

INFOPACK

YOUTH EXCHANGE **WHAT'S UP,** **WORLD?**



09/03/2022 - 18/03/2022
GANDÍA, SPAIN



Erasmus+



ASSOCIACIÓ
CULTURA CREATIVA

WHAT WILL YOU FIND IN THIS DOCUMENT?



WELCOME NOTE
WHO ARE WE?
PARTNER ORGANIZATIONS
SUMMARY OF THE YOUTH EXCHANGE “WHAT’S UP, WORLD?”
MAIN OBJECTIVES OF THE PROJECT
PROFILE OF THE PARTICIPANTS
LOCATION AND ACCOMMODATION
TRAVEL AND FINANCE
INSURANCE, HEALTH ASPECTS
MANDATORY SECURITY MEASURES COVID-19
WHAT MORE TO EXPECT?
SOCIAL MEDIA AND COMMUNICATION

WELCOME NOTE

DEAR PARTICIPANTS,



IT IS WITH GREAT PLEASURE AND SUPREME EXCITEMENT THAT WE ANNOUNCE YOU THAT THE COUNTDOWN FOR OUR YOUTH EXCHANGE “WHAT’S UP, WORLD?” HAS OFFICIALLY BEGUN!

THEREFORE, BETWEEN THE 9TH OF MARCH AND 18TH OF MARCH 2022, OUR TEAM WILL BE AT THE VERY PLEASANT POSITION TO HOST 25 PARTICIPANTS FROM 4 DIFFERENT COUNTRIES: GERMANY, BULGARIA, PORTUGAL AND SPAIN IN A MULTICULTURAL ATMOSPHERE FULL OF GOOD IDEAS AND INSPIRATION!

BE READY TO OPEN YOUR MIND AND ACQUIRE FURTHER SKILLS AND COMPETENCES! BE READY TO INTERACT WITH NEW PEOPLE AND CULTURES! BE READY TO HAVE A GREAT TIME!

BEST WISHES,
TEAM OF ASSOCIACIÓ CULTURA CREATIVA



WHO ARE WE?



ASSOCIACIÓ CULTURA CREATIVA IS A CULTURAL NON-PROFIT ORGANIZATION CREATED IN 2016 BY THE FIRST EVS VOLUNTEERS IN GANDIA, SPAIN.

THE OBJECTIVES OF ASSOCIACIÓ CULTURA CREATIVA ARE:

- TO PROMOTE AND FACILITATE THE GEOGRAPHIC MOBILITY OF YOUTH AND YOUTH WORKERS
- TO CREATE, MANAGE AND EXPAND SOCIAL COOPERATION PROJECTS AND VOLUNTEERING BOTH LOCALLY AND INTERNATIONALLY
- TO ENHANCE THE VALUES OF TOLERANCE, HUMAN DIGNITY, SOCIAL JUSTICE, INTERCULTURALITY, SOCIAL INTEGRATION AND PARTICIPATORY DEMOCRACY
- TO PROMOTE THE SUSTAINABLE DEVELOPMENT AND THE HEALTHY LIFESTYLE
- TO PROMOTE CULTURAL AND SPORT ACTIVITIES FOR THE COMMUNITY
- TO ENCOURAGE THE ENTREPRENEURIAL CULTURE AND THE DEVELOPMENT OF INNOVATIVE IDEAS AND PRACTICES.

IN ORDER TO ACHIEVE THESE OBJECTIVES, ASSOCIACIÓ CULTURA CREATIVA DEVELOPS AND IMPLEMENTS PROJECTS AT LOCAL AND INTERNATIONAL LEVEL. WE ORGANIZE ALSO WORKSHOPS AND DIFFERENT CAMPAIGNS TO RAISE THE AWARENESS OF THE LOCAL COMMUNITY. OUR INTERNATIONAL TEAM PARTICIPATES ACTIVELY IN TRAINING COURSES AND OTHER PROGRAMMES WITH THE AIM TO DEVELOP NEW COMPETENCES AND WORKS CONSTANTLY FOR IMPROVING THE QUALITY OF OUR ACTIVITY.



