



Co-funded by  
the European Union

YOUTH EXCHANGE  
**RISEUP - EMPOWER  
YOUR SKILLS**

**4.11 - 14.11.2023  
(TRAVEL DAYS INCLUDED)**

**SINT MAARTEN**



**THE CARIBBEAN ISLANDS**



## Working methods

Non-formal education methods such as getting to know each other, team building, teamwork, personal and professional development sessions, field trip, role-playing.

## Working language and countries involved

**Language used:** English

**Countries involved:** Sint Maarten, Netherlands, Croatia, Hungary and Bulgaria

## Where?



The project venue is located near Philipsburg, the capital city of Sint Maarten. Sint Maarten is a picturesque Caribbean destination that offers a mix of natural beauty, cultural richness, and warm hospitality

## When?

The participants must arrive in Sint Maarten on 4th of November or 1-2 days before, and leave from the project venue on the 14th of November or 1-2 days after.

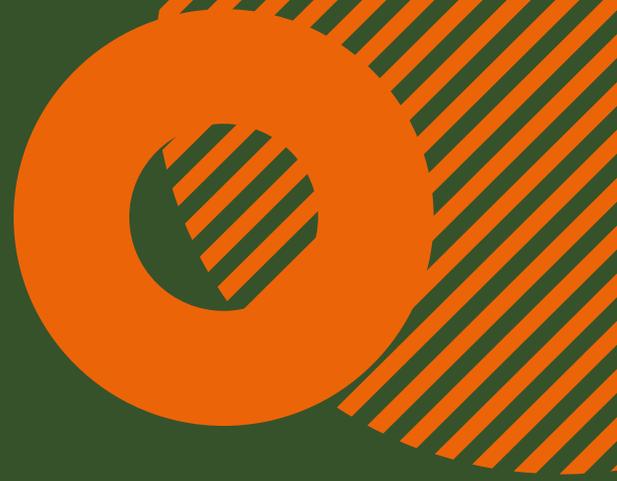


## MORE ABOUT THIS YOUTH EXCHANGE

The aim of the "RiseUp - Empower Your Skills" youth exchange is to provide a safe space where participants can utilize non-formal education elements to enhance their personal and professional growth. This program aims to increase their prospects for employment and academic performance. As a participant, you will have the opportunity to develop your professional abilities and interpersonal skills in a unique setting that differs from traditional school formats. Rest assured, our project ensures an engaging and enjoyable learning experience so that boredom is never a concern. It's important to note that we value formal education and seek to complement it by offering an alternative pathway for self-improvement.

So, how will we achieve these goals? Initially, we will facilitate activities to foster strong bonds among participants, enabling them to work together effectively as teams. We will also delve into the subject matter of our project by exploring the realities and facts within your respective communities. This may involve some light research, but rest assured, it won't resemble the typical homework assigned in school. You will work on these tasks within your national teams, and further details will be provided in due course. Additionally, there will be opportunities for you to express your creativity through various artistic means, such as acting, singing, or dancing. Please note that participation in these activities is voluntary, and no one will be compelled to do anything that makes them uncomfortable. However, it will be up to you to lead these activities, relying on your creativity, initiative, energy, team spirit, and desire for personal growth in a supportive environment.

Lastly, you will have the chance to interact with local high school students for 1-2 hours. You and your teams will prepare workshops for them, allowing them to learn from your experiences. These students are excited to meet individuals from other countries, making it a positive and enjoyable experience for everyone involved.



# PARTICIPANTS

8 people per country!

Each partner country will send 7 participants aged 18–26 plus 1 group leader (18+).

We are seeking volunteers, high school students, students, but most of all we want to give the chance of participation to those youngsters who are not in employment, education or training (NEET). This is a very important mission of our project, which is helping these people to increase their competencies in order for them to do well in school or ease their job finding process. Therefore, we expect our partners to commit to this mission and send at least two NEET/people with fewer opportunities (socially, economically, geographically speaking) per national group.

# FINANCIAL ASPECTS

Accommodation and food are covered by Erasmus + Program

Travel costs are budgeted according to Erasmus + conditions (using the EU distance calculator)

[http://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](http://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en).

The following amounts are per participant.

Bulgaria: 1500 euros

Croatia: 1200 euros

Netherlands: 820 euros

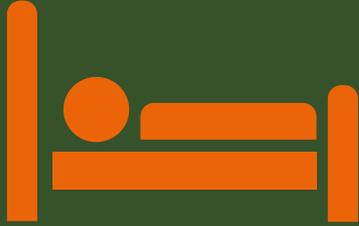
Hungary: 1500 euros



## Important!

No tickets are allowed to be bought before confirming the itinerary with the organizers.

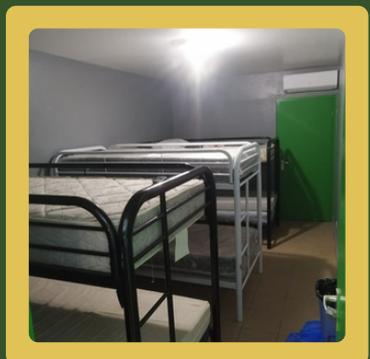




# ACCOMMODATION

## THE RUPERT I MAYNARD YOUTH COMMUNITY CENTER

THE CENTER CONTAINS FOUR AIR-CONDITIONED BEDROOMS, EACH WITH ADJOINING BATHROOM. TWO ROOMS SLEEP EIGHT PERSONS ON BUNK-BEDS, AND TWO SLEEP SIX PERSONS. WITH THE ADDITION OF INFLATABLE BEDS, THE TOTAL SLEEPING CAPACITY IS THIRTY.



