



# EMPATHIC STEP

PHASE #3: HIKING IN  
ICELAND

19 - 28 MAY 2022





phases **3** regions

Phase #1

**ISLE OF WIGHT**

9 NIGHTS IN  
FEBRUARY

Phase #2

**NORTHERN IRELAND**

9 NIGHTS IN  
APRIL

Phase #3

**ICELAND**

9 NIGHTS IN  
MAY



**INOVATYVI KARTA**  
INNOVATIVE GENERATION



**Iceland Pearl**



*In every walk with nature one receives  
far more than he seeks*

John Muir

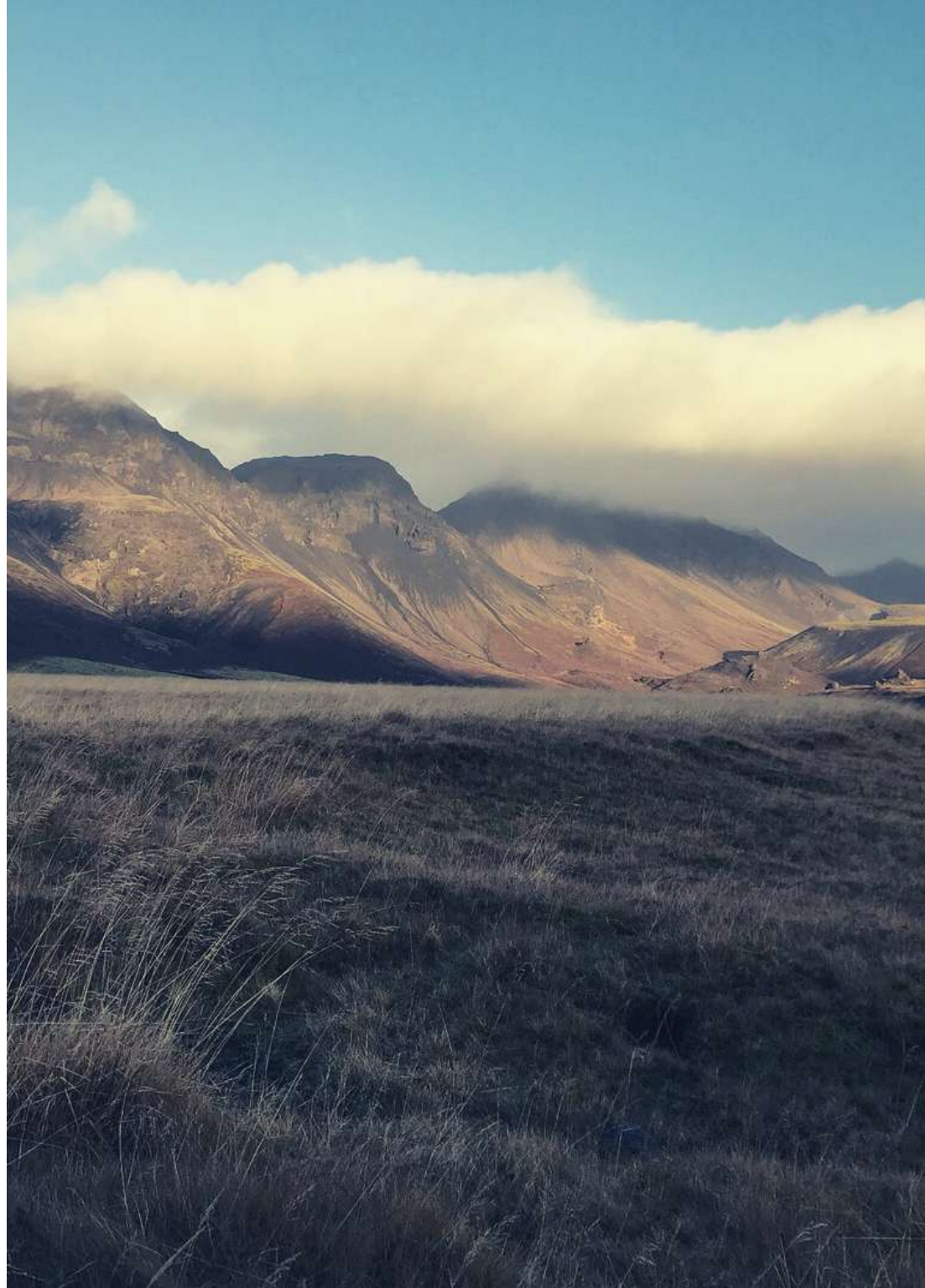


# CONTEXT

We invite you to step in the shoes of other people and SWIM in Isle of Wight, RUN in Northern Ireland and HIKE in Iceland, imagining nowadays realities, whereas a lot of refugees had to swim, walk or run over mountains, cross the sea and borders to reach peace in Europe.

During swim, run and hike (outdoor element) and other types of physical activities (sports element) through non-formal education methods you will explore sensitive topics and particularly EMPATHY.

Empathic Step is a 3-phased empathy developing project to step in variety of different shoes through our KING methodology: Knowledge, Involvement, Nature, Growth.







# OVERALL FOCUS

- To develop personally, which helps to understand ourselves and reflect on own behavior and behavior of others
- Challenge the perception of the structures within our society that undermine social inclusion or foster discrimination
- Overcoming the stereotypes of different religions
- To raise awareness on the topic of discrimination
- To build a broader understanding of what an inclusive attitude means and to start inter cultural and inter- religious dialogue
