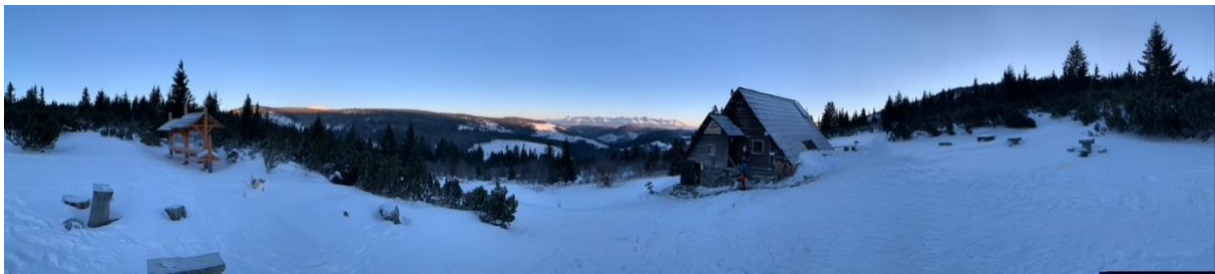


FreeForSail 1/2023 (17.01.-27.02.) / European Solidarity Corps.

Is ESC-team project that aims to support a cultural initiative and an alternative school in the community of Zurow / Germany/Mecklenburg. In parallel, the project aims to introduce young people to tools and methods of adventure education, project development and management. They are to be empowered to apply these methods in their home countries and, after taking their first independent steps (in their home countries), they can attend further training units or take advantage of supplementary training opportunities (e.g. Salto-Youth).



First Part of our project is to start with the restoration of the old manor park and a sailing cutter ZK10 in the first part of our team project. The group will spend 12 days in the old horse stable in Fahren, dismantle an old climbing structure, start building a tree house, cut down a tree and process it into firewood, get to know the surrounding area and the place where the volunteers work in a school. During this time, events will also be planned with the residents of the surrounding villages.



The second part of the project will take place in a national park (West Tatra) in the Slovak Republic on the border with Poland.

A small hut (CHATA POD NARUZIM) in the mountains will be our base. From there, participants will go on tours in the winter mountains and learn how to travel safely with groups in the snow and mountains and how to spend the night outdoors. You will need winter-appropriate clothing and equipment for which there will be a supplementary checklist.

The third part of the project (13.-26.02.23) will again take place in Fahren. The contents of the work camp (1st part) will be continued and there will be space for the participants to implement smaller project ideas.

The aim of our project is to introduce young people who (want to) lead youth groups to adventure-pedagogical winter activities with groups of different ages in a practical way. We will be in the mountains in small groups (5-11) with tent and sleeping bag.

The following topics will be touched upon:

Movement in the snow (snowshoes, skis, pulka), avalanche awareness (risk management, group dynamics, burial search).

Bivouac possibilities (igloo building, snow cave, winter tent, improvised survival).

Snow games for children and young people.

Orientation in the terrain (general, map, compass, GPS)

Ridge tour in the Western Tatras/possibly Ridge tour Low Tatras

Catering: We plan that about every 3-5 days a group will go down to buy food. We cook ourselves in changing groups.

Project development training:

During the project the participants have the opportunity to develop their own project idea with children and young people and to implement the first steps.

Age of participants: 18-30 years

Inclusion: We would like to include participants with disabilities or health handicaps in our adventure. handicap into our adventure and to try out inclusive action in a in a practical way.

Participation fee: Your initiative and cooperation

Accommodation, meals and a lump sum for travel expenses will be covered by the program.

Travel Support in relation to distance and lump sum (view attachment!)

<https://erasmus-plus.ec.europa.eu/de/resources-and-tools/distance-calculator>

Save all tickets, boarding passes and receipt for Pass, Visa, PCR-tests in original?

Contact and application Germany: Horst Weinlich gruenergrashalm@t-online.de

Russia: Ljuba Derbina l.derbina@mail.ru

Participant support: Alina Sagaydak rasta_fire@mail.ru

**Equipment (recommended):**

Warm sleeping bag (-20 C/ Loft 20 cm), **Backpack (m 80-100 l / f 70-80 l)**, **Insulation mat 15-18 cm**

Lighter; big cup (lightweight), knife, spoon, paper tissues, teeth brush, (small) hygienic needs, sewing repair kit; first aid kit (little), sunprotection (glasses), little games (chess), something to write

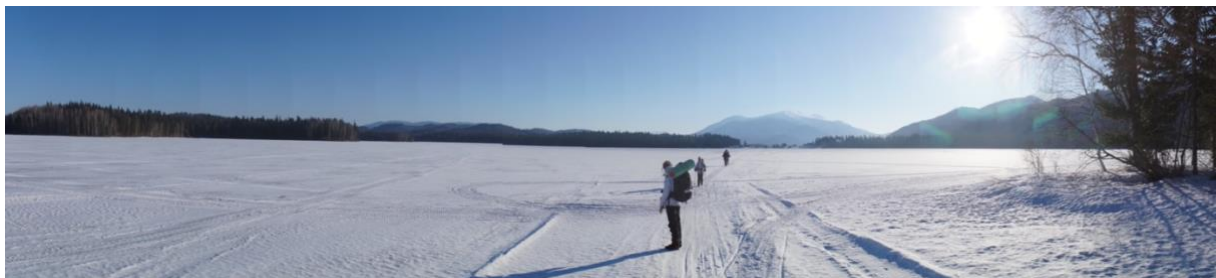
hadlamp, (Multitool), Passport ! +ID, mobile phone

Songs from Your home

Clothing for hike:

1. Layer: Underwear: 2-3 slips, 2 T-shirts, pantalong/leggings (best Merino alternative synthetic) snow-proof finger gloves+ mittens, warm cap (Balaclava)
2. Layer: synthetic jumper+ fleece-jacket, snow(ski)-pants, high hiking boots
3. Layer: windproof jacket/ (down-jacket) snow gaiters

On winter hike-no cotton – synthetic ore lightweight wool (Merino/ Kashmir) !



Which games and best practice methods, You can practically share with the other participants?

What is Your “dream project”, You would like to realise with Your team and with which target group?