

IN MOTION

09.04 - 16.04.2015

Don Benito, Spain



WHEN? Arrival day: 9th of April 2015
Departure day: 16th of April 2015

WHERE? Youth Hostel in Serrezuela, near to Don Benito, Badajoz, Spain

WHO? 5 participants (from 20 to 30 years old) + 1 leader (no age limit) from Spain, Italy, France, Poland, Belgium

THEMES Sports, Health, Nutrition, Nature, Associative Participation

SUMMARY OF THE PROJECT

YOUTH EXCHANGE "IN MOTION"



The project "IN MOTION" consist in performing a youth exchange Italy, Poland, France, Belgium and Spain. The group will consist of a set of 32 young people aged between 20 and 30 years and of both sexes, and also by the participation of 1 leader of each country.

The main theme of the exchange has three distinct areas: the European awareness, sports and outdoor activities and culture. We want to use the environment in which our town is located for a number of cultural visits and to conduct outdoors sports activities. Our region has a high ecological value and it is very favorable for activities in natural areas. Among

our objectives is to bring Europe closer to our citizens.

OBJECTIVES

- Promote healthy lifestyles through sport and outdoor activities.
- Zoom on values such as respect, tolerance, equality, solidarity and these being fundamental to social cohesion.
- To enhance understanding of other cultures by sharing experiences and socio-cultural issues and promoting intercultural dialogue.
- Reflect on citizenship, solidarity, volunteerism and cohesiveness.

LOCATION AND ACCOMODATION

Participants will gather in the rural area of Extremadura, in the south-west of Spain, specifically in the province of Badajoz.

Accommodation is set in contact with nature, in a place called " La Serrezuela", which belongs to the city of Don Benito.



" La Serrezuela" is a summer camp, which includes shared rooms (with 6 beds), private bathroom in each room, shared toilets, living - rooms, kitchen and workrooms. There is no Internet.

WORKING METHODS

We will be working with different methods, mostly non- formal education methods, work in small or bigger groups, participate in simulation or role-play activities, directly contact with the local population, use different media resources.

PREPARATION

1. About your NGO and Country

As on every exchange we should not miss the customs, traditions, dance, music, gastronomy, etc. of the countries. Each national group will have an afternoon - evening for the presentation of its country in the way you wish to do but with fun and involving the whole group. National teams can bring clothes, music, food everything needed to perform this evening.

Everyday, about 21 h, different national groups will prepare Intercultural Evening. The length of this activity depends on you, what you want to present, and how.

The days set for each national group are:

- Friday: Italy
- Saturday: Spain
- Sunday: Belgium
- Tuesday: Poland
- Wendsday: France

The leader of each group should inform us in advance if you are going to use the kitchen and if you´re going to bring some special food from your country or you want us to buy some products. Also if you need any special material, please inform us.

2. Typical national activity

Each national group will prepare a typical national sports/group activity. These activities can be organized by whole group or only by the leader of that group. We ask that these activities are dynamic, fun and sports, using an informal approach and involving all participating group. The duration will be approximately one hour.

THURSDAY 9TH	FRIDAY 10TH	SATURDAY 11TH	SUNDAY 12TH	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH
	10.00 Breakfast	09.00 Breakfast	09.00 Breakfast	09.00 Breakfast	09.00 Breakfast	09.00 Breakfast	09.00 Breakfast
Arrival day	11.00 Intruduction & Presentation Games Spain	10.00 Sports Activities in Don Benito- Typical Spanish Activities	10.00 Hiking route Los Molinos	Visiting Parque Monfrague	10.00 Typical Italian Activity	10.00 Typical Polish Activity	Departure day
			Presentation of Reportages			Teasures Hunt Game	
	14.00 Lunch	14.00 Lunch	14.00 Lunch	Lunch in the Restaurant	14.00 Lunch	14.00 Lunch	
	16.00 Workshop Building self-confidence in the group	Reportage - Active Life in Don Benito	16.00 Typical French sport activity	Visiting Cáceres	16.00 Typical Belgium Activity	16.00 Final Evaluation	
			17.00 Café World Our daily habits			Workshop Nutrition	
	20.00 Dinner	20.00 Dinner	20.00 Dinner	21.00 Dinner	20.00 Dinner	20.00 Dinner	
	Italian Intercultural Night	Spanish Intercultural Night	Belgian Intercultural Night	Free Night	Polish Intercultural Night	French Intercultural Night	

WHAT TO BRING

- Towels
- Sport and comfortable clothes
- Suitable walking shoes or trainers
- Backpack (not necessary, but practical for trips and visits)
- Personal hygiene equipment
- Medicine that participants normally need to take
- Identity card or other similar documents

TRAVEL COST AND MONEY REFUND

100% of accommodations, meals, materials is covered and financed by Programme Erasmus+.

We will reimburse travelling costs on basis of travel distance and on the condition that participants provide the respective information and documentation (tickets, boarding passes, etc.).

To get the refund it is very important to keep the boarding flight ticket, bus, train tickets. At the beginning of this exchange, leaders of each national group will give all the tickets to Cerujovi coordinator. And the return tickets will be kept and send by leaders of each national group via mail to Cerujovi no later than one week after the exchange.

When all the tickets will be received, a refund form will be sent to the coordinators of each organization. The money will be paid on one bank account; leaders or coordinators of each organization are responsible for giving the money to each participant. Also the equivalent sum of money will be refunded only in case participants have tickets, boarding cards or any others corresponding documents, so it's very important not to lose any of it.

The entire travel costs allocated to each organization:

Poland - 1620 euro

Italy - 1020 euro

Belgium - 1020 euro

France - 1020 euro

The nearest airport is in Madrid.

CONTACT INFORMATION

To get more information you can write to sve.cerujovi@gmail.com

Furthermore, during the exchange you can call the following telephone numbers:

+34 695 699 381 (Kaska)

+34 605 050 904 (Paqui)

CENTRO RURAL JOVEN VIDA
C/JUAN XXIII, Nº1
06412 VIVARES
BADAJOZ