- To understand the connections between culture and sport and to understand the inter cultural aspects of sport
- To raise the sense of empathy towards other people

# WHO SHOULD ATTEND?

You are 18-30 years old and wish to develop empathy in order to be more inclusive and tolerant. You are ready to address or perhaps face(d) yourself racial and religious discrimination. You are open minded, care about nearby neighbourhood, local, regional, national and international communities and you are sensitive to human right issues.







# PROGRAMME

**Day 1** ARRIVAL: Unpacking, Getting to know each other

**Day 2** COOPERATION: Morning pilates, Team building, Fight stereotypes, Welcome night

CULTURES: Team Building and Open Badges, Culture and Refugees, Forum Theater, Intercultural Night

VALUES: Morning pilates, preparation for the hike, the hike and 100 my dreams,

HEALTH: Reflection after the hike, Olympic games, Empathy/mental health, Healthy Diet, Evening Yoga

CHALLENGE: Erasmus+ and NGO Fair, Open space, Preparation for the hike, Night Hike

BALANCE: Rest and Reflection after the hike. Video making, Meditation

**Day 9** ALL IN: Learning what you want, Achieve your goals, Youthpass, last evaluation, Goodbye evening.

**Day 10** DEPARTURE: Packing and leaving

• The programme is subject to change



*We need the tonic of wildness...At the same time that we are earnest to explore and learn all things, we require that all things be mysterious and unexplorable, that land and sea be indefinitely wild, unsurveyed and unfathomed by us because unfathomable. We can never have enough of nature.*

