



## Youth Exchange: *Together we act! Empowering young people's voice*



### Technical information

- **Activities:**
  - 1 Preparatory visit (1 leader per country + 1 young participant) **DATES TO BE CONFIRMED**). In Barcelona or online.
  - 1 Youth Exchange in Cal Mata, [Saifores](https://www.calmata.cat/index.php/es/) from the **22 to 30th August 2022**.
- **Organisations:** Esplais Catalans (Coordinator), Escola Lliure el Sol, Kinderfreunde, Independence Youth Union and Rota Jovem.
- **Participants per country:** 4 young people (from 16-26 years old) + 1 leader (18 - 30 years old). Total number of participants: around 25.
- **Place:** Saifores, between Barcelona and Tarragona. The accommodation is a house in the middle of the countryside (<https://www.calmata.cat/index.php/es/>). The participants will share the house with a group of national youth leaders that will be doing a different training.
- **Participants fee\*:**
  - 45€ for participants from Austria.
  - 35€ for participants from Portugal and Catalonia.
  - 25€ for participants from Palestine.

\*We don't want money to be an obstacle. So please get in contact with us if there are participants with fewer opportunities or economic obstacles



## Objectives of the youth exchange

*Which values accompany our educational practices? What ways do we have of participation and internal democracy so that young people can be agents of change? How can we encourage youth participation and transform society? Do we have a critical attitude and are we truly inclusive? What can we do so young people's voices are heard in society?*

This project aims to offer spaces for dialogue and reflection among young people from different European entities and the Mediterranean arc of non-formal education on how we can make young people's voice more heard in their society and organisations. Goals of the project:

1. Promote structure dialogues, spaces to reflect and debate on which values do we educate through our organisations
2. Explore ways of democratic participation in youth entities.
3. Empower and train young participants to be agents of change and increase their critical spirit
4. Promote greater intercultural awareness among young people
5. Strengthen the network between non-formal education organisations in Europe and the Mediterranean arc and the network among young people.

## Important information prior of the exchange

### What to bring?

- Notebooks, pencils,...
- Printed materials from your organisation in order to be able to show your activities and explain them to your mates, any merchandising materials are also welcome. If you have any videos that you would like to show, books, photographs,...
- If you play any instrument do not hesitate to bring it to the course!
- Comfortable clothes, we will be outside and doing workshops most of the time.
- Summer comfortable clothes, the place is warm most of the time, bring also some jackets or pulls for evenings.
- Sleeping bag / bed sheets
- Swimsuit, towels, sun cream, hats, sunglasses,...
- Toilet bag
- Mosquito repellent
- Refillable water bottle
- Food from your region (we will have an international cuisine exchange)
- Games, ideas, plenty of energy!





## Arrivals

We will be waiting for you all on the 22nd of August in Cal Mata. We will try to guide you on your way from the airport to the accommodation and participants from Esplac will meet you in the train station to make your way together to Cal Mata.

Please, have in mind that **the first meal provided by Cal Mata will be dinner**, so if you are arriving early please bring your own lunch.

## Departure

The 30th of August will be the departing day. We can transport you with a van to the nearest train station and give you proper indications to reach the airport. We recommend that you pick your return flight in the afternoon so you have enough time to get to the airport.

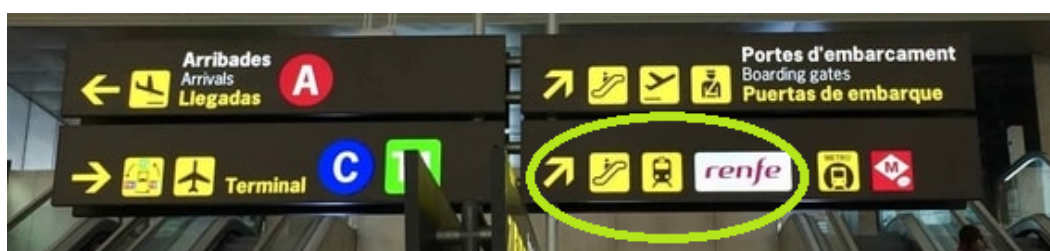
**Please bear in mind that you (or your organisation) have to buy your own flight tickets, these will be reimbursed up to 275€ for participants from Austria and Portugal. Participants from Palestine can be reimbursed up to 530€.**

**We will reimburse you via bank transfer. To get this reimbursement it will be necessary to provide the boarding pass, payment tickets and any other original invoice/receipt.**

## How to get to Cal Mata

- **Step 1: Airport ---> Barcelona Sants**

Once you arrive at the airport you will have to go to the Airport Train Station. There you have to take the train that will take you to **Barcelona-Sants Estació**. The line that gets you there is **R2**.



The train station is in Terminal 2, if you are arriving at Terminal 1, you'll have to go first to Terminal 2 (there's a free bus that gets you there) and then go to the train station.

