



Association Cap à Cité

Centre culturel et de loisirs



PEDAGOGICAL PROJECT

SAILING BOAT EXCHANGE IN SICILIA

4-15 July 2019 with days trip



Erasmus+ Jeunesse
...en action
Mobilité européenne engagée



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A- The educational project of Cap à Cité concerning Youth Exchange

a. The outline of the association's educational project

The association Cap à Cité was established in 1901, to organize and co-ordinate activities (animation) for young children and teenagers in Etables-sur-Mer and in its surroundings. It plays a great role in local development. It proposes sport and socio-cultural activities, according to its pedagogical objectives.

To solve problems easily, the association operates in a democratic way, i.e. with the help of the administration, the representatives of our partners, the parents and all the local people who are concerned about the situation of the local youth and teenagers.

b. The pedagogical objectives of the team

To make young people responsible for the organization of their own free time

Redefine the image of the local youth using their potentials

Risk prevention

To help teenagers socialize, to make them appreciate the benefits of being in a group

To facilitate teenagers' integration into the life of the community

To popularize mediation and the advantages of different generations

To help teenagers solve their problems

To make activities cheap and available to everyone

c. Activities of the association

Cap à Cité manages and runs activities in a center for local teenagers, a free-time activity center for younger children and animation in the lunch breaks of the two elementary schools of Etables-sur-Mer. It organizes sport camps during school holidays, art clubs, theater clubs and singing clubs.

We often offer cultural activities as well (performances, clubs/programmes of a specific theme, exchanges).

1- European Youth Exchange (13-17 years old)

a- Objectives

Team of animators propose young people aged 13-17 participate in the European Youth Exchange project within the framework of the Programme Erasmus + during this year organized by our association and our European partners.

Objectives:

- To encourage social connections
- To help young people organise their everyday lives
- Allow the youngsters to discover new culture and new lifestyle
- Develop their competence thanks to the non-formal education

b- Our organisation

The choice of exchange is prepared by the director, our partners and young people from different countries. The exchange projects were approved by the main office of the association, by the existing budget and the budget of families. We reserve the majority of our activities from november of the year N-1.

When the group of activity leaders is established, we have a meeting to decide the legal terms of our mini-camps, the rules of everyday life and the general operation of our exchange. Our animators design a variety of parallel activities.

We decide the rules of the exchange on the first day of the programme with the youngsters.

B-MAP

Exemple of navigation on the Eole islands with 130 NM in 7 days:



Departure from Portorosa

C- GENERAL INFORMATION :

Most importantly, this a 10-day-long cruise, and 2 days for the trip, is an adventure and a holiday.

Our objectives:

- to learn how to navigate on high tide, on a cruiser sailboat
- to let participants discover or deepen a knowledge of maritime transport by practicing on board maneuvers, sea cartography, navigation, the usage of electric equipment and by the introduction of maritime law
- to observe these beautiful islands, their richness and history
- to experience living in a diverse community, respecting each individual and their responsibilities within the group
- to meet people with different attitudes and habits from ours
- to exchange ideas and communicate in different languages with other teenagers, the adults who organize the exchange and the locals who live on the islands

The group of activity leaders is responsible for organizing programs, for defining the rules of operation in accordance with our goals and objectives, for paying attention to security and the hygiene of teenagers, respecting the environment and our materials.

GENERAL INFORMATION :

The exchange program can only reach its objectives and function correctly, if all the participants understand and agree completely with our rules.

In order to achieve this, every participant and animator is going to sign a document called « a statement of mutual agreement ». The text can be found at the end of this document.

The group will be with 36 teenagers from 4 countries (France, Italy, Czech Republic and... Germany???), with 1 leaders per country and 4 professionals skippers from France.

The pedagogic staff is going to contain:

A professional skipper, an animator and sailor men for each boat.

For instance:

- **A director** : Jean-Marc Laithier, certified animator
- **A professional skipper**: Goulven Patrick, certified skipper and lifeguard

1) Transport and navigation

All foreigners group will travel the 4th of July 2019 and they will be back in their own countries the 15th of July.

We are going to meet the teenagers on Thursday 4 July 2019 the afternoon in the Campsite "Camping Salica" in Terme Vigliatore (Messina).

The Italian's participants are responsible to get there themselves; the foreign participants will come by train, plane and bus, being in connection with the association Cap à Cité during their travel.

We are going to embark on board of 4 sailboats from the Portorosa marina, on Saturday 6 July, 2019.

The navigation of the ships is going to be led by the professional skippers and the leaders of the groups, the teenagers are going to assist them. All the instructions and maneuvers are going to be explained by the skipper from the first day of the program, together with all the rules of operation, security and everything that has to be done in case of emergency.

On the islands, we are going to use public transport or rent a minibus to go sightseeing or do shopping.

All the instructions connected to using a variety of means of transport are going to be clearly explained by the group of animators.