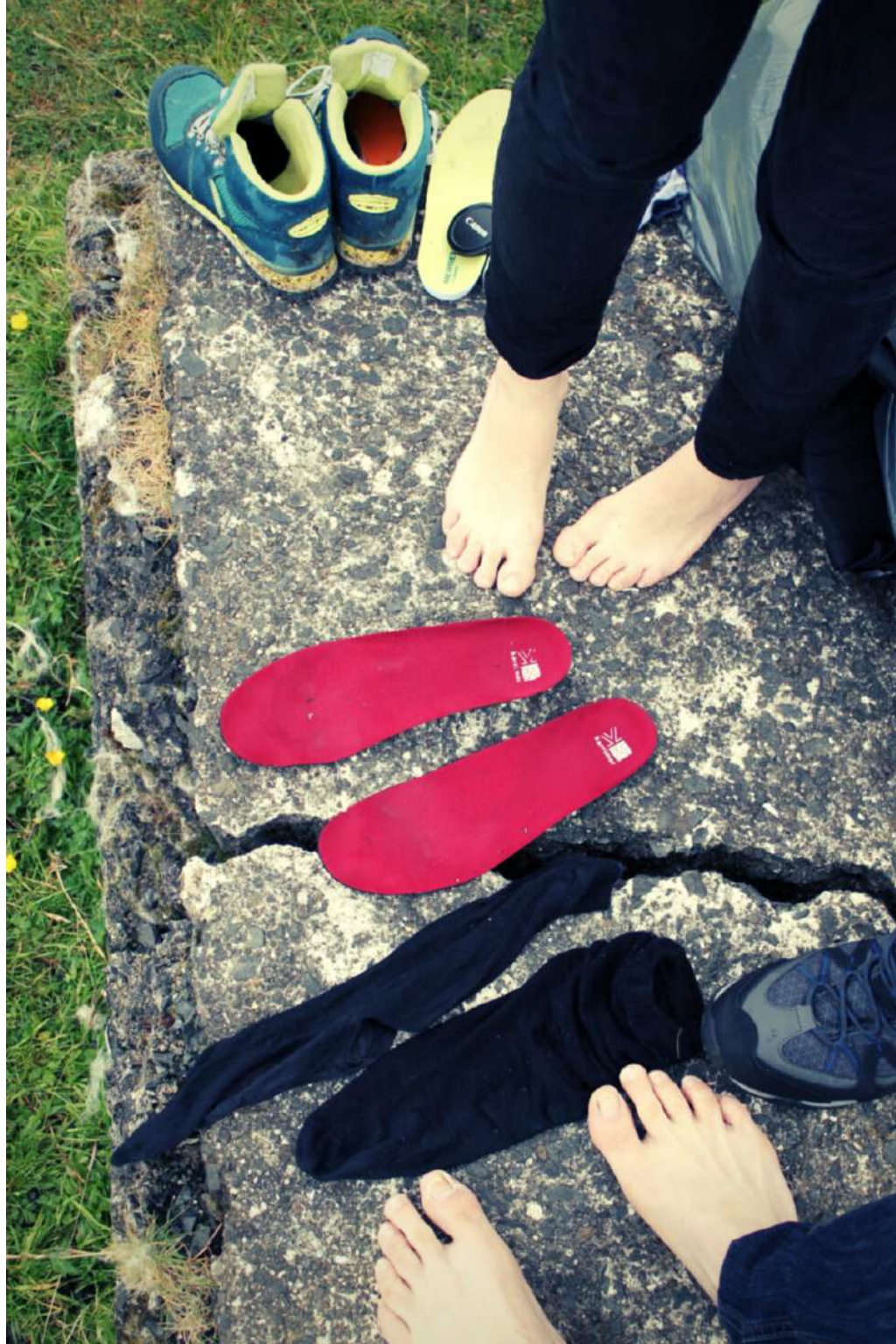
Henry David Thoreau





# DELIVERY STYLE

- "Learning by experience" - learning from experiencing different activities and putting them into practice;
- "Learning to play, playing to learn" - connected with learning through games, from actions and playful environment;
- "Learning through outdoor sports" - learning about sensitive topics while being outdoors, hiking and doing sports
- "Learning with nature" - being aware of the environment and its stimulus to brains, mental and physical condition







# METHODS USED

- Experiential learning through hiking
- Group dynamic processes, simulations and teamwork activities
- Inputs from experts through non-formal education lectures and facilitated processes
- Theater sketches
- Dynamic workshops and presentations
- Outdoor environmental work and assignments
- Intercultural sharings, learnings and reflections
- Learning by doing in a group setting or individual processes.



