

Infopack



YOUTH exchange
01.11. - 14.11.

“Heterotopia Tour”
An ECO Idea(I) in Action

Funded by:  |  Erasmus+

Organized in partnership by:



WHAT IS A “HETEROTOPIA TOUR” ABOUT?

AN ECO- INTERCULTURAL HUMAN EXPERIENCE, TO FIND EMPOWERMENT IN DIVERSITY!

Are you concerned about your future, about how your surroundings will change due to climate change alongside with a forecasted massive human crisis of Environmental Refugees? Are you anxious about your future job opportunities and about your own survival? Then this Youth Exchange is for you! If we as individual human beings don't change collectively what will be the future of the Planet we call Home?

The “Heterotopia Tour- An ECO Idea(l) in Action” is a journey for youth; in which we will tackle all these concerns you are facing at the moment, we will collectively work on ecological, creative and innovative solutions for our present and future crisis. This journey has been designed for those of you who want to experience first hand eco-community living, that want to be inspired and motivated by hands on experiences, and wish to become the change you wanna see in the World.

It will be a journey, in which you will get out of your comfort zone and where you will discover unexpected things about yourself and the others! You will get inspired by the the activities you will experience during this youth exchange and get more motivated to explore and design your future life path! In this “Tour” you will meet not only different inspiring projects but also young change makers from diverse backgrounds and all this while you are experiencing eco-community living within a multicultural group.



AN OPPORTUNITY TO UPDATE OURSELVES INTO A MORE ECOLOGICAL LIFESTYLE!

“The Heterotopia Tour- an ECO-Idea(l) in Action” introduces you to an ecological lifestyle, a step by step guide with tools which you can bring back home and apply them no matter what context you come from. This Youth-Exchange is an opportunity to learn practical know-hows on how to reduce your ecological footprint, to distinguish what is essential for human development from what is unessential, to adapt and help mitigate climate change, to engage in collective environmental regeneration actions and to become a pro-active

citizen. If you want to learn more about previous Heterotopia journeys and the creators behind the scenes, then check out this video website: <https://Heterotopies.net>

WHO IS THE COORDINATOR?

The Transdisciplinary Association NEW Loops (Nutrients, Energy and Water Loops) was created in 2014 by a multicultural group of friends of different fields of expertise, which had the same vision of creating a better environment for future generations, in the south of Portugal, Faro.

We devote our time to environmental regeneration, we work with non-formal education, permaculture and artistic expression to inspire and raise socio-environmental awareness, active citizenship, personal and collective accountability.

Get a glimpse of who we are and what you can expect from an “Heterotopia Tour” in this video:

Heterotopies Transmedia documentary



Check out more about NEW Loops on [Facebook](#)

Program

Timetable	Activities	Non-formal and informal learning methods used
ARRIVAL DAY - SUNDAY – 01/11/2020		
15.00-20.00	Arrival of Participants	Receiving and hosting Participants, setting up the camp
20.00-23.00	Welcome Dinner Party	Cosy welcoming with Portuguese traditional food and music
DAY 1 - MONDAY – 02/11/2020 WELCOME AND GET TO KNOW EACH OTHER		
8.00-9.00	Breakfast	Prepared By NEW Loops team
9.00-10.45	Welcome!!! Getting to know each other!	Morning Energizer and Ice breaking games
10.45-11.00	Coffee Break	Prepared By NEW Loops team
11.00-12.00	Getting to know the venue!	Comprehensive functional walk around the venue and Eco low tech Tour
12.00-13.00	Meet the hosting organization & intro to the program	Round circle, meeting NEW Loops and its team, Intro to the program, question round
13.00-14.00	Lunch	Prepared By NEW Loops team
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	NGO's TEDx Talk	Each partner makes a humorous presentation of their organization inspired by TEDx Talks
16.00-18.00	More getting to know each other	Some more name games and Sociometry
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Comprehensive introduction to the program	Reading the program together, discussing the time schedule and group tasks
20.00-21.00	Dinner	Prepared By NEW Loops team
21h00...	Communication games	"The history of your name and who named you" and "Broken Phone" around the bon fire
DAY 2 - TUESDAY – 03/11/2020: WHAT THE "BEEP" IS A HETEROTOPIA TOUR AND HOW DOES IT WORK?		
7.00-8.00	Introduction to Morning free Open Space	Participants are free to share & organize morning exercises
8.00-9.00	Breakfast	Prepared By NEW Loops team
9.00-10.45	Energizer and Team building	Energizer and trust-each-other exercises with sharing circle about the experience
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	What suppose to be is a youth exchange?	Session by Viaje a la sostenibilidad about Youth Exchanges and non-formal Education
13.00-14.00	Lunch	Prepared By NEW Loops team
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Introduction to Afternoon Free Open Space	Participants propose anything on the schedule, from a debate to skill sharing
16.00-18.00	What the beep is an Heterotopia Tour?	Session Facilitated by the French Group from Via Brachy
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Family group reflection & Caring g for Space	Introduction to what is the purpose of family groups and caring tasks, dividing in groups
20.00-21.00	Dinner and Introduction to Expression box	French Dinner Prepared Via Brachy team & The Famous Anonymous expression box!
21h00...	Night games	Night games to better know each other proposed by the participants
DAY 3 – WEDNESDAY-04/11/2020: COMMUNICATION For COMMUNITY		
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	Consensus decision Making	Exercises on collective decision making, facilitated by New Loops
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	Non-violent communication	Forum Theatre Facilitated by NEW Loops
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to skill sharing
16.00-18.00	Good Practices on Community Living	Non-formal Session Facilitated by the Palma Nana
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Family group reflection & Caring for Space	Family group Reflection and caring for people and space tasks
20.00-21.00	Dinner and Expression box	Italian Dinner Prepared by Palma Nana team and Reading the expression box news!
21h00...	Night games	Night games to better know each other proposed by the participants

