

INFOPACK

Youth Exchange “Less Use, more re-Use”

El Saler, Valencia (ES), 01/06 - 06/06



DEAR PARTICIPANT,

We are looking forward to meeting you at “*Less Use, more re-Use*” Youth exchange (YE) in Valencia!

The methodology used in this youth exchange is based on experiential learning, with the support of a group of people responsible for guiding the process.

The working methods are dynamic, and we hope that you will participate actively.

“Less Use, more re-Use” Youth exchange

1. PROJECT PRESENTATION

”Less Use, More Re-Use“ is a Youth Exchange born as an answer to the more and more worrying impacts due to the climate change. The Youth Council of Valencia wants to focus its attention on the global climatic situation and the power of human beings that live on this planet as key element to make things happen.

On the objective list of this project there are:

- To make participants reflect and increase their awareness on the importance to develop new behaviours towards the environment as the main action to minimise the climate change impact;
- A special focus on the topic of recycling and in particular on the creative re-use of plastic, to give them a new life.

This mobility implies active participation of young people where they will be engaged in non-formal activities around the topic. The main result of this project will be the creation of a Vertical Garden with the re-use of some plastic bottles collected through a campaign prior to the project week at local level, involving Valencian organisations and the municipality of Valencia. Also, at the end of the activities’ week, a festival will take place together with other local young associations where all the handcrafts created will be exhibited.

General objectives of the project are:

- To promote a positive image that young participants have of themselves through their involvement in collaborative projects with other young people from different backgrounds;
- To give entrepreneurial inputs to new economic sectors in the field of Global Environment protection and also in Arts - through our workshops in crafts, handcrafts, decoration, design;
- To foster equity, effectiveness of education and active citizenship in raising awareness on environmental issues;
- To improve the creative, organisational and numerical skills of the young participants;
- To enable young people to acquire eco-skills making them reflect how to act towards their consumption and their waste production, while becoming actors to sensitise others around them;
- To enhance European cooperation among more countries, involving young people in

one of the most urgent topics of the moment;

- To create a social action in the city of Valencia with the organisation of the festival event.

The project will be focused on the following main topics: the impact of our lifestyle on the natural environment and viceversa, energy, water and nature, food, vitality, sustainability, circular economy and green technology.

The aim of the project is to promote the acquisition of skills and greater awareness of the environmental impact of our actions (such as shopping, reducing the purchase of plastic, etc.) and the importance of recycling in supporting a new economy in favor of the Planet.

Furthermore, the project will bring the participants to the knowledge of the European strategy on plastics, adopted in January 2018. “In the world” - says the European Commission - “over 25 million tons of plastic are thrown, which mainly pollute the seas and beaches”.

Micro-plastics in air, packaged food and detergents pollute the water and undermine the human body, with health impacts that are not yet fully known. The aim of the fight against plastic is: by 2030, plastics introduced into the EU market will be completely recyclable.

Place and date

- **Where? Casal d' Esplai El Saler, Valencia (Spain)**
- **When? June 1-6 (excluding travel days)***

Participants: 30 participants: 4 participants + 1 group leader per country.

Countries: Spain, Bulgaria, Italy, Denmark, Czech Republic, United Kingdom.

Language: The working language will be English.

* participants are allowed to travel up to 2 days before and after the project days. Please note the accommodation for the overnights will be their expense and not reimbursed.

2.

TRAVEL COSTS

Participants will be reimbursed for the travel cost on display of their boarding passes, tickets, and receipts.

COUNTRY	UP TO*
Bulgaria	360€
Denmark	360€
Czech Republic	360€
United Kingdom	275€
Italy	275€
Spain	20€

* Round trip (from hometown to the venue) per person.

Reimbursement Guidance

- We will cover the exact amount of your travel cost according to the receipts you will provide as long as it is no more than the amount foreseen by the European Commission.*
- The reimbursement will be made in EURO, regardless of the original currency used for the purchase. The conversion will be made using the official tool provided by European Commission - check the following link <https://ec.europa.eu/budget/graphs/inforeuro.html>
- The period considered for the conversion will be the correspondent prior to the month of the youth exchange activities, such as May 2020.
- After sending their tickets and boarding cards, participants will receive the reimbursement of their travel costs once the hosting organisation receives the first tranche of payment by the Spanish National Agency.
- Group leaders will be in charge to ensure that all his/her group of participants has completed the documentation and has given all the receipts.
- Please note the followings are not eligible costs for being reimbursed: taxi/cabs, business class, airport lounge, and similars. That means you may like using such services but they remain under your economic responsibility.
- We recommend you to use the local public transport for all your journey. Whenever a lack of those public transport raises, contact your sending organisation and together we will offer you the most suitable option.

* See the box above.

3.

ACCOMMODATION

Participants will be accommodated at CASAL D'ESPLAI El Saler.



Check <https://www.juventud-valencia.es/pagina.php?id=30#contenido> for more pictures and details.

