





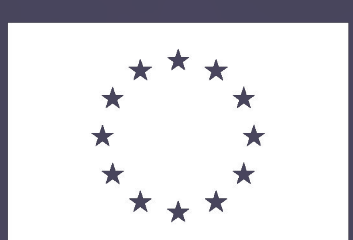


Erasmus+

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Green Travel &  
Transit



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# Activity Summary

Youth Exchange in Ireland

Key Action: KA152 -YOU – Mobility of young people

Hosted by Crosscare

## Partners:



- Crosscare (Ireland)
- planIMPACT (Germany)
- Toulouse Youth Network (France)
- Valikuvõimalus MTÜ (Estonia)
- Mavì (Italy)
- For Citizens (Portugal)

## Dates:

Arrival Date: 3 March 2024

Activity Days: 4 - 11 March 2024

Departure Date: 12 March 2024

Location: Wicklow/Dublin, Ireland







# About The Project

Political Picassos - The Arts 4 Political Change (PPAPC) is an Erasmus+ KA152 youth project that aims at promoting young people's participation in democratic life, social inclusion and self-improvement through the arts as a form of political engagement and a tool for self-expression and activism.

## Objectives

The main objectives of the project are:

- To support young people's sense of initiative, improve their social and democratic inclusion and increase their self-confidence in expressing their opinions
- To address current issues & topics of importance to young people and create a network of youth activists
- To foster young people's participation in similar ongoing and future European initiatives
- To gain hands-on experience on the use of the arts as an effective tool in youth work and expand the organisations' network for current and future youth project on similar matters



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# About The Host

## Crosscare

Crosscare support people and families when they face difficult challenges in life and when they find it hard to get the help they need. Crosscare focuses on helping people when they need it most or when they can't find support anywhere else.

Crosscare support people who are homeless or struggling to find accommodation and who may have complex needs. They run seven homeless services, to a very high standard, while all the time working to help people move on to a better, more stable life.

Crosscare also run youth-led programmes responding to the needs of young people from the age of 10 to 24.

Their programmes include:

- Youth Groups
- Outdoor Learning
- Mental Health and Wellbeing
- Drug and Alcohol Awareness
- Education, Training and Employment Supports
- Youth Diversion Projects
- Summer Projects
- Film, Photography & Performing Arts



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# About Dublin

## Guide to the city

Dublin brings to mind literary giants, Georgian architecture, and Guinness galore. Nights here are alive with pub crawls and spirited music. But the days are also full of revelry, with enchanting architecture, tucked-away bookshops, and singular museums like the Chester Beatty. Green spaces abound, such as the St Stephens Green or Iveagh Gardens. And no trip is complete without a tour of a local distillery, where you can sample local spirits like Jameson or Teeling.



### Recommended Places To Visit

1. St Stephens Green
2. The Little Museum of Dublin
3. St. Patrick's Cathedral
4. Kilmainham Gaol Museum
5. Dublin City Gallery The Hugh Lane
6. Guinness Storehouse



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# About Wicklow

Wicklow Mountains National Park stretches across almost 23,000 hectares south of Dublin. The largest of Ireland's National Parks and the only one in the east, Wicklow features wide-open vistas, winding mountain roads and fast-flowing streams that descend into the deep lakes of the wooded valleys, including St Kevin's monastic settlement at Glendalough.

For thousands of years people have been drawn to 'the valley of the two lakes, for its spectacular scenery, rich history, archaeology, and abundant wildlife. Glendalough is a remarkable place that will still your mind, inspire your heart and fill your soul.



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# TRAVEL





# Green Travel & Transit



Dublin Airport is located 7 km north of Dublin, in Collinstown and approximately 25 minutes from the city centre.

## Bus ([more info](#))

Dublin has an extensive network of public bus routes, making it super-easy to get around not just the city centre, but the inner and outer suburbs too.

## Luas/DART and rail ([more info](#))

The capital's iconic DART system is a fast and frequent way of travelling in the city.

