



Infopack

MY FIRST STEP TOWARDS SUSTAINABLE LIVING

11.08 - 18.08.2019

Prangli island, Estonia

ABOUT THE ORGANIZERS

NGO Continuous Action is a non-governmental non-profit organisation founded in May 2005. It unites people interested in voluntary service, Lifelong Learning and equal opportunities. We cooperate with governmental, non-governmental, recreational, educational and cultural associations, societal organisations and movements, with other organisations, enterprises and clubs both in Estonia and abroad which are interested and promote the same actions and values as we do.

The aim of our activity in and through Continuous Action is to enable the possibility of Lifelong Learning and to act within the boundaries of equal opportunities irrespective of gender, social status and age both in Estonia and at the international level.

In order to achieve the aims and tackle the objectives, we develop and implement initiatives, projects and diverse actions at local and international level.



 **Continuous
Action**
MAAILM ON TÄIS VÕIMALUSI

ABOUT THE PROJECT

In our modern society, life has never been as advanced and comfortable as it is right now. However, do the benefits of the 21st century really serve us on a deeper level? They often seem to be accompanied by overconsuming and a materialistic worldview. Considering that, we feel the need to start working for a more sustainable lifestyle.



Through this project we aim the following objectives:

- raise awareness on different ways of sustainable living and why it's necessary
- analyse critically the sustainability of one's lifestyle
- promote self-reflection and define participants' competences, ways to contribute to one's community
- develop possible solutions to carry out in each participants life
- inspire change through small actions, give courage to take the first step

PARTICIPATING COUNTRIES

There will be in total 25 participants from Estonia, Poland, Romania and Portugal.

Each partner organisation should send 5 participants from 18 to 30 years old and 1 group leader.



Romania - Asociația “Centrul pentru Dezvoltarea Instrumentelor Structurale”
6 youth participants
(5+1 Team leader)

Poland - 4YOUth Foundation For Supporting Youth Initiatives
6 youth participants
(5+1 Team leader)

Portugal - Associação Spin para o Intercâmbio, Formação e Cooperação entre os Povos
6 youth participants
(5+1 Team leader)

Estonia - NGO Continuous Action
7 youth participants (
6+1 Team leader)

ACCOMMODATION

The participants will be hosted in Praaga Cottage House on the small picturesque island of Prangli.