# TRAVEL TIPS AND MEETING INFO

There are two airports you can fly into:

**Dutch St. Maarten – Princess Juliana International Airport – SXM**

**French airport – L'Esperance airport – SFG**

You can use either one of the airports, Grand case airport is usually cheaper airport.

Transportation will be provided when arriving and departing from the airports but only on arrival and departing dates.

**Before booking the tickets the participants must check the itinerary with us!**

**Contacts for confirming tickets or any other questions:**

**[sxmyouthcouncil@hotmail.com](mailto:sxmyouthcouncil@hotmail.com)**

**WhatsApp: Connie (1 721 550 8971), Chasen (1 721 581 7027)**

Travel documents and insurance:

Make sure you have a valid passport (valid for at least 6 months), European resident permit or Schengen visa for entry. Also, make sure to have your European Health Card or private health insurance for the time span of your stay in Sint Maarten. It is mandatory that the participants get insured for the travel to Sint Maarten.

We will only accept **1 hand bag and 1 carry on luggage** – **no checked in suitcases!**

**Keep all your boarding passes and traveling tickets**, otherwise we will not be able to make any reimbursement in their absence!

Currency – Euros are widely accepted but they can be changed into USD or local currency (Antillean guilder)



# REIMBURSEMENT



For the reimbursement you will have to provide us with the following documents/tickets:

- An invoice for the tickets (you get it once you have purchased the ticket)
- Flight ticket/electronic ticket (with the name of the passenger and flight details)
- All boarding passes (do screenshots if they are online, to make sure they are saved on your smart device)
- A bank document stating that the money was paid, in case you won't get an invoice from the ticket seller (bank proof of payment)
- Non-online purchases: a receipt (showing that you have paid the money) – for example for train and bus tickets

Please, make sure that you have all these documents when you come to Sint Maarten. The return boarding passes might be sent by regular post after the project only if the online check-in is not available.

**Please DO NOT lose your boarding passes, train tickets and/or bus tickets. We will not be able to make the reimbursement anymore if you lose them.**

We encourage you to find flights which allow online check-in and also we recommend you to use the mobile check-in (when possible), as this way you can save a copy of your boarding passes easily and thus you can even make a print screen of the document and store it in a safe folder on your phone/cloud etc.

Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus+ and our National Agency.

# WHAT TO BRING ALONG



Make sure to pack comfortable and lightweight clothing for your visit to Sint Maarten in November. However, it's advisable to also include a hoodie or some warm clothes for cooler evenings. During this time of the year, the average daytime temperature ranges from 25–30 degrees Celsius, while nighttime temperatures can drop to 20–25 degrees Celsius.

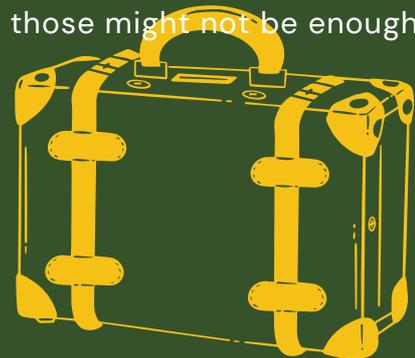
Necessary items to bring:

- Beach/Bath towel (Accommodation doesn't have any towels on premises )
- Slippers
- Water bottle
- Swim wear

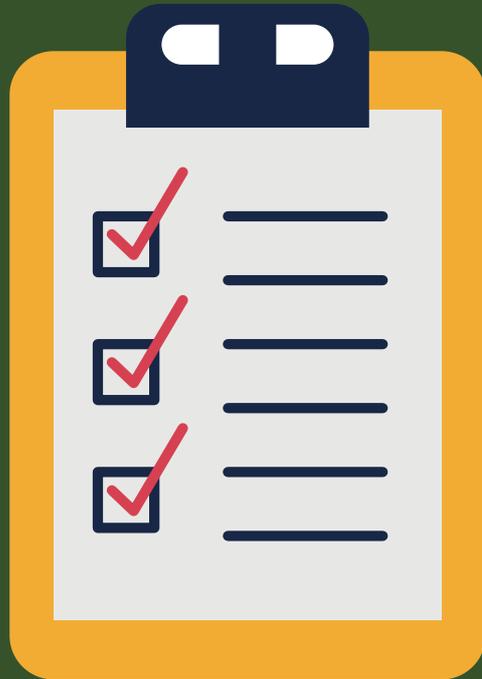
## **Laptops**

We encourage you to bring laptops as we will need several ones to work on the final outcome of the project. We will bring ours, of course, but those might not be enough.

Eventually, don't leave at home your good mood :)



# WHAT TO PREPARE FOR THE SESSIONS?



The participants are expected to make a little bit of research, prior to their arrival, on their local community and to look into the unemployment facts (causes/effects, context) that are specific to their countries. These will be delivered by the participants in a presentation, by the national group at the beginning of the activities.

For this you may use 1-2 news/research articles or national reports from your country about unemployment rates and solutions to the problem. Please make a short summary of the article also in English. We will be using this information in debates on how is your country affected by the issue. However, we will let you know more on this later on.

# INTERCULTURAL EVENING



Please bring something typical from your place in order to present to the other participants during the events of cultural nights. Food, drinks, traditional clothes, music, any interesting thing to show, tell us of some curiosity about your traditions or social behaviors, teach us some dance, play a traditional game, everything but power point presentation and touristic videos, such as those from YouTube. **So we encourage you not to use YouTube videos except for quizez or funny short clips.** We want you to express your creativity as much as possible :)



# APPLICATION FORM!



[FILL THIS APPLICATION FORM](#) IF YOU ARE SELECTED TO PARTICIPATE FROM YOUR SENDING NGO

SEE YOU SOON IN SUNNY SINT MAARTEN!





