



SEEDS - Sjálfbærnið umhverfis landið

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SEEDS offers an opportunity in **Calnegre (Lorca, MURCIA) SPAIN**

Are you interested in travelling, meeting new people, getting to know different cultures and having fun? On behalf of the volunteer organisation SEEDS, a group of 5 Icelanders aged between 18 and 30 will participate in the exciting youth exchange **"In and Out"** – Calnegre (Lorca, MURCIA) SPAIN

Would you like to join the group?

When: from 18th to 26th August 2014,

Deadline for application: first of July

Theme/aim of the project:

We think that this exchange can act like a spark in many young people so they discover this type of activities as an alternative to their leisure time and encourage their motivation and interest in sports activities that are benefiting their physical and mental well-being and learn vital abilities they need and will need to overcome in an appropriate way the challenges which are going to appear in their lives. We are going to carry out different types of activities related to the main topics: sport and out-doors activities, protection of environment activities, presentations of the organisations, knowledge, confidence and intermolecular learning.

1. To create a safe space for youngsters from different backgrounds, gender, religion to experience the social values of outdoor and sport activities such as tolerance, respect, fair-play.
2. Equip young people with the necessary knowledge, skills and attitudes to organize outdoor and sport activities for social inclusion.
3. Rise awareness about how outdoor and sport activities can contribute to healthy life.

The language of the youth exchange will be English.

Participating countries: Spain, Poland, Iceland, Germany, France, Italy, Slovenia

Number and age of participants: 4 young + 1 leader from each country, aged 18-30 years old

Profile of the participants:

- Able to work in English
- Willing to share the gained knowledge with the members of his/her organization once he/she gets back
- Able to attend the entire duration of the course

Costs/expenses: SEEDS has been awarded a grant for the project from the Youth in Action program, which will cover costs of board, lodging and 70% of the travel costs.



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70% of the travel costs for the Youth Exchange will be refunded to the participants up to an amount of **€400** (Euros) per participant.

The accommodation and food is provided by the hosting organisation during the project.

Applicants selected to join the project need to pay an administrative and registration-fee of **20.000 kr.** to SEEDS. If you apply and are not selected, you do not need to pay anything!

This fee will not be refunded and cannot be reimbursed in case you have to cancel your trip.

For further information please contact Aniko at outgoing@seeds.is or at 7713312.