

# Single Parents - Active Individuals

## Call for participants

**For the Youth Exchange 'Single Parents - Active Individuals'**  
**4<sup>th</sup> – 15<sup>th</sup> September 2018 in Vadul Lui Voda, Moldova.**

*We are looking for participants from Poland to take part in a 12-day Youth Exchange in Moldova.*

### Summary

'Single Parents - Active Individuals' is targeting young, single parents with the aim to create greater involvement in the European and local society through fostering participation in activities beyond parenthood.

**The youth exchange will take place from 4<sup>th</sup> to 15<sup>th</sup> September 2018** in Vadul Lui Voda, Moldova, with the participation of 30 young, single parents from 6 countries. Each participant will have the opportunity to take part in the youth exchange together with their child.

Each day during the programme there will be a different topic such as art, sport, culture and languages, body and mind, health and cooking, active citizenship, democracy and the EU.

The youth leaders will arrange different kinds of activities and exercises that the participants will engage in. There will be games, role plays, brainstorming, simulations, workshops in the different topics. Through these exercises the participants will experience different activities than the activities of the daily life of a parent. These activities will enlighten the participants about different active ways of relaxing and de-stressing.

Simultaneous to the activity programme for the participants, there will be a separate daily activity programme organised for the children.

### The Project Objectives:

- Inspiration on how to maintain active participation in the society and in the democratic life of Europe
- Increase your self-empowerment and self-esteem
- Foster your life-long learning by inspiring you to participate in non-formal education activities
- The chance to participate in an international mobility and get familiar with different cultures and practices
- Raise awareness of the situation and needs of Single Parents

### Participants profile

If you want to take part in the project, you must be a single parent with permanent residence in Poland and within the age range of 18-30. The selection will be based on the following criteria:

- Ability to participate during the whole length of the Youth Exchange
- Ability to communicate in basic English
- Motivation to participate in the activity
- Potential to be positively affected by the activity
- Preferably, a first experience in an international exchange

You will have the opportunity to bring your child with you if the child is 4 years old and over. If you have 2 children, you will be able to bring them both only in case another participant decides to not bring his/her child. **The number of participants allowed per delegation is fixed (5 parents and 5 children) and cannot be exceeded.**

**Note:** The accommodation during the exchange will be basic in shared rooms. Please be aware there is the possibility that you will share a double bed or sleep on air mattresses.

Participation in the Youth Exchange is free of charge.

### Travel Expenses

You will receive a contribution to the travel expenses (both for you and your child) according to the travel distance band calculated through the Erasmus+ [distance calculator](#). The travel contributions will be reimbursed by bank transfer to the partner organisations after the activity, and once the organisers have received original documentation (invoices, receipts, boarding passes, tickets etc)

| Country          | Distance band | Budget per participant/child |
|------------------|---------------|------------------------------|
| Poland (Wrocław) | 500 - 1999 km | € 275                        |

You and your child shall be reimbursed for your travel expenses up to the amount available as per the distance travelled (according to the amounts in the table above), and no more than their real costs.

In order to support in attending the youth exchange with a child, the following financial support is available:

- travel support in line with the budgets available for the parents, as shown in the table above, and conditional upon the eligibility for reimbursement as described below
- Costs of obtaining a passport for the child: 40EUR per child
- Cost of official permission from the second parent to bring the child abroad: 10EUR per child

### Reimbursement of travel expenses

In order to get reimbursed for travel expenses (including child's passports and official permission document), delegations shall send the organizer all the originals of travel documentation, receipts and invoices. The reimbursements will be made to the partner organisations through bank transfers within 45 days after the organizer have received the original documentation by post.

In order for travel costs to be eligible for reimbursement you cannot arrive later than the arrival day (4<sup>th</sup> September) and depart earlier than the departure day (15<sup>th</sup> September). If necessary for travel reasons, you will be allowed to stay up to 2 days extra before the arrival day and/or after the departure days on your own costs.

