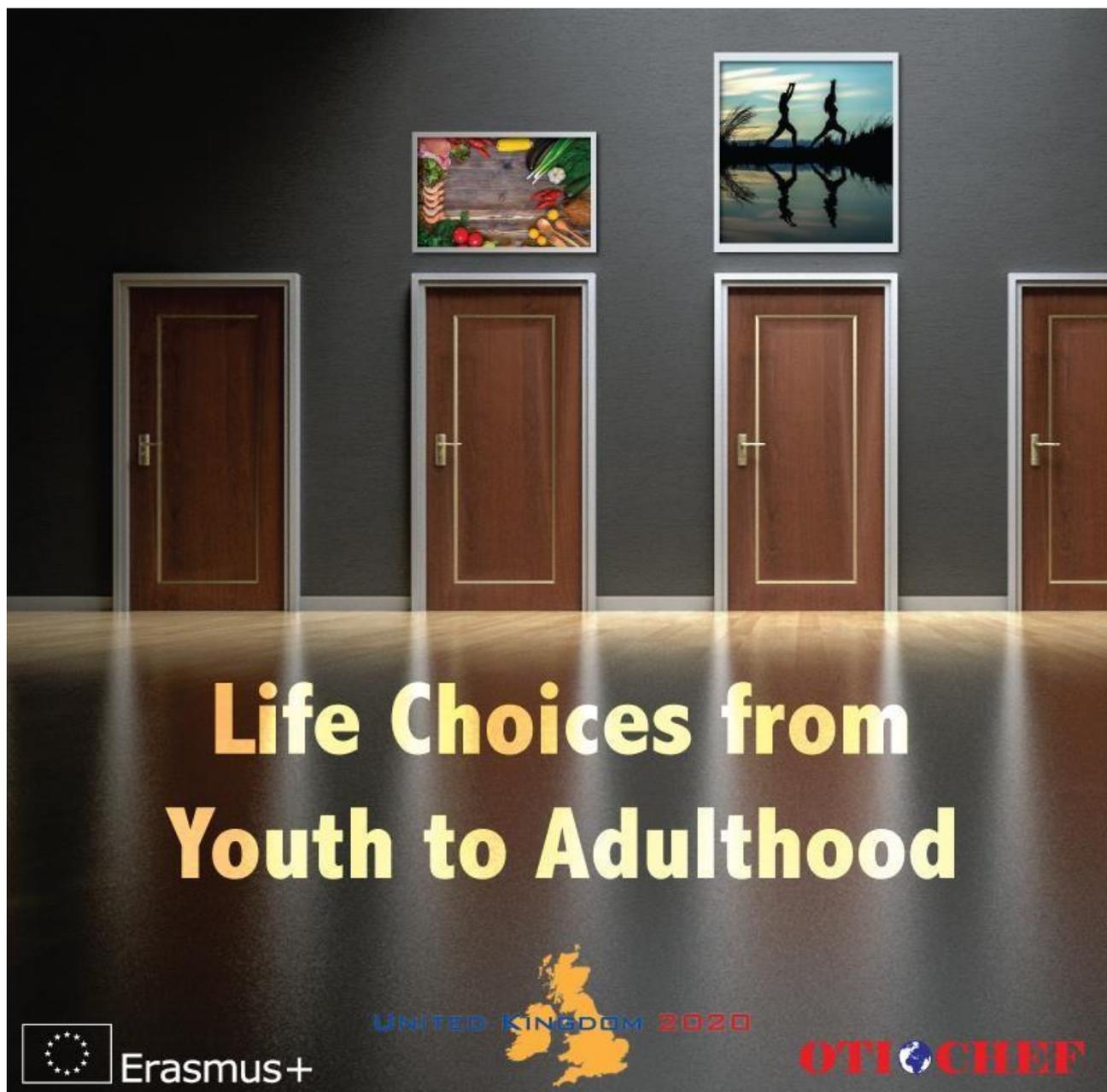


# Life Choices from Youth to Adulthood

2019-1-UK01-KA105-060370

KA105 - Youth Exchange - Programme Countries



Activity Dates: **19/02/2020** - **27/02/2020**

Country: **United Kingdom**

City/Town: **Bristol**

## Project Description:

The topic of healthy lifestyle and lifestyle choices has been a common phrase in our lives and a lot of focus has been given on lifestyle choices. The project is a youth exchange which will focus on the impact and long term effects of our choices as young people today. Although we feel that there is a basic understanding of the importance of lifestyle choices, we also feel that as young people feel that they are very young and will live forever, they often overlook the outcomes of their incorrect choices thinking it's a problem for someone else and not one that they will face in the future.

