

A REAL TASTE OF CULTURE

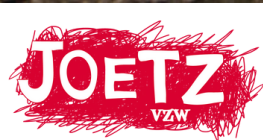
With the support of the
Erasmus+ Programme
of the European Union



YOUTH EXCHANGE

LEBANON

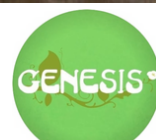
21 OCTOBER -
3 NOVEMBER 2022



ICPI
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and Integration



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SAĞLAM
DÜŞÜNÇƏ
GƏNCLƏR TƏŞKİLATI



WHAT?

The inspiration for this Youth exchange project was the previous two Erasmus+ projects “Power of Diversity”, Implemented in Georgia and “Promoting Diversity through Healthy Living” implemented in Spain. The projects were concentrated on building intercultural understanding, how to deal with healthy life including nutrition in connection with diversities within EU and partner countries. During the project in Spain was born the idea to make a third stage in Lebanon.

In Lebanon there is not much awareness about healthy lifestyle and nutrition yet, although there is a lot of healthy food and resources.

The improvement of public health is the basic condition for the development of society and the most important determining factor of human life and invaluable wealth. This is one of the main reasons, why our project is targeted to promote a healthy lifestyle.

Through the study and comparison of lifestyles, traditions and values, the participants will uncover the commonalities which traverse all cultures. The participants will compare and contrast these cultures and through multicultural team building and team work they will reach a spirit of intercultural cooperation, compromise, awareness and appreciation of diversities.

The project will be carried out in three different regions of Lebanon. All of them offer participants different environments, traditions and food.

3 LOCATIONS



Mjaydel - South Lebanon

The name Mjaydel is driven from the "Syrianeh/Aramaic" language that means the Rock on top of a hill. The geography of the town is on top of a mountain surrounded by three valleys, the river "Shams" passes through the valley giving the town a superb feeling of serenity. The town is surrounded by religious history and a deep valley called "Hell Valley" where footsteps of ancient men engraved on the stones can be found.

Lake Qaraoun - West Beqaa

Our next destination, Lake Qaraoun, is an artificial lake or reservoir located in the southern region of the Beqaa Valley. Here we will be working on cultivating the different types of trees and visit the hosts to see their culture, as well as a visit to Baalbeck castle.

El Qammouaa - North Lebanon

The last 4 days will be in El Qammouaa, which has a lot of mountains and nice scenes to hike and relax before leaving Lebanon. The Akkar forest of hairy oaks, El Qammouaa is considered an important tourist centre in the North Lebanon district of Akkar. The surrounding heights rise to 2,454 metres and there are forests that are remarkable because of the abundance of such trees as junipers, hairy oaks, cypresses, cedars and Cilician firs.

PARTICIPANT PROFILE

- **18-30 YEARS YOUNG**
- **1 GROUP LEADER PER COUNTRY (NO AGE LIMIT FOR GROUPLADERS)**
- **FLEXIBLE & OPEN-MINDED**
- **INTERESTED IN LEARNING MORE ABOUT DIFFERENT CULTURES & HEALTHY LIFESTYLE**
- **MOTIVATED TO SHARE EXPERIENCES WITH OTHER YOUNGSTERS, PROMOTE INTERCULTURAL DIALOGUE AND DISCOVER LEBANESE CULTURE**
- **AVAILABLE FOR THE FULL DURATION OF THE PROJECT**
- **AT LEAST BASIC LEVEL OF ENGLISH LANGUAGE**



PARTNER ORGANIZATIONS



JOETZ VZW - BELGIUM

**INTERNATIONAL CENTER FOR PEACE
AND INTEGRATION (ICPI) - GEORGIA**



**LEBANESE ASSOCIATION FOR MEDICAL
PROTECTION (LAMP) - LEBANON**

NGO GENESIS - CZECH REPUBLIC



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ASSOCIATION GLOBERS - SPAIN

**COMMON SENSE YOUTH
ORGANIZATION (CSYO) - AZERBAIJAN**



TRAVEL BUDGET

Country	Participants	Travel limits per participant
Belgium	5	€ 530
Georgia	5	€ 275
Azerbaijan	5	€ 275
Spain	5	€ 530
Czech Republic	5	€ 360
Lebanon	5	€ 0

AFTER SELECTION, YOU CAN START LOOKING FOR TRAVEL OPTIONS!

