

Abroadship.org
Centre of Learning Through Mobility

ERASMUS+ YOUTH EXCHANGE

Zero Grams of Waste

4 - 12 March, 2023 | England, UK



*Zero Grams
of Waste*

Erasmus+ Youth exchange

Co-funded by the
Erasmus+ Programme
of the European Union



Zero Grams of Waste

2 PHASED PROJECT

1

Youth exchange

Phase #1

3-11 January 2023

England, UK

2

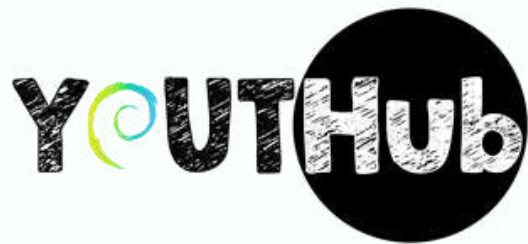
Youth exchange

Phase #2

4-12 March 2023

England, UK





Do you **recycle**?

Are you a fan of **reusable bottle**?

Are you up for **zero waste**?

Do you want to expand your learning when
it gets to **upcycling**?

Do you know what **5 Rs** are?



If the **answer is yes**, then you should
definitely keep reading this infopack.



going →
ZERO
WASTE

GOAL & OBJECTIVES

Zero Grams of Waste challenge is 8 days youth exchange to exchange ideas and empower ourselves on how to become zero waste every step of the way

- Raise awareness about ZGW - 5 Rs philosophy and circular economy
- Support a ZGW lifestyle and exchange ideas of how to minimize waste, how to reduce, reuse, recycle, rot and refuse the 5 Rs of ZGW
- Support the participants to take action and become Zero Grams of Wasters
- To live in a sustainable community and try to minimize waste in practice for 8 days
- Develop new skills and competences through non-formal learning and informal: creative workshops, workshops, open discussions.
- Develop knowledge, skills and attitudes to be the change agents in our everyday life and in our communities
- Create a mini workshop, role playing or any creative presentation of one of the 5 Rs
- To create videos to disseminate the results of the project



*I only feel angry when I see waste. When
I see people throwing away things we
could use."*

Mother Teresa



A person wearing dark jeans and white sneakers is shown from the waist down, wearing white gloves and holding a clear plastic bottle. They are standing next to a large black trash bag. The background is a blurred field of dry grass under a bright sky.

Who Should Attend?

- Between **18-30 years** old or 20+ as a group leader or team member
- Interested in **Zero Waste**
- You want to be of an **eco-friendly** community for 8 days
- Exchange ideas and practices about recycling, reusing, rotting and learning all **5 Rs of Zero Waste**
- Ready to participate in an **intercultural environment** and **challenge yourself** in working on a high intensity programme full of practical assignments
- **Resident** of Spain, Italy, Greece, Bulgaria, Lithuania, Poland and United Kingdom.
- Able to work and **communicate in English**

PROGRAMME

4 PHASES TO COMPLETE

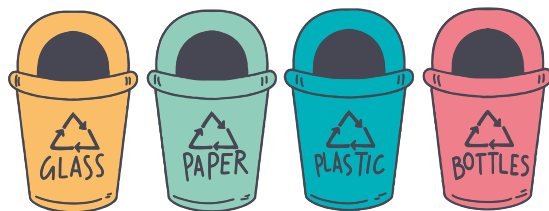
1

Online Assignment /

As national teams you will research zero waste initiatives, approaches and recipes in your area or country, solutions that could be used in your daily life or you found it interesting. You will prepare a mini presentation or a funny and creative idea as a national team to present

2

Youth exchange (YE) /
Intensive programme in United Kingdom from 3 to 11 January 2023



3

Local Action Phase /

Leave your mark and beyond (Follow up) - could be small or big things about zero waste. Create storytelling evenings, workshops, mini tasks, etc. to share your experience and raise awareness about zero waste. Anything that inspired you during the youth exchange.

4

Evaluate your

experience / You will receive an online evaluation form and give an anonymous feedback to Abroadship.org. You will share with us your follow up activities and testimonials.

