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INFO PACK

Youth Exchange

**Promoting the Socio-Economic Inclusion of Women
in Rural Areas**

From 22 to 30 mars 2026

Organized by **CROSS BORDERS**

2024/2025



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Youth Exchange

From 22 to 30 mars 2026

*Organized by CROSS BORDERS
Rezé, France*

1 PROJECT DESCRIPTION

2 Project Background and Rationale

Project Title: Promoting the Socio-Economic Inclusion of Women in Rural Areas

This Youth Exchange project will bring together **32 young participants from five countries: France (host country), Germany, Hungary, Italy and Türkiye**. Despite their different socio-economic contexts, these countries face **common structural challenges regarding the socio-economic inclusion of women in rural areas**, particularly young women.

Across Europe and neighbouring partner countries, women living in rural territories continue to experience **lower employment rates, limited access to education and vocational training, restricted entrepreneurial opportunities and reduced participation in economic decision-making**. These challenges are further compounded by traditional gender roles, insufficient public services, weak transport infrastructure and limited access to professional networks.

According to Eurostat, in 2022, the **employment rate of women aged 20–64 in rural areas of the European Union was 62.5%**, compared to **71.4% for men**, representing a **gender gap of nearly 9 percentage points**. This gap is significantly wider than in urban areas, where it averages around 6 percentage points (Eurostat, *Employment by sex, age and degree of urbanisation*, 2022).

3 OBJECTIVES

To **promote the socio-economic inclusion and empowerment of young women in rural areas** by strengthening their skills, autonomy and active participation in local and European development.

4 Specific Objectives

- To identify **common challenges and good practices** related to women's economic inclusion in rural areas across partner countries

- To develop **personal, social and entrepreneurial competences** through non-formal education methods
- To encourage **female entrepreneurship and local initiatives** in rural communities
- To promote **gender equality, social inclusion and European citizenship**
- To raise awareness of **Erasmus+ opportunities for learning, mobility and employability**
- To create a **sustainable transnational network** of young women and organisations working on rural inclusion and gender equality

5 PARTICIPANTS

- **32 participants** from France, Germany, Hungary, Italy and Türkiye
- Age: **18–30 years** (no age limit for group leaders)
- Priority given to **young women from rural areas**, including participants with fewer opportunities
- Each partner organisation will include **at least two participants with fewer opportunities**
- Inclusive and gender-sensitive approach
- Working language: English (no minimum level required; multilingualism encouraged)

6 Expected Impact

By the end of the Youth Exchange, participants will have:

- increased **self-confidence and sense of initiative**,
- strengthened **employability and entrepreneurial skills**,
- enhanced **intercultural and European competences**,
- built **long-term transnational connections**,
- contributed to the **dissemination of project results** in their rural communities.

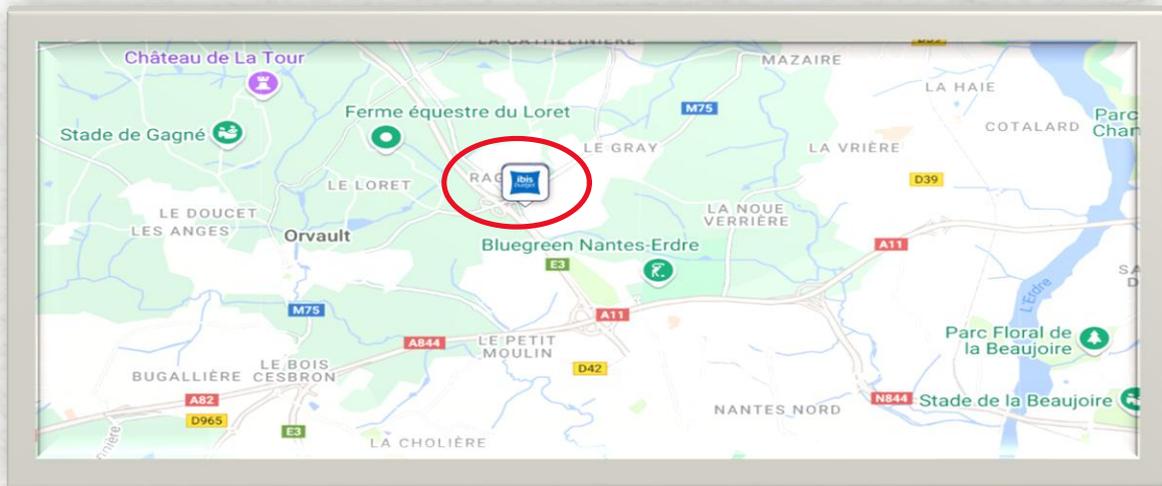
7 ACCOMMODATION & ACTIVITIES

VENUE

Hotel Ibis Nantes Nord Saint-Herblain

15 Avenue des Lions, 44800 Saint-Herblain





8 HOW TO GET THERE (checked on Mappy.fr)

From Nantes SNCF station:

