

HEALTHY CASAL

INFO-PACK



Ajuntament de
Sant Just Desvern



INFORMATION

We are implementing our project called "Healthy Casal" that consists of one European Youth Exchange implemented by the City Hall of Sant Just Desvern, which will be held in Sant Just Desvern in July 2023

Countries: 4 countries: Croatia, North Macedonia, Germany and Spain

Participants: 10 per country + 2 youth leathers

Age of participants: 16 to 19 years old + youth leaders that must be experienced youth workers (+18)

Place: Sant Just Desvern, Spain

Days of activity: 10 days (including traveling days)

Time: 23th July - 1rst August 2023

Participation fee: No participation fee

Dear partners &
participants



THE PROJECT

Short description

Our experience has shown that many young people feel overwhelmed in today's world and are burdened with a lot of responsibilities, but are not equipped with the tools to manage stress and high expectations. Therefore, our project seeks to address emotional, spiritual, and physical needs through the following objectives:

1. Raise awareness about different aspects of our well-being, including mental health, physical health, and emotional health.
2. Learn tools for managing our health, such as how to react and help ourselves in difficult situations.
3. Create a supportive environment for self-care, where we can exchange good practices and help each other move forward.
4. Multiply the results in local communities by implementing the project in our municipality and encouraging our friends and peers to participate and reflect on healthier lifestyles.
5. Have fun, engage in sports, and learn new things to help stabilize our emotional state.
6. Apply the knowledge we have gained from previous projects on project organization, logistics management, and teamwork.

This project will strike a balance between self-awareness of the problem, equipping young people with tools they can use at home, and spreading the results in their local communities when they return home.

THE VENUE

Montserrat Primary School

We will be staying at a beautiful public school situated in a calm neighborhood of Sant Just Desvern, which is located only around 10km away from Barcelona and a short distance from Casal de Joves, where some of the activities will be held.

The accommodation will be simple yet comfortable...

- Participants will be sharing classrooms with people from the same gender but with different nationalities. The (class)rooms will be provided with beds and pillows. Participants will have to bring their sleeping bag or sleeping sheets (take into account that the weather in Spain in July/August is around 30 degrees so very very hot!)
- The school is provided with changing rooms and showers (also gender is separated)
- We will be the only group in the school. We will learn and have fun together and share our culture and ideas.
- Food will be provided by a catering company and people who are vegetarian or eat halal or have allergies etc. the caterer has of course other options for you if you have announced this in advance.
- Everything will be up to us, meaning that everyone should help with something. Whether it is setting up the dining tables, helping with the workshop room setup, or just taking care of the school-house as if it would be your own.
- The school is also provided with a big gym and outside spaces where we will do most of our activities.
- There are also peaceful places outside where you can sit and enjoy. The most important thing is that it is a place to relax and where you can focus on the nice activities we have planned and where you can calm your mind.



ACTIVITY PROGRAM

Time	Day 1	Day 2 DISCOVERY DAY	Day 3 SPORT DAY	Day 4 VEGETARIAN DAY	Day 5 TECH DAY	Day 8 VEGAN DAY	Day 7 SILENT DAY	Day 6 BARCELONA DAY	Day 9 LAST DAY	Day 10
09H	ARRIVAL DAY	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	DEPARTURE DAY
9:45H		Daily YOGA	Daily YOGA	Daily YOGA	Daily YOGA	Daily YOGA	Daily YOGA	Daily YOGA	Daily YOGA	
10H		Expectations settings + Rules & security	Health & Sport	Gardening	Social media (youngsters)	BEACH DAY	Silent Morning	Breaking stereotypes	Youthpass Implementation	
11H		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK picnic	COFFEE BREAK		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	
		Ice-breakers games	Individual Sports	Gardening	Healthy technology (youngsters)	Beach Lunch	Self-awareness	BARNA CITY tour	International Opportunities (Erasmus+, ESC, Others)	
13:30H		LUNCH	LUNCH	LUNCH	LUNCH		LUNCH	LUNCH PICNIC	LUNCH	
15:30H		Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers		
16H		Getting to know each other games	Team sports	Cooking	Tradition and culture workshops (youngsters)	REELS CREATION (I)	Concentration Games (youngsters)	BARNA CITY free time	Project Evaluation	
17H		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK		COFFEE BREAK	
17:30H		Youthpass introduction	SWIMMING POOL	Plogging	Explanation Reels (disemination)	REELS CREATION (II)	Laughter Therapy	Youthpass Ceremony		
19H		National Reflection Leaders Meeting	National Reflection Leaders Meeting	National Reflection Leaders Meeting	National Reflection Leaders Meeting	National Reflection	National Reflection	National Reflection		
20H		DINNER	DINNER	DINNER in the mountain	DINNER	DINNER	DINNER	Restaurant DINNER	DINNER	
21H		Board games night	North Macedonia intercultural night	Astrological night	Spanish intercultural night	Croatian intercultural night	German intercultural night	Free night	Farewell party	