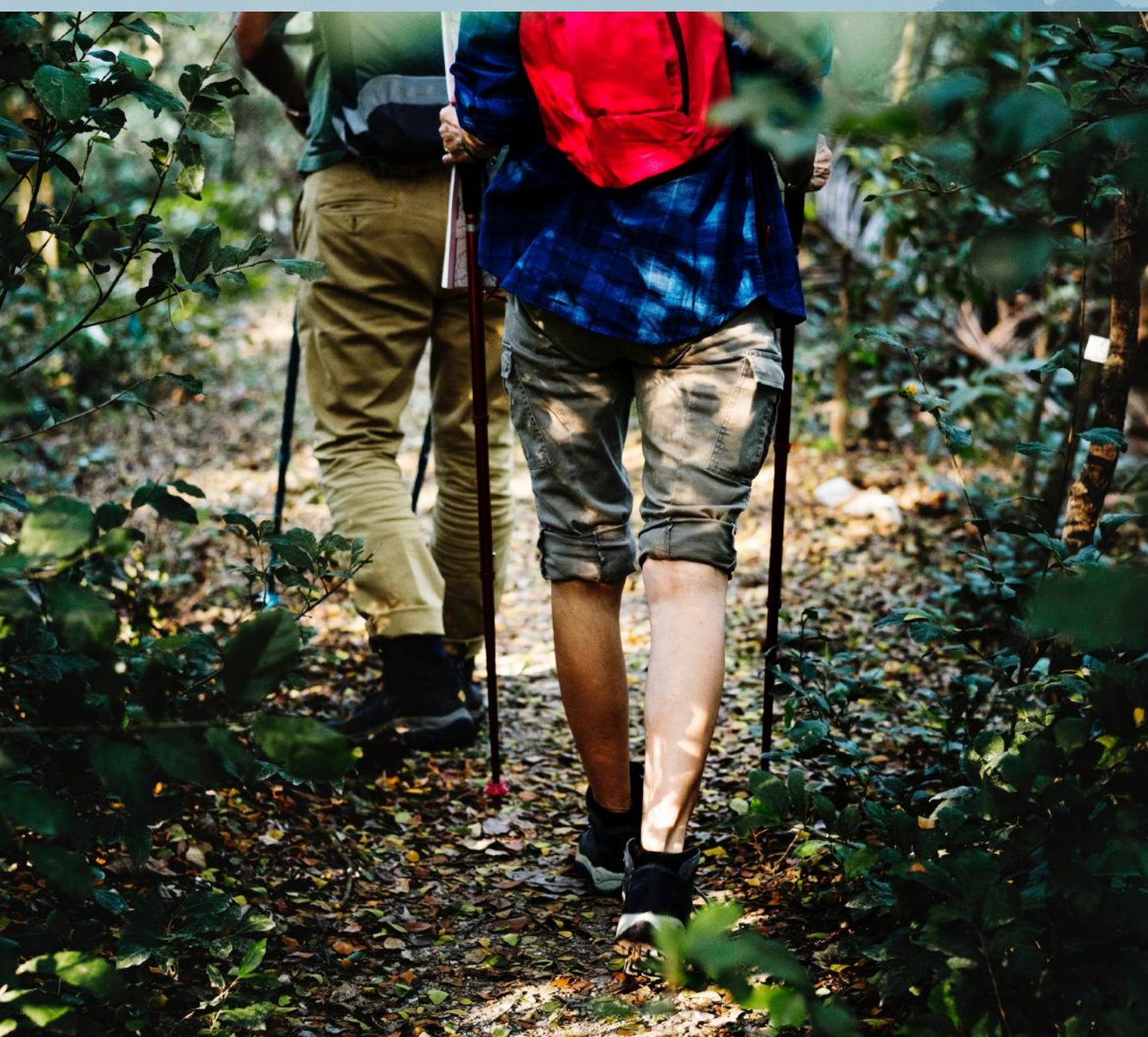
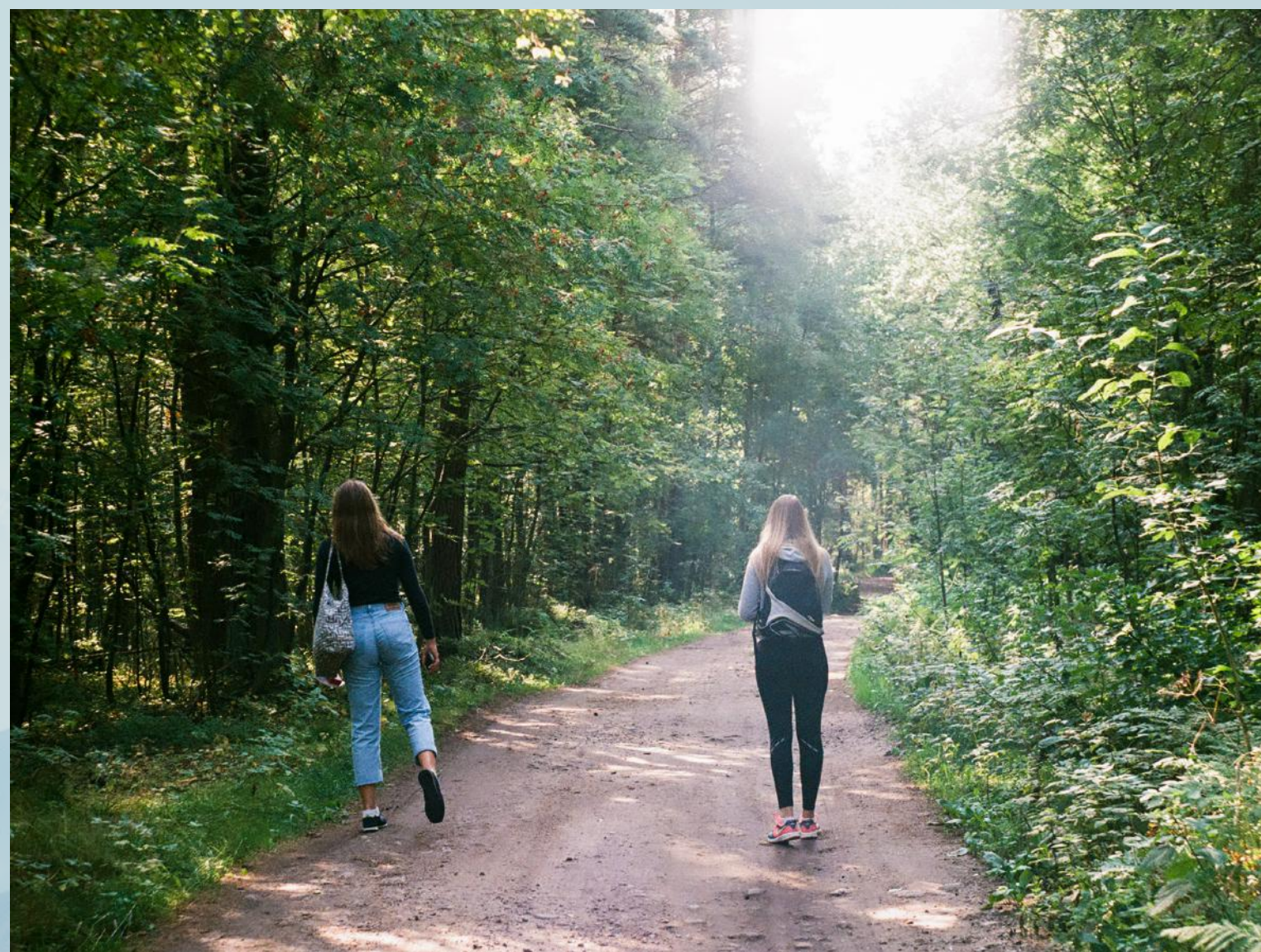
Info: <http://praagapuhkemaja.com/eng.html>