Adress: C/ Gola de Puchol, s/n 46012 El Saler (Valencia)

The Venue

The venue of the Project will be in El Saler but some activities will take place in the city of Valencia.

El Saler: It's a district of the city of Valencia (Spain), located in the district towns of the South, in the Natural Park of Albufera. El Saler, meaning "salt", in Valencian language refers to the extraction of salt, which used to be the main economic activity in the area.

Valencia: is the capital of the autonomous Community of Valencia (Comunitat Valenciana) and the third largest city in Spain after Madrid and Barcelona, with around 800,000 inhabitants in the administrative centre. Its urban area extends beyond the administrative city limits with a population of around 1.5-1.6 million people. Valencia is a bilingual city: Valencian and Spanish are the two official languages.

Valencia has a Mediterranean climate. The average temperature for the end of May and the beginning of June is between 24°C - 28°C but it can get chilly at nights.

4.

GETTING TO VALENCIA

By plane:

Valencia-Manises airport is the closest airport and it has a good communication with the subway. There are two underground lines starting from the airport: line 3 (Rafelbunyol-Aeroport) and line 5 (Marítim Serrería - Torrent Av. / Aeroport). The station is at the ground floor of the Arrivals terminal. The journey takes around 25 minutes from the airport to Valencia City center.

By Train:

There are two main train stations within the city's metropolitan area.

- ESTACIÓN DEL NORTE. Valencia has its own city centre station for the local train network (cercañas), which consists of six lines that connect Valencia to Gandía, Mogente, Castellón de la Plana, etc.
- JOAQUÍN SOROLLA STATION: From the high-speed train station, the AVE trains connect the city to Madrid, Cuenca and Albacete, with 17 daily departures and an approximate journey time of 1 hour 30 minutes. In addition, the Alaris and Euromed long-distance trains connect Valencia with the main cities within the Country (Barcelona, Sevilla...).

By Bus:

There is a good bus connection all over Spain territory. If you land at nearby airports (such as Castellón de la Plana, Alicante, Barcelona, Madrid), you can easily find a bus to get straight to Valencia Bus Station (Estación de Autobuses de Valencia, Carrer de Menéndez Pidal, 11). Just outside the bus station, there are several bus stops and the metro station Túria to get the city centre in about 20 mins.

The most popular bus company is Alsa. If you book in advance, there are very cheap options. Check the website for more information: <https://www.alsa.com/en/web/bus/home#>

Otherwise, check also Flixbus timetables and prices at <https://www.flixbus.co.uk/coach/spain>

Arrival

The organisation will fix a pick up point with the participants and will provide further information about how to get the venue (Casal d'Esplai El Saler).

5. WHAT TO BRING?

We kindly ask you to bring:

- Clear information (in English, if possible) about the main activities of your organisation - such as initiatives it has previously joined/organised, non-formal learning methods used, etc. - so that you can present it.
- For the intercultural night: since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others.

P.S. Feel free to be creative! We encourage you to think out of the box preparing: role-playing theatres, quizzes, energisers, games, dances, audiovisual presentations etc.

- Information about the situation in your countries: what is the general point of view from your government, measures, plans, actions and what's the people's point of view and reactions/behaviours regarding the topic;
- And of course motivation, open mind and active spirit.

During springtime, weather in Valencia is generally warm. Nevertheless, in the evening it can be windy, so we suggest bringing a jacket and some warm clothes.

- You can bring your swimsuit in case there is good weather and we decide to take a bath ;)

If you have any questions, please contact:

tecniccjv@gmail.com or zairadivella@gmail.com

Important info & rules!

- Please note: do not purchase any tickets without receiving an official e-mail confirmation sent by a responsible person of Consell de la Joventut de València.
- Please remember to keep all your boarding passes and tickets and give them to your group leader. The same should be done on the way back. The group leaders have to send us all tickets and boarding passes.
- Respect and keep clean the place where you are staying at.
- Smoking is not allowed indoors.
- Drinking alcohol is not allowed. Exception will be made for the intercultural evening where participants will taste traditional drinks with moderation.
- After midnight, please try to be more silent. Whoever wants to join late night gatherings, we have a garden we can use.
- Be prepared for the cultural evening before you come to the youth exchange where you will represent your country's culture e.g. music, a short description about the country, anecdotes, funny videos about the country etc. Please bring food and drinks typical of your country!!
- Group leaders are responsible for their participants and must inform them about all practicalities of the youth exchange e.g. the time the participants should start the warmup activities, the workshop activities, the cultural evenings etc.
- All participants have to participate in all activities and should be on time during the youth exchange. If participants have any problems for certain reasons and they cannot participate in some activities, they should inform their group leaders first or the project leader!
- Group leaders should support and help the organising team and should attend group leaders meetings which take place on a daily basis.
- Each participating group should prepare some warm-up activities and energisers for the youth exchange.
- If you want to organise a free time activity and would like to show to and share with the other participants, you are welcome to do, but you have to let your group leader and us know in advance!



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