



Erasmus+



Organizzazione
delle Nazioni Unite
per l'Educazione,
la Scienza e la Cultura

Membro delle
Associazioni e
Club per l'UNESCO

Club per l'UNESCO di AMALFI



Wild Style



ACARBIO

Live outdoors, Love outdoors



THE MAGAZINE

Erasmus+ Youth Exchange, Tramonti, Amalfi Coast

10th-20th September 2019

(Italy, Armenia, Belarus, Bulgaria, Romania, Ukraine)

THE PROJECT

How to get young people out of their comfort zones and into the nature? With a 10 day camping adventure. 36 young people from 6 different countries challenged themselves to live completely outdoors; eating, playing, showering and sleeping outside in a small community. We welcomed people from Belarus, Bulgaria, Romania, Ukraine, Armenia and Italy to experience rural Italian life in the mountains.

The Erasmus+ Youth Exchange “Wild Style” was established with the philosophy of

reconnecting participants to nature and through this also reconnecting to another and themselves.

Here we write about some of our experience of this project in 6 different contributions, written in our family groups of 6 participants each. If you have any questions, please find contacts at the end.

Enjoy!



THE PROGRAMME

Wild Style: Live outdoors, love outdoors - Programme									
	Breakfast								
Before Noon	Introduction & Getting to know	Sustainability good practices - idea market	Local nature excursion	Local nature excursion	Plant a community vegetable garden / Preparing the expedition	Hike to the mountains & retake of an old shelter	Hike to the mountains / return	School workshop: Games with local youngsters	Finishing, Evaluation and Closing
	Lunch								
Afternoon	Introduction & Getting to know	Country Outdoor Activity	Country Outdoor Activity	Country Outdoor Activity	Country Outdoor Activity	Hike to the mountains & retake of an old shelter	Country Outdoor Activity	Country Outdoor Activity	Finishing, Evaluation and Closing
	Reflection & YP / Working groups								
	Dinner								
Evening	Country "camp fire" evening	Country "camp fire" evening	Country "camp fire" evening	Country "camp fire" evening	Country "camp fire" evening	Camp evening in the mountains	Country "camp fire" evening	Dinner / Final community social event	Local dinner / Youthpass award

The programme included:

- An expedition and overnights stay in the mountains and retake of an abandoned shelter
- Activities and workshops outdoors, prepared by the participants
- A workshop with local youngsters
- International camp fire evenings
- Daily evaluation and reflection sessions
- Experience and idea exchange about sustainability
- Camp responsibility: take your part in supporting the camp logistics



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THE BEGINNING

By family group Zolter

Welcome!

Our first day started with introduction to Tramonti and the international group of participants. For some of us it was the first time being on such an exchange, so for beginning we did some short “getting to know each other” games. It was challenging to remember the new names for the given time for playing, but we tried our best. We would say with a solid amount of confidence that now we can even correctly pronounce the names of our new friends. After that we played a game in which we found out facts about each other. It was something more personal, so afterwards we felt closer to each other, like a big community. Further, we continued by having different questions for each other (speed friending). It was more intimate. Afterwards we got an introduction to the area, we had a look around where we live and learned about the “ecobuilding” and ecological lifestyle. We found out from what materials it was made. Some participants were even surprised by ecological materials (horse shit, human hair). After lunch we were separated in six groups, which task was to create some rules for everyone here to follow, some more strict and some more funny ones.

DISCOVERING TRAMONTI

Still being in these groups we went for a city game in Tramonti. There we had a

lots of fun following the tasks, some of which were “try to get coffee for free” or “convince a local person to invite us into his garden and collect some veggies”. Maybe that was the most difficult task, but it also demanded great interaction with the locals, who were actually really friendly and helpful. After this interesting challenge we had a meditation. During this, we felt more in the present and turned our attention inside to look inside ourselves. We also had a reflection in which we could describe our expressions, share our experience.

ARMENIAN INTERCULTURAL NIGHT

Despite the fact that dinner was late, we had so much fun by dancing and singing together. Best part of the day was demonstrating of Armenian culture. Armenian team prepared some traditional songs and dances. By their interactive demonstration we learned much about Armenian traditions, cuisine, temperament. Hence, these day opened new doors for us to socialize, improve our English, integrated with our group and locals. It was a first day of our journey to get unforgettable moments, useful experience and inspiration.



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City game in Tramonti, meeting the locals



Energizing and getting to know each other, energizing games



City game in Tramonti, meeting the Mayor



Getting to know each other, „2 truths and 1 lie“

LIVING TOGETHER

by family group Capusta

Welcome to the second day of the wild project!

SUSTAINABILITY MARKET

Some of our participants started their day from yoga. Together, we started with an energizer prepared by the Armenian team. Then we had time to prepare stands for the sustainability idea market. All was very creative and prepared very well. Everyone had an opportunity to discover environmental actions, projects and sustainable practices of each country. After listening to all presentations, we reflected about what we learned. I can sincerely say that I gained some useful practices.

