

**SEEDS 018. YE - Individual Environmental Action**

**08.09 - 20.09**

**ENVI / SUST / EDU**

**20 Volunteers**

**Age: 18+**

**PROJECT:** Individual Environmental Action (IEA) youth exchange is prepared in order to give the participant the whole picture on current environmental issues. We want them to understand how the world works at the moment and some issues that we are facing due to specific decisions and choices. We will focus the activities on climate, energy and resources. Through different non-formal methods we want to stimulate participants' critical thinking and give them some examples on how to live more environmentally friendly.

We are planning activities to be carried out as workshops, involving presentations, group work, discussions, games, etc. Our activities will be divided in three sections.

- The aim of the **CLIMATE** section is to build a basic understanding of climate and how we affect it.
- The **ENERGY** section will include different workshops and activities to build an understanding of energy production, their impacts on the environment and factors of energy production choice.
- The section on **RESOURCES** will be outlined by a presentation of basic problems of resource extraction and introduction to world trade.

The youth exchange will conclude with a group work and discussion "My consumption in 2022". Participants will be asked to make a personal plan of consumption and reflect on their lifestyle. One year after the mobility they will be asked to reflect on the success of the plan and on the ways to improve it.

The aim of this mobility is to stimulate participants' critical thinking and to make more environmentally friendly choices when it comes to their everyday life.

**DATES:** Arrival/travel day is Tuesday **8th of September 2020**. Departure day is Sunday **20th of September 2020**, before noon (12.00). Program days is from Wednesday 9th of September to Saturday 19th of September

**ACCOMMODATION:** SEEDS participants will stay in one of SEEDS' houses in the city's Botanical Gardens (40-minute walk from the city centre). The sessions will be held in the living room at the accommodation. Some activities will take place in the city center of Reykjavik. The facilities are basic with a shower, washing machine, kitchen and everyone is expected to show consideration for their companions. We will sleep in shared rooms in a sleeping bag accommodation. Please bring your own sleeping bag.

Volunteers will receive food supplies and will be in charge of the cooking and cleaning. Please note the food SEEDS provides **will be vegetarian**. Do not forget some traditional/typical food, drinks, recipes, music, games or movies from your country for the international evening, please be aware some items or ingredients may be expensive in Iceland and you will need to buy them yourselves or bring them from your country.

**LOCATION:** Reykjavik is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources. The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean.

**LANGUAGE:** English will be the language in the camp; intermediate conversational skills are needed.

**TERMINAL:** Closest international Airport: Keflavik/Reykjavik (KEF). Bus station: Central Reykjavik (BSÍ).

**EXTRAS / SPECIAL REMARKS:** The cost of food and accommodation is provided by the Erasmus+ grant.

We will include in the schedule two excursions connected to the topics of the project (the Golden Circle, and a second excursion to be announced).