



INFOPACK

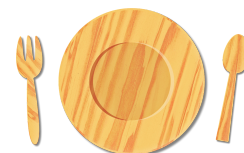
DON'T EAT YOUR EMOTIONS

22.10.2021 - 31.10.2021
JÕGEVA, ESTONIA



erasmus+ and
european solidarity
corps agency

ABOUT THE PROJECT



Dates: 22.10 - 31.10.2021

Venue: Koseveski Holiday Centre, Jõgeva County

Involved countries: Estonia, Latvia, Slovakia, Italy, Portugal

Participants: 4+1 group leader per country

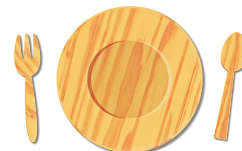
Today we are surrounded by food. It is seen on every corner we turn to. Whether it's someone sharing a photo of their breakfast on Instagram, big fast food advertisements on every street or Facebook's subtle suggestion to join a new diet app. For a long time now food is not only a fuel anymore but entertainment, lifestyle and a huge business.

Our worlds revolve around food. What nobody talks about are the eating disorders. When talking about eating disorders most people are probably imagining a teenage girl starving herself to the point where all she has left are skin and bones (anorexia) or an average looking teenage girl who forces herself to vomit after every meal she has (bulimia). What's more common and less talked about however are the disorders caused by the fact that food is always available and easily accessible. These might not be always considered as eating disorders but there is a really thin line between emotional and binge eating which leads us to binge eating disorders.

Together with 26 youngsters from 5 countries (Estonia, Italy, Slovakia, Portugal and Latvia) with different backgrounds and experiences we want to break the myths and stress the importance of eating disorders through different non-formal activities and creating digital tools about ED.



PARTICIPANT'S PROFILE



- 18-30 years old
- interested in the topic of eating disorders and emotional eating
- love the life of Erasmus+
- not scared of the breezy winds of Estonia
- good knowledge of English is not required

GROUP LEADER'S PROFILE

- 20+ without the upper age limitation
- youth worker or has previous experience in team leading or Erasmus+ projects
- Ideally someone with a background of psychology or has experience with eating disorders
- good command of English
- willing to support his/her team throughout the project

HOW TO APPLY

The application form will be open until **10.09.2021**

<https://forms.gle/kpP9gLdKz5dvz1ut8>



SCHEDULE



8.00-9.00	breakfast
9.00-13.00	sessions with a 30min break
13.00-15.00	lunch & free time
15.00-18.00	sessions with a 30min break
18.00-19.00	reflection groups
19.00-20.00	dinner
21.00-..	evening programme

There will be also one free day for visiting Tartu or other places around.

PARTNERS

Estonia - Partner Up Estonia

Italy - Studio Progetto

Latvia - Baltic Youth Way

Slovakia - EduEra

Portugal - Cruz Vermelha Portuguesa, Delegação de Braga



TRAVEL DETAILS



The best option is fly to Tallinn or Riga (Latvia).

Once we have gathered everyones travel itineraries we will provide you with further information how you will reach the destination. We will help you to find the best way how to reach the destination!

Please try to avoid checked-in luggages in order to lower the cost of your travels.

Do not buy the tickets before getting the confirmation from us.

Send your possible itineraries to partnerupestonia@gmail.com

Tickets bought without confirmation will not be reimbursed.

Estonia - 20€

Latvia - 180€

Slovakia - 275€

Portugal - 530€

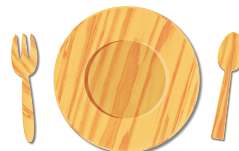
Italy - 275€

PLEASE KEEP ALL YOUR TICKETS AND TRAVEL DOCUMENTS! Without them we will not be able to reimburse you.

You are also allowed to take 5 travel days before or after the project to enjoy Estonia. We can't cover your expenses on these days.



PREPARATION PROCESS



Each national team needs to prepare:

- A 1.5 presentation - workshop on the topic you will be given related to the project's topic. The preparation will be supported by the hosting organization.
- An interactive presentation/game/show for the intercultural evening. Maximum 45 minutes and please bear in mind, that there will be NO PROJECTOR included. So be creative. For the intercultural evening it is also nice to bring something to drink/eat from your country.
- A couple of activities/energizers for the mornings.

WHAT TO BRING

- Something that represents your country for intercultural evening
- Warm clothes suitable also for some rain. Estonia in the end of October can be really tricky
- Your own toiletries and medicine you need
- Happy face and a good mood



ACCOMMODATION



You will be accommodated in Koseveski Holiday Centre. 5-6 people in each room with a private shower and bathroom. There is also a sauna which we will use for a sauna night. Bedlinen and towels are provided. Free Wi-Fi will be all over the venue.

It might happen that there will be double beds inside the venue. In that case some of you have to share the double bed with another participant of the same sex. Your consent will be asked in the application form.

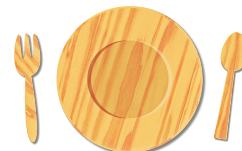
Link for the venue: <https://koseveski.ee/en/>

FOOD

The food throughout the project will be 100% plant-based. You may bring animal products for the intercultural evening but if possible, please try to avoid it. All the meals will be provided by us.



COVID19 MEASUREMENTS



It might happen that the project will be postponed if the situation gets too bad and they will apply more travel restrictions.

As the restrictions are constantly changing then we cannot tell what's going on by the time of our youth exchange.

The newest updates can be found:

<https://www.kriis.ee/en/travelling-estonia-foreigners>

However, we recommend you to get vaccinated as it will be way easier to travel like so.

We won't require wearing masks indoors, as we will spending those 8 days all together anyway in the same venue.



CONTACT US



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