

## Introduction to our youth exchange

### **“Friend You Can Keep”**

**Place:** Estonia, Soomaa

**Date:** 29<sup>th</sup> of June – 6<sup>th</sup> of July 2015

#### **Our dear participants!**

First of all, we're excited to have you here, in Estonia for our youth exchange! To offer you some good time in Estonia, we're sending you some extra information about our youth exchange and Soomaa – our place, where we'll be staying for one week.

#### **“Friends You Can Keep”**

International youth exchange “Friends You Can Keep” will take place at Soomaa and its main goal is to support youth active participation in society.

30 people, aged 18-25, from three European countries – Estonia, Romania and Italy will participate in this project. These people need just a little push from the out, to realize their potential.

This project is focused on non-formal learning methods, for example role plays, interactive theater performances, discussions and participatory workshops. All those activities are carried out by participants.

As results of these activities, there will be a street campaign in a city called Viljandi, which will be planned and implemented by participants.



At the end of the project the participants are more emphatic, more daring and experienced to later participate more actively in society. This will not only benefit the participants, but people close to them – their family members and friends. In a long term it's also positive for the local community, society and Europe in whole.

### **What and where is Soomaa?**

Soomaa is an absolutely lovely place in the nature, in south of Estonia. From Tallinn to Soomaa, it is 140 kilometers and it should take around 2 hours to get there. You can discover more about the place on their homepage: <http://www.veelaager.com/in-english.html>

We will be staying in small camping houses – up to four people per one house. We will divide you in the camping houses, so you don't have to worry about it. You don't need any bedlinens, as they are provided by Soomaa.

We will have Wi-Fi in the area and you don't need any passwords to use it.

### **What to bring with you?**

What you will need is a towel and swimwear, as we are located next to the river. We're not saying it's going to be warm, we're saying that it is a possibility to go for a swim.

To enjoy the evenings out, it would be very useful to bring some mosquito repellent. So you wouldn't be busy running away from mosquitos and you could have some fun time outside.

Please don't forget that we'll have intercultural evening. Therefore, bring some traditional foods and drinks from your country. But keep in mind to pack them carefully, for not ruining your others stuff in your luggage.

### **What to wear?**



That is a very good question! As the weather in Estonia is rather uncertain, we might get basically everything from snow to sunshine. Still, bring some warm clothes for the evenings and some summer clothes for good weather. As the place itself is quite in the nature – high heels aren't the best options, but some sneakers would be.

To get the better idea of the weather in Estonia, we suggest you to check the weather forecast before you leave your country – that's the closest idea you could have about how it's going to be. And you can pack your stuff based on the weather forecast.

### **How about shopping?**

Well, no. Or yes.

The closest shop is 5 kilometers from our camping place. If you like to walk and you're fast in it, you can do it. If not, well no shopping (sorry).

We can do some shopping on 5<sup>th</sup> of July, when we'll be in Viljandi (a small city in Estonia, 92 kilometers from Soomaa) and when we have some free time. As you are arriving in the middle of the night, there is no option for shopping at that time as well.

So, please don't count on shops.

Currency: Euro.

### **Some laws and rules**

In Estonia, for drinking and smoking, you have to be at least 18 years old. We do allow drinking on our youth exchange, but only in case it is responsible drinking. The same applies for smoking – please be noted that we kindly ask you to not throw any trash (also cigarette butts) on the ground. We do have trash bins for that. Also, we would like to keep the nature the way it is.

**It is absolutely forbidden to go swimming while you are drinking. Every group leader is responsible for that. So no swimming while drinking!**

**We do mean that!**



## Transportation

We have covered all the transport you need during the project. Just to give you a heads up – you will arrive to Tallinn in the middle of the night. From there you still need to take the bus (it is all arranged) and you should reach Soomaa around 3 in the morning. Therefore – it's going to be a long day for you, try to prepare for that. We do have some small snacks for you at the airport, but nothing more. As you all travel with Lufthansa – I recommend you to eat on the plane.

Our project leader Nikolai will meet you all at Tallinn's Airport.

### Important phone numbers:

Nikolai Kunitsõn, project leader: +372 55 313 40

In case of an emergency (ambulance, police, fireman): 112

Gertha Teidla-Kunitsõn, Estonian group leader: +372 58 252 164

Uku Valner, Estonian group leader: +372 58 144 618

In case you have more questions or you need more information, don't hesitate to write me. The e-mail address, just in case, is:

[gertha@foorumteater.ee](mailto:gertha@foorumteater.ee)

**We will meet you soon enough at Soomaa!**



We wish you awesome flights,

Gertha and Uku