Luas is Dublin's light-rail transit service. Tickets for Luas can be purchased at streetside vending machines.

## Travel to the venue

A shuttle service to the venue will be provide by Crosscare (details to follow).



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# Green Travel & Transit

To reach the city centre from the airport, take the bus n°16 to Ballinteer (stop at: O'Connell Street) - Zone 15.

Bus n°16 ([timetable](#))

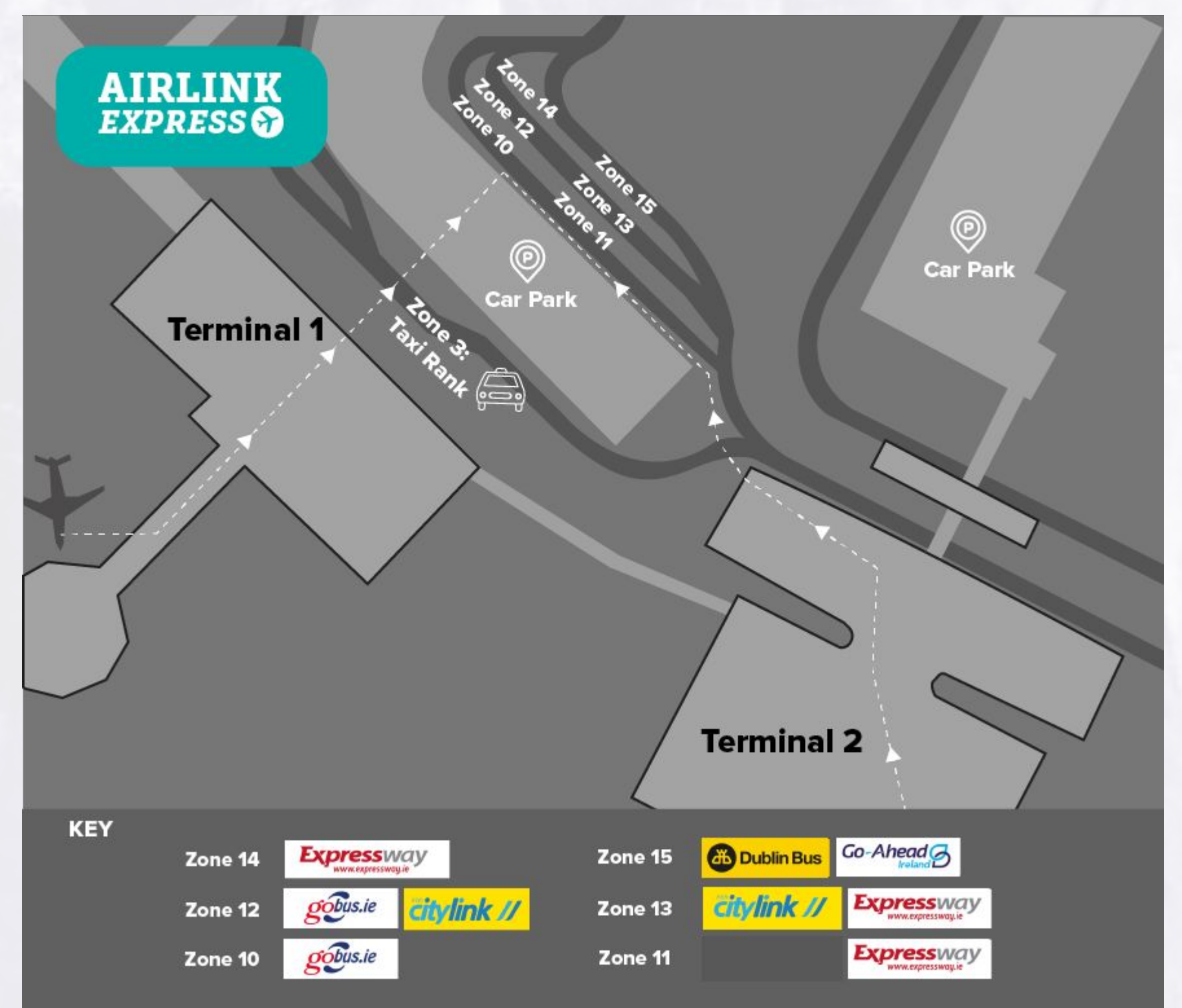
The leap visitor card is a prepaid travel card, the easiest way to pay your fare on public transport around Ireland. You'll also get other smart discounts like fare capping and the TFI 90 minute Fare (TFI 90) in Dublin.