PARTNER ORGANIZATIONS



NATURKULTUR BREMEN E. V. (E10109431, DE), GERMANY

YOUTH SOCIETY FOR PEACE AND DEVELOPMENT OF THE BALKANS, YSPDB (E10005242, BG), BULGARIA

HISTERICO - ASSOCIACAO DE ARTES (E10031140, PT), PORTUGAL



SUMMARY OF THE YOUTH EXCHANGE “WHAT’S UP, WORLD?”



EMPATHY IS A FUNDAMENTAL SKILL FOR OUR PERSONAL AND PROFESSIONAL LIFE. IT ALLOWS US TO FORM AND MAINTAIN RELATIONSHIPS AND BETTER COLLABORATE WITH OTHERS. IT ALSO FOSTERS POSITIVE FEELINGS AND INCREASES WELL-BEING. WHERE NO EMPATHY EXISTS, CONFLICTS AND INEQUALITY BREED.

SOME RECENT STUDIES SHOW THAT EMPATHY IS NEGATIVELY AFFECTED BY TECHNOLOGY USE, BUT IN “WHAT’S UP, WORLD?” WE WILL USE THE **TECHNOLOGY** TO FOSTER YOUTH’S EMPATHY.

DURING THE FIRST DAYS OF THE YOUTH EXCHANGE THROUGH THE POWER OF **STORYTELLING** (THE ART OF COMMUNICATING BY TELLING STORIES), SIMULATIONS, ROLE-PLAYING GAMES AND DIRECT CONTACT WITH THE LOCAL COMMUNITY, THE PARTICIPANTS WILL HAVE THE OPPORTUNITY TO PUT THEMSELVES IN THE PLACE OF OTHER PEOPLE AND SEE THE WORLD FROM A **DIFFERENT PERSPECTIVE**.

AT THE END OF THE PROGRAM, THE PARTICIPANTS WILL USE DIFFERENT TECHNOLOGICAL TOOLS TO **CREATE DIGITAL CONTENT** IN ORDER TO PUT INTO PRACTICE WHAT THEY HAVE LEARNED,



MAIN OBJECTIVES

- TO DEVELOP AND IMPROVE THE EMPATHY OF THE PARTICIPANTS AND OFFER THEM THE OPPORTUNITY TO EXPERIENCE ITS DIFFERENT FORMS.
- TO PROMOTE THE TOLERANCE, THE NON-DISCRIMINATION ATTITUDES AND THE ACCEPTANCE OF THE OTHERS.
- TO IMPROVE THE SOFT SKILLS OF THE PARTICIPANTS AND MAKE A POSITIVE IMPACT ON THEIR PERSONAL AND PROFESSIONAL DEVELOPMENT.
- TO ENCOURAGE PARTICIPANTS' ACTIVE CITIZENSHIP AND SOCIAL INCLUSION.
- TO ENCOURAGE THE USE TECHNOLOGY AND CREATE DIGITAL CONTENT WITH THE AIM TO SPREAD MEANINGFUL SOCIAL MESSAGES.
- TO FOSTER THE EUROPEAN VALUES AND IMPROVE THE KNOWLEDGE ABOUT ERASMUS+ PROGRAMME AND ITS OPPORTUNITIES.



PROFILE OF THE PARTICIPANTS

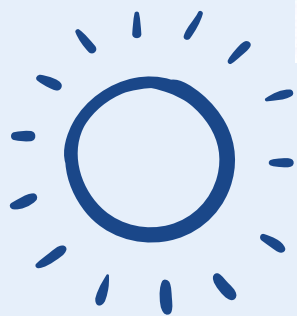
- NUMBER OF PARTICIPANTS PER ORGANIZATION: 6 (5 + 1 GROUP LEADER), 7 FOR SPAIN
- AGE: 18 - 25 Y.O., NO AGE LIMIT FOR GROUP LEADERS
- PROFILE: YOUTH INTERESTED IN THE TOPICS OF THE YOUTH EXCHANGE
- READY TO TAKE PART AND FULLY ENGAGE IN THE WHOLE PROJECT
- NO PREVIOUS EXPERIENCE IS REQUIRED
- ABLE TO COMMUNICATE IN THE ENGLISH LANGUAGE.
- PRIORITY FOR PARTICIPANTS WITH FEWER OPPORTUNITIES
- PRIORITY FOR FULLY VACCINATED PARTICIPANTS



