

INFOPACK

RECONATURE



YOUTH EXCHANGE

07.06.2021 - 12.06.2021

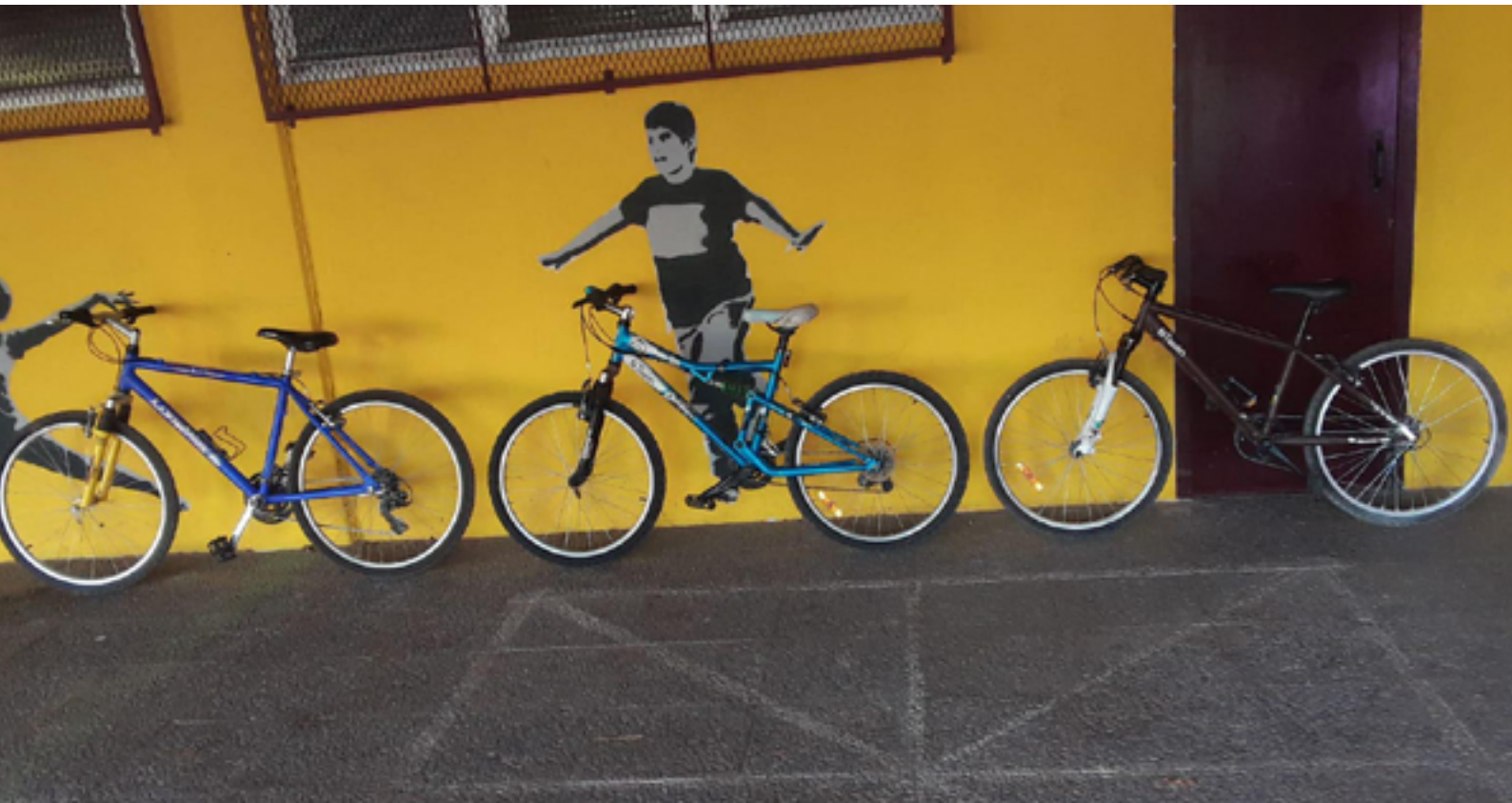
Grañen (Zaragoza), Spain

Viaje a la Sostenibilidad Team

Viaje a la Sostenibilidad is an **independent, environmentalist social** non-profit organization based in Zaragoza (Spain). We focus on **sustainability, social entrepreneurship** and we are committed to work towards a more inclusive, equitable society through non-formal educational activities with young people.

Viaje a la Sostenibilidad is actively involved in several projects at **local** and **international** level in order to:

- 🌱 Empower **young people** to engage in making society more **sustainable**, by promoting **environmental** and **social** values;
- 🌱 Increase **physical activity** among young people through sport, **green mobility** and **recreation**;
- 🌱 Provide **opportunities** for young people to exchange their experiences in an **intercultural environment**;
- 🌱 Empower young people by strengthening their **entrepreneurial capacity**;
- 🌱 Promote **tolerance, intercultural** dialogue.








