

Xmas calling!



YOUTH EXCHANGE

infopack

Dear participants,
welcome on board Xmas calling! project.

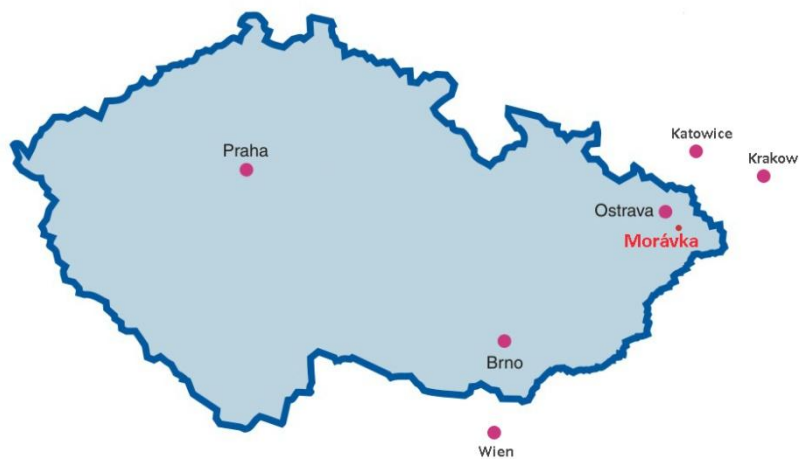
YOUTH EXCHANGE

When: **1st – 8th December 2016**

Where: Horský hotel Lipový, Morávka 365 (district Frýdek-Místek)

The beginning of the project: 1.9.2016

The end of the project: 28.2.2017



WHAT IS THE YOUTH EXCHANGE ABOUT

The main objective of this project is to show young people that Christmas can be an opportunity to be helpful in their community, and introduce them the typical celebration of Christmas in other countries with the help of mutual intercultural learning between them.

- to show young people that it makes sense to celebrate Christmas together,
- to create a space of mutual intercultural learning, where young people learn the traditions of other countries and learn not to see different relationship to the traditions as a threat, but as a space for inspiration and learning,
- to prepare and organize the presentation of their Christmas traditions for primary school pupils,
- to organize event for seriously ill people from the hospice,
- to create a small gifts and give them to ill people,
- to present the Christmas traditions, music and food,
- to gain through the project the opportunity to get to know other cultures of other countries, get in touch with the young people of similar age and make new contacts,
- to realize, how celebration and keeping the traditions are important in their lives for them personally.

TRAINERS AND FACILITATORS



RoMi Michalíková

is involved in non-formal learning since 2007, she had been working as a youth club manager for 7 years. Nowadays she is a trainer of youth workers, facioittor of youth Exchanges and a director of NGO Trendum, o.p.s. She is also a leader of a board games club in Ostrava and has a lot of experience with creating educational programmes focused on soft skills development.



Veronika (Veri) Geryková

She used to work in leisure time centre as a coordinator of European projects. She was a coordinator of dance school for 3 years. Now she is a member of Trendum, o.p.s. and her main position is an EVS coordinator. She is also a leader of children's dance group TRENDUM DC. She was a trainer of youth exchange I have a dream, the dance project of Trendum.

PARTICIPATING COUNTRIES

	Country	Number of participants
1.	The Czech Republic	4+1
2.	Hungary	4+1
3.	Greece	4+1
4.	Turkey	4+1
5.	Poland	4+1
6.	Netherlands	4+1
7.	Italy	4+1

PARTICIPANTS

Participants – young people between 14 – 22 years + 1 group leader above 18.

ARRIVALS/DEPARTURES

The participants should arrive on Wednesday 30th November or on Thursday 1st till noon. They should leave on Friday 9th December.

Hotel Lipový in Morávka is 41 km far from Ostrava in the mountains. It wouldn't be possible for us to pick all of you in Ostrava, so if it is possible, please choose your transport as close as possible.

