

KICK

Knowing Illness with Creativity and Kindness

21 – 31 of October 2018
Ajaccio, France

Countries involved : Bulgaria, Croatia, France, Italy
24 Participants

Theme :
Creativity and culture,
Health and wellbeing,
Inclusion and equity

Organised by [Center of Youth and Sport of Corsica](http://www.csjc.eu) (CSJC)



WHAT IS THE PROJECT ?

KICK wishes to put in place a collective reflection on the **public prevention themes of serious diseases such as AIDS or cancer**, The theme was particularly chosen following numerous recent articles showing the social problems concerning the lack of information on the disease prevention and the views of young people on the issue.

In concrete, participants involved will be invited to participate actively to all stages of the project and to **take the lead of a creative workshop on topic** of illness prevention and/or wellbeing/healthy lifestyle. Creativity such as theatre, photography, art, paint and other will be used.

Language : Activities will be in english, to enhance language practice. Trainers and group leaders should speak english fluently to help communication.

SOME OBJECTIVES OF THE YOUTH EXCHANGE

1. Develop critical thinking about our own lifestyle in order to adapt our behavior towards a better health
2. Collectively organize one or more public social actions preventing about illness or promoting about wellbeing
3. Involve young people with serious illnesses, disabilities and promote gender diversity
4. Develop a sense of belonging to Europe, employment opportunities through Europe
5. Obtain a European certificate of non-formal learning: the YouthPass.

PARTICIPANTS

24 Participants :

- 4+1 for Bulgaria
- 4+1 for Croatia (coming by car if possible)
- 4+1 for France + 1 special need accompanying person
- 4+1 for Italy (coming by car if possible)
- 2 trainers
- 2 health professionals

Profile : We aim at involving participants from all profiles between 16 and 25 years old. Erasmus+ program as well as CSJC's focus are to create a **group as diverse as possible** in terms of physical, cultural, community or social differences. **Half of the group should face present or past serious disease** (not contagious). Two accompanying persons in health field are also counted. There is a possibility to include participants with **physical disability** : CSJC has 2 adapted rooms to host autonomous disable participants.

Of course, following Erasmus+ Youth Exchange rules, participants between 13-30 years old can apply, knowing the rest of the group will be between 16-25 years old. It is not necessary to speak english.

Info about accompanying person : 900€ on bill for the whole project.

PARTICIPANTS WILL BE COMMITED TO:

- **Get involved in every step of the project :**
 - prep meeting,
 - project,
 - conclusion meeting
- **Create interactive group presentation during intercultural evening :**
 - Present your country's culture in 30 minutes max - keep in mind that it is about sharing culture, not explaining why your country is the best ;)
 - You are welcome to bring food to share but there is NO refrigerator and we cannot cook
- **Create collectively a social action about topic to suggest in public**

PARTNERS/GROUP LEADERS WILL BE COMMITTED TO :

- **Make a preparation meeting with participants (within the month before the project) to :**
 - Meet between participants
 - Share the objective of the project and program
 - Talk about what is the YouthPass
 - Think already about the intercultural activity
 - Take care of 15€ participation fee
 - Talk about material to bring / Help with the registration file online.
- **Lead a 1h workshop on the topic during the week**
 - Bulgaria : Reflection + debate
 - Croatia : team building activities
 - Italy :
 - France :
- **Organise a conclusion meeting with participants (within the month after the project) to :**
 - Ask about a small report regarding professional and personal change
 - Help participants with Erasmus+ related topics (EVS/Project's building...)

PRACTICAL INFOS

Arrival : Sunday 21/10/18 before 6pm

Departure : Wednesday 31/10/18

Travel tips

Due to its touristic attraction, please note that fees are expensive to come to Corsica, especially in summer time ! So **be sure that you book your transportation as soon as possible** to pay the minimum amount. Cheaper option is the boat, but it's the longest : you might have to plan a night in the boat.

- **By air** : airfrance, aircorsica, easyjet, volotea
- **By boat** : corsica ferry, corsica linea, meridionale...

Accommodation and meals :

- We will be hosted in fully equipped CSJC rooms. Participants will be in rooms by 2 people. It is necessary to **take your towel and your hygienic kit**.
- CSJC will organise meals. Depending on program it can be cold (outside activities) or hot meals at the self restaurant.

Insurance

- Participants should bring their European Health Insurance Card and are recommended to take travel insurance

Participation fee and Refunding process

- Participation is 15 euro and is to be paid in cash on arrival to the project
- Travelling costs to be reimbursed are in the amount of tickets prices up to the maximum (regarding Erasmus+ refunding rules) per each participant, by **transferring the reimbursement to sending organization account**. Please note that CSJC cannot refund individuals !



Country	Max refund per participant in €
Bulgaria	275
Croatia	180
France / Ajaccio	0
Italy	180

About coordinator CSJC :

The CSJC has a strong position in the field of youth, sport and cultural development of the island, especially with the organisation of actions about various topics regarding all publics.

There are four main missions that the CSJC works on :

- An issue of social utility
- A sporting challenge
- An issue of public service
- A challenge for sustainable development:
- For a few years now, the establishment is developping the island internationnaly.

SUMMARY OF WHAT YOU HAVE TO DO ONCE SELECTED

- Make sure you arrive in Ajaccio. Public transports are not very convenient in the island if you arrive somewhere else.
- Fill the official online form (group leaders as well) given by your organisation
- Participate to the preparation meeting
- Prepare an intervention for the intercultural evening

Material to bring

- Outdoor clothes - comfortable sport clothes and sport shoes (consider sea and hike)
- 2 Towels and hygenic kit (there are no shower mat, you can bring an extra towel)
- Personal medications (if needed)
- Personal things (towel, personal hygiene kit)
- Passport or other official identification
- Invoices and travel tickets

Applications and information

For any questions and information about the project and application process contact the sending organizations and contact persons.

Country	Sending Organisation	Contact
Croatia	Outward Bound Croatia	lana.novosel@outwardbound.hr
Bulgaria	Bulgarian Sport Development Association	info@bulsport.bg
France	Centre du Sport et de la Jeunesse de Corse	Mathilda.olive@csjc.eu
Italy	Mine Vaganti NGO	partenzemine@gmail.com