TEAM BUILDING

Then, we played team building games: We divided in four teams and tried to survive from crocodiles. With the help of this game we set up communication between members of the team, created different strategies, tried many times, and chose the most effective way to get to the other river coast. It was hard, not all team could achieve the goal. But this experience helped us to understand the importance of communication, teamwork, consideration of everyone's thoughts, support and mutual assistance. The next game was played in one big group. We had to throw the ball at each other and remember the order. Then the facilitators complicated the task and added another ball and stopped the time it took us. The first try was very slow, the second one was slightly faster, but we noticed there was a lot of space for improvement when we understood we could dispose ourselves in any position. Standing in circle, after a few tries we managed to complete the task in just one third of the time we started with. That was useful to gain teamwork skills and problem-solving skills.

BULGARIAN ACTIVITIES

After lunch, we got to play a series of Bulgarian

games. The first one was a "name game". You were supposed to shout out the name of somebody in the circle and this person was supposed to be next and shout out somebody else's name. You had to do this following a specific rhythm, if you break the rhythm you get out of the game and you receive "public humiliation" (friendly!). The second game was called "Impuls". People have their eyes closed and they stand in two chains holding each other's hand. Then an impulse is given simultaneously to these chains which pass it over squeezing hands. The last person of the chain has to run when it gets the impulse and try to be the first one to reach a potato laying on the floor. The one who reaches it first goes at the beginning of their chain. The first team able to make a whole loop wins. The third one is a "relay race". Every runner has to get to the other side of a field with a cup of water in their head without holding it. At the end of the field there's the previous runner lying on the grass with a small bucket on their chest. The glass needs to be poured into the bucket without squatting. Then, the person on the grass runs back and the next runner is allowed to go. The first team to fool-fill the small bucket wins. The name of the games is "mokra stafeta" - Wet relay.



Sustainability idea market



Bulgarian Outdoor activities



THE GALLERY - GARDENING



Needed:

- Free or dedicated soil, space in garden
- Tools for gardening (hoe, wooden stick to make holes)
- Young plants or seeds (self grown or bought)
- Fertilizer (biological/organic such as manure or nettle extract)

THE GALLERY – PALLET FLOWER POTS



Needed:

- An old pallet
- 3 old wood panels as „bottom“ for the flower box
- Enough nails or screws & a hammer or screwdriver
- Enough sand paper, different gríts
- Oil to protect the wood (vegetable oil) & a brush, jar and possibly turpentine
- Some plastic foil to cover the inside of the boxes
- Flowers, plants, vegetable to grow
- Motivated participants



About local site visits, trust and elephants

by family group No Name Group

On this nice sunny day, Thursday, we have started with a light hike. Even though for some of the participants it was a challenge, we managed to get on the hike. We started the walk through the villages of Tramonti, passing trails in the forest, going down the valley and climbing back up the hills. During the hike, we tried various exercises and practices. During the first part of the hike we had to find a person from the group to whom we hadn't talked much so far and have a conversation about sustainability. The purpose was to continue getting to know each other. Did it seem to be a challenge? For some people, who preferred to be alone – yes, for the others it was a pleasure, to discuss their interests and watch the magnificent landscapes at the same time. However, the true challenge came later. We were separated in pairs, where one person had their eyes closed, and their partner leaded them. Walking for 15 mins with closed eyes is an experience, I believe, everyone should try in their life, even if it may be challenging or

uncomfortable. This practice shows deep trust and communication without words or any other explanation – and this is a good way to experience it. Besides the views on the hills of Tramonti, we explored several churches and other important sites of the area.

The afternoon was very active, animated by the team from Belarus. The guys have prepared various games, they were very active and enthusiastic about teaching others about it. The highlight of the session was a game called “An elephant”, where a half of the participants had to create a strong line, representing an elephant and the others had to jump and climb on top of them. Later, after a fabulous meal (thanks to Enzo!) we had a Romanian cultural night, where we learned about Transylvania, problems of deforestation in their region and, of course, we had delicious sweets! Full and inspired, everybody continued dancing traditional Romanian dances.



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LIVING OUTDOOR

by family group Tomato

Today is 14.09; and we have already in Tramonti, Italy been for 5 days. At the beginning of the project, we didn't know much about how we would live, eat and communicate in this international environment. But now we already can observe some changes and got more comfortable and familiar. Nowadays we live in a highly technological world and lifestyle, with social media and internet everywhere. However, as a change, during these 5 days we were using another communication techniques – speaking offline, using nature to become closer and discover ourselves deeper.

Every morning the sun was our alarm, coldness at nights and moon light made us go to sleep earlier and we finally started to inhale and experience the nature and speak with it. We live in tents, we eat outdoors, we do all activities under the clear sky and we live like a family. Real family, supportive and happy, having connection with nature. Our motto - "live outdoors, love outdoors".