The project will focus on active aging, looking at the choices we make today and how they will impact our lives in the future. We have seen that medical advances have increased the average lifespan of humans compared to previous decades but we also see an increase in diseases, especially at younger ages. We have seen from the World Health Organisation that more young people suffer from obesity, diabetes, liver and heart failure. We also see that heart disease is now a disease for people in their thirties. Is the solution to health problems using more medicine in order to achieve longevity or should we try to avoid these diseases by understanding the long-term effects of our choices?

The project will focus on common concerns identified in young people in all of the partner countries, working together to find ways to combat misinformation and to promote healthy lifestyles and healthy longevity.

The idea of the project is not to force young people to make choices but to give them the tools and the knowledge to find information for themselves. To research the truth about diet choices, to see how their lifestyle choices will impact their lives and to understand the choices they have and how these will impact their lives.

We will look at diet choices, taking into account cultural elements, economic elements and geographic elements, seeing what access or limitations young have and how we can remedy any shortcomings in these areas.

We will also address these issues from the perspective of young people with fewer opportunities, these including economic, social, cultural, geographic and health obstacles. The idea is to ensure that all young people should have equal access to information and healthy lifestyle choices, allowing young people to have the same choices regardless of their background and taking their needs into account.

The youth exchange will bring young people from 10 different countries together to exchange and their ideas and learn from each other. By allowing these young people to work together on a common concern we will allow for cultural learning and for us to share the best practices as young people allowing us to share the outcomes with other young people who are the target group of this project.

## Venue/Location:



The venue of the project is: **Fern Hill, Bristol** <https://goo.gl/maps/3UjoEajBW2c5bDYw6>

Venue Description & Address: **Fernhill, Almondsbury, Bristol BS32 4LX, UK**

Woodhouse Park is perfectly situated for exploring the Cotswolds, the Mendips and the Wye Valley as well as the historic cities of Bristol and Bath. Enclosed by picturesque woodland, Woodhouse Park is easily accessible from the M4 and M5, and offers stunning views over the Severn bridges.

With hiking and orienteering, an obstacle course, climbing, archery and an indoor rifle range, there's plenty to choose from. The venue is an old complex similar to scout dormitories. With 2- 6 bed sized rooms with shared W/C, showers etc. We rent the entire buildings which is supplied without bedding (sheets, pillows etc). Each room has heating (that operate during winter season only), beds and storage space. Please bring your own bedding as it is not supplied. You may rent sheets and a pillow for approximately £10 per day. Advance notice is required for bedding rentals. The venue has WIFI connection in many areas indoors and outside in all areas. Sizes of rooms vary from 2, 4, 6 to 10 persons in each room. Gender and other characteristics will determine the room allocations. We mix the countries to enhance diversity and socialization. On the arrival day you may arrive between 17:00 until 22:00 because we only have access to the venue from 17:00 on the arrival day.

## Local Weather



Check the weather forecast and temperatures for the next days here: <https://www.accuweather.com/en/gb/bristol/bs1-6/weather-forecast/327328>

so you can bring appropriate clothing. Nevertheless its always best to bring indoor sandals or slippers for your comfort. Nights in general are colder so it would be better to bring also a jacket or longsleeves with you. Also bring outdoor shoes or sport shoes for the outdoor activities.

## Currency



UK uses the Pound Sterling but we can find places and banks everywhere for exchange. If you want to change at the airport you can but generally it is not the best rate and you will be charged a fee. Most establishments accept credit cards. We suggest you bring spending money though as we might not have access to banks during the project times.



Participants must have travel insurance for the duration of the mobility activity including travel days and to have your E111 health card or another equivalent health insurance with you. Usually if your purchase your flight tickets with a VISA or Mastercard usually you are also covered automatically. This is considered as your own contribution because you may choose any insurance plan and scheme that fit your own needs and therefore health and travel insurance, although obligatory, cannot be reimbursed. Health & Travel insurance must be kept by the participants at all times.

## Available Airports:



From Heathrow Airport:

From Heathrow Terminals 2-3 Rail Station via TfL Rail to Paddington Rail Station. (~29mins journey)

From Gatwick Airport:

London Gatwick Airport via Transfer to Gatwick Airport Rail Station

(~6 min)

Then from Gatwick Airport Rail Station via Thameslink to Farringdon

(~40 min)

Then from Farringdon Underground Station via Hammersmith & City line or Circle line to Paddington (H&C Line)

(~15 min)

From Luton Airport:

From Luton Airport Parkway Rail Station take Thameslink to Farringdon

(~35 min)

Then from Farringdon Underground Station line or Hammersmith & City line to Paddington (H&C Line)