LOCATION AND ACCOMMODATION



THE PROJECT WILL TAKE PLACE IN GANDÍA - A BEAUTIFUL MEDITERRANEAN TOWN WITH A LOT OF HISTORY. GANDÍA HAS A PRIVILEGED LOCATION, BETWEEN THE SEA AND THE MOUNTAINS. WITHIN THE CITY, ONE IS SURROUNDED BY A RICH HISTORICAL HERITAGE THAT PERMEATES THE MONUMENTS AND THE SPIRIT OF THE PEOPLE. ANY TIME OF YEAR IS PERFECT TO ENJOY GANDÍA, THANKS TO ITS ENVIABLE WEATHER.



ACCOMMODATION WILL BE IN SMALL WOODEN HOUSES: BUNGALOWS (MOST PROBABLY 3 PEOPLE PER BUNGALOW) AT THE CAMPING L'ALQUERIA ([HTTPS://WWW.LALQUERIA.COM/EN/](https://www.lalqueria.com/en/)) IN GANDÍA, YOU CAN CHECK PICTURES OF THE PLACE AND ANY OTHER INFORMATION ON THEIR SITE. BED SHEETS AND COVERS WILL BE PROVIDED BY THE ACCOMMODATION, BUT YOU WILL HAVE TO BRING YOUR OWN TOWEL AND TOILETRIES :) PARTICIPANTS WILL BE RESPONSIBLE FOR MAINTAINING CLEAN THEIR OWN SPACE.

THERE IS ALSO AN INDOOR POOL, BUT WE ARE NOT SURE IF IT WILL BE OPEN BECAUSE OF THE COVID RESTRICTIONS. WE WILL LET YOU KNOW :)

THE ACTIVITIES WILL BE DONE IN THE YOUTH COUNCIL OF GANDIA, JUST 15 MINUTES WALKING FROM THE CAMPING. WE WILL GIVE PRIORITY TO OUTDOOR ACTIVITIES WHENEVER IT IS POSSIBLE.



TRAVEL AND FINANCE

• HOW TO GET TO GANDÍA?

TRAVELING DAYS:

09/03/2022
(WEDNESDAY)
AND
18/03/2022
(FRIDAY)

THE CLOSEST AIRPORTS ARE VALENCIA (MANISES) AND ALICANTE ("AEROPORT DE L'ALTET"). FROM **VALENCIA** YOU CAN EASILY REACH GANDÍA BY TRAIN (EVERY 30 MINUTES MORE OR LESS) OR BY BUS. THE JOURNEY IS 1 HOUR AND WE REALLY RECOMMEND YOU VALENCIA AIRPORT WHENEVER POSSIBLE.

THE DISTANCE BETWEEN **ALICANTE** AND GANDÍA IS AROUND 110 KM, BUT THE TRANSPORT CONNECTIONS ARE NOT VERY GOOD. THERE IS NOT A DIRECT TRAIN AND THE BUS SOMETIMES TAKES A FEW HOURS, BECAUSE IT STOPS IN A LOT OF TOWNS AND VILLAGES ON THE WAY.

HOWEVER, IF YOU CANNOT FIND AFFORDABLE PRICES TO ANY OF THOSE AIRPORTS YOU CAN ALSO ARRIVE TO **MADRID OR BARCELONA** BUT YOU SHOULD CONSIDER THAT YOU WILL NEED TO GET A BUS OR TRAIN WHICH WILL TAKE FROM FOUR TO SIX HOURS TO ARRIVE TO THE VENUE (THE FAST TRAIN IS TWO+ HOURS, BUT IT COULD BE VERY EXPENSIVE). BOTH CITIES ARE VERY WELL CONNECTED WITH VALENCIA AND FROM VALENCIA TO GANDÍA THE TRANSPORTATION IS VERY EASY AND CHEAP.