Most suitable airports:

- **Katowice (Poland):** distance c. 4 hours, you can go from airport by bus (TigerExpress) to Ostrava - střed and then from Ostrava UAN (bus station) to Morávka. Ostrava UAN is beside the bus stop Ostrava – střed.
- **Krakow (Poland):** distance c. 5 hours, you can go from airport by bus (TigerExpress) to Ostrava - střed and then from Ostrava UAN (bus station) to Morávka. Ostrava UAN is beside the bus stop Ostrava – střed.
- **Praha (Prague, Czech Republic):** distance c. 7 hours, you can go by airportexpress bus to train station Praha hl.n., than by 2 trains to Ostrava and Frýdek-Místek and then by bus to Morávka.

Web for bus from Katowice and Krakow to Ostrava: <http://www.tigerexpress.eu/en/>

Transport from Ostrava to Morávka:

	Depart..	Arrival	Line Nr.	Direction
Wednesday 30th October				
Ostrava, ÚAN		14:50	Bus 860351 7	Morávka
Morávka,,střed	16:11			
Ostrava, ÚAN		16:45	Bus 860351 9	Morávka
Morávka,,střed	17:58			
Ostrava, ÚAN		17:50	Bus 860351 11	Morávka
Morávka,,střed	19:14			
Ostrava, ÚAN		20:55	Bus 860351 13	Morávka
Morávka,,střed	20:59			

Thursday 1st December

Ostrava, ÚAN	8:30	Bus 860351 5	Morávka
Morávka,,střed	9:53		
Ostrava, ÚAN	10:10	Bus 860353 7	Frýdek-Místek
Frýdek-Místek, aut.nádr.	10:38	11:15 Bus 860355 9	Morávka
Morávka,,střed	11:59		

We are prepared to find you information and best transport connections. When you know time and date of your inbound flight or arrival to Czech Republic or Poland, please contact Petr. He is in charge for your travel.

mailpetrtomis@gmail.com

- Don't forget to buy your tickets as soon as possible. Don't wait because it will be daily more and more expensive!!! If you buy tickets for train transport in the Czech Republic, please buy collective tickets. It's cheaper than buying tickets individually. In case of traveling by train from Katowice, Krakow or Wien we recommend you to buy return tickets (validity 1 month). It's also cheaper.
- Repayment of the travel documents (tickets and boarding passes) will pass during January 2017. We will collect your tickets during December and January.

ACCOMODATION



- Accommodation will be provided in mountain hotel Lipový in rooms for 2, 3, 4 or 5 people with shower and toilet. There is also a Wifi Access.
- During the event the participants will have the possibility to try typical Czech food. We are ready to respect any special needs.
- There is no shop in hotel! But you can buy a non-alcoholic drinks, some sweets or crisps for you here in a restaurant.
- Please be prepared and bring basic things like hygiene needs, towels ...

PROGRAMME OF THE YOUTH EXCHANGE

- **Icebreakers** – short activities
- **Presentation of Christmas customs, traditions and music** – each country should prepare a short presentation of Christmas customs and traditions, introduce a typical Christmas song/carol and teach it to other participants
- **Creative workshops** – each country will prepare the product-gift, preferably with a Christmas theme (for example Christmas ornaments). You'll show how to make it to the other participants and you'll make it together.
- **Common Christmas dinner** – each country will be demonstrating their typical Christmas meals for others. This may not be a main dish, it can be only a part of dishes of your typical Christmas dinner. The hotel will provide us its kitchen. Please think about what you'll prepare to eat, it shouldn't be something what needs a long preparation (many hours) and a lot of staff.

We'll unpack present which everybody brought to the exchange and we'll also try to sing the Christmas carol which we learned from other countries. We'll share our Christmas traditions together.

- **A visit of the hospice in Ostrava**– We'll go together visit the old people in a hospice and we'll bring them our gifts and sing them our Christmas songs/carols.
- **Presentation for primary school in Ostrava Radvanice** – we'll prepare presentation of our Christmas traditions and customs for the pupils at basic school. Show them how the Christmas look like in a different countries.
- **Christmas song** – we'll practice common Christmas song and we will also record one of the most beautiful Xmas songs ever. We are sending you links, so you can listen to it in advance. You can also find a music sheets as a part of this Infopack.
- **Games** – different activities, board games, outdoor games which will be filmed.
- **Trip** - surprise