(~17 min)

From Stansted Airport:

From Stansted Airport Rail Station via Transfer to Stansted Airport

(~5 min)

Then from Stansted Airport Rail Station via Greater Anglia to London Liverpool Street

(~48 min)

Then from Liverpool Street Underground Station via Circle line or Hammersmith & City line to Paddington (H&C Line)

(~22 min)

## Electricity



The supply in the UK is 240 volts, a.c. 50Hz. Sockets are usually 13 amp, square-pin in most buildings. More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.). Bring suitable adaptors. The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

## Things to Bring



### Personal Hygiene:

**Shampoo, bath towel, soap, tooth brush and tooth paste and other personal items and toiletries that you may need.**

**You need to bring your own bedding, sheets or sleeping bag, blankets, pillow. Although the rooms have heating (during winter months) and beds, bedding is not provided.**

**Each national team must bring at least one laptop! (for digital activities).**

**Bring your adaptors and charges for your devices as these cannot be provided.**

**Bring some slippers or sandals for indoor use and othe shoes for outdoor use.**

**Your medication if needed.**

**Your positive energy and smiles !**

## Local Transportation in the Hosting Country:

<https://www.otinternational.org/index.php/reimbursement-guide-uk>



**Main Travel Concept: From London Aiports to Paddington Rail Station, from Paddington Rail Station to BRISTOL PARKWAY and from Bristol Parkway to FERN HILL BUS STOP. OR from Bristol Aiport to Bristol Parkway and then towards Fern Hill.**

Use [www.tfl.gov.uk](http://www.tfl.gov.uk) for travels from London Aiports to Paddington Rail Stations. Do NOT take EXPRESS buses as they are much more expensive. From Paddington Rail Station use

<https://www.nationalrail.co.uk/> or <https://moovitapp.com/> or <https://www.thetrainline.com/> towards BRISTOL PARKWAY STATION. From Bristol Parkway Station towards Fernhill Bus Stop you may use the same sites/apps. Buying tickets online is cheaper but you can buy them also at stations.

Check the TFL website ([www.tfl.gov.uk](http://www.tfl.gov.uk)) to check times of public transportation and also to plan your jounrey. If you enter the "FROM" and "TO" locations it will give you a detailed summary of your trips and you can print this out to know how many stops you will have and also the exact times. If you need to change buses and trains please allow enough time for this. Participants must use the [www.tfl.gov.uk](http://www.tfl.gov.uk) helpful link for UK transportation.

Please read the provided Reimbursement Guide above.

## Medication & Special Needs



If you take any medication please remember to bring it with you, we have pharmacies here but if you

need prescription medication you cannot buy the over the counter without a prescription. If participants have any allergies, especially to food ingredients, this must be expressed and mentioned in the online participant registration form. Any special needs, dietary needs, special assisting equipment must be mentioned also in the participant registration form in order for the hosting team to make arrangements for the comfort and attention to these matters.

Health and Safety is a priority for us.

Changes to the menu will be very hard once the project activity has started.

Although the hosting team will be equipped with first aid kits and they are first aid providers, they cannot and are not allowed to give medication to participants. So please bring any medication you might need.

## Cultural Nights:



As you may see in the schedule, we are planning to have cultural evenings every night. Feel free to bring any food or drinks or traditional clothing or anything else that you want to share with the other fellow ~ 55 participants. So you may bring anything you need to prepare for your night!

We advise that you make your cultural night as interactive as possible and keep the videos as short as possible so keep the motivation and attention high. Quizzes or other games are quite popular but you can be as innovative and fun as you like.

## Reimbursement Procedures & Youthpass



This project is co-funded by the European Commission under the Erasmus+ framework.

Each participant is required to participate 100% in all activities described throughout the schedule sent with this infopack. During the project activity you are required to have 100% participation in all sessions, activities and workshops.

You will **not** give to the trainers or anyone at the project activity any travel documents or any other document related to logistics or travel costs. You must provide all your travel documents to your sending organisation. You must keep all boarding passes for each flight in original format, all tickets including train, bus or other PUBLIC transportation ticket and receipt in original format. You must keep also all invoices associated with these travel costs as explained in the Local Transportation Reimbursement Guide above and in Infopack 1. On day 1, you will be asked to sign a participation pledge that asks similar requirements during the online registration phase and sign and complete any other necessary logistical documentation.

You are required to participate in all evaluation, dissemination and promotion activities before, during and after the project activity.

Without respecting all the above, there is no proof of participation or travel and it can result in non or partial reimbursement.

A **YouthPass** will be given to all participants and the whole learning process will be explained in the first days and also on the last day. During sessions all competences gained will be analysed.