ZERO WASTE DAYS



Day 1 Introduction

Day 2 Refuse

Day 3 Reduce

Day 4 Reuse

Day 5 Recycle

Day 6 Rot

Day 7 Zero waste videos -

Giving back to the community

Day 8 Closing

DELIVERY STYLE

- "Learning by experience" - learning from experiencing different activities and putting them into practice;
- "Learning to play, playing to learn" - connected with learning through games, from actions and playful environment;
- "Learning through Zero waste" - learning sensitive and challenging topics while practicing zero waste principles





FINANCIAL COSTS

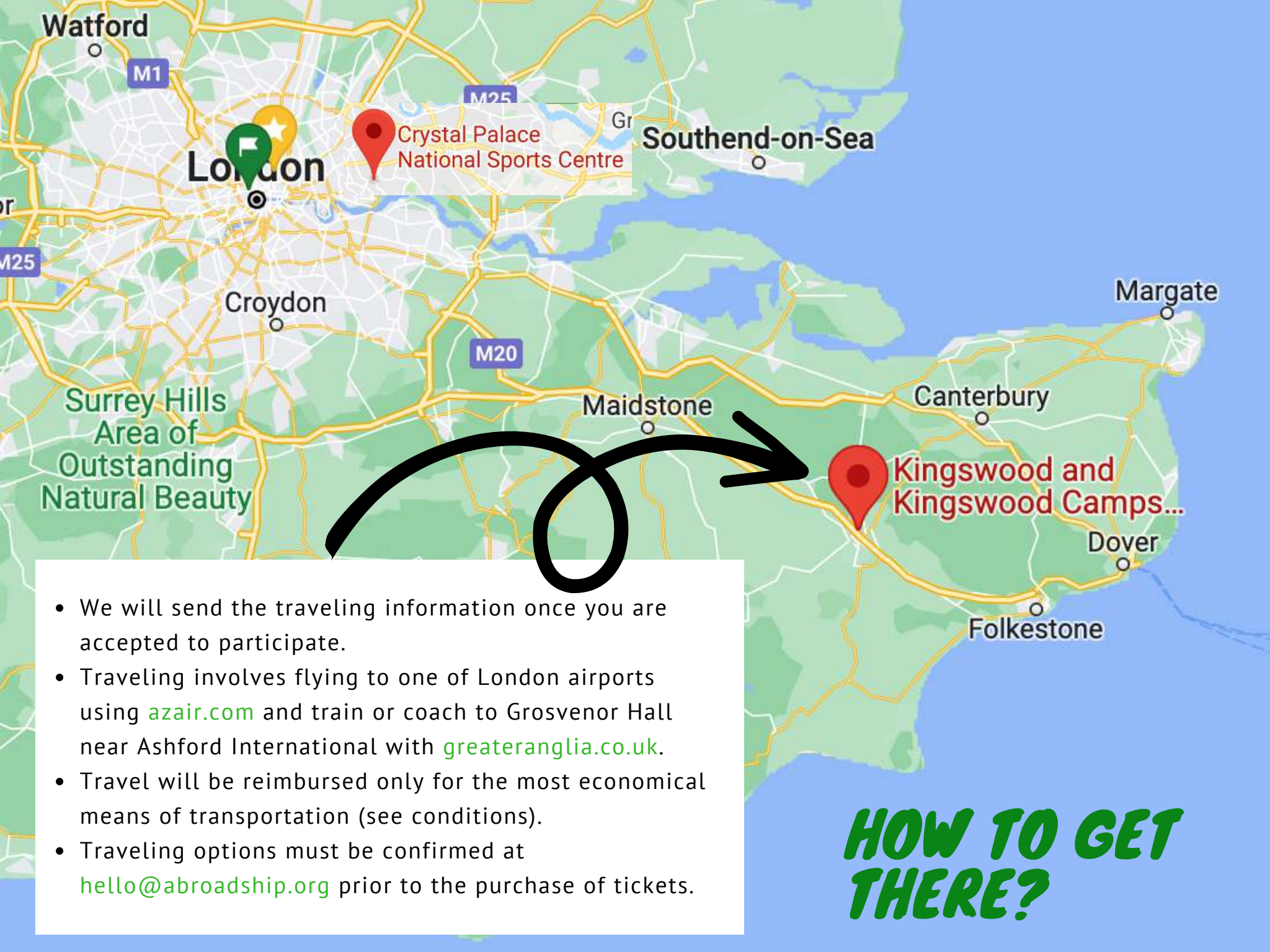
- 100% accommodation, food and program materials are covered by the grant from Erasmus+
- 80% traveling costs (only preapproved and the most economical - no first class, no taxi, no special seats, insurances, etc) are covered.
Maximum traveling costs
 - €20/participant for UK;
 - €275/participant for Lithuania, Spain, Poland
 - €360/participant for Greece, Bulgaria, Italy
- For traveling reimbursement, it is mandatory:
 - online tickets: forward emails with e-tickets, boarding passes and invoices, it has to contain price and date.
 - offline tickets: bring original receipts (originals), copies will not be accepted.
- Reimbursements will be sent as soon as possible, latest 30 June 2023, once (and if) participants take part in
 - full duration of the programme
 - fill the evaluation forms
 - present all the traveling documents



