



YOUTH EXCHANGE

EMPOWERED TO LEAD

9 - 16 DECEMBER 2019
SAN JOSÉ, COSTA RICA

Youth Exchange is one of the activity of project
"CUstomized SuPport to Youth Development of Active Leadership"

This opportunity is for participants from:



What is this project and youth exchange about?

CUSPYDAL - Customized Support to Youth Development of Active Leadership is a project based on cooperation between Europe (Slovakia, Italy, North Macedonia) and Latin America (Brazil, Costa Rica, Uruguay). There are various educational and research activities planned during 2 years, this youth exchange is one of them. Project is co-financed by the European Union, Erasmus+ Programme.

About youth exchange:

Are you right now unemployed or coming from rural and less developed areas?

Then this youth exchange is for YOU!

Why you should apply? What you can get? During the youth exchange we want to:

- to develop your leadership potential and to contribute to your personal and professional development and your soft skills (communication, flexibility, cooperation, goal oriented thinking, creativity, planning of work and strategy, responsibility, motivation etc.),
- to support your future employability and entrepreneurship,
- to encourage your active participation in your local community,
- to support you in the development of an individual action plans (projects, events, social enterprise, campaigns) focused on tackling some problems in your community,
- to give you unique intercultural experience – meet other young people from different parts of the world and to learn about each-others countries, cultures, traditions.

There will be various workshops, discussions, simulations, games, study visits, intercultural evenings during the youth exchange, particularly focused on development of your leadership skills in various fields (active participation, volunteering, sport, environmental protection or in digital arena).



Language:	The official language of the youth exchange will be English.
Profile of participants:	<p>Youth Exchange is for young people between 18 – 30 years old.</p> <p>This project is intended for young people who are currently unemployed and/or coming from rural and less developed areas.</p> <p>There will be 24 participants, 4 from each country + 6 youth leaders and youth workers /1 from each country who will be responsible for organization of program during the youth exchange.</p> <p>Participants should be able to understand and communicate in English (although no professional level required).</p>
Coordinating Organization: of the project:	ADEL Association for Development, Education and Labour (Slovakia)
Hosting Organization:	ACI - Asociación Cultural de Intercambios (Costa Rica)
Other partners:	<p><u>Brazil</u>: Cooperbom Turismo</p> <p><u>Italy</u>: MV International</p> <p><u>North Macedonia</u>: Youth Council Next Generation Skopje</p> <p><u>Uruguay</u>: AUDELE - Asociación Uruguaya de Difusión del Español como Lengua Extranjera</p>



VENUE

San José, Costa Rica



Costa Rica is the country in Central America with population around 5 milions. San José is the capital and the largest city of Costa Rica. Its located in the center of the country, population is around 300thousands, 2 milions around



COSTS

Accommodation and food during the youth exchange will be arranged and **fully covered** thanks to the financial support of Erasmus + grant, what means that is completely **free of charge**. There is no participation fee.

Project coordinator or partner organization will buy flight tickets for all participants. Flight tickets will be selected and discussed with partner organization from each country, keeping on mind requirement to find the most cost-effective way of transportation. Local transport tickets (either in home country or in Costa Rica) will be paid by youth leader traveling with each group and reimbursed during or after youth exchange by project coordinator.

Participants can arrive max. 2 days before the start date of youth exchange and leave max. 2 days after the end date of the youth exchange if they want to visit some places in island. But please take into consideration, that costs related to board and lodging during those days (not during official dates of the youth exchange) must be financed through own costs of participants (or you can try to get some other financing sources – sponsors, crowdfunding etc.).

RESPONSIBILITIES OF SELECTED PARTICIPANTS

Keep in mind that it is obligatory for all selected participants **to attend whole program of youth exchange** (it's not a vacation, only one free afternoon or short trip might be arranged).

During the youth exchange, each participant will together with the support of the youth leaders - create an individual action plan (for example - project, event, social enterprise, campaign) focused on tackling some problem in your own community - something that bothers you, people complain about, what you or others miss, would like to improve... Because people very often complain about politicians, but also ordinary citizens can change many things in their surroundings (we will discuss more during the youth exchange).

After youth exchange, in March and April, there will be local events organized in each country and participants of the youth exchange should participate and present their ideas.

Some ideas will be supported through mentoring, promotion, advices, activation of crowdfunding mechanisms help to get a grant to realize the idea in practice.



ACCOMODATION and FOOD

Participants will be accommodated in Hostel Finca Escalante.

More information here: <http://hostelfincaescalante.com/> or on booking website [here](#).
Also breakfast will be served here.

Participants will share rooms with participants from other countries/the same gender (4 – 6 people in the rooms).

Hostel is 15 min at a walking distance from San Jose downtown.



Activities/program during the day will be held in ACI Costa Rica office – only few blocks/ 5 min. away. Also lunch and dinner will be served there.



HOW TO APPLY?

If you are interested to participate in this youth exchange,
please, fill in this application form:

https://docs.google.com/forms/d/e/1FAIpQLSfgskNXjXhJH9U6LIXYJ01CjGY509KVA_7Go4XLTB_DJZqwoZQ/viewform?vc=0&c=0&w=1

DEADLINE

You can apply the latest by
23 AUGUST 2019, 23:59 CET

For further questions, please contact:

Lenka Curillova

Executive Director of ADEL Slovakia
(coordinator of CUSPYDAL project)

info@adelslovakia.org

or partner organization in your country

