

INFOLETTER

EGO MUSIC TRIP

1-8 March 2010, Almere, The Netherlands



Introduction

Dear Partners,

Finally we can offer you some more detailed information on the Exchange Ego-music Trip. It's an exchange funded by our local government and the YIA program. In this file you will find all the information you need regarding this exchange.

Greetings from
Tripin.EU and Multiversum Team.

Unfortunately i'm not able to give you a detailed program yet. Probably we are able to perform on a small stage and make the music video wich was the original plan. We have regular meetings to see if we can arrange those things with our partners. The activities wich you need to prepare as a partners are still stated and will be implemented in the program anyway. So please prepare them well. As soon as we have a detailed program we will inform you right away.

Contact:

We have only one contact person to filter all the information and keep track of your arrivals.

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Aim of the project

The main aim of the project is to show the participants that if they use their creativity and cooperate to reach a common goal they can reach results beyond their imagination.

During the project we create an opportunity to learn about yourself, others, different cultures, work with spontaneity, leadership, communication. To develop music and presentation skills, including imagination and knowledge about musical events. We invite you to involve the local society into the activities.

Topics during the exchange:

- Intercultural teambuilding;
- Workshops;
- Exploring your and others culture;
- Making music;
- Expressing yourself;
- Visiting famous places of The Netherlands, etc.

All these things are important because when you will return home after the exchange you will be able to use all you learned to improve your life in many different aspects.

Profile of participants

We invite participants from Romania, Slovenia, Bulgaria, Norway, Sweden, Poland, Greece and The Netherlands. There are a total of 40 places available to participants: 4 participants from each country except The Netherlands (6 participants or more). All participants should be active young people aged between 18 and 25 and need to have affinity with music.

We expect all participants to be able to work in simple English, actively participate in the entire program, and be open for new experience and new learning especially in the areas of music, dance and culture.

For the following countries: *Romania, Slovenia, Bulgaria, Norway, Sweden, Poland, Greece and Netherlands.*

Arrival day	1 st of March 10.00 - 18.00
Start of the program	1 st of March 18:00
End of the program	8 th of March 11:00
Departure day	8 th of March

It is important to notice that we will need to leave the accommodation of the exchange before 11:00 on the 8th of March. What you do after, go to Amsterdam, stay in Almere or travel home is up to you. As long as you leave the accommodation in time and help us a bit with the cleaning before you leave. Offcourse we will help you with planning your travel wherever you want to go. The Netherlands is small and the infrastructure is well developed.

Tavel costs

Maximum 70% of the travel costs are covered by the Youth in Action program. **Please keep all your original travel tickets, bills and documents, as they are obligatory for the reimbursement.** If you need originals as well, please ask the travel agency or company to provide you with an official copy signed and stamped by them, and send this one to us. We will make the **refund to your bank account after receiving these documents.**

We ask a no € participation fee from participants. But preparation costs are not available for participating groups.

In the table below you can find how much we counted for travel costs per participant for each country. We will reimburse 70% of the total, and we indicated what is the maximum of that amount in the table below.

The amount of travel costs you can use:

			100%	70%
Bulgaria	5	Almere	2500	1750
Romania	5	Almere	2500	1750
Slovenia	5	Almere	2500	1750
Poland	5	Almere	1200	840
Sweden	5	Almere	1200	840
Norway	5	Almere	2000	1400
Greece	5	Almere	2500	1750

We will pay back to reimbursement by bank transfer two months after the last project day. However we will make an exception for the Romanian and Bulgarian group due to financial difficulties. They will get the their reimbursement on arrival and under strict conditions, and signing a contract that they received the reimbursement. We hope that all the other groups can accept this.

Insurance

All participants are **required to obtain a health and full travel insurance**. The costs for the insurance have to be covered by the participants.