We are going to return to the port of Portorosa the Friday 12th of July in the evening and we are going to spend the night on board. On Saturday morning, we are going to unload and clean the boats and then go to the same campsite. We will stay until the Monday 15th of July at this campsite to make an appraisal of the experience and spend good times all together.

The return is going to take place under the same conditions as the arrival.

2) ACCOMODATION

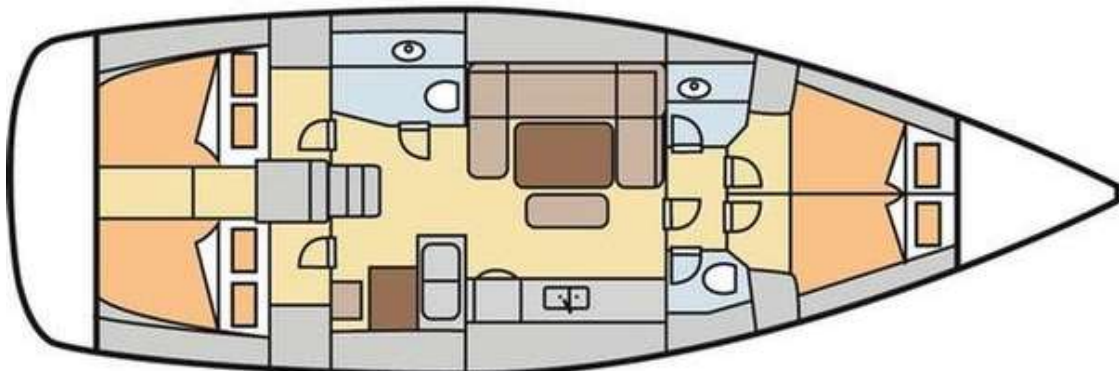
We're going to accommodate in the campsite from 04 to 6 and from 13th to 15th July (girls and boys will be leaving in separate rooms). We will leave in some Mobil home with bathroom, small kitchen. We will some mobilhome with 4, 5 or 6 places. The teenagers will be mix per 2 nationalities on each Mobil home.

Later, we are going to stay and eat on board during the week during the weeks of navigation.

Our sailing boat during the exchange will be:

1 Duffour 443:

- 2 double cabins in the stern
- 2 double cabins in the bow
- 2 sanitary block in the cabinet, equipped with toilets, sinks, shower cabins and hot water on board
- We can accommodate 10 persons on board and there is a kitchen, and a navigation desk.
- The skipper and the leader will sleep on the dining room



1 Cyclades 50.4:

- 2 double cabins in the stern
- 1 cabin single in the stern
- 2 double cabins in the bow
- 4 sanitary block in the cabinet, equipped with toilets, sinks, shower cabins and hot water on board
- We can accommodate 11 persons on board and there is a kitchen, and a navigation desk.
- The skipper and the leader will sleep on the dining room



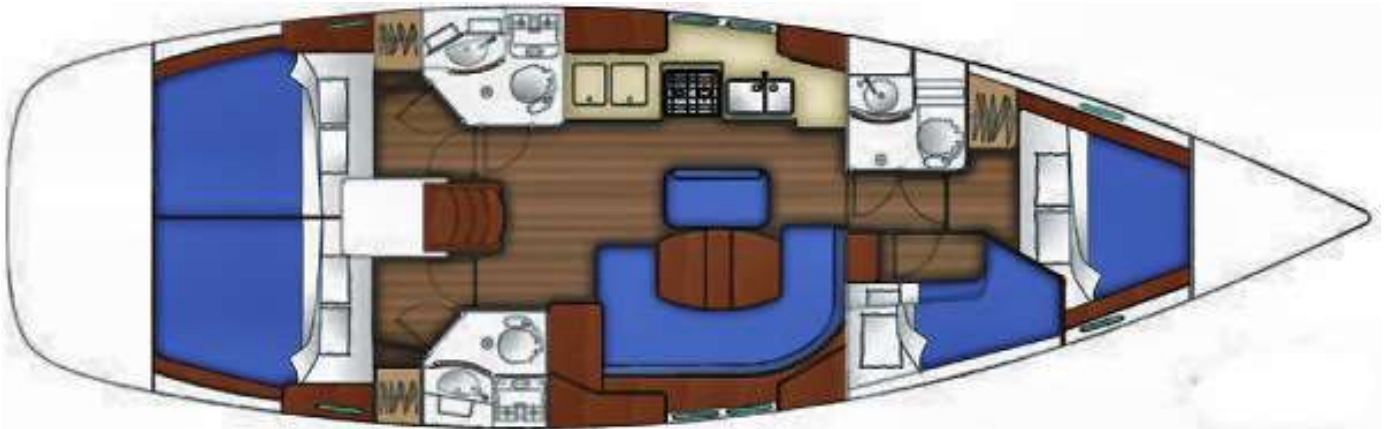
1 Bavaria 50 Cruiser:

- 3 double cabins in the stern
- 2 double cabins in the bow
- 3 sanitary block in the cabinet, equipped with toilets, sinks, shower cabins and hot water on board
- We can accommodate 11 persons on board and there is a kitchen, and a navigation desk.
- The skipper and the leader will sleep on the dining room



1- OCEANIS 423 CLIPPER

- 2 doubles beds in the cabin in the stern
- 2 doubles beds in the bow
- 3 sanitary block in the cabinet, equipped with toilets, sinks, and hot water on board
- We can accommodate 10 persons on board and there is a kitchen, and a navigation desk.
- The skipper and the leader will sleep on the dining room



It is self-explanatory that the living conditions during the exchange require good organization and the cooperation of all the participants.

