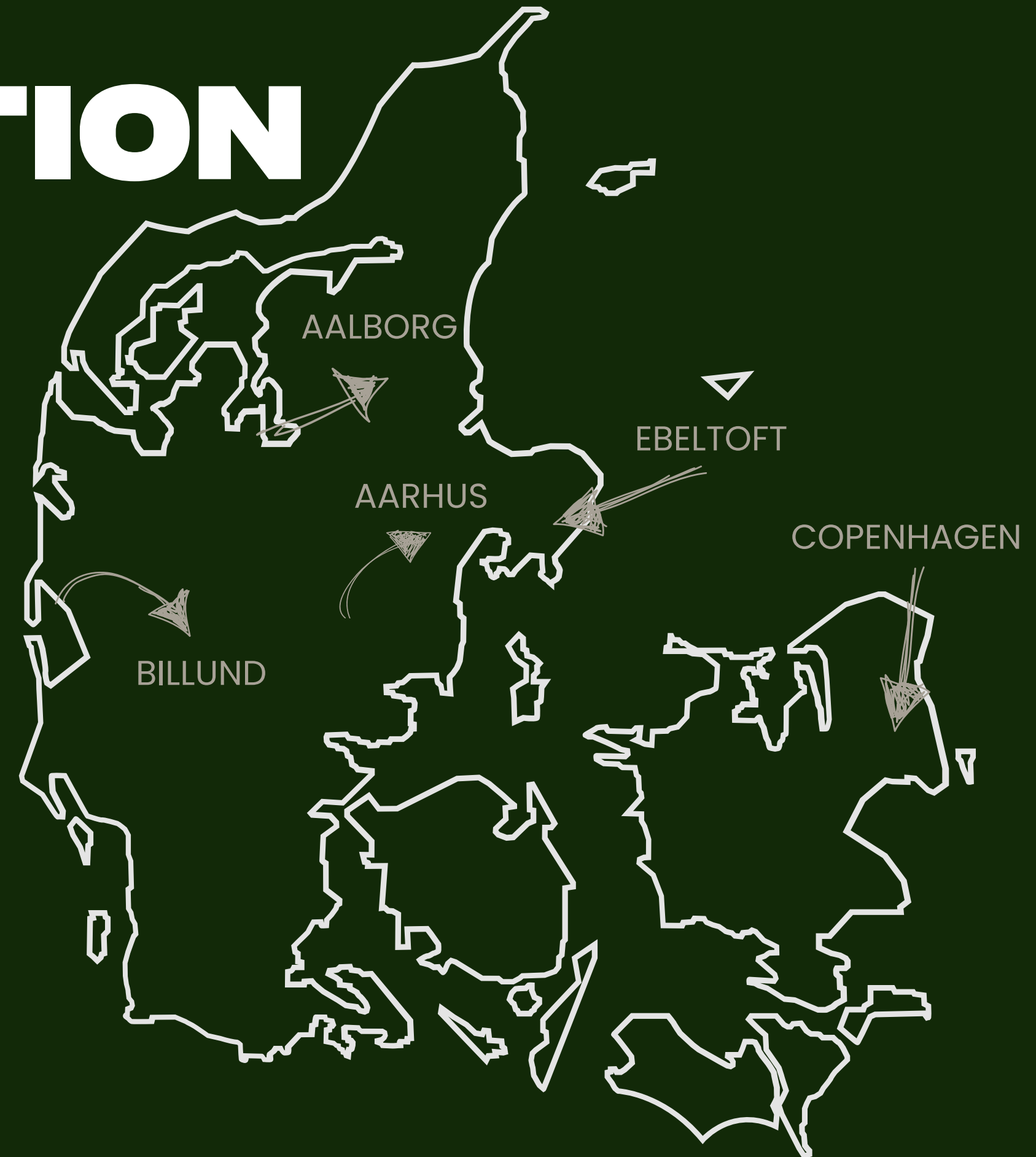


DINNER



TRANSPORTATION

To get to Denmark, you can either fly to **Billund**, **Aarhus**, **Aalborg**, or **Copenhagen** Airport. You have to arrive in Denmark latest on **5th March at 17:00**. Otherwise there is a high risk that you will miss the last train/bus to the venue.



