



**Rural Youth Europe in co-operation with
National Federation of Young Farmers' Clubs
welcomes you to the European Rally 2019**



**“Sharing and Caring in a Democratic and Inclusive
European Community”**

Sunday 19th August - Sunday 24th August 2019

Royal Agricultural University, Stroud Road, Cirencester GL7 6JS

We would like to give a big English welcome to young people from all Rural Youth Europe member organisations. The European Rally aims to bring together over 100 people from 20 Countries to develop skills, knowledge and confidence, get inspired, share experiences, and discover similarities in diversity.

The National Federation of Young Farmers Clubs (NFYFC) is excited to host the European Rally 2019. The title *“Sharing and Caring in a Democratic and Inclusive European Community”* is focused on the topic of Mental Health and well-being.

The aim of the Rally is that European Rural Youth learn how to recognise signs of Mental Illness, develop competencies in how to deal with different situations and be inspired to take learning's back to their own countries and spread the message to ensure healthy rural communities for the future.

The objectives:

- share knowledge amongst rural youth about their home communities around Europe, their structure, their geography, culture and infrastructure
- to raise awareness of Mental Illness through sharing knowledge/understanding of Mental Illness and explore different country's/organisation's Mental Health strategies to share best practice
- to exchange creative ideas, methods and activities with regards to positively combating the Stigma that Mental Health has surrounding it still
- explore the democracies of each country and youth organisation - linking that to community life, pressures, methods of creating strategies/policies and how they are disseminated
- focusing on businesses within rural communities exploring strategies they have in place to ensure good health and well-being for themselves and their workforce
- empower young people to develop, strengthen and support their local communities ensuring inclusivity for all for the future

The working methods will include interactive workshops and a series of study visits to explore different aspects of the theme. Sessions are based on non-formal education and will provide opportunities for participants to develop their skills and knowledge as well as to share their experiences.

English families will host a home stay evening towards the end of the week for all delegates to participate and experience wider area and culture.

Venue

Royal Agricultural University (RAU)



Accommodation example



Break Out Area/Café



Lecture Theatre



Classroom



Evening Venue

Transport/Travel information

Each organisation is responsible for booking tickets for their National Rally team. Before purchasing the tickets, please contact Eelin at Rural Youth Europe, at office@ruralyouthurope.com to check your travel plans. All travel invoices and schedules must be sent to office e-mail by 28th of June 2019.

For countries travelling to England, we advise flights to Birmingham International Airport or London Gatwick Airport. If necessary, also London Heathrow could be possible. Note that cheaper flights to faraway airports, might create more expensive local transport.

Participants should then travel by train to 'Kemble' train station, or by bus to 'Cirencester' bus station. Transport to the venue will be provided from both.

Arrival: We ask that all participants arrive at the venue between 1pm and 5pm on Sunday 18th August.

Departure: Transport will be provided to your airport on the departure day, Sunday 24th August 2018, either by bus or public transport.

Contact Details of Rally Prep Team

Local Team: Claire Worden NFYFC

Email: claireworden@hotmail.com / Telephone: 07786164616

RYE Office: Eelin Hoffstrom-Cagiran

Interim Secretary General

Rural Youth Europe

Karjalankatu 2A

00520 Helsinki

Finland

Email: office@ruralyouth europe.com

Rally Teams

Team Leaders

The team leader is responsible for all communication and feedback between their national team and the Rally prep team before, during and after the Rally.

Tasks of the team leader:

- Forward email communication from Rural Youth Europe and NFYFC to the team members, before and after the Rally
- Take care of team members and ensure they follow the [Behaviour Guidelines](#) and Rally programme
- Complete the Erasmus+ programme evaluation form at ECAS Mobility Tool after the Rally

Participants

Profile of participants:

- Be between 18 and 25 years old. This is an Erasmus+ funding requirement, although there can be an exception for up to 20% of the participants. Group leaders can be 26-30 years old. Participants must have turned 18 before the start of the Rally (Sunday 18th August 2019)
- Be able to communicate in English

- Be active within their own youth organisation
- Be willing to work on topics of Mental Health & Wellbeing

Registration

All participants must be registered to take part in the event. Sending organisations should complete the registration on behalf of their rally teams. Please use the online registration form via [Registration Form](#) and complete by **28th June 2019**.

Behaviour guidelines

It is the responsibility of all participants, team leaders and sending organisations to ensure the attached [Behaviour Guidelines](#) agreed by Rural Youth Europe member organisations in 2018 are read and understood.

Other General rules for the Rally are:

- Participants must attend the entire Rally programme and be on time for workshops;
- Smoking is forbidden in any building or area unless otherwise stated.

Participants who do not follow the Behaviour Guidelines will not receive their travel reimbursement.

Team Preparations

To help with learning on the Rally and to aid sessions of the rally we ask that each team prepare two tasks before attending.

1. To discover what Mental Health organisations / charities your country has and share them with the other teams via social media before the rally starts - using the rally FB or Instagram
2. Bring information about your organisation's democracy structure and also your country's democracy structure

What to bring?

- Comfortable clothing according to the weather, also warm and waterproof clothing
- Shoes suitable for workshops, formal events and sports/hiking
- Traditional costume or formal clothing for the opening ceremony and closing dinner,
and a flag from your country
Any costumes, music or items needed for evening entertainment including country Entertainment (which will be part of the event programme)
- Personal hygiene items including **soap**, shower gel etc (towels will be available at the venue)
- Medicine and any other personal items
- Food and drinks for the International Buffet, no cooking facilities will be available - please bear in mind that we do not want a lot of food waste. (Please note the behavioural guidelines regarding alcohol)
- 1 laptop/ tablet per team for group work

- Compatible electricity plugs/chargers (Type G adapters are needed, a standard British adapter. The standard voltage is 230V and the frequency is 50 HZ)
- Water bottle - to reduce waste we encourage you to bring your own

We recommend that teams bring some cash for spending purposes (**GBP £**). The Rally venue has a small shop with snacks and a small bar with drinks available every evening. Card payments can be taken most of the time. Wi-Fi will be available on site.

Weather

The weather in England can be very changeable. We recommend you bring an umbrella, waterproof coat, warm clothes and sunscreen. You can check the local weather closer to the time using this website: www.bbc.co.uk/weather

Insurance

Participants are required to have an insurance that covers travel (including luggage), third party liability, health, and accidents. All participants should bring a European Health Card. They can be ordered for free from your National Health web page/office.

Other Useful Information

There will be an information pack emailed to delegates at the beginning of July.

Follow us on Social Media:

Instagram @ryerally2019

If you have any further questions please contact Rural Youth Europe office in office@ruralyouth europe.com