WHAT TO BRING



- Swimsuit,
- Flip-flops
- Summer clothes
- Hat for the beach day

please be careful as Barcelona in July can be very hot! ⚠️

- Pijama
- Fitted sheet, and a sheet for the cushion. You can also bring a cloth sleeping bag instead of a fitted sheet (e.g., https://www.decathlon.es/es/p/sabana-para-saco-confort-algodon-saco-de-dormir/_/R-p-324944?mc=8584370&c=MARR%C3%93N_BEIGE from Decathlon).
- Two towels (one for the shower and the other for the beach)
- Sun cream (it's very important!). ⚠️
- Comfortable walking and sport shoes are also necessary,
- Clothes for gardening that can get dirty.
- For the intercultural night, groups cannot cook, but you can bring typical food for others to try.
- Reusable water bottle and bock'n roll or sandwich cloth to reduce the use of plastics during picnics. ,
- Don't forget your toilet bag, which should include shampoo, gel, and everything you'll need to freshen up.
- Necessary medicines



We look forward to sharing this unique experience with you!



- Ensure that the project and its outcomes are effectively promoted on your organization's website and social media channels. This will help to increase awareness of the project and attract potential participants and stakeholders.
- When selecting participants, please consider the previously agreed number of participants, which is 10 per country. Ensure that the participants are young people between the ages of 14 and 19, representing 4 different countries: Czech Republic, Spain, Croatia, North Macedonia, and Germany. Please prioritize gender balance and the inclusion of young people with fewer opportunities in your group. Participants should be selected based on their interest in the exchange's topic and their motivation to participate. Ensure that the group leaders are either youth workers from your organization or experienced youth leaders who have worked with underage youth.
- Prepare the participants for their involvement in the international youth exchange and assist them in arranging their travel. This includes providing information on the exchange's goals and objectives, the activities, the expectations for behavior, and cultural considerations. Support the participants in obtaining any necessary travel documents, visas, and insurance.
- Support the participants during the dissemination phase of the project, which involves sharing their experiences and insights with their peers, stakeholders, and the wider community. Help them to develop follow-up initiatives that build on the exchange's outcomes, which could include local or national youth projects, campaigns, or advocacy initiatives.

PARTNER RESPONSABILITIES

ADDITIONAL INFORMATION

- There is no participation fee for this youth exchange, and we want to make it accessible to all young people who are interested.
- In addition to this document, (which we invite you to read it carefully) We attached the participants' list. **Please send us the participants' list after the completion of your team.**  & the partner agreement were you'll find the budget and the specified partner responsibilities. **We also ask from you to send it signed and stamped as before 1st of May 2023**
- Travel costs to and from the venue will be reimbursed, up to the maximum amount indicated by the European Commission's distance calculator:
 - Germany: up to 275 EUR
 - Croatia: up to 275 EUR
 - North Macedonia: up to 275 EUR
- Please note the following important dates and deadlines, and let us know if you need any assistance selecting participants or organizing their travel arrangements to Spain:
 - Thursday, May 1st, 2023: Selection of participants and send participants' list to our email.
 - Thursday, May 15th, 2023: By the end of this month, all participants should purchase their tickets. Please remind them that they should confirm their flights with us before booking them. However, as soon as you book your tickets better, because the prices are very high during summer season. 

CASAL TEAM

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Logistics of Casal de Joves and project's activities support person



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Casal de Joves is a public facility so we are supported by the Town Hall as well as by Montse Martin, the director of the institution.

**WE ARE LOOKING
FORWARD TO SEE U!**



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Sant Just Desvern



Casal de Joves
Casa d'Ensenyament
de Sant Just Desvern