



Erasmus+

SMALL STEPS EVERYDAY

INFOPACK OF APV



WHO WE ARE:

AJC DEMÉTER's team is glad to invite you to join us in the KA1 Youth Exchange Project "Small Steps Everyday".

Deméter is a youth organisation experienced in European mobility programmes since 1999, aiming to provide opportunities for young people to foster tolerance & fight exclusion attitudes, to promote equality & make people feel European. Since 2011 we are a member of an informal network of 19 European ONGs to promote Erasmus+, coordinated by AJ INTER.

ACTIVITIES: youth exchanges, seminars, youth initiatives, youth democracy, training courses.

TARGET GROUP: Youth leaders, youth workers, young people from 18-30 years old, unemployed, from a rural area, early school leavers, high school students & university students.

WHERE WILL BE THE APV , RESPONSABLE PEOPLE:

The APV will take place in Jerez de la Frontera, a city with around 200 000 inhabitants in the western part of Andalucía, close to Cádiz and about one hour away from Seville.

Participants will stay in a Nuevo hotel located in the city centre of Jerez de la Frontera:

Hotel Nuevo: Calle (Street) Caballeros, 23 , 11403 Jerez de la Frontera, Cádiz



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WHAT IS ABOUT:

The main idea of the youth exchange *SMALL STEPS EVERY DAY* is to promote the well-being and a healthy lifestyle of young people from 5 cultures (Turkey, North Macedonia, Italy, Spain and Estonia), identifying little steps they can take to achieve it every day, little steps to reduce social and cultural isolation, as well as uncertainty about the future.

SPECIFIC OBJECTIVES:

1. Promote the development of self-awareness to know themselves (ability to focus, evaluate oneself objectively, manage emotions).
2. Facilitate the experience of living with healthy habits and reinforce skills for emotional, mental, physical, and spiritual well-being.
3. Increase personal well-being through volunteering, discovering practices that contribute to the local community.

The youth exchange centered on the participants. To achieve high participant inclusion we are organising a preparatory visit to ensure the quality of the project. Project will involve the participants in each phase, with specific tasks and responsibilities, based on their interests and needs. It will combine a wide range of methods from non-formal/informal education to facilitate the connection between participants from different cultures and religions, and their personal, social and work development, acquiring new habits for a healthier lifestyle with the situations like pandemic.

SUGGESTIONS:

The weather during the APV will be very hot (24 to 34 degrees), you can bring a hat, sun cream and water bottle to refresh and care yourself during the day. The water in Jerez is drinkable.

If you have allergy to mosquitoes, it can be useful also to carry a protection spray.

APV Schedule - 2022

SMALL STEPS EVERYDAY



	02 JULY	03 JULY	04 JULY
MORNING 09:30 14:00	ARRIVAL	<ul style="list-style-type: none">• Objectives• Target Group• Fewer Opp.• Needs• Task description• Activity preparation• Fee	DEPARTURE
AFTERNOON 16:00 19:00		<ul style="list-style-type: none">• Facilities• SD - Gender - Digital• Risk analysis - visa• Visibility and difusión• Action of the NGOs	
NIGHT	<ul style="list-style-type: none">• Welcoming• Project Plan Overviweing		