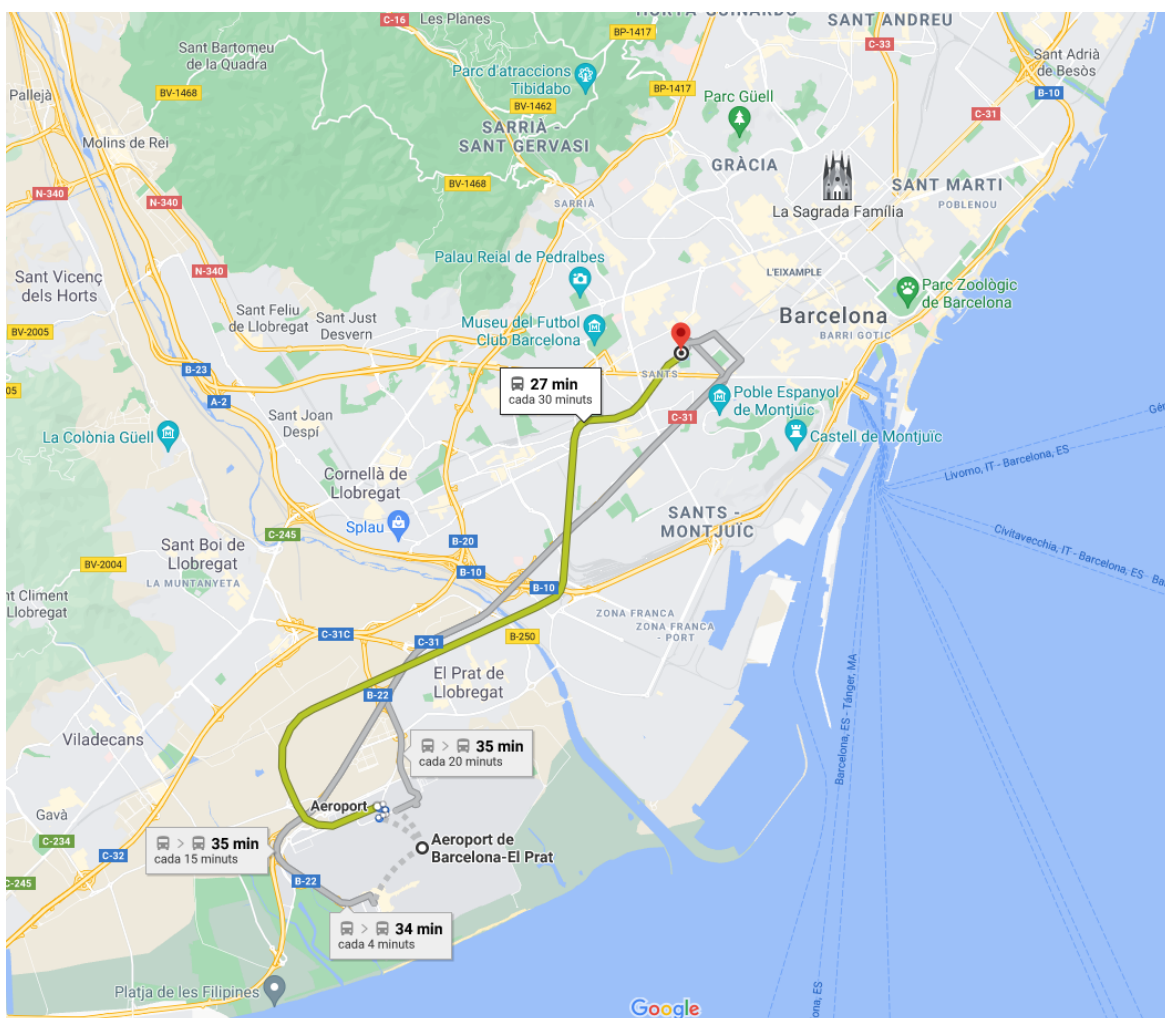


**R2  
Nord**

At the **Airport train station** you will have to buy the train ticket. The best option is to purchase a 10 travel ticket for 6 zones (“**Bonotren 10 viatges de 6 zones**”) that can be used for all the group (keep it for your return travel) and that will allow you to get to the next train. The total amount for this ticket is 47,75€.

This first train travel has this itinerary, don't get off the train until you arrive to Barcelona-Sants:

**Aeroport** > El Prat de Llobregat > Bellvitge > **Barcelona-Sants**



You can take a look at the train timetables here: <http://rodalies.gencat.cat/en/horaris/index.html>





