



BACK TO BASICS

INFO PACK

08-24 AUGUST
2023

Ommen, The
Netherlands

Introduction

Back to Basics is focussed on communication and cooperation. How well are you in working together with others? Are you really as social as you think you are? And what about solving a problem together or coming to an agreement? How do I take initiative and go for it? How do I take actions?



For who is it?

If you are between 15 and 21 and if you're searching what to do in life and which choice to make when it comes to study and work; if you want to learn more about entrepreneurship and taking initiative, communication & cooperation, then this exchange might be something for you!

FOCUS QUESTIONS

How can I become more entrepreneurial? How can I communicate better with others? How do I behave in a group when working with it? To what extent I want to dare expanding my limits?

FOCUS THEMES

Initiative,
cooperation,
communication,
challenging myself

IN A NUTSHELL

During the exchange you will be active a lot with all kind of different activities. So it is mainly doing things and then look back on what you did, why you did it and what you got out of it. This will be done in working together with persons from other countries. During workshops we will explore what your opportunities and possibilities are. During the workshops different working methods will be used, like photography, video, simulation game, interviewing and theatre. Furthermore, several outdoor activities will be organised in a way that you can put in practice your entrepreneurial communication skills.

What we will do



Outdoors



Group activities



Theatre



National evenings



In this exchange we will work a lot with outdoor activities. Some will last a few hours, some will last half a day, and some will last a few days. In these activities we will focus a lot on taking initiative; finding a solution for a problem; how to work in a group in order to overcome an obstacle; how to use everything around you in order to help you solve your issue; cooperation. The highlight of the exchange is an outdoor activity of 3 nights in which you get several assignments and need to manage yourself with no phone, money or other kind of luxury and where you need to find a sleeping place yourself.

Be prepared to feel adrenaline, to feel fear, to feel success, to feel failure, but most of all, to have fun!

NATIONAL EVENING

During the exchange we ask you to cook a typical, traditional meal from your country for the entire group. This includes a delicious dessert! We invite you to take us to your culture, traditions, habits, customs etc. in your culinary creation as well as entertainment after dinner, think of typical dances, games, a quiz, a karaoke, a theatre play, the sky is the limit! Just as long as you can entertain us for 1 hour in which everyone is involved.

Practicals

Arrival Day

08 August 2023

Start of the exchange

09 August 2023

End of the exchange

23 August 2023

Departure Day

24 August 2023

After receiving confirmation of participation, you can book your ticket according to these details. Please inform the organisers about your arrival and departure time. Your presence is needed during the entire duration of the exchange. It is not possible to arrive earlier or depart later due to no availability in the accommodation. Should you want to stay somewhere else, that is on your own costs. For the plane tickets it is not a problem.

Best is to arrange flights departing after 10:00 the 24th due to train availability.

Travelling by train, carpooling or bus (e.g. Flixbus). If you can travel with your group through green means, then you get a higher travel budget as well, and the advantage is

that you can also spend a night somewhere else, like in Germany for instance for a road trip and visit to another place, in which the accommodation is also covered.

Location



You will be staying at the group accommodation Olde

Vechte

(www.oldevechte.com)

During the exchange we need to maintain and keep the building clean ourselves, a carousel schema will be made in which everyone is equally involved in cleaning several parts of the building during the period.

- There is a **washing machine** at Olde Vechte with soap included.
- The buildings are provided with **Wi-Fi** connection.
- Bed linen will be provided, **it can be handy to bring your own sleeping bag**
- There are plenty of showers and toilets in Olde Vechte accommodation. You do need to **bring your own towels, soap and shampoo.**
- Weather in Netherlands can be crazy. Bring warm and light clothes, but most of all, **bring rain proof, comfortable and old clothes** as well, mostly for the outdoor activities!

Financials

Distance

Reimbursement

Green Travel reimbursement

500-1999km

275 EUR

320 EUR

2.000km+

360 EUR

410 EUR

you can spend this money in a way that suits best for your travel to and from Ommen and if you save money, it is yours and you can use it to cover your participation fee.

Make sure you receive the Green info Pack for more information about Green Travel

While costs for food and accommodation are covered, there is a **participation fee of 70,- Euro** per person. That is due to the outdoor activities we are going to organise which require the rent of specific material, cars and services.

The participation fee must be paid in cash upon arrival.

WANT TO JOIN?

For further
questions do not
hesitate
contacting us



contactcherrygroup@gmail.com



www.cherryinternationalfoundation.com



[cherryinternational](https://www.instagram.com/cherryinternational)



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