

# *Youth Exchange*

## Environment and its good practices

Trescléoux, France

June 12 - 18 2025

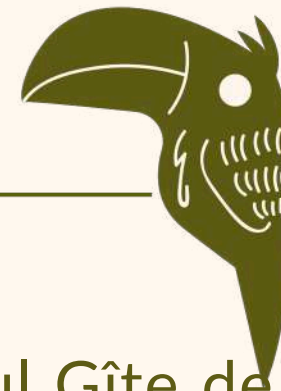
Preparatory Visit for leaders:

May 18 - 21, 2025



# WELCOME

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We are delighted to welcome you to the beautiful Gîte de Mont Garde in Tréscleux, nestled among the rolling hills and Mediterranean forests of southern France. Over the next week, you will have the opportunity to immerse yourself in sustainable living practices, share cultural traditions, and forge lasting friendships with participants from across Europe.

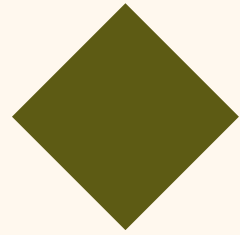
*Un rendez-vous unique et précieux au cœur de la Provence.*





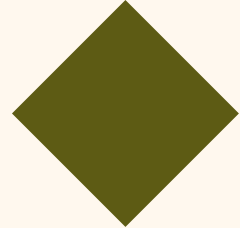
# WHAT IS IT ABOUT ?

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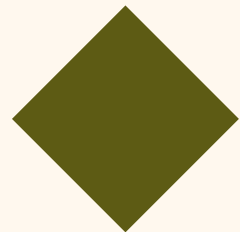
## Create a learning space

where youth can connect, exchange knowledge, and explore ideas related to the environment and the climate crisis.



## Promote awareness

of sustainable practices and advocate for a just environmental transition.



## Inspire action

by encouraging participants to become active changemakers and sustainability advocates within their communities.





# PARTICIPANT'S PROFILE

Each partner organization is invited to send one Youth Leader and four to 6 participants. Ideal candidates are:

- ◆ Aged between 18 and 30
- ◆ Able to communicate in English at an intermediate level
- ◆ Enthusiastic, open-minded, and ready to contribute ideas
- ◆ We especially welcome young people who face economic, social, or geographic barriers to mobility.





# A BOUT THE VENUE

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We'll be staying in a beautiful natural area, surrounded by forests and hills. This peaceful green space will be your home for the week — please treat it with care and respect!

## What to Bring

To make the most of your stay, don't forget to pack:

- A cap or hat and sun cream for daytime activities
- A jacket — evenings can be chilly
- Your reusable water bottle, towels, and personal hygiene products (shampoo, soap, etc.)
- A swimsuit, in case of water-related activities

## Accommodation

- You will be sharing a room with participants of the same gender
- All rooms are equipped with sheets, blankets, and pillows



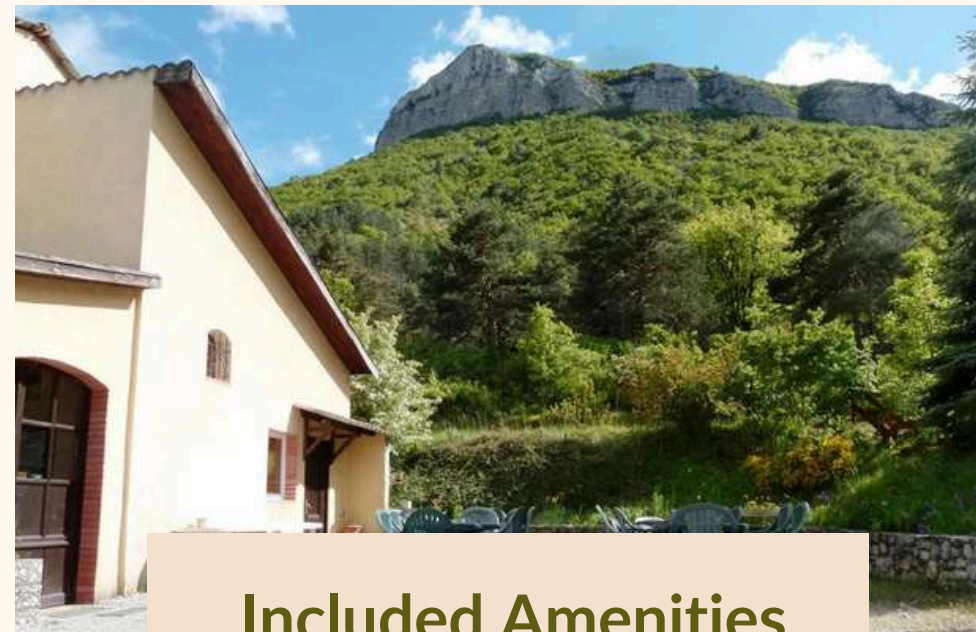
# ROOM DESCRIPTION



**Shared Facilities**

## Shared Bathrooms

two large communal bathrooms, each with 3 showers and 6 sinks. Living Areas spacious dining room with a fireplace. Cozy reading nook with books and games. Outdoor Areas shaded and sunny terraces perfect for relaxing or gathering in groups



**Included Amenities  
Services**

- Bed linens and towels provided
- Central heating Secure bike storage Towel rental available if needed A selection of drinks is available on-site



**Room Dormitory  
Details**

## Family Rooms

Accommodate 4 to 6 people, depending on layout

## Dormitories

6 small dorms with bunk beds, each sleeping 2 to 6 people



# HOW TO ARRIVE AT THE YOUTH EXCHANGE VENUE

To help you organize your trip smoothly, please follow these three steps:

## STEP 1

Travel to Marseille:  
You can arrive by train,  
plane, or boat, depending  
on your departure point.

## STEP 2

From the airport or port,  
take a shuttle to Marseille  
Saint-Charles train  
station.

## STEP 3

Meet-up at Saint-Charles  
station  
We will gather there as a  
group and take a coach  
together to Tréscléoux.



# REMBOURSEMENT TRAVEL

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This is the **common budget allocated by the European Commission** for all participants.

**The exceeding costs will not be reimbursed.** Is therefore important to make sure that the budget is respected when buying the tickets.

Travel distance	Green travel	Non- green travel
10-99km	/	23 EUR
100-499km	210 EUR	180 EUR
500-1999km	320 EUR	275 EUR
2000-2999km	410 EUR	360 EUR
3000-3999km	610 EUR	530 EUR
4000-7999km	/	820 EUR
8000km o +	/	1500 EUR



NO  
INVOICE  
NO

REIMBURSEMENT

Reminder: Keep in mind that to get reimbursed, it is crucial to keep all your tickets and invoices.



# PARTENERS

The partner organisations that will take part in the youth exchange are.



AJEM



Giosef Torino



Torraha



Tavo Europa



# CONTACTS

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## BOKRA SAWA CONTACT

### **Facilitator :**

Tasnime El Sebakhy - [tasnimeelsebakhy@gmail.com](mailto:tasnimeelsebakhy@gmail.com)

### **Bokra Sawa's Team :**

[rencontres.bokrasawa@gmail.com](mailto:rencontres.bokrasawa@gmail.com)

For European country : Jasmine Gimet

For other country : Rana Chouk and Merna Gohar

## EMMERGENCY CONTACTS

- Police: 17
- Fire Department: 18
- SAMU (Ambulance/Medical Emergency): 15
- General Emergency (EU-wide): 112



# JOIN NOW WITH TAVO EUROPA!

## Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

## For more projects

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

[Registrations](#)