The teenagers are going to be accommodated in the double cabinets, two by two of the same sex. The animators are going to sleep in separate cabins.

The skipper and the director are going to sleep in the wardroom

MEDIA:

We will invite different media to cover our departure: TV, Press...

MEALS

Rotating the roles, the teenagers and the animators are going to prepare the menus, do the shopping, cook and do the washing up together. On board, we are going to have a fridge each, but only for conserving water and perishables (keeping the hygienic rules of holiday centers). We are going to buy the majority of the products we need the Friday before our departure in France. Every day, an animator and a teenager are going to be responsible for doing the shopping, the others are going to cook and wash up.

We are often going to do some picnic and we might go to a restaurant together or in small groups as well.

We will try to make sure that our groups in charge:

- Prepare a variety of menus.
- Respect hygienic rules with respect to the preparation of meals, the handling of materials, cleaning dishes and cleaning the kitchen.
- Keep the rules of security while preparing meals and using kitchen equipment.

4} Household chores and living in a community

We are going to make the rules be kept by everyone (including the team of animators) regarding household chores and all the rules concerning our life together (maneuvering navigation, wash-up, cleaning the board and the boat, etc.)

All teenagers are going to participate in maneuvering the ship. Wearing a life vest is going to be an OBLIGATION AT ALL TIMES on board of the ships.

It goes without saying that everyone will be responsible for keeping their own equipment and clothes clean..

Everyone needs to understand the importance of keeping everything tidy in the limited space of a sailboat.

FOOD FOR THOUGHT , RULES TO BE KEPT

1) Timetable

The rhythm of life on the sea is different from that of our everyday lives. We always need to be aware of weather forecasts, for a lot of rain or sunshine can be a lot more tiring on the sea than on land. Because of this, we are going to spend a lot of time on land to relax. We are going to offer free activities and games during and after meals.

2) Mixed relationship (boys and girls)

It is evident that teenagers make friends easily. According to the law, any sexual interaction is forbidden. We expect all participants to accept this, both teenagers and the group of animators.

3) Alcohol

According to a law passed in March 2009, selling alcohol to minors (under 18) is forbidden.

Therefore, consuming alcohol is also forbidden during the exchange.

4) Drugs

According to British and French law, taking drugs is forbidden.

Therefore, no drug use will be tolerated by the group of animators during the exchange.

5) Smoking

According to the law, smoking is forbidden at places designated for teenagers or children or at any holiday centers.

Therefore, smoking is not going to be allowed on the boats, on means of public transport and in all the situations clarified by the group leaders.

Smoking is going to be forbidden except for during free periods, under the conditions established by the animators and outside places where non-smoker teenagers might stay.

We kindly ask parents to sign the « statement of mutual agreement » to be found at the end of this document to provide us information about their children's smoking habits.

Only declared smokers are going to be allowed to smoke during the program. Nobody is going to start smoking while participating in the exchange.

6) Leaving the site unsupervised

Participants are only going to be authorized to go somewhere unsupervised under the conditions clarified by the animators (with respect to hours, places and security).

7) Activities and schedule

We are going to design all activities (sport activities, sight-seeing, walks, etc.) after having discussed everything with the teenagers. In general, however, the group leaders are going to be responsible for making decisions about changing anything in the program.

Take note :

* We can place the following amount of luggage:

- A big piece of luggage or a sports bag (soft bag)
- A small backpack

*ID card is obligatory

*A statement of any medical treatment is obligatory.

*We advise for every teenager to have about 25-30 Euros of pocket money, but it is up to parents and teenagers to decide how much they would like to have. The animators are going to be in charge of pocket money.

* We are going to provide information for the parents during the programm.

It is going to be an answering machine on which our participants can leave messages for their parents.

IMPORTANT:

The group of animators are authorized to send a participant home if they set back the planned operation of the exchange. A decision like this will only be made after providing information to:

the organizer Cap à Cité

the parents.

The parents are going to pay for the expenses of the situation.



STATEMENT OF MUTUAL AGREEMENT

Mr., Mrs.:

I declare that my child : is a:

- non-smoker.

- smoker. (*)

*(Cross out the one that is not true.)

I,undersigned..... declare that I have read and understood the rules of the exchange and the objectives of the programme.

Our group of animators is going to make sure that the programme goes well according to our pedagogic objectives.

Parents

Participant

Director