

**JUNE 5 - JUNE 12, 2022**

**ANNECY, FRANCE**

# ***THE GREEN RIDE FORWARD***



## **INFOPACK**

With the support of the  
Erasmus+ Programme  
of the European Union



# WHAT IS THE GREEN RIDE FORWARD?

The Green Ride Forward is an Erasmus+ Youth Exchange in the astonishing city of Annecy (France) and its lake surrounded by the Alps.

It is organized by the French association FOL74, in partnership with four associations coming from abroad: Continuous Action (Estonia), Alter Ego (Greece), Positive YOUTh (Sweden) and Food for Life (Latvia).

- There will be **31 participants** (aged 18-30): four teams of 5-6 youngsters from Estonia, Latvia, Sweden and Greece + the French host team, formed by 10 volunteers of the European Solidarity Corps and Service Civique.
- The project starts with a one-week program in Annecy, from **June 5th to 12th**. It then continues with a follow-up phase to disseminate its ideas, both online and in the different countries involved.
- The project's main theme is **eco-citizenship**: participants will reflect on and learn how to strive for greener lifestyles and more sustainable cities through non-formal education activities.



# WHAT ARE WE FIGHTING FOR?

We all know ecological transition is a must, an urgent challenge that societies cannot turn a blind eye to. It is a global problem that has to be tackled with large-scale solutions. But we, as youngsters, can also do something. In our own everyday life, we can help change the course of ecology.

**Let's rethink together the way we live, the way we daily use our local resources and the way we plan the cities we move, work, eat, play and socialize in.**

The goal of the exchange is to reflect on and learn how to strive for greener lifestyles through non-formal activities (workshops, games, visits, debates...). We will experience ecological actions, meet local actors and share inspiring ideas among us and with locals. **In order to become active eco-citizens, we'll be focusing on three axes:**



## **Conscious consumption**

Reshape our lifestyle to  
reduce our footprint.



## **Sustainable transport**

The culture of slow  
mobility.



## **Waste-free environment**

Unpolluted nature,  
unpolluted spirit.

# WHAT IS A YOUTH EXCHANGE?

## WHAT TO EXPECT?



1

Participants from different countries have the chance to share their experiences or ideas and learn from others.

2

No teachers or trainers, young people themselves take responsibility for their learning process.

3

Based on methods of non-formal learning like workshops, exercises, debates, games, outdoor activities and more.

4

A co-created experience, where participants' active involvement is essential in all phases of the project.

5

After the exchange participants take responsibility to tell their friends, family and other people about what they learned during the project.

# LEARNING OUTCOMES



An opportunity to improve foreign languages, become motivated in social and civic life, explore relevant topics, and take initiative and responsibility.



Participants discover new cultures, habits and lifestyles.



Strengthen European values like solidarity, equality, diversity and friendship.

# WHO ARE WE LOOKING FOR?

- Young people aged 18-30 from **France, Estonia, Greece, Latvia, and Sweden**
- Willingness to **learn about individual actions to tackle climate change** and to **improve or develop skills in an international setting**
- Motivation to act and **become a multiplier of our message**
- Readiness to be **open to different cultures and new learning methods**
- Medium level of **English**





FILM NEGATIVE

FILM NEGATIVE



FILM NEGATIVE



# ANNECY, FRANCE

Nestling between the mountains and the shore of the lake, Annecy is one of the most picturesque cities in France.