WHAT TO PREPARE FOR THE YOUTH EXCHANGE/WHAT TO BRING:

- **Material for creative workshops and Christmas dinner** – each country will have a **budget 80 EUR** for the material and food for Christmas dinner. Please, don't forget that you'll need material for all the participants (40 people with Trendum team) for creating Christmas gifts. From this budget you should also prepare the Christmas dinner, it doesn't need to be a lot of food, because all countries will prepare their food for Christmas dinner. Try to prepare something simple and interesting. We will need all your bills for the material and food. We'll pay your bills in January with the travel costs. About food, if you send us ingredients, we can buy them here and we can also let you know what kind of ingredients we don't have in our country, so you will have to buy them in your countries.
- **Christmas presentation of your country** – try to focus on your traditions, choose some Xmas songs to teach them others, bring some typical food or sweets. Because it is youth Exchange and we expect people under 18, please try to avoid alcohol.

- **Christmas present** – every participant should buy some little present from his/her country and pack it. We will give them under the Christmas tree during the Xmas dinner and every participant will choose one of them.
- **Common Christmas song** – we will record a Xmas song together, it would be nice, if some of you can also sing solo. The song name is Where are you Christmas from the singer Faith Hill. We are sending you links, so you can find it on Youtube and learn in advance:

Faith Hill – Where are you Christmas: <https://www.youtube.com/watch?v=nmGSHZY74c>

Faith Hill – Where are you Christmas karaoke:

<https://www.youtube.com/watch?v=vCUw7ukJPTo>

Music sheets you will find as a part of this Infopack.

- **Warm clothes** – it could be very cold in Czech Republic even snow could be here, so be prepared.

DEADLINES

- **deadline for sending the applications = 16nd november 2016**
- **deadline for sending information about your arrivals (place,time) and ideally also about your departures = 20th november 2016**

For more information please contact Veri: verugery@gmail.com

We wish you a pleasant journey and look forward to meeting you in the Czech Republic.

Xmas calling! team

WHERE ARE YOU CHRISTMAS?

from DR. SEUSS' HOW THE GRINCH STOLE CHRISTMAS

Words and Music by WILL JENNINGS,
JAMES HORNER and MARIAH CAREY

Gently



8va

mf

With pedal



(8va)



(8va)

Where are you, Christ - mas? Why can't I



(8va)

find you? Why have you gone a -



 way? _____ Where is the
 Where are you,


(8va) -1 loco






 laugh - ter you used to bring me?
 Christ - mas? Do you re - mem - ber






 Why can't I hear mu - sic play?
 the one you used to know?





 My world is chang - ing. — I'm re - ar -
 I'm not the same one. — See what the



Bb/D **Eb** **Bb/D**

rang - ing. Does that mean Christ - mas
time's - done. Is that why you have

Eb **Fsus** **F** **Bb**

chang es too?
let me

F/A **Eb/G** **F/A**

Instrumental piano accompaniment for the third system.

Bb **D7** **Gm**

go? Oh, Christ - mas is

Chords: D7/F# Bb/F D7/F#

here, — ev - 'ry - where, — oh. —

Chords: Gm D7/F# Bb/F Em7b5

Christ - mas is here, — if you care. —

Chords: Eb F/Eb Dm7

If there is love — in your heart and — your mind, —

Chords: Eb Bb/D Cm7 Eb Gm7

you will feel like Christ - mas all the

time. _____ Oh, I feel you, Christ - mas, _

Chords: F, G, C, G/B

Accompaniment features: triplets in the right hand.

I know I found you. You nev - er fade a -

Chords: F/A, G/B, C, G/B

way. _____ Oh, the joy of

Chords: F, A, D

Accompaniment features: triplets in the right hand.

Christ - mas _____ stays here in - side us,

Chords: A/C#, G/B, A/C#

D



A/C#



F#m7



G



fills each and ev - 'ry heart

Asus



A



D



A/C#



with love.

rit. *mf a tempo*

8va

G/B



A/C#



D



Where are you, Christ - mas?

(8va) *loco*

A/C#



G/B



A/C#



A



D(add2)



Fill your heart with love. Mm.

rit.