



# Youth Exchange

23-29 September 2024

Tunis, Tunisia

24 youth participants from 6 countries: Croatia, Germany, Italy, Jordan, Lebanon & Tunisia



Co-funded by the  
Erasmus+ Programme  
of the European Union



## SAYN

The **SPORT FOR ACTIVATION OF YOUNG NEET (SAYN)**

project aims to develop an educational methodology to help youth workers empower young NEETs.

The phenomenon of youth unemployment is very widespread in Europe and the partner countries.

It can have dangerous consequences for young people, such as psychological disorders, social exclusion and proximity to juvenile delinquency.

### ► **Objectives:**

To Empower young people with essential skills aimed at enhancing their employability and achieving professional fulfilment. These skills encompass fostering flexibility, cultivating goal-oriented thinking, nurturing leadership capabilities, promoting effective teamwork, instilling determination, encouraging active participation, fostering cooperation, nurturing international competencies, and fostering networking abilities.



## PARTICIPANTS

- Youth aged between 18 and 24
- Basic english language at least , highly motivated, ready to get involved in the topic
- Participants who have experienced or are currently experiencing periods of disengagement from education, employment, or training (NEET status)
- Preference for the ones coming from rural areas
- ▶ **Group Composition:**
  - Each organisation sends 3 participants alongside a group leader.
  - The participants will be involved actively before in preparing some taks such as the cultural night and during the training through non-formal education and sports activities .
  - Participants will engage in various tasks following an educational program on entrepreneurship, aiming to improve their soft skills and entrepreneurial capacities through sports.



## PROGRAM

- Monday, September 23<sup>rd</sup> will be the arrival day; however, we might plan something depending on the arrivals times.
- The departure will be on Sunday, the 29<sup>th</sup> September.
- Between Tuesday and Friday, we will have many interactive activities, mostly outdoor sports, cultural exchange, sightseeing, and more fun.
- Saturday will be the final day; we will have some evaluations activities, including the Europass and the closing ceremony.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.30 – 09.15	Arrival	Breakfast					Departure
09.15 – 12.30		Morning activities					
12.30 – 14.30		Lunch & Break					
14.30 – 19.00		Afternoon activities					
19.00 – 20.30		Dinner & Break					
20.30 – 23.00		Evening activities					

- More details will be shared soon by the group leader.

## TAVEL ORGANIZATION

### ACCOMMODATION:

The event will be held in two different locations, in each venue we will have:

- A spacious meeting room suitable for collaborative activities.
- Dedicated areas for different activities.
- ▶ **Participants are expected to adhere to the following guidelines:**
- Alcohol consumption and smoking are strictly prohibited inside the venues and during the activities.
- Participants are responsible for maintaining cleanliness and respecting
- the facilities provided.

#### **1. Youth Hostel:**

(address will be shared with you soon).

- 3-4 nights in a shared rooms for 2-3 participants.



## 2. The International Scout Camping Centre Borj Cedria:

in suburbs of Tunis Capital

<https://maps.app.goo.gl/GKey1V1coDX7Jarf6>

- All participants will have the chance to spend 2-3 nights in "a million stars hotel: a tent under the sky" (individual or shared tents), tents will be provided however you need your personal sleeping bag (or we can support you buying or renting one from Tunisia – in this case we need to be informed 2 weeks before your arrival to coordinate that).
- In this venue we will have access to variety of outdoors activities within [Scout Adventure Park Borj Cedria](#) as well as swimming at the beach.





## TAVEL ORGANIZATION

### TRANSPORTATION:

- Please ensure you book your flight to **TUN Tunis Carthage airport**. Note that Tunisia has two major airports, so it's essential to fly into the one in Tunis as our youth exchange program will be held there.
- Upon your arrival, our team will be at the airport to welcome you.  
We will have a car ready to transfer you directly to our accommodation and we will drive you back to the airport for the departure.
- If you will find good options to fly to the other one **NBE Nfidha Hammamet airpot** (120 Km for the capital) you will need to arrange private transfer and we can assist you with that.
- To ensure a smooth pickup process, kindly inform us of your arrival time in advance.
- ▶ **VISA**
- ✓ Visa Exemption: Participants from Jordan , Germany, Italy, Croatia do not require a visa to enter Tunisia.
- ✓ Lebanon: Participants from Lebanon must obtain a visa to enter Tunisia. We will provide an invitation letter for visa application purposes.



## TAVEL ORGANIZATION

### MEALS:

- ▶ Most of the meals, as well as coffee breaks, will be provided during the event. Tunisian cuisine is very rich, and all food is Halal; there is no pork. We encourage you to taste and enjoy it.
- ▶ If you have any dietary restrictions, please make sure to share them with us by September 15<sup>th</sup>.
- ▶ During some of the meals when we are sightseeing, we will have the opportunity to eat outside.

Each participant will have several choices to buy and try street food or other options.

### INTERNET & SIM CARDS:

SIM cards are readily available and can be purchased from various kiosks and you get them for free. Our team can assist you with that when you will reach the airport. Topping up credit is also straightforward and possible online. Tunisia has three main telecom providers offering competitive services.





## TAVEL ORGANIZATION

### **COSTS per person:**

- ▶ Accommodation : will cost approximately 10€ per night (including venues for activities)
- ▶ Breakfast : will cost approximately 3-5€ per meal
- ▶ Lunch or dinner: will cost approximately 5-7€ per meal
- ▶ Transportation during the event: 20 – 30 € (including from and to the airport)

### **CURRENCY :**

The official currency in Tunisia is the Dinar (TND). Cash is widely preferred, though major towns and tourist areas commonly accept cards, especially Mastercard and Visa, in larger shops and some restaurants. All transactions must be conducted in TND.

Currency exchange can be done at banks or exchange offices, with numerous ATMs available for TND withdrawals. Upon exchanging money, you will receive a receipt which is important to keep, especially if you plan to convert Tunisian Dinars back to Euros or Dollars:

1 €= 3.42 TND

1 \$ = 3.14 TND



## Don't forget

- ▶ For Intercultural night and local community workshop: some yummy food from your countries (candies or salty items) to be shared with the rest of the group. Also, you can show videos, photos, sing music and dance traditional dances from your countries!
- ▶ Medicines and insurance; the **INSURANCE IS MANDATORY**.
- ▶ Your personal belongings (shampoo, shower gel, hairdryer, Towel)
- ▶ As we have planned some sightseeing, camping, and swimming for you: sleeping bag, backpack, water bottle, comfortable shoes, swimsuit, jacket and warm clothes for the evening.
- ▶ Check the weather section below



## WEATHER

The weather in Tunisia in September is warm enough for short sleeves, so make sure you pack your sunglasses too. Temperatures will reach 30°C and, occasionally, even higher. You'll be pleasantly surprised by the late summer weather in Tunisia in September, as the country enjoys some of the best temperatures in the Mediterranean. With highs around 28°C and only occasional dips to 20°C or 21°C, there's little need for your coat during the day.

At night, it may be around 18°C and you should wrap up for evening adventures in the camping center (bring your raincoat and umbrella with you, and be prepared with them in your handbag when you go out). The sun should shine for an average of twelve hours in September and stay in the sky until after 7.00 pm for much of the month. The Tunisia weather in September produces around 20mm of rainfall.



## CONTACT

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