

YOUTH EXCHANGE

DISCONNECT TO RE-CONNECT



07.08 – 15.08

CATALONIA, SPAIN

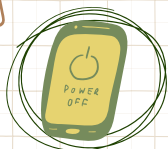


About the project

This youth exchange aims to create a space where the participants can disconnect from technology to connect again with themselves, offering them the tools to focus on their self-development process. The participants will be encouraged to stay off from social media and reflect about its negatives aspects, analyzing the effects of social media on a person's self-image and promoting the creation of more meaningful connections with their peers around Europe. What makes this youth exchange special is the fact that during the project there will be many open-topic workshops to really give the participants the chance to take initiative on the spot and facilitate workshops that are important for them. The project will be held in a rural and quiet environment surrounded by nature which will help participants to fully disconnect from their daily lives and focus more on the present and their personal growth.

During the Youth Exchange, all activities will be conducted in English.

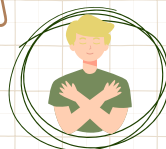
OBJECTIVES



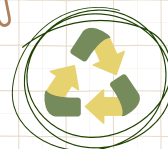
To encourage participants to find alternative ways of entertainment without technologies.



To learn different self-analyzing tools that will be useful for their personal growth.



To define your own well-being standards. Encourage independence and self initiative.



Promote sustainable and ecological practices during the whole mobility.

PARTICIPANTS

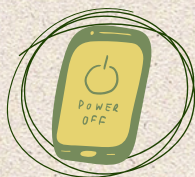
COUNTRY	NUMBER OF PARTICIPANTS
SPAIN	6
BULGARIA	6
NORTH MACEDONIA	6
ESTONIA	6

During the youth exchange, the participants will be fully supported by the facilitators to use the methods brought by them in order to explore themselves and their relation with the context of digitalization times. We are looking for 5 + 1 highly motivated participants between the age of 18-25 from Spain, Bulgaria, North Macedonia and Estonia, that will bring together their personal experiences and motivation to work on self-analysis and self exploration tools. Previous experience from the participants is not necessary. It is highly expected to be active and to take part in all of the sessions during the whole youth exchange.

The youth leaders will be expected to attend an online APV in July, to help to plan the program in detail.



The participants will be provided with 3 meals every day, considering their special allergies and diets. They will be divided in groups, to help in the process of the preparation of the food and cleaning of the venue every day.



PHONE - One of the goals of the project is to experience distancing yourself from social media. This means that the participants are expected not to use their phones for most of the time. Keep in mind that it is a camping area where the connection is already quite bad.

TRAVEL

COUNTRY	NUMBER OF PARTICIPANTS
SPAIN	23 €
BULGARIA	275 €
NORTH MACEDONIA	275 €
ESTONIA	360 €

If you want to use the green travel, the participants will get additional money, depending on the budget for each country.

REIMBURSEMENT

- Travel expences will be reimbursed to the sending organization max 3 months after the project.
- Before buying any tickets, have the youth leader send the travel proposal to the hosting organisation, so they can confirm. Otherwise the tickets might not be reimbursable.
- For the reimbursement to happen, it is very impotant that the participants should keep all the invoices of the transport they have used, in its original form.
- It is recommended to choose the cheapest and the greenest option for travel, which means that the car trips and the taxi can not be reimbursed.
- All the original travel documents (receipts, invoices, tickets and boarding passes) in the both ways should be uploaded in this folder, creating a folder for you country, for each participant.
- You must take part in all the workshops during the youth exchange failing to do so without an exceptional reason might result in your tickets not being reimbursed.



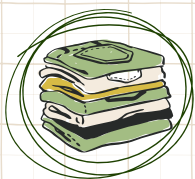
EXTRA DAYS - You can choose to travel a maximum of 2 days before and after the project. The accommodation and food for extra days will not be covered by the project.

ACCOMMODATION

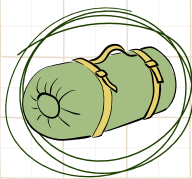
The youth exchange will take place in a camping area in Catalonia which has all the necessary facilities: camping place, covered dining area, bathrooms, showers with hot water and kitchen. The hosting organisation will provide the tents. Further information will be provided soon.



WHAT TO BRING



- Light clothes
- Warm clothes
- Sport clothes
- Sport shoes
- Swimwear
- Flip-flops



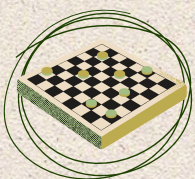
- Sleeping mat
- Water bottle
- Sleeping bag
- Mosquito repellent
- Flashlight/headlight



- Hygiene products
- Personal Medication
- Beach towel
- Bath towel
- Sunscreen



Snacks, food or any other material that the participants will like to share on the intercultural night.



You're welcomed to bring any card game, board game or activity to enjoy during the free time.

PRACTICAL AND IMPORTANT THINGS



TRAVEL INSURANCE

It is mandatory to have a medical insurance. (European Health Card) during your travel. The host organization will not cover any personal health costs.



CONTACTS

E-mail: info@vibria.org

Instagram: [vibria.intercultural](https://www.instagram.com/vibria.intercultural)

Once the group is complete, we will create a Whatsapp group to communicate before and during the project.





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SOON, WE WILL SEND A MORE COMPLETE
INFOPACK WITH ADDITIONAL INFORMATION

