

## CALL FOR PARTNERS

Key Action 1

### REACHING THE MOUNTAINS

International **youth exchange** at Garda Lake/Lago di Garda/ Italy

**28 May- 6 June 2015**

10 days of high adventure!

“Reaching the Mountains” is a youth exchange designed to encourage healthy risk taking, team building, and innovative problem solving among youngsters from different cultural and social backgrounds from all over Europe. We provide an emotionally charged atmosphere to facilitate education that will be remembered and applied long after the experience has ended.



## Aims of this exchange are:

- To encourage young people from different social and cultural backgrounds to learn through common experience to **effectively communicate and cooperate in an international team**
- To create a platform for **intercultural learning** both in safe, as well as risky settings, which will boost **understanding of different ways** of being and dealing with personal barriers and will lead to **personal growth** of participants, as well as **social inclusion**
- To raise **educational self-awareness of young people** – to encourage young people to observe their process of learning, evaluate it and apply in the daily life
- To support **healthy lifestyle and habits** of young Europeans

As can be seen, this exchange focus both on personal and group development of young Europeans through classic intercultural exchange combined with intensive week of climbing. Through this healthy combination of risk and safety, doing and learning, experiencing and evaluating they will **get abilities to incorporate educational experiences into their daily life.**

## Main topics:

- Intercultural learning
- Effective team work
- Personal development
- Positive attitudes: openness, tolerance and acceptance for diversity
- Educational self-awareness
- Sport and healthy lifestyle

## For Whom?

**young people in age of 14-17**

*We welcome participants with fewer opportunities (social, geographical, educational disadvantages and other). Participants should be nevertheless able to take part in activities we offer (outdoor, climbing, water sports). Therefore it is recommended they have no contraindications against physical activities.*

## Activities

A week-long program will be run by professionals from Fahrten-Ferne-Abenteuer and will consist of activities run along adventure-based learning methodology and non-formal education in general:

*Team Building Activities*

*Mountains*

*Trust Building Activities*

*Intercultural evenings*

*Integration games*

*Adventure-Based Learning activities*

*Top rope*

*Water sports (Beach)*



## Competences to be gained:

Adventure-Based Learning is not only doing cool things together. Those activities have a strong educational dimension. Among competences and abilities young participants could gain are followings:

*Auto-presentation, savoir vivre,*                      *Needs analysis and aim-setting,*  
*Self-awareness on personal barriers,*                      *Finding innovative solutions, creativity,*  
*Team work,*                      *Knowledge and experience in the topic of social inclusion*  
***Problem-solving,***                      ***Conflict management,***  
*Awareness of group development,*                      *Sense of creativity and innovations,*  
***Communication skills and language skills***  
*Learning to learn,*                      ***Intercultural competences, knowledge of different cultures***

## Background

Fahrten-Ferne-Abenteuer is a coordinator of international network of partners called City Bound Europe focusing on educational and personal development of teenagers in age of 14-17 from all over Europe along Adventure-Based Learning methodology.

More on this methodology and the network itself under below link:

<http://citybound.try-net.de/>

Tools and results of this Training Course will be added to the toolbox and database of this network and will be available for City Bound Europe members and other NGO working in this field.

Furthermore, **partners of this Training Course will be welcomed to join the network** after this project if conditions and obligations are fine with them.

## Costs and conditions

KA1 indicates intervals for travel reimbursement according to the distance. Then no matter how much were your tickets you get this fixed amount (flat rate). You can check how much would it be from your city to **Brescia** or **Verona (Italy)** here:

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

Accommodation will be in tents in beautiful area on *Camping Arco*:



<http://www.arcoturistica.com/de/camping-arco-home.html>

Program will include cooking on your own!



How to apply?

Send us your PIC number, description of your organization and wait for next steps!



**Deadline: 30 August 2014**

Sunny Greetings,

Laura Reiser: [laura.reiser@fahrten-ferne-abenteuer.de](mailto:laura.reiser@fahrten-ferne-abenteuer.de)



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