About the project

The project "**RecoNature**" aims to raise **environmental awareness** among **young people**, by guiding them through a new **sustainable, eco-friendly** way of living.

Every day, the participants will have the chance to familiarize with concepts such as **Zero Waste, Circular Economy, Multiculturalism, Sustainable Consumption** and to be involved in different **activities** related to this topics, through **non-formal methods** of learning (workshops, role play, learning- by-doing, debates) **leisure activities** and visit in the **rural area of Monegros**.



The main objectives of the youth exchange are:

-  To raise awareness on **environmental issues, climate change**.
-  Reconnecting with the **earth** trough **nature based methods**.
-  Promote **environmental-friendly practices** and enhance **green entrepreneurial spirit**.
-  Know how to give a **second life** to reusable **objects**.
-  Promote **diversity** and **multiculturalism**, by encouraging **intercultural dialogue**.

"We have imagined that we are a unit of survival and we have to see to our own survival, and we imagine that the unit of survival is the separate individual or a separate species, whereas in reality, through the history of evolution it is the individual plus the environment, the species plus the environment, for they are essentially symbiotic"

Gregory Bateson in Joanna Macy (1994)










Who is participating

The project will last 6 days and it will involve 25 young people (4 participants + group leader) aged 18-30 from Italy, Spain, Poland, Greece and France.

The participants will be involved in an active way during the whole project, fostering their creativity, sense of initiative and raising their self-awareness on environmental issues.

We are looking for participants who are:

-  motivated and interested to the topic of environmental issues
-  able to speak in English (at least at the basic level)
-  from 18 to 30 years old (according to requirement of Erasmus+)
-  ready to get out of the comfort zone
-  interested in sharing the experience afterwards in their communities



Intercultural nights

Have you ever heard about **intercultural evenings**? In order to discover more about our different cultures, we are organising evening events to **celebrate our diversity**.

The point is to allow people from other cultures to discover yours. We will be able to present our country and culture through **food, music, dancing, drinks, images**, etc.

You are free to organise games, do a quiz or whatever you feel best! Don't forget to **bring food, drinks and music** so we can organise **unforgettable international nights**.





Practical Info

Accomodation:

ARTmósfera breathes and lives art and culture in a **rural environment**. A space dedicated to the **creation, teaching and learning of the performing arts** mainly, but open to any discipline.

Participants are going to stay in **shared rooms**. The **food** will be **vegetarian** and part of it will come from our own **organic vegetable garden**.

How to reach the venue

You can reach Grañen by train from Madrid, Barcelona, Lleida or Zaragoza. Please check train times at www.renfe.com

If you are coming from Barcelona or Madrid, you have **2 searching options** available at Renfe's website:

Option 1. Madrid or Barcelona to Grañen (this will give you limited options, as this website doesn't give results for train combinations)

Option 2. Madrid to Zaragoza + new search Zaragoza to Grañen / Barcelona to Zaragoza or to Lleida + new Search Zaragoza or Lleida to Grañen



What to bring

Valid ID or Passport



Sleeping bag



Long and short-sleeved T-shirts



Sweater



Shorts and long Trousers

Cap (Hat) and sunglasses



Walking shoes and sandals



Flashlight (Torch)



Towel and toiletries



Earplugs



Musical instrument



National food/drinks for intercultural night



Notebook & pens



Travel

Arrival day:

06/06/21

Departure day:

13/06/21

Travel cost limits:

Italy **275 EURO**

Poland **360 EURO**

France **180 EURO**

Greece **360 EURO**

Spain **20 EURO**

IMPORTANT

You must keep all the tickets, invoices and boarding passes of any transport you used to attend the project.

Otherwise we won't be able to refund any part of your travel costs. You must know that you have to travel not more than 48 hours before and after the project dates to get any refund of your travel expenses!!

REMEMBER: TICKETS WITH LONGER EXTRA STAYS WILL NOT BE REIMBURSED.



COVID

During the project, a **safety protocol** will be established, which will be based on the standards dictated by the **Ministry of Health** in Spain at the time of the project's implementation.

For updated information on rules and conditions for entering Spain please visit the national website: <https://www.spth.gob.es/more>

If the **PCR test** are **NOT covered** by the health insurance in your countries, we will reimburse the PCR test cost for participants by **using the remaining money from the travel cost**.

Information & Contacts

All participants are going to receive the **Youthpass Certificate** after the implementation of the project (<https://www.youthpass.eu/en/>)



**If you have any questions or doubts,
contact us!**

movilidad@viajealasostenibilidad.org

In case of emergency contact
623 032 334 or 615 064 533