### Application procedure

If you'd like to apply, you can fill the form on the following link:

<http://intercollege.info/participants/open-calls/application-single-parents-active-individuals>

### Deadlines

You should complete the application form no later than **30<sup>th</sup> July**. Confirmation of the participant selection will be announced by the organizer on **03<sup>rd</sup> August** the latest. If you are selected, within 5 days after the selection results are announced, you must confirm your participation with proof of travel bookings.

## Program

Attached to this letter is the draft program of the Youth Exchange. Please note that some changes in the program could potentially be made in order to raise the quality of the project.

## Safety and Security

According to the Erasmus+ Programme Guide, all participants must be insured against the risks linked to their participation to the activity.

The participants are also **strongly advised** to ensure that their child is appropriately insured.

Any participant engaging illegal and/or dangerous behaviour will be sent home on his/her own expenses and face any kind of consequences involved.

For the comfort of all participants and the children, it has been agreed between the partners that a policy of no noise from the children after 20:00hrs will be implemented at the venue.

## Participant's declaration

Please be aware that you are obliged to read carefully and agree on the Participant Declaration found with the application form. Accepting the Participant Declaration is a requirement of participation.

## Contacts

Should you have any questions regarding this call, please contact Daniel Shillcock by email at [daniel@intercollege.info](mailto:daniel@intercollege.info) or by phone at + 45 45 34 30 40.

## Single Parents – Active Individuals

### Program of activities

Day 1 (Tue. Sep. 04) – Arrival day & welcome

Day 2 (Wed. Sep. 05) – Introduction

| Time | Session/Activities                                     |
|------|--|
| AM   | Introduction to the project & hopes and fears          |
|      | Get to know each other                                 |
| PM   | Team-building activities and walk in the neighbourhood |

Day 3 (Thu. Sep. 06) – Art and Craft

| Time | Session/Activities            |
|------|-------------------------------|
| AM   | Art and Craft workshops       |
| PM   | Art and Craft workshops       |
|      | Daily reflections             |
|      | Parents Intercultural evening |

Day 4 (Fri. Sep. 07) – Sports

| Time | Session/Activities |
|------|--------------------|
| AM   | Sports workshops   |
| PM   | Sports workshops   |
|      | Daily reflections  |

Day 5 (Sat. Sep. 08) – Culture & Language

| Time | Session/Activities     |
|------|------------------------|
| AM   | Language workshops     |
| PM   | Culture workshops      |
|      | Daily reflection       |
|      | Parents social evening |

Day 6 (Sun. Sep. 09) – Body and Mind

| Time | Session/Activities    |
|------|-----------------------|
| AM   | Body & Mind workshops |
| PM   | Body & Mind workshops |
|      | Daily reflection      |

Day 7 (Mon. Sep. 10) – Health and Food

| Time | Session/Activities               |
|------|----------------------------------|
| AM   | Health and Food workshop         |
| PM   | Health and Food workshop         |
|      | Daily reflection                 |
|      | Children's Intercultural evening |

Day 8 (Tue. Sep. 11) – Inspiration Day

| Time | Session/Activities                                    |
|------|---|
| AM   | Visit to an interesting local organisation or company |
| PM   | Time to see Chisinau                                  |
|      | Daily reflection                                      |

Day 9 (Wed. Sep. 12) – Active Citizenship

| Time | Session/Activities          |
|------|-----------------------------|
| AM   | Active Citizenship workshop |
| PM   | Active Citizenship workshop |
|      | Daily reflection            |

Day 10 (Thurs. Sep. 13) – Democracy and EU

| Time | Session/Activities        |
|------|---------------------------|
| AM   | Democracy and EU workshop |
| PM   | Democracy and EU workshop |
|      | Daily reflection          |

Day 11 (Fri. Sep. 14) – Reflections & Evaluation

| Time | Session/Activities                     |
|------|--|
| AM   | Evaluation and reflections of learning |
| PM   | Farewell evening                       |

Day 12 (Sat. Sep. 15) – Departures