TRAVEL IMBURSEMENT

Poland (Fundacja 4YOUth)
260€*

Romania (CPDIS)
260€*

Portugal (Associação Spin)
515€*



* - 15€ is deducted from the reimbursement limit for buying the ferry tickets to Prangli and back.

When you have found the best flight option, don't buy it yet - please, send the proposal containing dates, times of travel and the price to the contact person of this project. Once she confirms everything is fine, you can purchase the tickets. Thanks!

PRACTICAL INFORMATION

Arrival: 11th August, dinner time

Departure: 18th August, after 4pm

The first night (11th August) the participants will be hosted in Tallinn.

On 12th August participants will go all together to the island of Prangli by bus and ferry.

NB! It's important that participants leave from the airport not earlier than around 4pm on 18th August. The bus from the harbour to the airport is organized by the project coordinators.

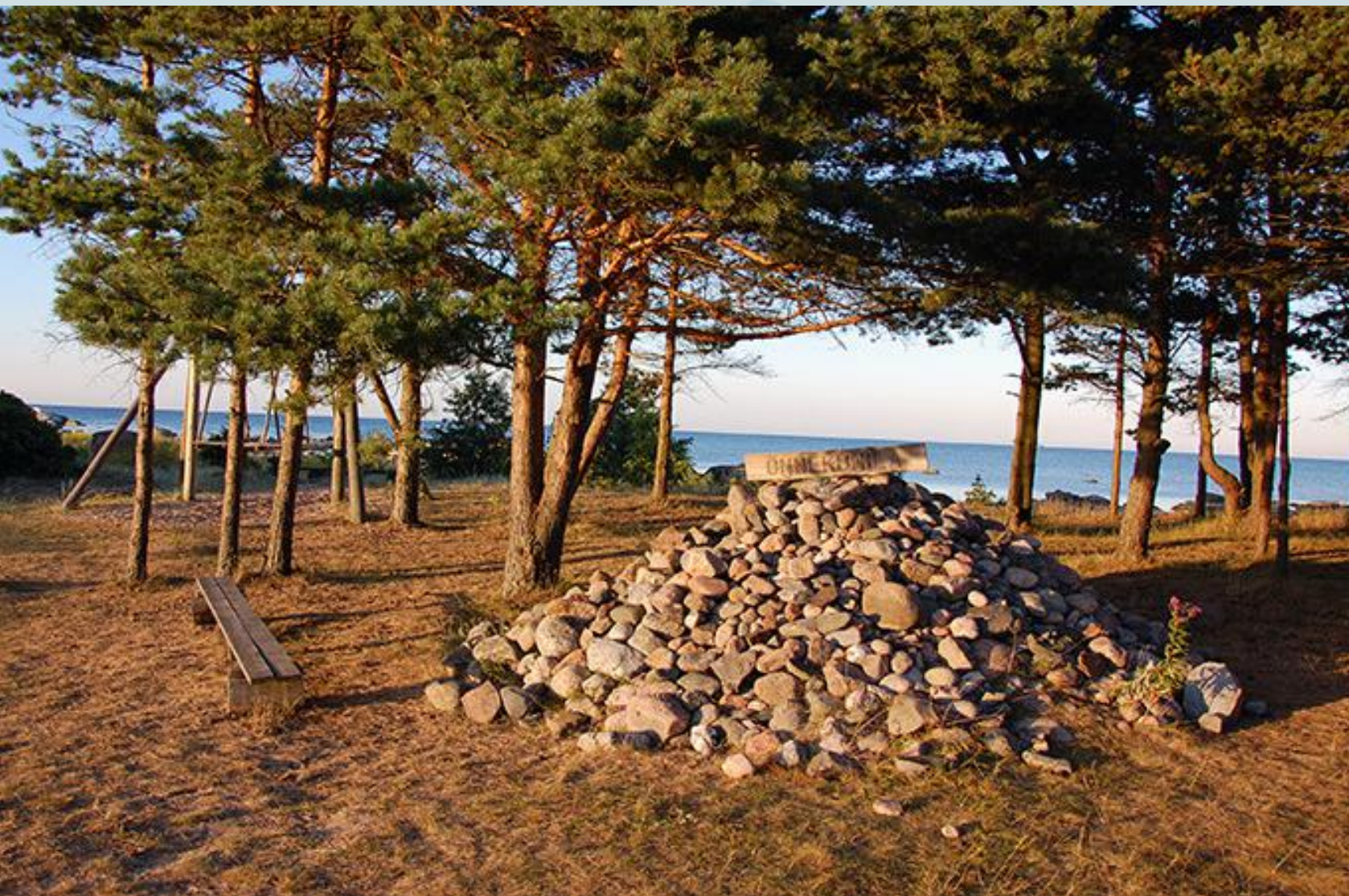
A participation fee of 30€ is expected from all the participants, due to extra expenses regarding the venue. We kindly ask you to do the payment in cash once you have arrived in Estonia, where you will be signing a confirmation document after the payment.



