



WELCOME 2 SUSTAINABLE CITY

11/19 August

Navarredonda de Cremos, Spain



The project

Through the project "Welcome 2 Sustainable City" we intend to analyze the different aspects that intervene in the sustainability of cities. We will not only focus on energy and environmental sustainability, but also on other types of sustainability, not so frequently mentioned, such as social and economic sustainability. All these aspects contribute to a great extent to the quality of life of the people residing in these cities.

Our objective with the implementation of this project is to create a space for the exchange of knowledge and good practices, thanks to which young people from different cultures and social environments can critically interpret the needs of their respective places of origin and contribute to fight for a more sustainable society.



Participant Profile



- Participants will be **between 20 and 30 years old**.
- In each national group the gender balance will be respected (as many male and female participants).
- Participants must **be able to communicate in English**.
- Participants must be **interested in sustainability**.
- Participants must attend all youth exchange activities and **actively participate**
- Each national group will have a **group leader with experience in the Erasmus+ program**.



Accommodation



The youth hostel "NAVARREDONDA DE GREDOS" It is located in a privileged place in the Sierra de Gredos, near the Pico del Almanzor. We will stay in double rooms with private bathroom. The accommodation has catering that adapts to any dietary restriction.

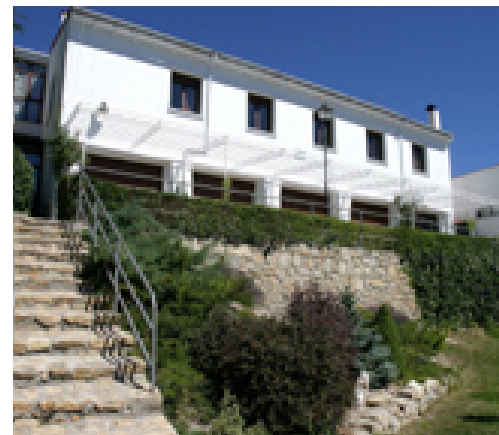
It also has:

Sports court and outdoor swimming pool, so bring your swimsuit!



Services: Accommodation, User laundry, Maintenance

Equipment: Library, TV and video room, Multipurpose room, Living rooms





The Trip

All participants must fly to Madrid. To return home, the flight will depart from Madrid. Participants can travel up to one day before and one day after the project.

Participants must be in Madrid on August 11 before 16:30 p.m. To return to your countries, you can take the return flights from August 19 at 13:30.

A private bus will pick you up from Madrid airport and Madrid center and will take you to Navarredonda de Gredos.

How to buy the flight?

The team leader will help organize the trip for the participants. Participants will send the “travel plan” to brisaintercultural@gmail.com and will wait for the W2SC team to approve the trip. Once the W2SC team confirms the trip, the participants will buy the flight to get to MADRID. In Madrid you must take the project private bus to get to Navarredonda de Gredos.

The steps that the participant must follow are:

1. Arrange the trip with the team leader (going to Madrid and back from Madrid).
2. Send the travel plan to brisaintercultural@gmail.com
3. Wait for a response from the W2SC team.
4. Buy tickets.
5. Send all tickets, reservation email, boarding pass, etc. to brisaintercultural@gmail.com

During the project, the participants will deliver the original tickets to the team and fill out a questionnaire with their bank details. The refund will be made by bank transfer between 10 and 30 days after the project.

PARTICIPANT COUNTRIES AND PARTNERS



SPAIN

Brisa Intercultural

brisaintercultural@gmail.com



CYPRUS

YOUTH IN ALTRUISM AND IN ACTION CYPRUS

yiaacyngo@yahoo.com



GERMANY

NATURKULTUR EV

info@naturkultur.eu



BULGARIA

SDRUZENIE AKTIVNO BALGARSKO OBSHTESTVO

absociety.info@gmail.com



CROATIA

Ocean Znanja u Republici Hrvatskoj

oceanznanja@gmail.com



POLAND

Stowarzyszenie "POLITES"

slawomir.muziol@gmail.com

Budget

Country	Number of participants	Budget
Spain	8	0€
Croatia	6	235€
Cyprus	6	490€
Germany	6	235€
Bulgaria	6	320€
Poland	6	320€



What to prepare?

1

Every team should record (in vertical) one video about the trash system in their countries. Approximation duration of 2-3 minutes. Later in the project, they will have to briefly expose some extra information related to the following aspects.

What's the general attitude of people in your country towards recycling?

How is trash separated in different bins?

How is trash managed by the authorities?



Each national team is preparing some information for presenting one sustainable company from their country. They will have to indicate their location, general activity and financial sustainability, as well as its negative effects on the environment and the society, in case there are some. Also, they have to show if they carry out any initiative in order to improve society or protect the nature in their areas.

2

Each country will prepare an intercultural night. It is a space to talk about the culture and traditions of each country. It should be short (around 20-30 minutes) and interactive. You can also bring typical food and drinks, music, games...

3

What to bring?

Documents



We recommend that you have the updated covid certificate to participate in the exchange. Please remember to bring your covid passport along with your documents (ID, passport...). Check that your documents are not expired. It is an essential requirement that you obtain the European health card to be covered in Spain.

Suitcase

-TOILET: Soap, towels and flip flops are essential.

-CLOTHING: There will be extreme temperatures. During the day it will be hot but at night the temperatures are low so bring some warm clothes. Don't forget your swimsuit!



Traditional food and drink



During the evenings we will carry out "Intercultural Nights". Each country must prepare a presentation, game, to teach us their country, language and culture. It should be something interactive that lasts less than 30 minutes. At the end we will try typical food and drink from that country.

¡¡Good mood!!