DAY 4 Thursday- 05/11/2020: AN ECO IDEAL IN ACTION

7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	Climate Emergency	Open Circle debate on climate change and climate Emergency facilitated by School of the Earth
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	What is Permaculture?	Introduction to Permaculture design facilitated by Green School Village
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to skill sharing
16.00-18.00	Ecological Foot Print	Homework presentations & brainstorm on how to reduce our footprint by NEW Loops
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Family group reflection & Caring for Space	National Family group Reflection and caring for people and space tasks
20.00-21.00	Dinner and Expression box	Spanish dinner prepared by Viaje a la Sostenibilidad and expression box news!
21h00...	Night games	Night games to better know each other proposed by the participants

DAY 5 - FRIDAY – 06/11/2020: ACTIVE CITIZENSHIP ON CLIMATE MITIGATION

7.00-8.00	Morning free Open Space	Participants are free to share & organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	What is Active Citizenship?	Walking debate facilitated by Via Brachy
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	How to Mitigate Climate change?	Open Circle Facilitated by Green School Village
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to skill sharing
16.00-18.00	Carbon sequestration	Activity on carbon sequestration facilitated by NEW Loops
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Family group reflection & Caring for Space	Family group Reflection & caring for people and space tasks
20.00-21.00	Dinner and Expression box	Bulgarian dinner prepared by Green School Village and expression box news!
21h00...	Night games	Night games to better know each other proposed by the participants

DAY 6 - SATURDAY- 07/11/2020: ENVIRONMENTAL PRESERVATION

7.00-8.00	Morning free Open Space	Participants are free to share & organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	How to preserve the environment?	Collective brainstorm Facilitated by Palma Nana
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	Degrowth Movement & the 3R's (Reduce, Reuse, Recycle)	Informal presentation & some UPcycling exercises facilitated by NEW Loops
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-19.00	Natural Care	DIY workshop on natural care products (with collection of Mediterranean herbs)
19.00-20.00	Family group reflection and Caring for Space	Family group Reflection & caring for people and space tasks
20.00-21.00	Dinner and Expression box	Greek dinner prepared by School of The earth team & expression box news!
21h00...	Party Night	Lets have some Fun! Jam session & some dancing organized by the participants

DAY 7- SUNDAY- 08/11/2020: FREE DAY

... 11.00	Free Morning	Resting time
11.00-12.00	Brunch	Organized By NEW Loops Team
13.00-14.00	Self Manged, prepare your Picnic	Self-managed lunch, participants can prepare food to take away
14.00-20.00	Free time	Just relax and enjoy some Nature
20.00-21.00	Dinner and Expression box	International Fusion cuisine & Reading of the expression box!
21h00...	Sharing Circle	Informal mid term evaluation around the bonfire!

DAY 8- MONDAY 09/11/2020: ORGANIC FARMING AND AGROFORESTRY

7.00-8.00	Morning free Open Space	Participants are free to share & organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by an international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	Why compost matters?	Session on healthy soils Facilitated by Viaje a la Sostenibilidad
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	Organic Farming	Practical exercise facilitated by NEW Loops
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to skill sharing
16.00-18.00	Agroforestry	Walking & Talking session Facilitated by School of the Earth
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Family group reflection & Caring for Space	Family group Reflection & caring for people and space tasks
20.00-21.00	Dinner and Expression box	International Fusion cuisine & Reading of the expression box!
21h00...	Free Night	Express and enjoy your freedom of choice!

