

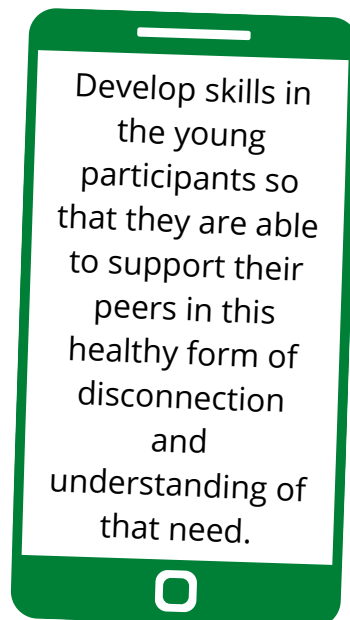
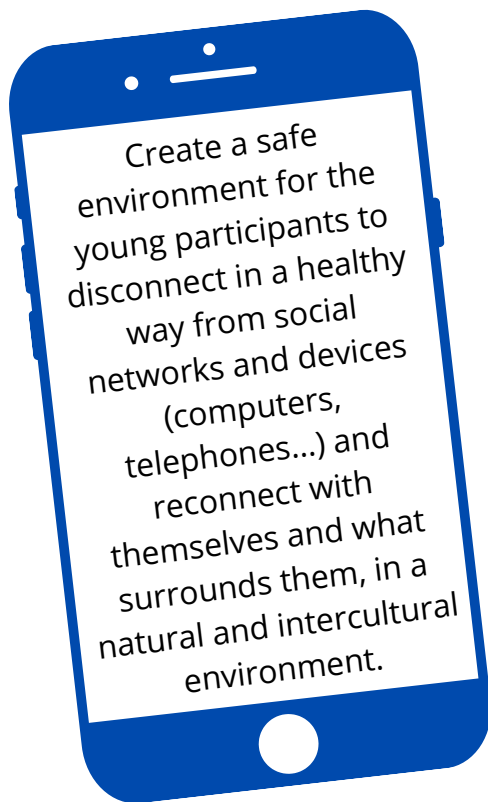
ERASMUS + YOUTH EXCHANGE



The project:

The idea of this project was born back in 2021, when youth workers from some of the partner organisations met in Georgia for a training course on digital youth work. After the COVID 19 pandemic, everyone was more connected than ever through social media and other digital tools, but not everyone was aware of the risks of this over digitalisation.

The aim of this project is to make young people aware of digital tools and the use made of them, as well as the dependence they generate to interact with others, and at the same time make them aware of the need to disconnect in a healthy way and being able to concentrate on real life. Therefore, the objectives set for this project are:



How are we planning to reach this goals? First of all getting rid of the digital tools for a week, yes, mobile phones too.

The participants profile:

4 youngsters + 1
team leader

18-25 years old (no
limit for leaders)

with interest on living
and sharing with other
youngsters

Willing to be involved
in a learning
experience

Aware about the fact that
we will be living without
phones, internet, social
media... for a week



Besides, the project will be hosted in a camp, in the country side, located in a wonderful natural area, surrounded by forests and mountains, make sure you are up to live in the nature for a week.



The idea is to involve participants as much as possible in the activities, because of that we have plan a 3 working session per day plus one session where everyone is invited to join facilitators and team leaders in the next day activities planning, taking the lead on facilitation whenever they feel, having the support of the team. There will be games, materials, instruments, cameras, etc. and if you need anything else, just let us know! The evening sessions are open to everyone's suggestions, and intercultural evening is optional, if you want to have it, organise it, and we will try to provide what you need for that too

Venue and practical arrangements



We will be hosted in the Camping "El Piélago" (Toledo)

<http://www.campamentoelpielago.com/el-pielago/nuestras-instalaciones.html>

in cabins of 4 people. Three meals per day and two coffee breaks will be provided in the venue.

This camp is in a rural area, in the mountains, small bugs are common, but they harmless and not dangerous. There is also common to have cows around, they are very calm and, sometimes, even friendly. Don't be afraid.

Showers and toilets are in a separated building, they are cleaned everyday, but is it a shared responsibility to keep them so.

The place provide pillows and blankets, but not bedsheets, our recommendation is to bring a sleeping bag, can be also your own bed sheets, depends of your individual preferences. The cabins are well isolated and usually is not cold inside. The place does not provide towels or any kind of toiletries, bring your own.





Showers



Toilets



Seminar room (there is a fireplace!)

Dinning room



But, how to get there?

The easiest and closest choice, if you are traveling by plane, is Madrid Barajas Airport. Those traveling green can easily reach the airport by bus, train or underground from any of the main bus and train station in Madrid city center. A private transportation will be arranged from Madrid Barajas, T4, to drive you to the camp upon arrival, as well as the way back to Madrid, by the end of the activity.

The planned departure time of the pickup is around 18:00 on 19th of May, and, on the departure day, 26th of May, to Madrid Barajas Airport T4 at around 9:00 in the morning. The trip takes about 2 hours from the airport to the camp.

Make sure that you flight, bus or train arrives in Madrid on time to take the bus; for the way back, your should not depart before 12:00pm.

There is no public transport to get even close to the camp, so the departure times should be strickly considered.

According to the rules of the program, there is an opportunity to spend two extra days in Madrid before or after the project. We kindly ask you to comply with the planned pickup. More specific information will come directly to selected participants throught email and the facebook group to which they will be invited to join.

Exact meeting point, bus company and time will be informed before hand in the previous weeks of the youth exchange and clarified with the team leaders during the APV.

Travel budget and reimbursent conditions

Country	Green travel	€/person
Spain	yes	23
France	yes	320
Montenegro	-	360
Italy	-	275
Ukraine	-	530
Armenia	-	820

- Please, keep in mind that from those number 20€ per person will be reduce for buses costs.
- The travel expenses include only public transport, 2nd class, not taxi of private car is allowed.
- Before buying your tickets check it with us; traveling two days earlier or later is allowed, but not longer than 2 days will be accepted for reimbursement.
- For the reimbursement is mandatory to send us all proof of payments of bus, train and/or flights. Also, will be mandatory to provided original boarding passes and/or bus and train tickets, paper or digital (screenshots are not allowed).
- Full participation in all the activities is mandatory in order to have the reimbursement of the travel expenses.
- Note that the reimbursement will be done after participants filling the participants report.

Visa cost for Armenian participants are covered up to 30€ per person, remember to keep the original invoices and proof of payment.

If you have questions regarding the budget or the reimbursement process, please, don't hesitate to contact us.

What to bring with you?

Comfortable and warm clothes and shoes
A raincoat or waterproof jacket

Towels and your own toiletries.
Flip flops for the shower (recommended)

Your European Health card.
Your medication, if any

Music tapes or CD's if you want any music

A sleeping bag (or bed sheets)

Hiking shoes (optional).
A torch for evening activities

National food or products for coffee breaks



Facilitation team



Chuty works as trainer for youth workers and youth leaders. He has been working on non-formal education for more than 20 years. One of the pillars of his job is to promote youth participation. He uses clown methodologies, music and other elements for dynamic learning experiences and environments.

Viki is a youth worker, trainer, gardener, and passionate about the outdoors, hiking, and inclusion. Studied Spanish Sign Language interpretation, she devoted herself to that job for more than 15 years and now uses all the experiences in her life to promote a more inclusive youth work and activities, based on Universal Design.

Waiting for you here!



*Questions or comments? You can contact us:
projects.arkhe@gmail.com*