# FINANCIAL COSTS

- 100% accommodation, food and program materials are covered by the grant from Erasmus+
- 80% traveling costs (only preapproved and the most economical - no first class, no taxi, no special seats, insurances, etc) are covered. Maximum traveling costs
  - €20/participant for Iceland;
  - €275/participant for UK
  - €360/participant for Lithuania
  - €530/participant for Italy, Spain.
  - €820/participant for Turkey, Greece
- For traveling reimbursement, it is mandatory:
  - online tickets: forward emails (print pdf) with e-tickets, boarding passes and invoices, it has to contain price and date.
  - offline tickets: bring original receipts (originals), copies will not be accepted.
- Reimbursements will be sent as soon as possible, latest 31 December 2022, once (and if) participants take part in
  - full duration of the programme
  - fill the evaluation forms
  - present all the traveling documents





*Empathic Step*

**WHERE?**

I C E L A N D



# SPACE

Youth Exchange will happen in Laugarvatn HI hostel, which is in the village of 200 people, situated near the lake of Laugarvatn. It is surrounded by the hills, lava fields, fertile countryside, a forest and geothermal pool. You will stay in rooms of 4-5 persons, sharing with others toilets and showers.





**Arrival Day:** 19th May 2022

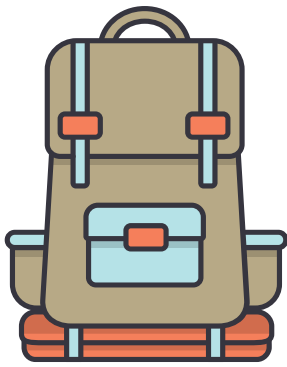
**Programme:** 20 - 27 May, in total 8 full days

**Departure Day:** 28th May 2022

**Days allowed to stay in Iceland:** This is a great time to explore Iceland, We will not have a lot of free time during the programme, thus if you want to explore country, please arrange extra days. You are allowed to come max 6 days before the YE or leave after max 6 days after the YE, but the total amount of the days that are not part of the programme is max 6 days. If you decide to stay more than 6 days longer than the official programme, you will have to cover the traveling expenses yourself. The funding is designated only for the programme, thus different dates of arrival / departure should be of the same price (or less) as on the programme days, otherwise you have to cover the difference in price. During these extra days, you have to find your own accommodation and no other expenses are covered (we will cover just flights on different days).