DAY 9- TUESDAY – 10/11/2020: BIOCLIMATIC ARCHITECTURE & NATURAL BUILDING

7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	What is Bioclimatic Architecture?	Session Facilitated by School of the Earth
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	How to build a Green Roof and its benefits	Practical exercise by NEW Loops
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-18.00	Natural Building	Building a pizza oven with earth!!!
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Family group reflection & Caring for Space	Family group Reflection and caring for people and space tasks
20.00-21.00	Dinner and Expression box	International Fusion cuisine & Reading of the expression box!
21h00...	Free Night	Express and enjoy your freedom of choice!

DAY 10- WEDNESDAY – 11/11/2020: SOCIAL INNOVATION VISIT DAY		
7.30-8.30	Breakfast	International Fusion Breakfast prepared by international mixed group
8.30-9.00	Travelling to Loulé	Around 30m drive
9.00-13.00	Peddy Paper	Game to discover social innovations initiatives in Loulé with some practical activities
13.00-14.30	PICNIC AT THE PARK	We will give some money for participants to buy some products at the Traditional Market
14.30-18.30	Peddy Paper	Game to discover social innovations initiatives in Loulé with some practical activities
18.30-19.00	Returning to the Venue	Around 30m drive
19.00-20.00	Family group reflection & Caring for Space	Family group Reflection & caring for people and space tasks
20.00-21.00	Dinner and Expression box	International Fusion cuisine & Reading of the expression box!
21h00...	Free Night	Express and enjoy your freedom of choice!
DAY 11- THURSDAY – 12/11/2020: HOW TO CREATE YOUR OWN JOB AND BECOME A YOUNG GREEN ENTREPRENEUR		
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	Why you should not (ever) stop Learning?	Open Debate Facilitated by Palma Nana
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	What is Solidarity European Corps?	Facilitated by Green School Village
13.00-14.00	Lunch	International Fusion cuisine prepared by a mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to a skill share
16.00-18.00	What is Green Entrepreneurship?	How to create your own green jobs facilitated by Viaje a la Sostenibilidad
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15h-20.00	Evaluation	Non-formal evaluation using Radar method and sharing Circle
20.00-21.00	Dinner and Expression box	International Fusion cuisine & Reading of the expression box!
21h00...	Free Night	Express and enjoy your freedom of choice!
DAY 12 - FRIDAY – 13/11/2020: LAST DAY, EVALUATION AND OPEN EVENT		
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	What are we doing for the guests Dinner Party?	Collective Brainstorm
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	Dividing groups on tasks and presentations	Group Decision on which tasks to take & what to present creatively.
13.00-14.00	Lunch	International Fusion cuisine prepared by a mixed group
14.00-16.00	Preparing for OPEN NIGHT DINNER PARTY	2 Hours to creatively prepare what we would like to share with our guests!
16.00-18.00	Preparing the space for receiving the guests	2 Hours to prepare the space and finish all preparation
18.00-19.00	Closing Circle	Closing circle and games
19.00-...	OPEN NIGHT DINNER PARTY	Receiving guests & entertain them with some activities!
DEPARTURE DAY- SATURDAY – 14/11/2020		
7.00-10.00	Breakfast	Prepared by NEW Loops Team
10.00-13.00	Packing	We will pack our stuff & help to leave the space as clean as by arrival!
13.00-14.00	Good buy Lunch	Lunch prepared by NEW Loops, followed by a special closing ritual the Love Shower!
14.00-20.00	DEPARTURE TIME	

WHO IS PARTICIPATING?

You will be part of a multicultural community of 24 young people between 18 and 25 years old, plus 7 youth workers above 25 years old coming from Portugal, Spain, France, Italy, Greece, and Bulgaria.

Your MOTIVATION and COMMITMENT will be the keys of this project.

We are therefore looking for participants who are:

- really interested in the journeys' topics;
- ready to get out of your comfort zone;
- are able to understand and express themselves in basic English;
- interested in sharing your experience afterwards and spread the word in your communities and network at both local and global / European level.

As a participant, you will be involved in the project at every stage.

Before the youth exchange: You will prepare the journey with the support of your sending organization.

During the Tour: You will actively contribute to the group dynamics, get involved in the workshops offering your skills. You will be encouraged to take initiatives and responsibilities in our community living.

After the youth exchange: You will have to fill out the Erasmus+ Evaluation form and join a meeting by your sending organisation to share your experiences during the tour.



An intense experience

Be aware that the Heterotopia Tour is an atypical youth exchange, which will involve you at several levels at the same time. As a participant you will not only learn about new social and ecological concepts, you will also experience community living under basic living conditions. Therefore, make sure you are ready to live within a group of 31



persons for 14 days (incl. travel days), experience community living and all the challenges that comes with it!