**SEND YOUR TRAVEL PLAN TO:
AREALTASTE OFCULTURE@GMAIL.COM**

- **WAIT FOR OUR CONFIRMATION BEFORE YOU BUY THE TICKETS!**
- **YOU WILL RECEIVE A LINK WHERE TO UPLOAD YOUR TICKETS**
- **KEEP ALL PAPER BOARDING PASSES AND TICKETS WITH YOU**
- **REIMBURSEMENT WILL BE DONE VIA BANK TRANSFER AFTER THE REPORT HAS BEEN APPROVED BY THE NATIONAL AGENCY (MAX. 2 MONTHS AFTER THE PROJECT)**

***PLEASE BE AWARE THAT IN CASE YOUR TRAVEL TICKETS EXCEED THE LIMIT, YOU WILL HAVE TO COVER THE DIFFERENCE YOURSELF**



TRAVEL REIMBURSEMENT

100% OF ACCOMMODATION, FOOD AND TRANSPORTATION DURING THE PROJECT WILL BE COVERED WITH THE SUPPORT OF ERASMUS+

IT IS NECESSARY FOR PARTICIPANTS TO HAVE TRAVEL HEALTH INSURANCE (NOT COVERED BY PROJECT).

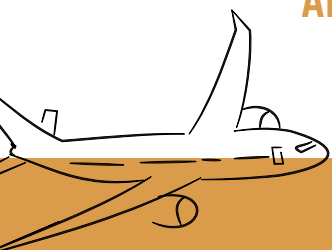
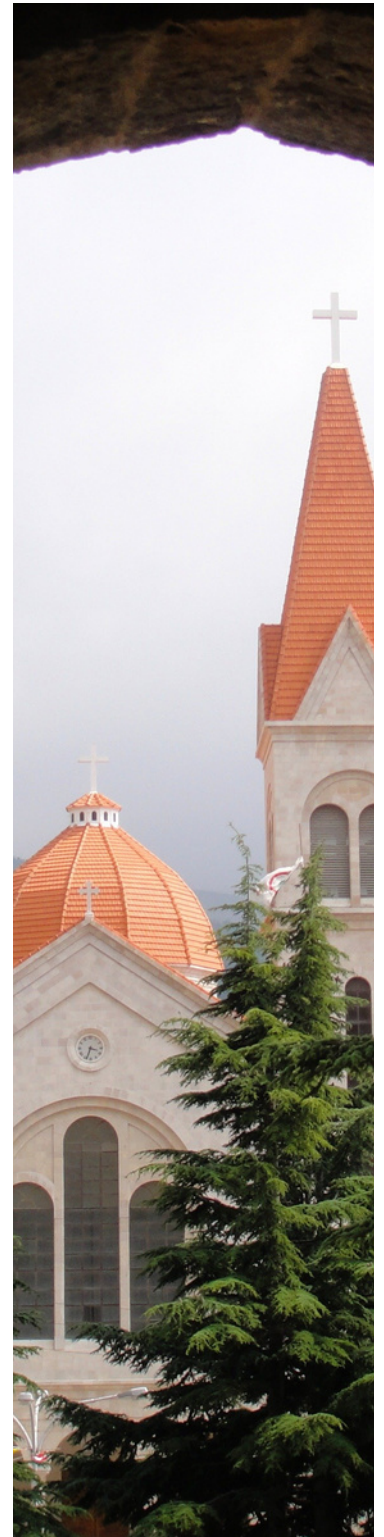
ONLY THE MOST ECONOMICAL TRANSPORTATION WILL BE REIMBURSED! TRAVEL MUST BE ECONOMY/2ND CLASS FOR A PLANE, TRAIN OR BUS TICKET.

NO TAXI COSTS WILL BE REFUNDED UNLESS THERE IS NO PUBLIC TRANSPORT THAT COVERS YOUR JOURNEY.

PARTICIPANTS CAN USE MAX 2 EXTRA TRAVEL DAYS. (THESE DAYS ARE NOT COVERED BY THE PROJECT REGARDING FOOD & ACCOMMODATION)

POSSIBLE TRAVEL DAYS CAN BE:

**ARRIVAL 19/10 - DEPARTURE 3/11
ARRIVAL 20/10 - DEPARTURE 3/11
ARRIVAL 20/10 - DEPARTURE 4/11
ARRIVAL 21/10 - DEPARTURE 3/11
ARRIVAL 21/10 - DEPARTURE 4/11
ARRIVAL 21/10 - DEPARTURE 5/11**



SEE YOU SOON!?

IMPORTANT!



DEADLINE FOR SELECTING PARTICIPANTS

10 AUGUST 2022

DEADLINE FOR BUYING TICKETS

20 AUGUST 2022



FOR MORE INFORMATION OR ANY QUESTIONS ABOUT THE PROJECT, DO NOT HESITATE TO CONTACT US ON THE PROJECT E-MAIL:

AREALTASTE OF CULTURE@GMAIL.COM



FOR PARTNERS AND **SELECTED PARTICIPANTS, PLEASE ADD YOURSELF TO THIS FB-GROUP FOR FURTHER COMMUNICATION:**

[CLICK HERE](#)



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