LOCATION

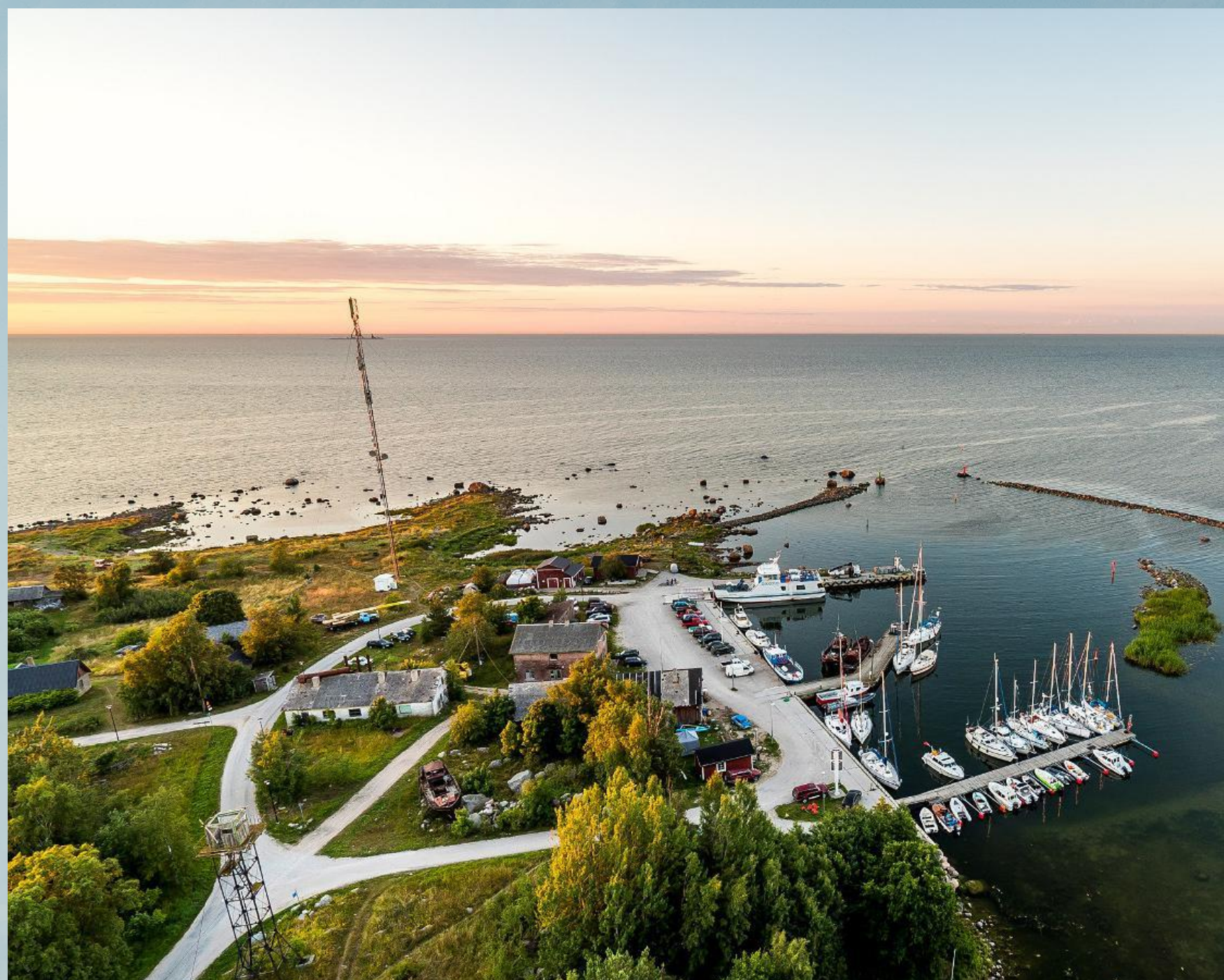
Prangli island (6,44 km²) is located on the Northern coast of Estonia. There are three villages on Prangli – Kelnase, Lääneotsa ja Idaotsa.

The island has about 100 inhabitants all year around, all of them are Estonians.



Prangli islanders are very fond of their little island and care a lot about old fishing traditions. The islanders have their own school, church, small museum, library, grocery store, community house, post office and souvenir shop.

Most of the island is covered by beautiful and peaceful pine forest and junipers, which makes it a good anchorage during stormy weathers. There are stony as well as sandy beaches on Prangli. One can be amazed how untouched the nature can be here!



CONTACT

Project Coordinator

Caroline Männik

Email:

caroline.mannik@gmail.com



SEE YOU ALL
IN ESTONIA!

This project is funded from Erasmus+ programme by SA
Archimedes Noorteagentuur