LIVING in NATURE

Our venue Ludo is located inside the Natural Reserve Ria Formosa! We will be camping with basic infrastructures such as an outdoor kitchen, solar showers and dry toilets. Normally in November we can expect warm to very warm temperatures and some rain. With sunset it can cool down quite a bit. We recommend you to check the weather forecast and be prepared for weather changes. In the Algarve the sun radiation can be very high and we might have mosquitos during dusk. Be open for a wild and adventurous experience!! Our venue is still under construction. We will have very basic electricity and no Wifi in the venue, but you should receive cellphone network.



Please, make your arrangements and inform your family, friends and partners that you will be not online for a couple of weeks.

We will adopt mostly a vegetarian diet, to keep in line with the values of the tour such as reducing our footprint. We will provide you with the basic natural hygiene products that are healthy for you and our environment, since the water of your showers will infiltrate directly into the soil. Products we will provide are: toothpaste, shampoo bar, soap and mosquito repellent; so you don't need to bring these things. Since the venue is not close to a town



and we are dependent on cars to reach it, do not forget to take your medicines, tobacco and other personal things with you, as well as some cash for your personal expenses (like alcoholic drinks etc.). This will allow us to minimize car travels and therefore reduce the journey's footprint as much as possible.

REACHING THE VENUE

How to get to Faro

Some suggestions

- by plane: FAO-Faro International Airport (www.aeroporto Faro.pt/en/)
- by train: Comboios de Portugal (www.cp.pt/passageiros/en)
- by bus: there are several bus companies: <http://eva-bus.com/>, <https://www.rede-expressos.pt/>, www.flixbus.com

How to get to our Venue Ludo (37° 3'11.66"N, 7°59'31.25"W)

To keep your ecological footprint low since the beginning of our tour we recommend you to arrive to our Venue Ludo by walking. It is a beautiful walk of 5.3 km from the airport through the forest of our Natural Reserve. But, if this is too much adventure for you, you arrive only in the night or you don't feel comfortable with it, someone from our NEW Loops team can pick you up. We will give you more information regarding this closer to the Tour.

Other things to consider

It is possible for you to arrive max. 2 days before or leave max. 2 days after the tour. You are invited to camp at our venue, but all costs of that extra stay are on you! According to the Erasmus+ Programme regulations, the financial contributions to your travel costs will be 275€/person, if you are coming from Spain, France or Italy or 360€/person if you come from Greece or Bulgaria. **You will have to keep ALL travel documents (INVOICES and boarding passess) in order to get a reimbursement! For the specific procedure of reimbursement, please ask your sending organisation.**

When you are planning your trip, please make sure that you arrive at the venue latest by 3pm of the 1st of November and you will not leave before 3pm of the 14th of November, as we do have welcome and departure activities on those specific days. Also on the first day you will set up your tent and on the last day you will have to pack your own belongings and we will clean up the space together.

SPECIFIC NEEDS AND MEDICAL CARE

During the program all your basic needs will be covered by the project, from the day of the arrival (01.11.) till the day of the departure (14.11.); You have no expenses in this period, however any expense incurred before or after these dates or linked to any extra activities for example on the free day (e.g. tourism) will not be covered.

Good to know: Alcohol and cigarettes is not included in the daily diet; Your drinks or other personal treats will be at your own charge!

In case you have a specific diet (vegetarian, vegan, gluten-free, pork-free...), allergies, any other specific needs or any medical condition please let us know before 15th of October, so we can fulfil your special needs! We will send you an google form in which you can indicate any special needs or other personal info. Last but not least you need to have a health insurance that covers you in other European countries. Check out the European Health Card (<http://ec.europa.eu/social/main.jsp?catId=559>). We will have a first aid kit in case of emergency and we will drive you to the nearest hospital if you get sick or injured, but we will not cover your fees.

CHECK LIST

Before coming, make sure you have carefully read the info-pack, and filled out the participant and footprint google forms, that you will receive from your sending organisation.

Make sure you bring with you:

- ID, boarding passes and medical insurance card
- print the map and instructions to reach our venue
- a note-book and a pen, to keep track of your experience
- Sun-blocking gear: hat and natural sun-cream (with high protection level, we recommend 50+)
- a tent, a sleeping bag and a mattress
- a canteen (refillable water bottle)
- a rain jacket and warm clothes for the evenings and nights
- working outfit (shoes, cloth & gloves: sturdy, they will get dirty at a point)
- summer clothes, swim gear (on the free day you might want to go to the sea)
- towels, toothbrush, etc.
- flash light and extra batteries
- music instruments or other personal things you want to share with the group ...
- seeds (traditional seeds from your region).



CONTACT US

You may have questions to ask... Do not hesitate to contact your sending organisation or us directly!

Your contact from NEW Loops

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We will do our best to answer as soon as possible. We are looking forward to welcome you in the Algarve.

Warm greetings from your NEW Loops' team