• COVERED COSTS

ACCOMMODATION, MEALS AND WORKING MATERIALS ARE PROVIDED BY THE ORGANIZERS.

100% OF THE TRAVEL COSTS TO THE VENUE AND BACK WILL BE REIMBURSED UP TO THE MAXIMUM OF THE AMOUNT INDICATED BY THE DISTANCE CALCULATOR PROVIDED BY THE EC.

SPAIN - UP TO 20.00 EUR (PLEASE CONSULT)

PORTUGAL - 275,00 EUR

GERMANY - 275,00 EUR

BULGARIA - 360.00 EUR

• CONDITIONS FOR REIMBURSEMENT

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all original tickets, invoices, boarding passes and emails relating to their travel. The participants should participate also in the dissemination phase :)

IMPORTANT!



PLEASE CONFIRM YOUR FLIGHTS BEFORE BOOKING THEM.

An important detail is that you should buy your tickets after our confirmation. Otherwise, your tickets could be considered not reimbursable. We engage ourselves to reimburse only tickets which were confirmed by our team.



Because of the sanitary situation in Europe and the changing restrictions, we require the purchase of flexible tickets or tickets with free cancellation option. The pandemic is still not over and we are aware of the fact that everything can happen until March. We cannot cover the costs for traveling if the youth exchange is postponed or cancelled :(

We can cover only the costs for public transport such as planes, buses, trains, etc. The costs for taxi or BlaBlaCar can be covered only in exceptional cases and after our previous confirmation.



In order to make sure that all participants book the cheapest and most sustainable option available for their travel, we offer our full support helping them with their bookings and bus/train connections :)



EXTRA-DAYS: following the guidelines of the Erasmus+ programme the travel must be realised by the participants: arrival max 2 days before the project and departure max 2 days after the project. In case of longer stays we will not be able to reimburse your travel. During the extra-days the participants should cover all of their expenses such as accommodation, food, etc.

INSURANCE, HEALTH ASPECTS

ALL THE PARTICIPANTS SHOULD BRING THEIR EUROPEAN HEALTH CARD. YOU CAN USE THE FREE EUROPEAN HEALTH INSURANCE CARD (EHIC) TO ALLOW YOU ACCESS TO PUBLIC HOSPITAL TREATMENT. PLEASE BE AWARE THAT THE EHIC IS NOT A TRAVEL INSURANCE POLICY, IT WILL NOT COVER PRIVATE HEALTH CARE, NON-EMERGENCY HEALTH COSTS, OR BEING FLOWN BACK TO YOUR HOME COUNTRY.



WE HIGHLY RECOMMEND YOU TO MAKE A HEALTH & TRAVEL INSURANCE FOR THE FULL DURATION OF YOUR TIME IN SPAIN. IF YOU HAVE TO ISOLATE AND MAKE QUARANTINE WE CANNOT COVER THE COST FOR IT.

IF YOU NEED TO TAKE REGULAR MEDICATIONS, PLEASE ARRANGE IT BY YOURSELF AS WE ARE UNABLE TO PROVIDE THEM FOR YOU.


LIKEWISE, IF YOU HAVE ANY HEALTH CONDITIONS, DISABILITIES OR MOBILITY ISSUES THAT YOU FEEL WE NEED TO BE AWARE OF OR THAT MAY AFFECT YOUR PARTICIPATION IN THE ACTIVITIES, THEN PLEASE LET US KNOW WHAT THEY ARE AND HOW WE COULD ASSIST YOU :)



INSURANCE, HEALTH ASPECTS

WE TAKE ALL THE MEASURES VERY SERIOUSLY AND WE WILL ADJUST OUR PROGRAMME TO THE EXISTING LEGAL RESTRICTIONS AND EXPERT'S RECOMMENDATIONS. YOU SHOULD HAVE IN MIND THAT THE SITUATION IS VERY DYNAMIC, BUT FOR THE MOMENT, PLEASE TAKE INTO CONSIDERATION THE FOLLOWING INFORMATION:



