REACT

Let's play together: Inclusion through childhood games

Youth Exchange Project

1-8 December 2020

Luxembourg,
Portugal,
Bulgaria,
Spain,
Italy,
Denmark

Summary of the project:

This project will bring 36 young people from 6 different countries to spend 7 days of practicing childhood games in a safe and controlled setting. The participants will practice the classical indoor/outdoor games such as: hide and seek, capture the flag, parachute, four square, hopscotch, jump-rope (European and Chinese version), tag (shadow tag, freeze tag, tv tag), Marco Polo, blind man's bluff, red rover, heads up - seven up and freeze dance. The games will be repeated until the group achieves a healthy team spirit and all participants are equally included. To achieve this, after each iteration of the game, the participants will reflect on the experience within their team and adjustments will be made. This will allow the participants to see the games that they played during childhood from a different perspective, and come to life-long conclusions on respect, team-work and inclusion in a funny and relaxed environment.

Last but not least, this project wants to make participants aware that life is not all about winning, as the winning itself means nothing if others are hurt or neglected while doing it. The activities will be centered on promoting the importance of team-spirit, mutual respect and inclusion of all team members. The activities will require physical movement and a lot of social interaction which is a great combination to inspire young people to become more physically active in the future.

Venue:
Chalet Nic. Rollinger,
1 Rue Principale,
L-5290 Neihaischen,
Luxembourg

Accommodation:

Chalet Nic. Rollinger is a scouts center located in the vicinity of Luxembourg city.

Surroundings:
The accommodation is located in a small village called Neihaischen. The house is surrounded by trees and greenery, ideal for practicing sports and outdoor activities.

How to get to the accommodation?

Take the bus number 144 in front of Luxembourg city **central train station** and get off at **Neuhaeusgen, Iewescht Neihaischen** bus stop. There is a bus departing every 30 min. The chalet is 5 min walk from the place where you get off the bus.

Facilities:
- Activity/dining room
- Professional kitchen
- Bathrooms/showers on every floor (separated by gender)
- Shared rooms (separated by gender)

Food:

The food will be prepared and served for you in the accommodation venue. Your help in the kitchen and with the dishes will be highly appreciated.

We will provide simple '**with/without meat** (vegetarian)' dishes. If you have any specific dietary needs/allergies, please let us know in advance.

No alcoholic drinks will be allowed in the accommodation venue, apart from the **intercultural dinner**.

Participants profile:

We are seeking motivated young people willing to share the volunteering spirit. We are searching for **5 young participants (16-25)** from each country plus **1 group leader (of any age)**. It is important to maintain gender balance in the group.

Please inform us in advance if you have participant(s) with handicap or disabilities within your group in order to prioritize them during the selection process. Erasmus+ is a program that supports young people with disadvantages which is the reason why we strongly encourage their inclusion.

English will be the working language of this project, which is why we find it important that each participant has at least basic knowledge of the language.

Good mood, happy faces and positive energy are more than welcomed.

You will need:

- Mask (preferably more than 1)
- Sleeping bag or blanket (the accommodation venue does not provide blankets)
- Towels and hygiene essentials
- Layered clothes
- Camera, laptop and anything that will make your life and work easier

- Ideas, ice-breakers and traditional dances for your national evening
- Posters, leaflets, cards, videos and typical music of your country
- Materials, stickers and brochures of your organization (if any)

- Good mood and energy to be active!

Reimbursement:

We will reimburse **100%** of your **actual** travel costs for the way to Luxembourg and back.
The reimbursement will be made in cash on the last day of the project. However, there is a limit that we cannot exceed. For more information, please consult your sending NGO.

In order to make the reimbursement, we will need all the tickets (**originals**) including the ones for the way back. It is very important that you keep **ALL** your travel documents (itineraries, boarding passes, bus/train tickets).

Travel costs will be reimbursed **only** if you take part in **ALL** the activities foreseen for the project.

We will help you find the best option for your journey to the project.

Please consult us before buying your tickets!

There is an obligatory participation fee of 40 euros per participant

EUR
40

It is necessary that you have a travel insurance for the whole duration of the project.

COVID-19
SAFETY MEASURES

- All participants are asked to check their temperature before leaving their home country. If no symptoms, they can proceed with arranging the travel to Luxembourg. Otherwise, they must stay at home.

- The body temperature of all participants will be checked upon arrival.

- During the project activities, the participants will be asked to, as far as possible, apply a two-meter distance between each other. If a distance of two meters cannot be respected, wearing of a mask that effectively covers the nose and mouth is mandatory.

- All participants will be asked to wash their hands regularly with soap and water and dry with disposable paper towels; if there is no water point, regularly disinfect their hands with a hydro-alcoholic solution (that will be disponible on every floor of the accommodation venue).

- All participants will be asked to cough or sneeze into their elbow or into a tissue; greet without shaking hands and without touching each other; use disposable tissues and throw them in a lidded bin non-manually operated;

- All the premises will be regularly ventilated.

- Activities will be organized outside as often as possible.

- Contact of participants with outsiders must be avoided. In order to respect the health of everyone, meaning that going out to the bars and restaurants will not be allowed. However, we will organize a city sightseeing tour with a possibility to buy souvenirs, take photos and get to know the old town and city center of Luxembourg.

- Organizer of the project will clean the sanitary facilities, living rooms, shared spaces and any other rooms used as part of the activity at least once a day with a usual cleaning product.

- Detailed rules will be presented upon arrival of each participant and they will be asked to respect them.

- People who suffer from any of the conditions listed below are at increased risk of developing severe complications. The diseases concerned are: diabetes, cardiovascular disease, chronic respiratory diseases, cancer.
If you suffer from any of the above-mentioned diseases or any other, please let us know so that we can evaluate the risks and take action.

- In case any participant shows symptoms of infection (the most common are: fever, dry cough, tiredness), the activity organizer will follow the isolation protocol recommended by the Department of Ministry of Health before reintegrating the participant.

- The participants are advised to consult with their sending NGO before booking the tickets. They are advised to make sure that they choose an option that covers the expenses in case of cancellation of the travel arrangement.

- All participants must be insured for the full duration of the project. The insurance should cover possible repatriation assistance in case of getting infected with COVID-19.