

Info Pack

RADIO GAGA – Building Resilience in Challenging Times

ERASMUS+ YOUTH EXCHANGE

Neumarkt in der Steiermark, Austria

11th to 18th of July 2023

Thank you for your interest in the Erasmus+ Youth Exchange 2023 "**RADIO GAGA – Building Resilience in Challenging Times**". Please read this info pack carefully as it contains important information about the project. If you have any questions, please contact your sending organisation.

WHAT DOES THIS INFO PACK CONTAIN?

#Overview

#Who are we?

#Topics

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#How to get there

#Good to know and important to have

#Travelling details and reimbursement

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BONUS: Erasmus 101 and Basic Austrian Competence



OVERVIEW

39 youngsters from:



**Austria, Croatia,
Denmark, Slovenia,
and Spain**

**Working on their
personal resilience**



**And improving
their skills!**

HOSTING ORGANISATION: **JEF Steiermark**

FINANCED BY: **Erasmus+ | Alps Adriatic Alliance**

Land Steiermark - Gesundheit, Pflege, Sport & Gesellschaft | Land Kärnten -

Jugendreferat

Who Are We?

ELISA & MARKUS & MARION



SERVUS! BOK! HEJ!

ŽIVJO! HOLA!

We are the organisers of this project and are very excited about getting to know all of you and have a lovely time together.

JEF Steiermark is a pro-European youth organisation in Styria and has been active since 1955. We host regional, national and international projects to get young people excited about the idea of a united Europe. Our activities are planned for and with youngsters on a peer-to-peer basis.

How to reach us:

elisa.schwab@jef-steiermark.at

markus.seunig@jef-steiermark.a

marion.moll@jef-steiermark.at



facebook.com/JEFSteiermark



@jef_steiermark



jef-steiermark.at/

TOPICS

DIGITAL DETOX

reflecting on our relationship with digital devices, internet & social media

BUILDING RESILIENCE

focusing on individual and societal resilience in a time of multiple crises

CULTURAL EXCHANGE

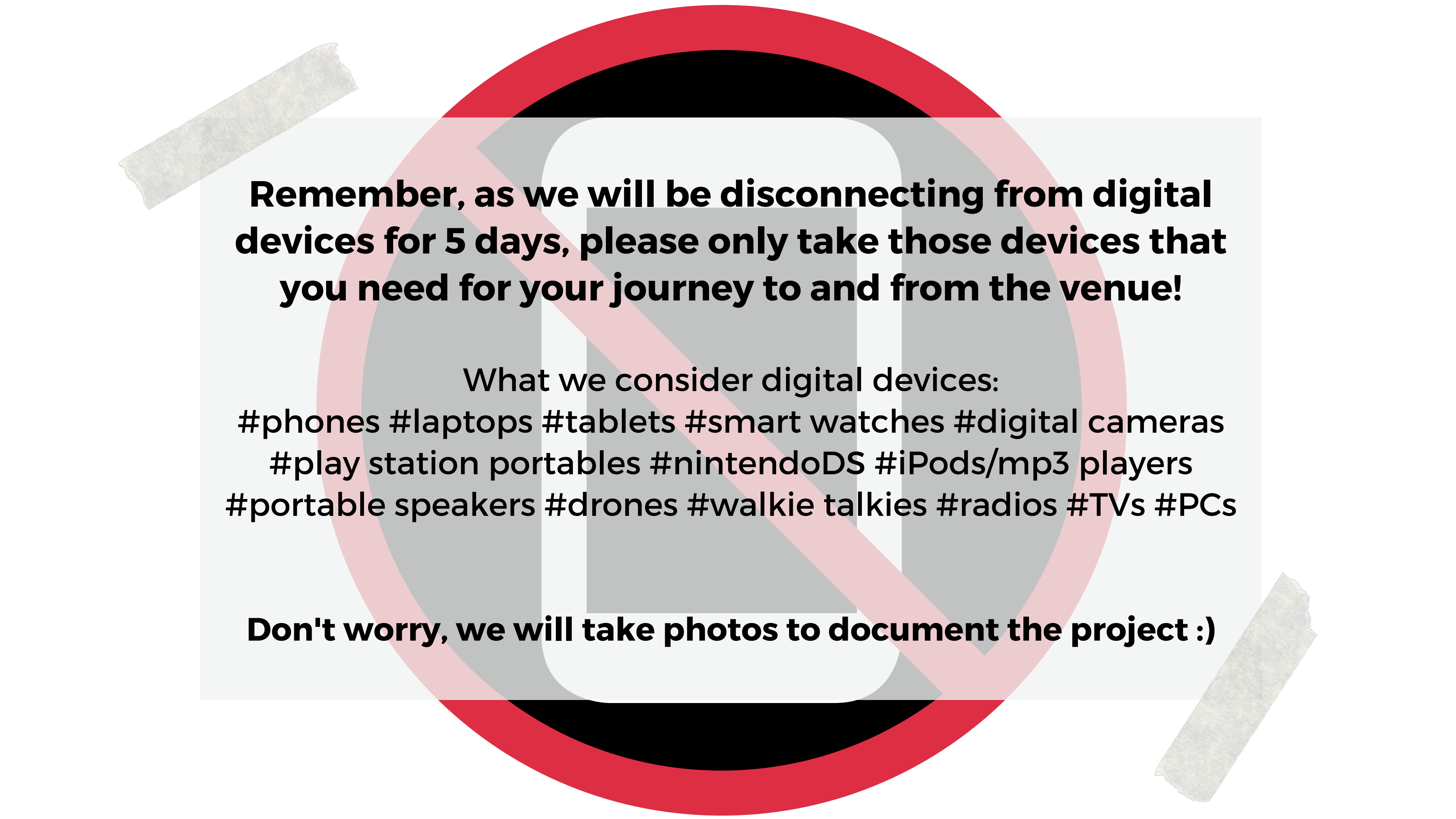
meeting people from other countries, getting to know different cultures & languages

