



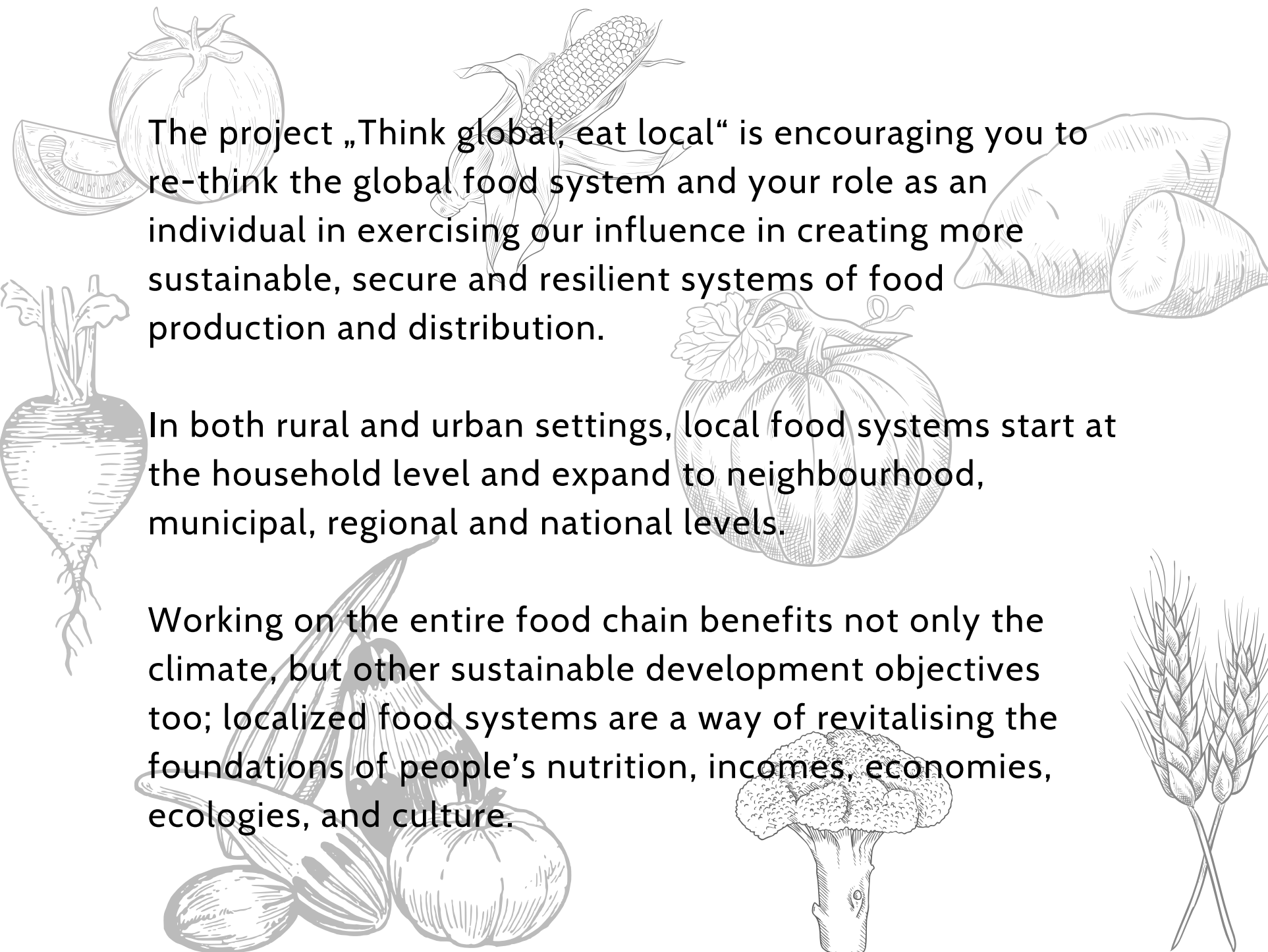
# Welcome

to the youth exchange

*Think global, eat local*

in Trofaiach, Austria

July 3rd - 12th 2021



The project „Think global, eat local“ is encouraging you to re-think the global food system and your role as an individual in exercising our influence in creating more sustainable, secure and resilient systems of food production and distribution.

In both rural and urban settings, local food systems start at the household level and expand to neighbourhood, municipal, regional and national levels.

Working on the entire food chain benefits not only the climate, but other sustainable development objectives too; localized food systems are a way of revitalising the foundations of people's nutrition, incomes, economies, ecologies, and culture.

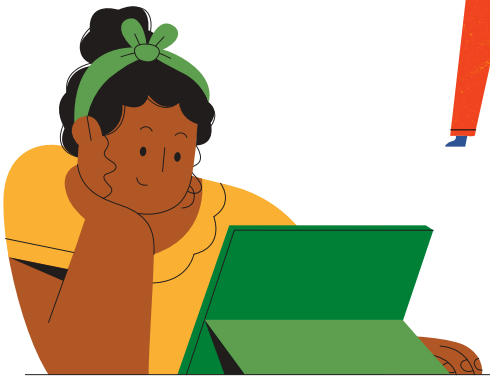




# How will I learn?



For the best learning experience to happen in order to fully understand the complexity of this topic, we have created a programme made mostly of group work, discussions, online research, watching videos, presentations, experiential learning, creating videos and dissemination materials.