ITALIAN ACTIVITIES

Today it was Italy's turn to introduce their outdoor activities. We started out with a fun

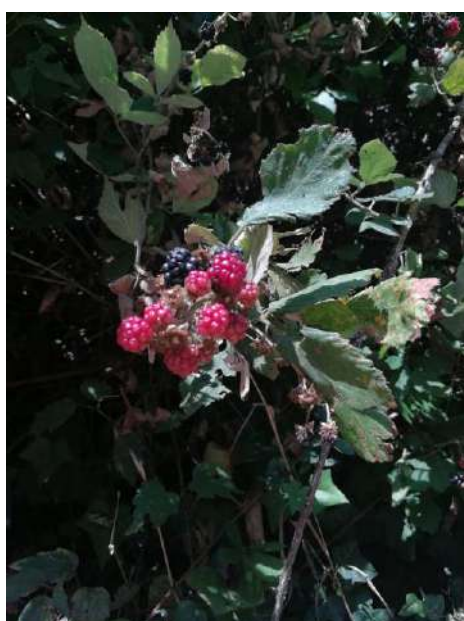
energizing dance. The sun was shining bright and it was very hot. We felt tired, but we were curious to see what the Italians wanted to show us. The first game was a competition between two teams. To win, the participants had to be fast and have good strategy. The second game was called "thunder" and it was all about running around having fun with others. At last, we played musical chairs in the eco building. It was a great experience because we spent time together and improved our relationship as a group.

REFLECTION

After games, as usual, we relaxed during meditation and got a deeper connections with our thoughts and feelings. We were really thankful for many things and shared this with our family groups – for the opportunity to be here, the people around, the good preparation of participants, the well-organized base camp, the organizer's attitude, this new experience, the possibility to practice English with foreigners, the beautiful nature around, the good weather and the tasty food. We are happy!



Different impressions: Camp life, nature, reflection, games and community life



EXPEDITION IN THE MOUNTAIN

by family group No Name Group

Yesterday we went for a hike in the mountains. We started the day with preparing and packing for the tour. Our tour-guide was Enzo and we arrived at the campsite after an hour of walking. During the hike we made a new friend: a white dog. We named him Lobo which means wolf in Spanish. She stayed with us until the end of the tour. There was an abandoned shelter where we stopped and built up the overnight camp. For some of us it was a first experience, and those who were more experienced helped them to straighten the ground, put up the tents and get comfortable. Some of us regularly went to take some water from a close spring. Then, we also worked together and helped cleaning the place around the abandoned shelter. We collected more than 3 big bags of different types of waste which we took back the next day. In the afternoon, we were lucky to see some wild

boars, who were scared away by Lobo very fast, and we explored the fauna and flora – the volcanic geomorphology of the area, some of the plants around and a natural spring and habitat for a local “salamandrina”.

After dinner we chatted and played some games around the campfire, went to watch the stars and told stories. After that we went to sleep.

The next morning we came back to Tramonti at 11 a.m. After lunch our Ukrainian participants have presented their funny and creative games. After they had concluded, that it was extremely difficult to wake up our teams at such warm weather, they decided to spare our energy and we ended up playing quite fast and easy games. Due to those we found out how our evolution went, how to safely squeeze through other people's legs and finally we determined who was an elephant, goat and shark.





THE SCHOOL KIDS WORKSHOP

By the family group FANTA 5 and Cuties

This morning after breakfast we conducted an event for kids (11-12 years old) from the local school. There were about 35 children. We had prepared the activities beforehand in different groups and wanted to facilitate activities we had learned during this project. We started with getting to know each other activities which helped us to break the ice between each other. Afterwards we continued with international games during which representatives from each country introduced our cultures.

The kids surprised us because they knew quite a lot about our countries. They were really good in the activities and games. They could easily recognize flags of our countries. Also, the kids were very involved in the cleaning activities: they helped us to collect and sort garbage from public spaces. We cleaned 2 squares from different types of trash. Then, all that garbage was deposited for recycling. We wanted to contribute and show by example how important, useful and fun it can be to care about the environment. The kids tried to do their best in order

to keep their town clean. We think that it is very important to teach children about ecological sustainability from an early age on. It was a good opportunity for us to visit a local school and to spend some time with children.

The last part of the programme was special. Everyone was invited to the village square and there we had a dinner. This was the community dinner with local people. It was mostly eating traditional pasta and dance with others, learning new traditional dance. For us it was a great moment tasting the traditional food and also being in the village centre and dance with local people and also share our story. We appreciate the time spending in the centre. It was beautiful and educational for those who were part of it. We didn't forget to mention the Italian cake and the dance was amazing. Yesterday we started as participants our program in the village with common people. For us it was a good experience to learn new things from local people and also from working with kids change a lot of things in participants.





Eco-Lifestyle & Sustainability

Seasonal fruits and vegetables

Volunteering for the environment – Participate in clean ups

Protecting nature, habitats, fauna and flora

Knowing fauna and flora

Promote local products

Keeping the spaces clean

NO WASTE – SAVING FOOD & ENERGY



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PROJECT
PARTNERS

Associazione ACARBIO	ITALY
Asociata De Tineri Din Ardeal	ROMANIA
National Youth Card Association	BULGARIA
Ne Zupinaysia	UKRAINE
Comune di Tramonti	ITALY
New Faces	BELARUS
Gyumri YIC	ARMENIA

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FURTHER INFORMATION
www.acarbionline.org/en/wild-style-live-outdoors-love-outdoors-erasmus-youth-exchange/

