

## Back to Basics

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INFO KIT

20 July – 5 August

Ommen, The Netherlands

## WHY BACK TO BASICS?

The youth unemployment rate is high and in a changing process, entrepreneurs are rising and it offers more and more possibilities for you. Who wants to work for one boss for 30 years anyway? Don't you want freedom and explore new adventures & challenges in your work and future career?

Back to Basics is focussed on communication and cooperation. How well are you in working together with others? Are you really as social as you think you are? And what about solving a problem together or coming to an agreement? How do I take initiative and go for it? How do I make actions?

## FOR WHO IS IT?

Back to Basics is mainly focussed if you are between 15 and 21 and if you're searching in what to do in life and which choice to make when it comes to study and work. If you want to learn more about entrepreneurship and taking initiative, communication & cooperation, then this exchange might be something for you.

## WHAT WILL WE DO?

During the exchange you will be active a lot with all kind of different activities. So it is mainly doing things and then look back on what you did, why you did it and what you got out of it. This will be done in working together with persons from other countries. During workshops we will explore what your opportunities and possibilities are. During the workshops different working methods will be used, like photography, video, simulation game, interviewing and theatre. Furthermore, several outdoor activities will be organised in a way that you can put in practice your entrepreneurial communication skills.

We will focus mainly on the following aspects during the exchange:

- How can I become more entrepreneurial? - Initiative.
- How can I communicate better with others?
- How do I behave in a group when working with it? – Cooperation.
- To what extent I want to dare expanding my limits?

In this exchange we will work a lot with outdoor activities. Some will last a few hours, some will last half a day, and some will last a few days. In these activities we will focus a lot on taking initiative; finding a solution for a problem; how to work in a group in order to overcome an obstacle; how to use everything around you in order to help you solve your issue; cooperation. The highlight of the exchange is an outdoor activity of 3 nights in which you get several assignments and need to manage yourself with no phone, money or other kind of luxury and where you need to find a sleeping place yourself.

*Be prepared to feel adrenaline, to feel fear, to feel success, to feel failure, but most of all, to have fun!*

## THE EXCHANGE

The exchange will be held in group accommodation Olde Vechte ([www.oldevechte.nl/en](http://www.oldevechte.nl/en)). We will all together take care of the group accommodation in cleaning, preparing breakfast & lunch and cooking ourselves for everyone.

Arrival day	Wednesday 20 July
Start of the exchange	Thursday 21 July
End of the exchange	Thursday 4 August
Departure day	Friday 5 August

After receiving confirmation of participation, you can book your ticket according to these details. Please inform the organisers about your arrival and departure time. Your presence is needed during the entire duration of the exchange. If you wish to arrive earlier or depart later, please inform us upfront in order to help you with accommodation. Extra duration of accommodation will be at your own expenses.

11 countries will participate, which are Netherlands, Italy, Bulgaria, Finland, Portugal, Croatia, Hungary, Greece, Slovenia, Spain and Macedonia. From each country there comes 5 persons, so in total we will be with 55 persons.

During the exchange we need to maintain and keep the building clean ourselves, a carousel schema will be made in which everyone is equally involved in cleaning several parts of the building during the period.

## TRAVEL

You can look for flights which arrive and depart at:

Arrival date: Wednesday 20 July – you can arrive throughout the entire day

Departure date: Friday 5 August – departure times after 10.00 from the airport

In the early morning there are no trains departing to the airports, the most convenient for you is to arrange a flight which departs in the afternoon or evening.

At the moment there is a lack of employees at the main airport of The Netherlands (Schiphol Amsterdam airport) so it can be that there are long waiting times, in order to avoid this you can also look to travel to other smaller airports like Eindhoven, Rotterdam, Eelde, Maastricht, Dusseldorf (DLD), Dortmund (DLD) or Bremen (DLD).

## GREEN TRAVEL

We want to contribute in making the world a better place and one way to do it is to travel through sustainable means to the Netherlands. Meaning to come by train, carpooling or bus (e.g. Flixbus). If you can travel with your group through green means, then you get a higher travel budget as well, and the advantage is that you can also spend a night somewhere else, like in Germany for instance for a road trip and visit to another place, in which the accommodation is also covered. During the preparation period we can finetune your green travel plans and what we can do for you.

## OUTPUT

In the last days of the exchange you are asked to create a video documentary on how other persons can be more entrepreneurial, meaning: take initiative, cooperate and communicate in a more efficient way. This will be based upon the outcomes of the preparation phase and the exchange activities. With these documentaries we are going to create a Youtube channel entitled “how to be more entrepreneurial in my daily life”, which will also be the final product of the Back to Basics project along with other (social) media articles which we ask you to write during the exchange.

## FINANCES

The costs for food and accommodation are covered, however, this time we are asking for a participation fee of **50,- Euro** per participant. That is due to the outdoor activities we are going to organise which require the rent of specific material, cars and services.

For travel costs you receive 275,- euro for both arrival and departure, you can spend this money in a way that suits best for your travel to and from Ommen and if you save money, it is yours and you can use it to

cover your participation fee. For Green travel you receive 320,- euro and the possibility to stay a night elsewhere, free of charge.

## INTERNATIONAL EVENING

During the exchange we ask you to cook a typical, traditional meal from your country for the entire group. This includes a delicious dessert! We invite you to take us to your culture, traditions, habits, customs etc. in your culinary creation as well as entertainment after dinner, think of typical dances, games, a quiz, a karaoke, a theatre play, the sky is the limit! Just as long as you can entertain us for 1 hour in which everyone is involved.

## PRACTICAL INFORMATION

- ✓ **Washing machine:**  
There is a washing machine at Olde Vechte with soap included.
- ✓ **Internet:**  
The buildings are provided with Wi-Fi connection.
- ✓ **Bed linen:**  
Bed linen will be provided, it can be handy to bring your own sleeping bag
- ✓ **Showers and toilets:**  
There are plenty of showers and toilets in Olde Vechte accommodation. You do need to bring your own towels, soap and shampoo.
- ✓ **Clothing:**  
Weather in Netherlands can be crazy. Bring warm and light clothes, but most of all, bring rain proof, comfortable and old clothes as well, mostly for the outdoor activities!

## HOW TO GET IN?

If you want to receive more details about the exchange before applying, feel free to contact us and we can bring you in contact with our partner organisation from your country of residency. Once you are selected to be included in Back to Basics, you will be invited to our Facebook group and you get more information with the practical details regarding the online preparation and the exchange in a confirmation letter.

## ABOUT THE CHERRY INTERNATIONAL FOUNDATION

We are a group of young people who after many years participating and being involved in international events through other organizations, have decided to create our own foundation.

**The name** Cherry derives from the word cherish, which means "care and hold on something dear". That is exactly how we feel about every project we organize: protect/hold/care about it!

Our **aim** is to promote international events throughout Europe and when possible all over the world, involving youngsters with fewer opportunities, mainly those from rural areas.

Our **vision** is to give people the chance to discover their potential in order to create a better world.

Our **mission** is to organize international events.



Cherry International Foundation  
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