Zero Grams of Waste

WHERE?

UNITED KINGDOM



Crystal Palace
National Sports Centre

Kingswood and
Kingswood Camps...

- We will send the traveling information once you are accepted to participate.
- Traveling involves flying to one of London airports using azair.com and train or coach to Grosvenor Hall near Ashford International with greateranglia.co.uk.
- Travel will be reimbursed only for the most economical means of transportation (see conditions).
- Traveling options must be confirmed at hello@abroadship.org prior to the purchase of tickets.

HOW TO GET THERE?

WHEN TO GET THERE?

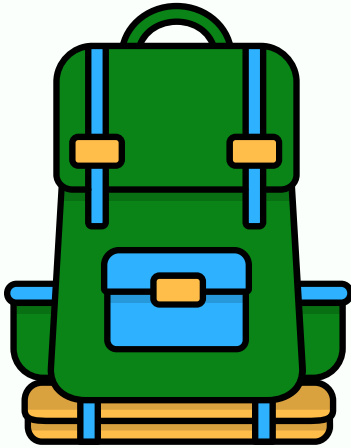
Arrival Day: 4 March 2023 any time

Programme: 5-11 March, in total 7 full days

Departure Day: 12 March, early morning

Days allowed to stay in the UK: This is a great time to explore United Kingdom. We will not have a lot of free time during the programme, thus if you want to explore country, please arrange extra days. You are allowed to come max 7 days before the YE or leave after max 7 days after the YE, but the total amount of the days that are not part of the programme is max 7 days. If you decide to stay more than 7 days longer than the official programme, you will have to cover the traveling expenses yourself. During these extra days, you have to find your own accommodation and no other expenses are covered (we will cover just flights on different days).





PRACTICALS - WHAT TO BRING!



- Casual, warm and sports clothes for outdoors (take into consideration rainy British weather) and indoors;
- Small backpack (not necessary, but very practical for the outdoor walks);
- Towel and Hairdryer, if needed
- **Passport is mandatory! EU ID cards are not accepted after BREXIT**
- Medicines
- Insurance - this is critical! Please bring European Health Card and Insure in other ways because we do not provide and are not liable for any incidents
- Food and traditions to represent for intercultural evenings