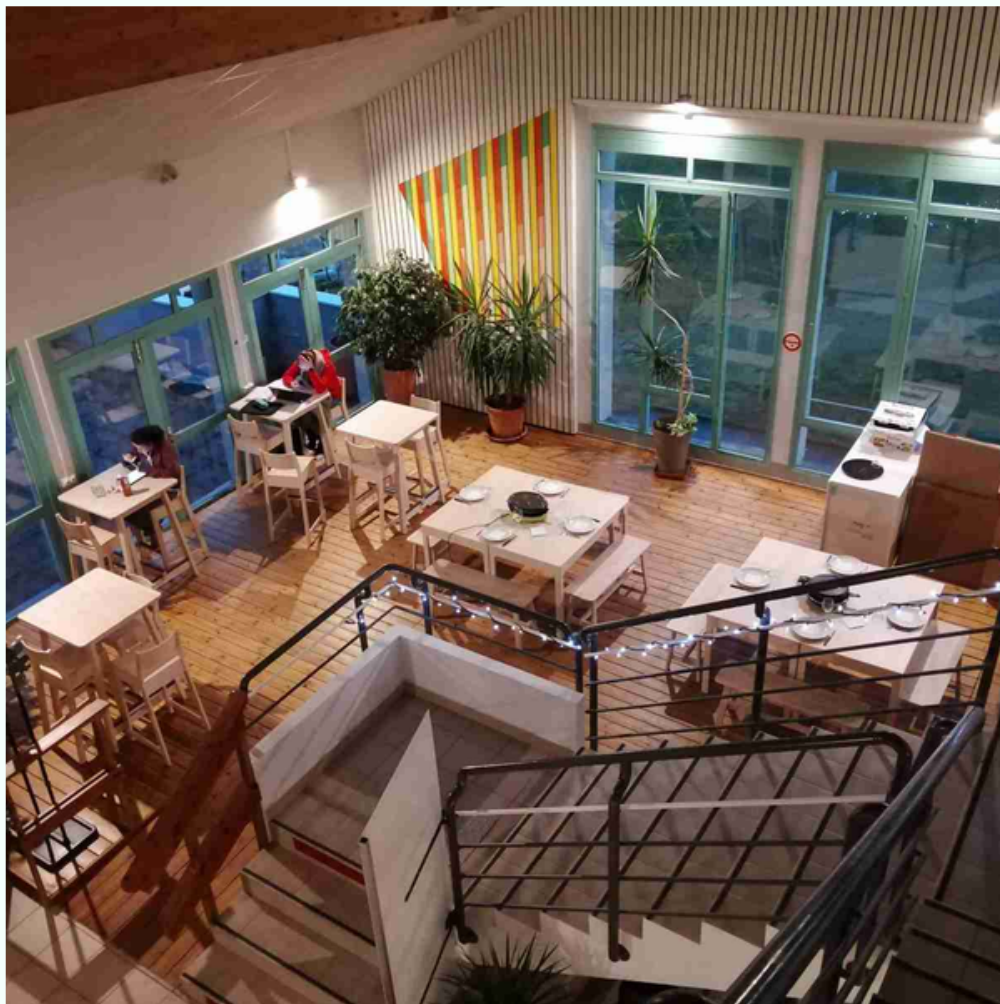


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FILM NEGATIVE

# ACCOMMODATION

Participants will be accommodated in the student residence 'Le Pré Saint Jean' in Annecy-le-Vieux

- Access to common areas: kitchen, dining rooms, a TV and billiard room and rooms for discussion and meetings
- Shared rooms for two persons
- The residence has a park of more than 6 hectares which offers multiple leisure possibilities: a football pitch, a volleyball court and ping-pong tables





## FOOD

Food will be provided by the organizers. Some meals will be cooked by the participants in order to get a taste of different local cuisines and its flavours.



## TRANSPORTATION

Most trips will be made by bike, provided by the organizers. We might also use public transport, or our own feet to get around Annecy.



## OTHER ACTIVITIES

Aside from the programme directly linked to eco-citizenship, participants will have free time to hang out and explore Annecy. We will offer a ride around the lake and a cultural visit to the city. We will organize cultural nights where participants can present their own country, city, traditions and customs.

# FINANCIAL ARRANGEMENT

This course is covered by the Erasmus+ program, which includes:

- Accommodation and food (3 meals per day + 2 snack breaks)
- Materials for activities
- Paid travel costs up to the maximum expenses depending on the country you represent:

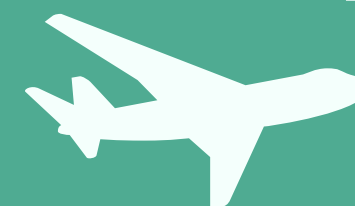
Greece	€275
Latvia	€275
Sweden	€275
Estonia	€275

We recommend that you proceed with the booking process as soon as you receive the confirmation since tickets are often much cheaper when bought earlier.