Location

The exchange will take place in the region of Almere in the province of Flevoland. The area is called the Kemphaan and a website about this place can be found here: <http://www.kemphaan.nl/> The exact place where we will be staying is kindervakantieland. <http://www.kindervakantieland.nl>

The accommodation has a professional kitchen, for all your cooking needs. Participants have to share rooms with each other in groups of six. Girls and boys will be separated. The rooms will be mixed. There are 2 girls toilets available and two girls showers. Two boys showers and two boys toilet. For more detailed info about the accommodation please look at the webpage. It's an amazing place to stay.

Arrival to Almere from Schiphol International airport:

One good point of the Netherlands is that almost everybody can understand and speak English. So in the worst case scenario if you get lost, you can always ask somebody for help. The travel to the accommodation is stated below:

1. Arrival at Schiphol international Airport.
2. Find the main hall and look for the NS (Dutch Railway) tickets office



To be honest it's hard to miss in the main hall.

3. There are going trains to Almere-Centrum every 20-30 minutes but the tracks vary. Take the direct train. Ask the lady on the counter to tell you when the train is coming and on which track. Buy a second class ticket which will exactly cost you € 7,50 for each person. Take a one way ticket. Return tickets are in The Netherlands only valid on the same day so don't buy that.
4. After 45 minutes you will arrive in Almere-Centrum. Almere has different stations. So please get off at the right one (Almere-Centrum) and save us some travel by car. The train station looks like this. Please wait for us at the Burger King. Give us a call on +31643015461 or an SMS and we will pick you up by car.



5. The travel by car will take 20 minutes to reach the Area of the Kemphaan.
6. Welcome!

If you travel in any other way than Schiphol we will inform you personally. Please tell us if you do plan to travel differently.

Departure from Almere

The accommodation has to be empty on 11:00 on the 8th of March. We will drop you off at the Central Station by car. From that point it's up to you where to go. You can travel home, go to Amsterdam or have another walk in Almere. Any assistance in travel can be given.

Some important points for participating groups:

There will be three important tasks for the participating groups which require some preparation:

1. Organize a workshop which has to do anything with music. From a guitar lesson to singing or dancing.
2. Plan a cultural evening. In this evening you can present your country with food, drinks and some interactive methods to give the other participants a taste of your country.
3. Do one activity in the morning (energizer) Every group will be asked to get some energy in the group in the morning. These activities are called energizers. This activity only takes 10-15 minutes in the morning.

For any more info about these activities please contact Remco on remco@tripin.eu

What to bring?

- Casual, Warm and Sport Clothes for outdoor & indoor (clothes for indoor, rainy and snowy weather)
- Swimming suit
- Good (comfortable and waterproof) walking shoes
- Some traditional food/drink from your country
- Medicines
- Passport or/and other official identification
- A sleeping bag
- A pillow
- Copies and originals of your passport, insurance and travel tickets
- Invoices of all your tickets (If the tickets, invoices and receipts are in your native language (different from Dutch or English), bring, besides the originals, a legal translation of them in English)

Program

Since we think it's no fun to give all the details of the program from hour to hour, we give you a general idea of what we want to do. Besides, together we make the exchange and thus the program. Therefore it is very well possible that the program can change a bit during the exchange.

Inspiration: We work according to the learning by doing principle. So we keep the explanations to the minimum and let you play and experiment. We offer various types of workshops. Improvisation techniques, mime, musical performance, social theatre, shadow theatre. All these workshops are to inspire you for your performance.

Performances: All this trying out, being creative, needs to be rewarded.... With your own performance! In a team you will work to your own creation. What you do, or how you do it is up to you. At the end of the exchange we show all performances to the Dutch public.

Cultural evening: We ask you to plan and bring food from your own country, so you can make a 'traditional' evening for the whole group. How would those famous dutch cheese taste or the Romanian crackers.... We will find out.

Feedbacks and reflection: During the exchange we encourage you to reflect to yourself and others and give feedback. We do this so you can learn from yourself and others. What patterns you have, how you image works for you, etc. You can use this in your performance but probably also in daily life.

Hospitality: What about those famous Dutch hospitality. Well, don't worry - we will definitely get a taste of that. After and during all the hard work, we get to see and enjoy some keystones of Dutch culture.