- Tram Line 1 towards François Mitterrand → "Romanet" or "François Mitterrand" station (20–25 minutes)
- Then Bus Line 93 towards "Atlantis" → "Avenue des Lions" station (8 minutes)

From Nantes Atlantique Airport:

- TAN airport shuttle to Commerce (city center) (20 minutes)
- Then Tram Line 1 → François Mitterrand
- Then Bus Line 93 to "Avenue des Lions" station

Other available transport options:

- Self-service bicycles (Bicloo)
- Car-sharing (BlaBlaCar or Klaxit)

9 WHAT TO BRING WITH YOU

- Travel documents (tickets, passport/ID)
- European Health Insurance Card
- Personal medication (and inform the team of any treatment)
- Materials to present your organization (flyers, photos, videos, etc.)
- Culinary specialties from your country for the intercultural evening (not reimbursed)

- Towel, personal toiletries
- Laptop per organization

10 WHAT WE EXPECT FROM YOU:

- Active participation in activities.
- Preparation for the intercultural evening (showcasing your culture through food, drink, and other relevant aspects).
- Prepare the theme evening for your country (games, presentation on your country).
- Collect information about your organization to share with participants.

11 TRAVEL EXPENSES & REIMBURSEMENTS

- Travel costs will be reimbursed within the limits set by Erasmus+.
- All reimbursements will be made after the project, upon presentation of:
 - Original invoices
 - Boarding passes
 - The participant's final report

12 PREPARATION OF PARTICIPANTS

- The project will be conducted in English; therefore, participants should be able to communicate in English. However, we also encourage participants to express themselves in other languages such as French, Arabic, or Spanish, especially during intercultural moments.
- Participants will carry out an "energizer" activity during the Youth Exchange before workshops begin.
- Participants are invited to bring flyers, posters, promotional videos, stickers, photos, etc., about their organization. You will present your association and discuss its work, activities, initiatives, and impact.
- The intercultural night is one of the highlights of the project. Participants will present their countries through food, music, dance, clothes, traditions, etc. Please bring traditional food, flags, costumes, and anything you consider representative of your country or region.
- All participants will receive a Youthpass certificate at the end of the Youth Exchange.
- Participants and partner organizations are expected to promote the project results and disseminate the outcomes in their local communities and networks.

13 PARTICIPATION IN THE YOUTH EXCHANGE AND THE WORKSHOPS

- All participants are expected to engage fully in all activities, unless health issues prevent them from doing so. Unauthorized absences may result in no reimbursement for travel costs.
- Workshops are based on non-formal education methods. Participants are expected to be proactive and respectful of others' ideas and contributions.
- If you miss workshops without a valid reason, you will not be reimbursed for travel expenses.

14 SENDING ORGANIZATION DETAILS

Sending Organization	Country	Means of Transport	Package per Person	Number of participants
CROSS BORDERS	France	Bus/Tram/Velo	28€	8
ANKA Gençlik Derneği	Turquie	Bus/Train/Plane	395€	6
DISSO	Italie	Bus/Train/Plane	309€	7
Sahel Vision Deutschland e.V	Allemagne	Bus/Train/Plane	309€	6
GiLE Oktatási Alapítvány	Hongrie	Bus/Train/Plane	309€	6



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15 MEALS

You will be provided with 3 meals per day by CROSS BORDERS. Special diets or allergies must be indicated in advance on the participant form. Coffee breaks will also be provided.

16 CONTACT

Local Contact:

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17 Acknowledgements

We would like to extend our deepest gratitude to all our partners and participants for their valuable contribution to the success of this project. Without your dedication and active participation, this initiative would not have been possible.

We would like to specifically thank the following organizations and their participants:

- **CROSS BORDERS** (France)
- **ANKA Gençlik Derneği** (Turquie)
- **Diaspora Senegalese per lo Sviluppo e la Solidarietà ODV** (Italie)
- **Sahel Vision Deutschland e.V** (Allemagne)
- **GiLE Oktatási Alapítvány** (Hongrie)

Your commitment to this project has made a real difference, and together we have taken an important step towards empowering young people and fostering entrepreneurship in rural areas.

This project is **co-financed by the European Commission** under the **Erasmus+ programme**, a framework that supports initiatives aimed at youth development, education, and social inclusion across Europe. We are proud to be part of this global movement to create better opportunities for young people and to promote intercultural understanding and exchange.

Thank you once again for your collaboration, and we look forward to continuing our work together to build a brighter future for youth in Europe.



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