COMFORT ZONE

breaking free from our daily routine & challenging ourselves

AIMS

- #to reflect on the factors that affect (personal) wellbeing in a negative & in a positive way**
- #to discover tools that help to improve resilience**
- #to question the effect of digital devices, internet & social media on our own wellbeing, on relationships, society & creativity**
- #to disconnect from the virtual world & to reconnect with ourselves, others & nature**
- #to foster critical thinking**
- #to support personal development**
- #to support the individual learning process & the development of competences**
- #to promote intercultural exchange and learning**
- #to share and discuss ideas, opinions & values**
- #to experience working in international teams**
- #to raise awareness about the European Union & future perspectives**
- #to promote active citizenship**



Remember, as we will be disconnecting from digital devices for 5 days, please only take those devices that you need for your journey to and from the venue!

What we consider digital devices:

#phones #laptops #tablets #smart watches #digital cameras
#play station portables #nintendoDS #iPods/mp3 players
#portable speakers #drones #walkie talkies #radios #TVs #PCs

Don't worry, we will take photos to document the project :)

ACCOMMODATION

All participants will be accommodated in **SHARED ROOMS** (up to 8 people) with shared bathrooms.

What a room!



What a bathroom!



LOCATION

This Erasmus+ Youth Exchange will take place in the **Europaburg/Schloss Forchtenstein** in Neumarkt in der Steiermark, Austria. For those of you that don't (yet) have the German competence, Schloss means **CASTLE**.

If you are already curious about the venue, you can check it out [HERE](#)

Address:
Schlossleiten 6,
8820 Neumarkt in der Steiermark
Austria

HOW TO GET THERE

We recommend travelling by train. The name of the station is **Neumarkt in Stmk.** Use the website of the Austrian Railways to find a connection:
<https://tickets.oebb.at/en/ticket>

Arrive by: 11th of July by 18:00


Depart at: 18th of July before 11:00
(breakfast optional)

For young people with economic obstacles prefinancing travel expenses should not be a barrier. In such cases we offer to book and buy the tickets. Please let us know by sending an email to
markus.seunig@jef-steiermark.at

TRAVELLING BY CAR?

There are free parking spaces directly in front of the Europaburg.

We encourage you to use **GREEN TRAVEL.** It's a financial incentive for those who travel sustainably and use means of transportation with low emissions for the majority of the outward and return journey.



Good to Know

Our castle is located 900 meters above sea level. This means that even in summer nights can be quite cold!

We will have meals 3 times a day (breakfast, lunch, dinner) and coffee breaks.

Important to Have

- #WARM CLOTHES
- #CLEAN SHOES FOR INSIDE
- #TOWELS
- #HEALTH INSURANCE CARD
- #PASSPORT/NATIONAL ID CARD
- #MEDICINE (if needed)
- #TICKETS FOR TRAVELLING
- #GAMES YOU LIKE TO PLAY
- #INSTRUMENTS (optional)
- #SWIMWEAR (optional)
- #MOTIVATION

TRAVELLING DETAILS AND REIMBURSEMENT

Travel costs are going to be reimbursed up to a maximum amount per person, depending on the distance from your residence to and from Neumarkt in der Steiermark. The calculation is based on the Erasmus+ Distance Calculator. Exchange rates are determined by the official InforEuro Calculator. Remember that higher amounts of reimbursement are possible for “Green Travel”, such as bus, train, or carpooling for the majority of the outward and return journey.

The reimbursement is going to be made via bank transfer after the Erasmus+ Youth Exchange. Therefore, it is necessary that we get all original travel documents (tickets, invoices, boarding passes, fuel receipts, tolls) from you.

In case you want to explore Austria before or after the project you can do that up to 4 extra days in total. If you stay longer than that, we will not be able to reimburse your travel costs. You need to cover any expenses (food, accommodation) for those extra days by yourself.



Erasmus+

AMOUNTS:

Austria, Croatia, Slovenia: 180€ / 210€ (GT)

Denmark & Spain: 275€ / 320€ (GT)

PARTNER ORGANISATIONS

 **Austria:** Junge Europäische Föderalisten - Landesverband Steiermark

 **Denmark:** Europæisk Ungdom Danmark

 **Slovenia:** Društvo Mladi Evropejci

 **Croatia:** Europska Mladež Istre

 **Spain:** Youth BCN





ERASMUS 101

#What: the European Union's funding scheme to support activities in the fields of Education, Training, Youth and Sport

#Who: for young people between 18 and 30

#Why: intercultural experience, fun, creativity, self-development, non-formal education

#Recognition: [YouthPass](#)

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Basic Austrian Competence



MUSIC

Austria's greatest international pop star, famous for his multilingualism:

DJ Ötzi



NOT GERMANY AND NOT AUSTRALIA

...but WHAT A COUNTRY



SPORTS

Austria's greatest sports commentator, famous for his multilingualism:

Rainer Pariasek

[Wayna Pawiasek]