



## INFOPACK

---

# *TOTEM R.I.S.E. (RURAL INTROSPECTION & SPIRITUAL EVOLUTION)*

## YOUTH EXCHANGE

---

### Short summary of the project:

The Native American communities will be the thematic of this proposed youth exchange. It stands for the colonization of the "modern" people that basically annihilated the Native American population and their cultures, as apparently the globalization nowadays is doing with the rural areas. Besides the collective level and the tendency of cultures vanishing, is losing among young people also the community sense, the spirit of sharing, of collaboration, taking care of each other and nature and spiritual values in general. The opportunities in urban area are mainly based on material values, on competition, where the general chaos and stress is pushing young people towards selfish attitudes, individualism, separation, exclusion, discrimination and small or large scale conflicts. This youth exchange is aiming to reconnect young people with their cultural roots and their emotions, in order to reach a sense of cultural identity, based on solidarity and peaceful values.

**The title** "Totem R.I.S.E (Rural Introspection & Spiritual Evolution) is also meant to briefly describe the project's **objectives**:

- ✦ To set a safe platform inspired by the community values of Native Americans people, in which during 8 activity days, 30 participants from 5 different countries will create their own definition of culture, identity and cultural identity, reflected in a common Totem
- ✦ To explore through non-formal methods, practical workshops and inter-cultural dialogue, local cultures, traditions and rituals and the influence of globalization on them, in the rural backgrounds, based on participants' exchange of experiences and knowledge
- ✦ To empower the participants with guidance and tools for a meaningful INTROSPECTION linked to their cultural roots, emotional well-being and empathy, towards a consolidated sense of self respect, respect for the others and their cultures and respect for nature
- ✦ To develop soft skills and approach the use of the Youthpass Certificate in an interactive way, by challenging the participants to get out of their comfort zone, enhancing their active participation, sharing ideas and turn them into reality with provided working and reflection materials and support, in order to reach a higher SPIRITUAL point at the individual and group levels
- ✦ To inspire the participants for being better version of themselves, accepting cultural diversity and their own abilities and disabilities, as a starting point for a collective EVOLUTION, in which economical, social and ecological perspectives will point at inclusion, active citizenship and growth

## Partners:

**Italy** (Host organization) – Twoplustwo ass.

**Spain** – 2+2 Asociacion

**Greece** – CET Hellas

**Romania** – Onestin

**Netherlands** - AdventuresofValparaiso

## Project content

The youth exchange is based on a non formal methodology, exchange of experiences and ideas, creative and practical workshops, brainstorming, simulation games, interactive presentations, role plays, open discussions, gardening and cooking, space and tools for self assessment and introspection, and creation of totems that reflect cultural diversity and cultural empowerment of rural areas, based on participants' emotions and ideas. Space and tools will be provided also for informal learning, intercultural learning, reflection and evaluation. For ensuring the achievement of the objectives the learning process of the YE will develop as a spiral based on: inspirational input - contributions from the group - guided reflection.

Moreover, each activity day will have a different focus which will be addressed accordingly. The program of activities foresees name games and getting to know sessions, team building, story hunting, intercultural moments, role playing and reflection moments, valuation dynamics.

## Participant Profile

### **5 participants + 1 team leader**

- The age of the participants should be centered on the target between 18 and 24 years, with no age limit for the leaders. However, in case of participants with a high motivation in taking part in the project, or participants with fewer opportunities that could benefit more upon the experience, the target group could be enlarged till 28 years old.
- The participants should be open-minded, easy going and prepared for a spiritual experience, in which vulnerability will be one of the main common points for sharing, living and working together.
- At least one position should be given to participants with fewer opportunities, especially coming from rural areas and/or N.E.E.T and/or unemployed.

- the participants should be interested, passionate or curious about rural development and cultural diversity
- they should be able and eager to share the experiences, the outcomes and results of project
- it is highly recommended that the selected group to be actively involved in the preparation and the follow-up activities

\* groups must depart from the city where the organization is based. If they depart from other cities, that has to be justified and approved in advance by our National Agency!!!

### Preparation:

As we believe more in common sense and respect, we invite all the participants to: take fully part into the project, be punctual, keep the working places clean and be actively involved in the activities which start from in your own country.

Like in the objectives there are topics such as IDENTITY and CULTURAL UNION we challenge everybody to participate with a pro-active attitude and respect towards each other;

Twoplustwo is the host association responsible for the logistic and administrative matters, as well as for part of the activities. However, each group will have to prepare a series of activities meant to get the participants into the project's spirit, unite them within their national teams and get familiarized with the other participants:

- Presentation video of the group, including eventually some brief information about the local culture and the sending organization. Videos are to be uploaded on the Facebook group of the project.
- “intercultural village”, each country group is expected to prepare an interactive session around the topic of rural development and/or linked topics around community building. The duration of the session has to be 1 h and 30 min (give or take). The session has to be creative and it has to get everybody involved, that also means no powerpoint or similar instruments are allowed for that. Use your creativity!

Consult with us for clarifications

The team host will submit newsletter in the weeks before the project and keep everybody involved up-to-date concerning the YE >>>> STAY TUNED

### Accommodation:

Groups will be lodged in the village of Roccamonfina at the local Hotel. Roccamonfina is located about 60 minutes Northwest from Naples. Participants must be prepared to share rooms with people from other nationalities, rooms can be double, triple and 4 bed dorms.

Latitude <<41°17'21"12 N >>>

### Transport:

Travel by plane: you can decide to book a group flight and land in Naples or in Rome. In this case we highly recommend you to arrive in Italy latest in early afternoon in order to have more options to reach the city of Roccamonfina which has limited connections. Once your flights are booked, the team host will arrange the itinerary for you to reach for Roccamonfina. We also advise to book a return flight departing later than 16:00 for the above-mentioned reasons.

**Achtung!!! Before booking it is advisable to consult with us.**

Travel by car: for some groups it might be an option. In such case you only need to set your destination as Roccamonfina.

If you are going to use another means of transport let us know

### Reimbursement:

**TRAVEL COSTS WILL BE REFUNDED UP TO 275 EURO** per participant

It is advisable that each team leader is in charge of collecting original tickets and invoices/receipts for his/her own group (only second class and apex fares will be accepted). Twoplustwo organization will transfer the money to each organization's bank account **only when all the tickets/invoices (return tickets included) have been delivered**. In case of groups using cars, please remind to keep pay toll and gasoline receipts. In order to speed up the refund transfer please communicate with us in advance the itinerary for your group with all estimated costs and your bank details!

**GO DIGITAL!! It will save time and nature will appreciate it**

## What to bring:

- Personal Towels and Toiletries
- Passport/ID
- Comfortable clothes and shoes for the activities
- European Health Insurance Card
- Power Plug adapter (type F/L)
- EARPLUGS (not mandatory but advisable)
- Extra doses of Motivation & Good Mood
- Snacks and drinks for the cultural presentations
- **Something to share or trade**



Expected temperatures: MAX 18°/22° – MIN 05°/10° (We will be more precise in the weeks before the project so that you can dress accordingly)

## Contacts of the staff:

[TWOPLUSTWO.INFO@GMAIL.COM](mailto:TWOPLUSTWO.INFO@GMAIL.COM)

FB: @TWOPLUSTWO

Sofia: +39 3927797465

Roberto: +39 3317087606

Viviana: +39 3398318532

**Two+**  
**Two**