MEDICINE, ALLERGIES & DIET



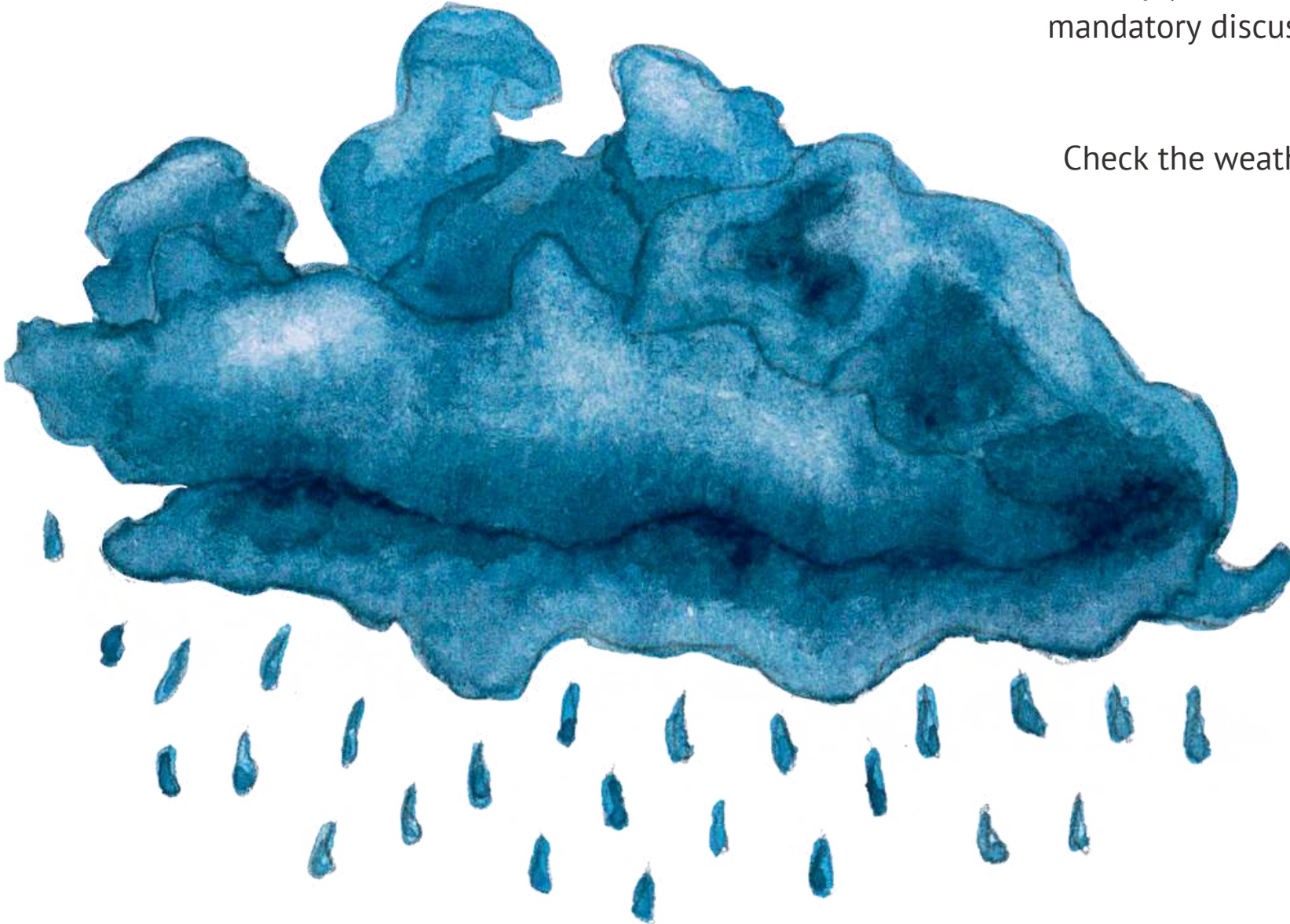
If you have illness, physical limitations and/or use the medicine, we need to know about, please let us know.

If you are vegan or have special diet, let us know, indicating what you can and cannot eat, so that we can arrange the suitable food.

WEATHER

In March temperature in Grosvenor Hall ranges from 1 to 10 degrees, sunshine lasts \pm 3 hours and of course of course of course (not so) beautiful rain (rains \pm 10 out of 30 days) is a constant friend and a mandatory discussion subject in all conversations.

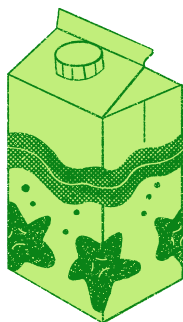
Check the weather forecast [here](#)



HOW TO APPLY?

Fill in the application here:

<https://forms.gle/94ke5ByuGBqKH7Pk9>



In order to apply for the project, you must be over 18 years old and resident of one of the partner countries. Contact partner organisation from the list below if you need any support.

Abroadship.org

YOUTHub

Ticket2Europe

Inovatyvi karta

EUROSUD

Sztukater

UK

Bulgaria

Spain

Lithuania

Italy

Poland

hello@abroadship.org

office@youthub.bg

comunicacion@ticket2europe.eu

inovatyvi.karta@gmail.com

eurosudngo@gmail.com

info@sztukater.pl





For information,
clarification, logistics,
general questions, please
contact us at:

hello@abroadship.org

See you in United Kingdom!



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Erasmus+ Youth exchange





Global online platform of opportunities abroad.

Abroadship.org
@abroadship