TRANSPORTATION

You MUST book your flight tickets latest by **15th January**. This is very important because we need to buy in advance the train/bus tickets for you to get to the project venue. Public transport is very expensive in Denmark and that's why we need to book tickets 2-3 weeks before. Don't book any tickets for local transport in Denmark, as we will arrange this for you.

If you fail to comply with the above deadline for flights, then you risk going over the travel budget, as the train tickets usually cost around 120 EUR for a return ticket per person, compared to 30-40 EUR if we book it in advance (2-3 weeks).

The cost of the local train/bus tickets in Denmark will be of course included in your travel budget.

IMPORTANT

Remember to send us an email at contact@thenordiccrew.com **before** booking your flight tickets, as we have to confirm your itinerary and the price of your tickets. Be aware that we do not reimburse tickets purchased through travel agencies (e.g. Skyscanner, Kiwi etc.). Therefore, please book the tickets directly from the airline company's website.

Would you like to travel around?

If you would like to spend some extra days in Denmark, feel free to do so. You are allowed to spend up to **6** extra days outside the project dates. However, you'll have to cover the expenses for food and accommodation yourself for the extra days.



REGISTRATION FORM

If you get selected to participate in this youth exchange, please fill in the “Registration Form” below by simply clicking on it.

Please have your flight tickets ready, as you’ll have to upload them in the form.

Registration form

Deadline: 15.01.2025.

FINANCIAL

Accommodation, meals, and travel costs will be covered for all participants. However, the upper limit for the travel budget varies for each country, as outlined below.

| | With green travel | Without green travel |
|-----------------|-------------------|----------------------|
| Denmark | 285 EUR | 211 EUR |
| Cyprus | - | 395 EUR |
| Croatia | 417 EUR | 309 EUR |
| Italy | 417 EUR | 309 EUR |
| North Macedonia | 417 EUR | 309 EUR |

REIMBURSEMENT

As a general rule, participants are requested to keep all tickets, invoices, and boarding passes in order to be eligible for reimbursement. In order to receive the travel reimbursement for the whole group, the team leaders from each country must follow these steps:

- The team leader gathers ALL the travel documents from its national team, electronically. These include boarding passes, local bus/train tickets, and any other relevant receipts.
- The team leader will fill out the **Reimbursement Request** form and upload ALL the travel documents.

Reimbursements will be processed per country, no later than 90 days from the day we receive the reimbursement forms.

ADDITIONAL INFORMATION

- You must have a valid medical insurance for your trip to Denmark. Therefore, we recommend that you bring your European Health Insurance Card (also known as Blue Card). Alternatively, you can take a private medical insurance instead.
- Reimbursement documents sent by email, WhatsApp, Facebook, etc will be disregarded.
- Taxi, car, and private transport are not eligible for reimbursement. Seat selection for additional payment or any additional service will not be reimbursed. The only additional service eligible for reimbursement is luggage addition (cabin bag OR check-in luggage).
- The participation fee is 25 EUR per participant – which includes: a cultural trip to Aarhus, bed linen, towels and other materials – must be paid in cash during the project.

WHAT TO BRING?

The weather in Denmark is unpredictable, but usually quite cold during winter. Therefore, pack warm, comfortable clothes.

Bring basic medication in case you get sick or catch a cold. If you are on a special treatment that requires specific medication, remember to bring that as well. Don't forget to bring your blue card.

For the intercultural evenings, feel free to bring your flag, traditional food, snacks, or drinks.

As we strive to reduce plastic usage in all our projects, please bring a reusable water bottle that you can use throughout the project.

If you have any questions feel free to contact us
and we'll be more than happy to assist you.

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CONTACT US

SEE YOU SOON IN DENMARK!