Arrival date: 5th of June 2022  
Departure date: 12th of June 2022

Take your flight to Geneva  
Then a bus to Annecy



**NOTE! We will not reimburse taxi and first class tickets.**

## WHAT TO DO

- ✔ Bring all your travel documents (tickets and invoices that you used to come to France). After the project, send **all ORIGINAL boarding passes, invoices, tickets, receipts** (used to go back home).
- ✔ Reimbursements will be processed per country and **money will be sent to your sending organization**, no later than **2 months** from the day we receive the reimbursement forms.
- ✔ Make sure all documentation indicates **names of travelers, description of the journey, an indication of cost, currency and date of travel**.
- ✔ Before purchasing any ticket, **first GET CONFIRMATION from the project coordinators:**  
[thegreenrideforward@gmail.com](mailto:thegreenrideforward@gmail.com)

## WHAT NOT TO DO

- ✘ We will NOT REFUND any tickets that have been **purchased by a travel agency**.
- ✘ We will NOT REFUND the cost of the taxi so please **use public transport** (and don't forget the receipts).
- ✘ We will NOT REFUND any travel costs above **the maximum amount or lost tickets**.

# HEALTH INSURANCE



It is mandatory to present a European Health Insurance Card.

We strongly recommend all participants to have the following insurances (not covered by the project):

- Travel (including damage or loss of luggage).
- Third party liability (including, wherever appropriate, professional indemnity or insurance for responsibility).
  - Accident and serious illness (including permanent or temporary incapacity).
  - Death (including repatriation in case of projects carried out abroad).
  - COVID-19 expenses



# COVID-19 REGULATIONS

We follow national covid regulations when entering France:

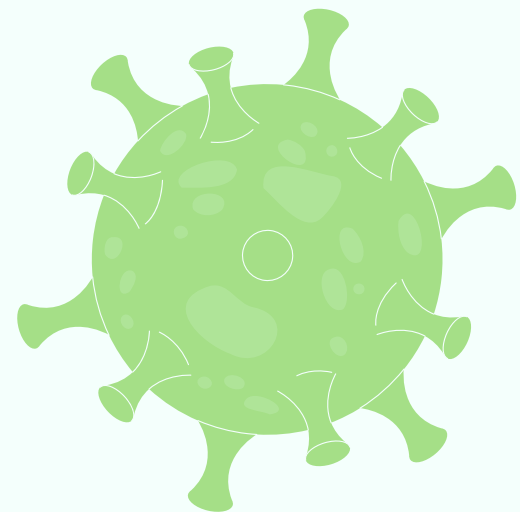
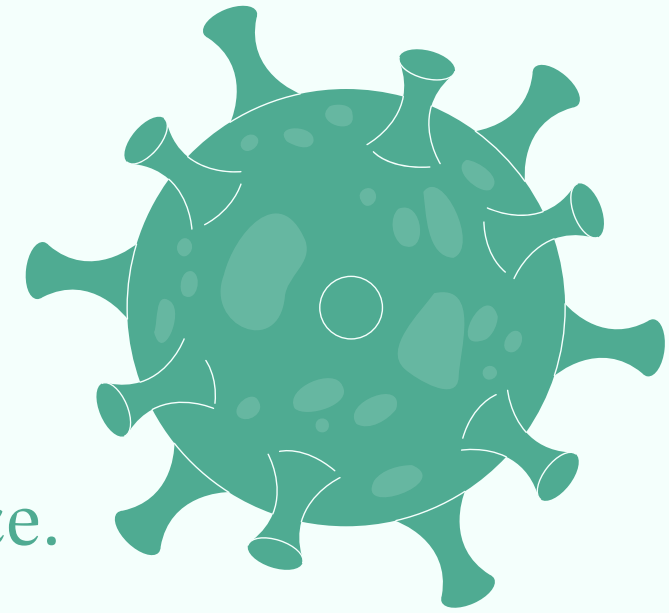
1. All travellers must fill in the European Digital Passenger Locator Form before entering France.

- For fully vaccinated (booster no later than 9 months after last required dose) or a certificate of medical reasons for not being vaccinated:

- no tests required

- For unvaccinated travelers:

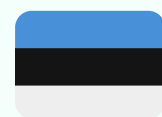
- A negative PCR test from less than 72 hours before departure or an antigen (lateral flow) test from less than 48 hours before departure is needed (departure of first flight when there is a layover);
- Or a recovery certificate (positive PCR or antigen (lateral flow) test dated more than 11 days and less than six months prior to departure).



# PARTNERS



DZĪVĪBAS  
ĒDIENS  
ŽĒLSIRDĪBAS  
M I S I J A



Continuous  
Action

MAAILM ON TÄIS VÕIMALUSI



altereg<sup>ngo</sup>

# Contact

For more information or any questions about the project, do not hesitate to contact us!

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