Leap visitor card ([more info](#))

Leap card stores ([more info](#))

There are also young adults (18-23) and students leap cards. However, they must be ordered online, personalised with photo, posted to you and validated by the leap card agent. You must pay a €5 refundable deposit and add a min of €5 travel credit when purchasing the card.

Young adult and students card ([more info](#))







# Travel Budget

Each participant has the following amounts available for travel:

Ireland = 23 EUR

Germany = 275 EUR

France = 320 EUR

Italy = 275 EUR

Estonia = 360 EUR

Portugal = 275 EUR

Travel costs are reimbursed under the condition of participation in all activities. The amount exceeding the total available will not be reimbursed.

The travel expenses will be reimbursed according to the following schedule:

50% of the total cost will be reimbursed within 60 days of receiving the completed documents (including boarding passes, application forms and agreements etc). Remaining 50% will be reimbursed within 60 days of the final report approval.

Only class II or Economy Class tickets are eligible for reimbursement. Taxis and cars are not eligible for reimbursement.

**\*All participants are strongly encouraged to purchase travel insurance.**





ACTUAL





# About The Activity

The youth exchange is an 8-day activity taking place in Glendalough House and includes 5 young people and 1 group leader from each country, plus 2 facilitators from the host organisation.

Each day will include morning workshops, afternoon sessions, and reflection sessions.

Activity types:

- Group presentations and discussions on current political and environmental issues
- Sustainable art workshops
- Simulation and debate sessions
- Group activities on climate change, activism and the arts
- Cultural activities





# Learning Outcomes

The mobility is designed for young people:

- To understand the importance and impact of youth active participation in society, and national and EU democracy
- To develop communication skills and emotional intelligence by participating in group activities and conveying ideas through the arts
- To improve self-confidence, determination and critical thinking
- To build new friendships with peers across Europe
- To improve creativity, open-mindedness and digital skills







# Participant's Profile

## Participants (Youth)

Number: 5 participants per country (excluding group leaders)

Age: 18 - 30

Profile: 3 participants from each partner country (5 from Ireland) must fall under at least one of the following categories (fewer opportunities):

- NEET or ESL
- having low levels of education
- youth displaying anti-social behaviour in their community
- facing geographical and socio-economic obstacles
- coming from migrant or Roma backgrounds and Ukrainian refugees

## Group Leaders

1 group leader per country

Age: 18+

## General Requirements

Language: English (intermediate - advance)

All participants **must** be residents of the sending countries and **must not** be management and/or staff members from the sending organisations.





# Venue & Accommodation

## Glendalough House

Address: Teach Chaoimhin, Sevenchurches, Glendalough, Co Wicklow, A98 WN96

The hostel-style accommodation comprises two houses with a range of shared room options, situated in a picturesque valley within the national park. This secluded location is ideal for connecting with nature and spending quality time with new friends. Breakfast, lunch, and dinner will be provided as part of the mobility.

Moreover, this haven isn't just a place to connect with nature; it's also a place to connect with new friends. The communal living spaces and shared accommodations encourage social interactions, making it easy to forge bonds and create lasting memories with fellow guests. From exchanging stories around the cozy fireplace to sharing a meal in the communal kitchen, this is where new friendships are formed.