# WHEN TO GET THERE?





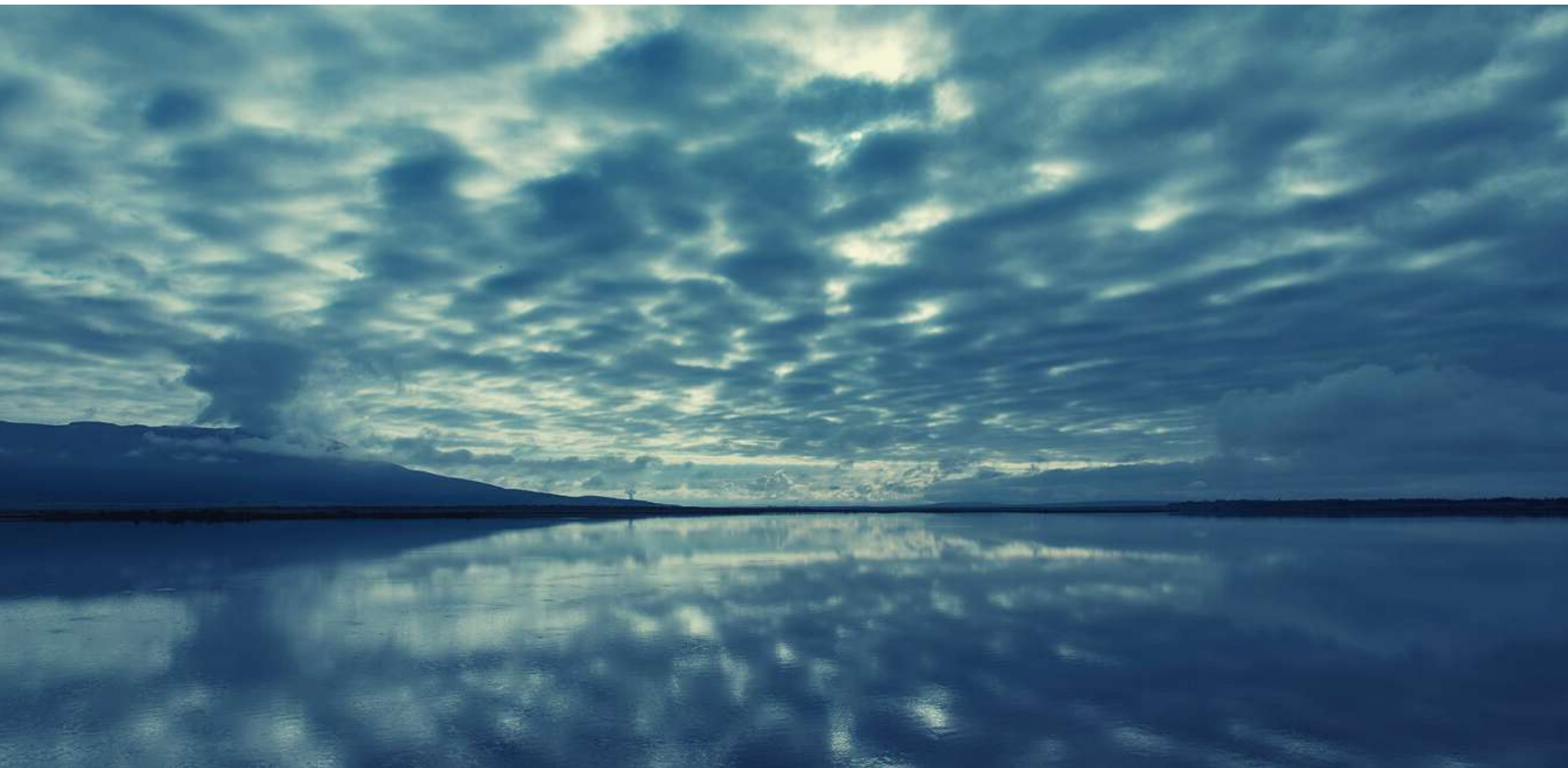
# PRACTICALS - WHAT TO BRING!

- In Isle of Wight could rain a lot, thus please bring sturdy comfortable waterproof footwear for hiking (walking boots), waterproof jacket, waterproof trousers, hat, clothes to layer, to keep warm (cotton/wool)
- Water bottle
- A large backpack for hiking and being familiar with what is hiking:  
<https://en.wikipedia.org/wiki/Hiking>
- Bring Passport
- Medicines
- Insurance - this is critical! Please bring European Health Card and Insure in other ways because we do not provide and are not liable for any incidents
- Food and traditions to represent for intercultural evenings
- Bring best photo camera, video recorder you have, and of course lots of memory storage and extra batteries for long hikes.
- Follow up-to-date regulations for COVID



# WEATHER

- In May temperature in Laugarvatn, Iceland ranges from 2 to 8 degrees, daylight lasts about 18 hours and of course of course of course (not so) beautiful weather and rain (on average 11 days per month) is a constant friend and a mandatory discussion subject in all conversations.
- Check the weather forecast [here](#).





# MEDICINE, ALLERGIES & DIET

**If you have illness, physical limitations and/or use the medicine, we need to know about, please let us know.**

If you are vegetarian or have special diet, let us know, indicating what you can and cannot eat, so that we can arrange the suitable food.



# HOW TO APPLY

Fill in the application form available  
<https://forms.gle/oPTNFt2hNhukcaiX9>



In order to apply for Empathic Step project, you must be over 18 years old and a citizen of one of the partner countries. Contact the partner organisation from the list below if you need any support.

Abroadship.org

SOS Europa

Inovatyvi Karta

Solidarity Mission

LaVibria Intercultural

Iceland Pearl

Diyarbakir Cevre ve

Kalkinma Dernegi

United Kingdom

Italy

Lithuania

Greece

Spain

Iceland

Turkey

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Erasmus+

For information, clarification, logistics,  
general questions, please contact us at:

[hello@abroadship.org](mailto:hello@abroadship.org)

**Empathic Step** in Iceland



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