# Getting to know each other

The evening programme is mainly reserved for getting to know each other. You will meet young people from Austria, Greece, Slovenia and Spain.

Would you like to share your favourite song, dance or a story from your country with other participants? How would you present your country to them? What do you love the most about your home? Please bring your favourite recipe and cook your favourite dish with the others!



# Getting to know Trofaiach

We will meet in Trofaiach - a city with 11.000 inhabitants, idyllically situated in the middle of the country at the southern end of the Eisenerzer Alps. You will meet friendly people, local farmers and enjoy beautiful nature, stunning views and breathtaking mountains.





## And Covid-19?

All participants need to fill out online pre-travel clearance before travelling to Austria and show either a negative COVID test or proof of vaccination/past infection upon entry.

PCR test no older than 72 hours OR an antigen test no older than 48 hours. Tests need to be issued by a medical authority; self-tests are not valid.

We will provide self tests; you will be tested again once you enter the venue and every 3rd day. We kindly ask you to bring mask(s) with you.

We will keep social distancing of 2 meters, wearing masks and be working in smaller groups, if the weather lets us, we will stay outside for most of the time. Accommodation is provided in tents, 2 persons will share a tent.

If you prefer, you can bring your own tent, mats and sleeping bags will be provided by us.

Click [here](#) for pre-travel-clearance registration



# What do I need to take with me?

The temperatures in July can go low, so please do take warm clothing with you, just in case...

We advise you to be in possession of a European Health Insurance Card or travel insurance if your country is not member of the EU. Don't forget to take your own medicine - in case you need some and pain killers.



A coffee in Austria is quite expensive and even in a small town like Trofaiach you will pay EUR 2.90 for *caffe latte* for example. Breakfast, lunch, dinner and coffee breaks at the venue are provided by InterAktion, however, bear in mind that prices for drinks can be higher than in your home country.

Bring your own towels, a shower gel, tooth paste and tooth brush.

You won't need a laptop, jewellery, expensive cameras, a lot of make-up, an evening dress, a suit, a tie ... but maybe a swim suit, an extra pair of socks, comfortable shoes (we can go hiking) and a warm sweater... oh, and don't forget your pyjamas!

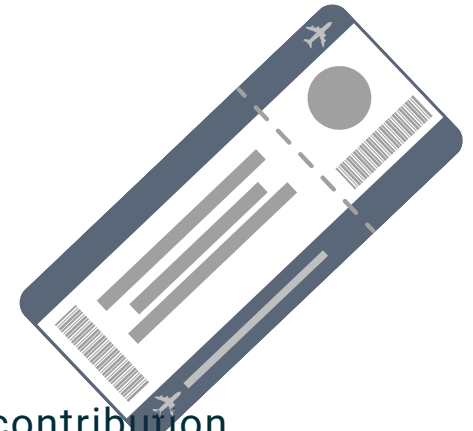


# Are there any costs?

No, your participation is covered through the European programme for education, training, youth and sport, Erasmus+.

Your travel costs will be reimbursed depending on the country you are coming from:

Spain up to 275 EUR  
Slovenia up to 180 EUR  
Greece up to 275 EUR  
Austria up to 20 EUR



Only actual costs as stated with travel documents will be reimbursed.

We can only reimburse up to the costs defined above, rest is your own contribution.

What you need for the reimbursement:

**Invoice of your plane ticket with your complete data**

**Boarding passes**

**Travel reimbursement excel form (which we will provide on your arrival)**

**Relevant tickets (train, bus, etc.)**



# The venue

Activities take place in Trofaiach, Austria at a small castle called Stockschiess. The address is Oberdorf 7, 8793 Trofaiach



The closest airports are Graz and Vienna. Bratislava is also a possibility. From all the three cities you can take either Flixbus to St. Michael (where we pick you up) or train to Leoben, where you take a bus to Trofaiach.

From Graz there is also a bus from the train station directly to Trofaiach (Postbus line X81 at 13.45 and 16.35 costs about 13 EUR).

Some participants at our previous projects also took a plane to Budapest and from there with Flixbus. Even to Munich.

For trains check [oebb.at](http://oebb.at) and Flixbus [flixbus.at](http://flixbus.at)

If you buy a train ticket from Vienna in advance, you might get it for about 9 EUR, the normal price is about 33. About 9 EUR is also the price for Flixbus Vienna-St. Michael.

The line with Flixbus from Vienna operates twice per day, trains operate more often, but should be timely booked. We advise you to book your bus/train to Leoben/St. Michael both ways in advance and not to wait with the booking of return travels, as the prices might go high.

You can ask us anytime for assistance if you have any further questions.





We



are





waiting





for





you!

Katja  
+436644309278  
WhatsApp / Signal / Viber

Goran  
+436608808233  
WhatsApp

verein.interaktion@gmail.com  
<https://en.verein-interaktion.org/>

See you soon!

Click [here](#) for registration

**Inter  
Aktion**