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# Activity Schedule

## Day 1

**Monday 4th March 2024**

Team building games and presentations about sending organisations; introduction to Glendalough and presentations about natural reserves in the local areas from each youth group and current issues affecting the areas; introduction session from the national youth environment organisation eco UNESCO; reflection session

## Day 2

**Tuesday 5th March 2024**

Icebreaker session; presentations from each youth group about the arts in their community/country and previous local projects on political engagement; roundtable discussion and workshop about the changes needed for political, social and economic issues faced by participants in their countries; overview and discussion about eco-friendly behaviours on mobility; reflection session

## Day 3

**Wednesday 6th March 2024**

Activist bingo; workshop on words of change; painting a future: visual arts to show participants' future world; reflection session; cultural night

## Day 4

**Thursday 7th March 2024**

Art museum visits and walking tour of the street art of Dublin City; workshop on the Youth Pass and the Youth European Portal; reflection session



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# Activity Schedule

**Day 5**

**Friday 8th March 2024**

Group work (national level): the creation of fictitious countries and simulation of the parliamentary vote; group research on the democratic system and citizen participation; group work (international level): simulation of international parliamentary debate; reflection session

**Day 6**

**Saturday 9th March 2024**

Glendalough National Park exploration, session on the use of arts for political change in history vs modern days; outdoor sustainable art workshop; discussion on activity adaptation to each country's natural environment; group work: action plan creation for climate change activism through the arts; reflection session

**Day 7**

**Sunday 10th March 2024**

Workshop on self-expression and political activism through spoken words and music; creation of a digital magazine through the use of digitalised arts; reflection session

**Day 8**

**Monday 11th March 2024**

Workshop: sculpting as a medium to advocate social inclusion and the breakdown of social barriers; Youth Pass compilation; reflection and final assessment of the mobility; certification ceremony and Traditional Irish Party



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**Youthpass**





# YouthPass Certificate

After the activity, you will receive the Youthpass certificate.

The Youthpass is a formal recognition of what you have learned on an Erasmus+ mobility.

The certificate includes an explanation of the skills you have developed by taking part in the activities and helps to make learning outcomes visible for the learners themselves as well as for others.

It also promotes individual reflection on and awareness about learning, as well as raises visibility of the value of European engagement and solidarity activities.



The Youthpass can be used as a supportive document for your future educational and professional interviews.

For more information, visit the Youthpass official website ([click here](#))





# What To Bring

## Clothing & Towels

All participants are advised to bring towels and toiletries, as well as comfortable footwear and warm clothes for rainy weather, including warm socks and rain jacket.

## Useful Items

All participants should bring their own reusable water bottles, as well as their laptop/tablet (for the activities) and a plug adapter.

## Medicines

All participants are strongly encouraged to bring the prescribed medication and to ensure they have them available for the entire duration of the mobility.

## Cultural items

Youth teams from each country are required to prepare presentations (cultural games and traditions) and bring cultural items (food/clothes/etc).





# Additional Information

## Covid-19

There are currently no Covid-19 restrictions in place. You may be asked to wear a face mask when visiting some venues. For more information visit Citizens Advice Ireland.

## Currency

The Irish currency is Euro (€). Visa and Mastercard are widely accepted. Credit cards can be used for purchases and also to withdraw cash from ATMs (accompanied by a fee).

## Weather

The average temperature in March is 3 - 10 °C and can be wet and cloudy, with frequent rain. It is advised to bring suitable clothing for these conditions.

## Estimated Costs

Taxi from the airport to Dublin City Centre 20-30 EUR / Bus fare 1.20 EUR / Cup of coffee 2.25 EUR / Moderate three-course meal (for one) 30 EUR







# Contact Information

## Crosscare - Host & Project Coordinators

David : +353 86 775 6347

Sinead: +353 85 877 0205

## Project Email Address

political-picassos@hesl.eu

## WhatsApp Group



## Emergency Services

112 & 999

Once you're connected to an emergency service operator, they will direct the call to the appropriate emergency service.

This includes, ambulance, Gardaí (Police) and fire brigade.