- THE USE OF PROTECTIVE MASK IN SPAIN IS MANDATORY IN ALL THE INDOOR PUBLIC SPACES AND FOR OUTDOOR SPACES WHEN THE SAFE DISTANCE OF 1.5 M CANNOT BE ENSURED. PLEASE BRING YOUR OWN PROTECTIVE MASKS FOR ALL THE DAYS OF THE PROJECT.
- WE WILL HAVE DISINFECTING HYDROALCOHOLIC GEL ON OUR DISPOSAL DURING THE ACTIVITIES, BUT YOU SHOULD BRING YOUR OWN SANITIZER FOR YOUR PERSONAL USE.
- YOU SHOULD RESPECT THE RULES AND THE SECURITY PROTOCOLS TO FOLLOW, ESPECIALLY WHEN HAVING ACCESS TO COMMON ROOMS.
- SMOKING IN ANY PUBLIC SPACE IS FORBIDDEN. 
- IN THE PUBLIC TRANSPORT YOU SHOULD WEAR ALWAYS PROTECTIVE FACE MASKS.

IF YOU NEED TO MAKE A PCR TEST OR ANTIGEN TEST AND YOU DON'T REACH THE LIMIT WITH YOUR TRAVELING (CHECK THE INFO PACK), THE LEFTOVER MONEY CAN BE USED TO PAY THE NECESSARY TEST TO ENTER IN SPAIN. WE WILL ALSO NEED A TICKET/PROOF OF PAYMENT AND A COPY OF THE CERTIFICATE WITH YOUR RESULT.

WE WILL COVER ONLY THE TESTS THAT ARE LEGALLY REQUIRED TO ENTER THE COUNTRY. IF YOU DECIDE TO TEST YOURSELF BEFORE OR AFTER THE PROJECT FOR YOUR OWN TRANQUILLITY, WE WON'T BE ABLE TO COVER THIS COST.

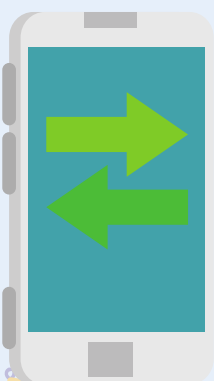


WHAT MORE TO EXPECT?

ONCE THE SELECTION OF PARTICIPANTS IS COMPLETED YOU WILL RECEIVE ALSO:

- THE PROGRAMME OF THE ACTIVITIES + SOME TASKS WHICH WILL HELP YOU TO COME MORE PREPARED TO THE YOUTH EXCHANGE
- SOME PRACTICAL INFORMATION - WEATHER CONDITION, CURRENCY, LAST UPDATES ABOUT THE COVID RESTRICTIONS
- WHAT TO BRING? - A LIST OF THINGS WHICH WILL HELP YOU TO BE PREPARED FOR EVERYTHING
- A FORM WHERE YOU CAN SHARE WITH US YOUR DIETARY REQUIREMENTS AND OTHER PREFERENCES.
- A FACEBOOK GROUP TO START GETTING IN TOUCH WITH EVERYONE.

CONTACT INFORMATION



PLEASE FEEL FREE TO CONTACT US IF YOU NEED MORE INFORMATION, OR HAVE ANY QUESTION OR DOUBT:

BY EMAIL:

INFO.CULTURACREATIVA@GMAIL.COM

BY FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/ASSOCIACIOCULTURACREATIVA/](https://www.facebook.com/ASSOCIACIOCULTURACREATIVA/)

VERY IMPORTANT: Please before applying to this Youth Exchange take into consideration that this is a non-formal LEARNING ACTIVITY financed with public money. We will have fun for sure, but if your priorities are partying hard and visiting Spain we won't meet your expectations. We are looking for open-minded and motivated participants :)