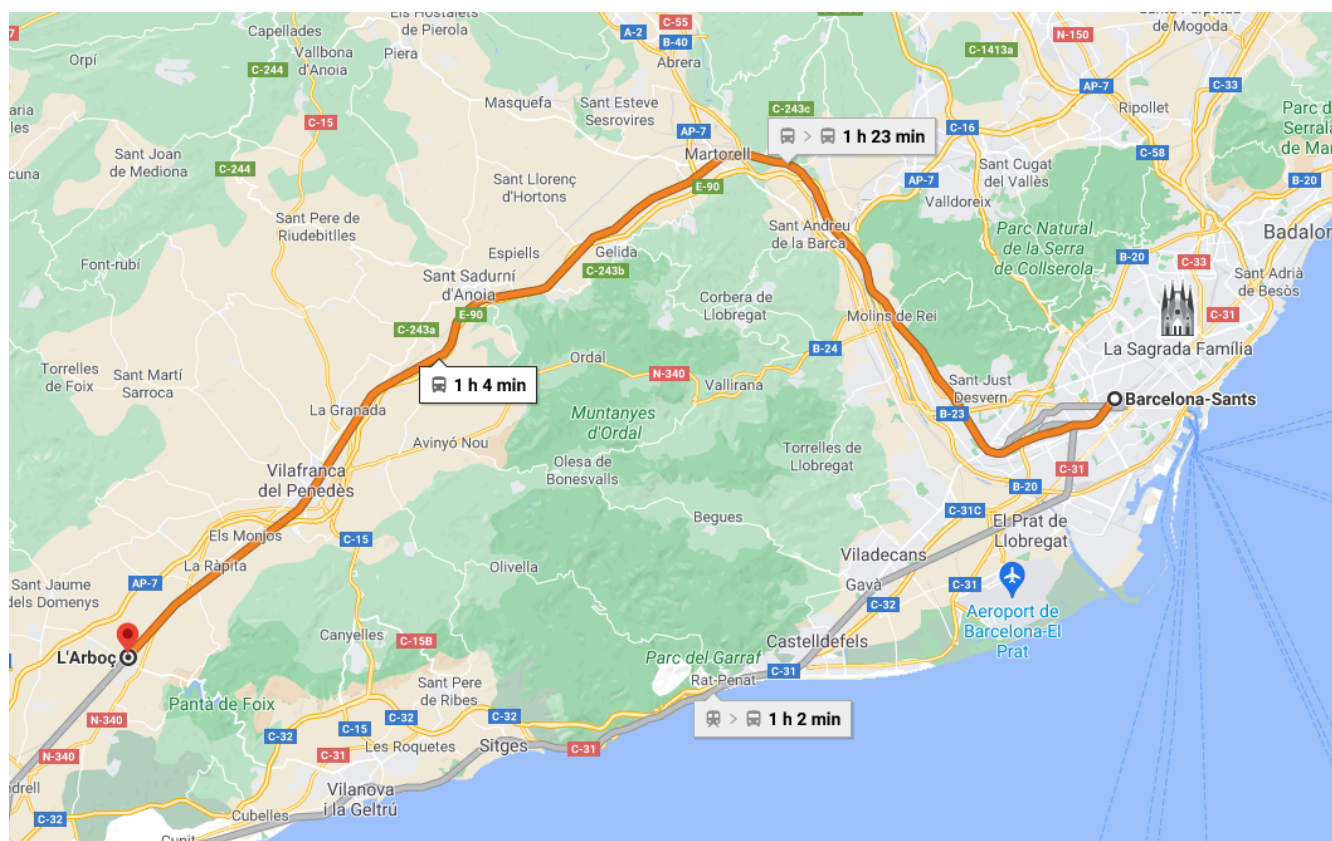
- **Step 2: Barcelona-Sants ---> L'Arboç**

Once you get to **Barcelona-Sants** Station you will have to take a train from there to **L'Arboç**. The line that runs between these two stations is **R4**. Once you get off the train you will have to go upstairs; you will have to change platforms but do not go outside the station and the "ticket gates".

This is the train stop itinerary:



**Barcelona-Sants** > L'Hospitalet de Llobregat > Cornellà > Sant Joan Despí > Sant Feliu de Llobregat > Molins de Rei > El Papiol > Castellbisbal > Martorell > Gelida > Sant Sadurní d'Anoia > Lavern-Subirats > La Granada > Vilafranca del Penedès > Els Monjos > **L'Arboç**



The trainers' team will pick you up with a van from the train station L'Arboç to the house (Cal Mata). So there will be no need for another public transportation :)

Transportation:

- R2 (Train): Airport ---> Barcelona-Sants
- R4 (Train): Barcelona-Sants ---> L'Arboç
- Van: L'Arboç ---> [Cal Mata](#)

One ticket for all the group:

- Bonotren 10 viatges 6 zones



## Some important rules

There will be around 30 people from another training from Esplac sharing the same space for 8 days, coming from different backgrounds and having different lifestyles. It is important that we try to have a fluid and effective communication and we respect each other. In this regard we have several rules to ensure a great experience for everyone!

- **100% active participation during activities:** during the exchange there will be plenty of activities that rely on your active participation. We expect you to be engaged with them. In this regard we want you to self regulate your energy (sleeping times, drinking,...).
- **Hard alcoholic drinks are not allowed:** at night, once the activities are over, it is allowed to have a beer or a glass of wine but not drinks like vodka, rum or whisky just to mention some examples.
- **Smoking is not allowed during the sessions, meals and either indoors:** smoking will be allowed during free times and outdoors, try to not disturb your mates.
- **Mobile phones should be turned off training sessions:** we would like to have your full attention during the activities.
- **No naked people during meals and sessions:** when we are doing the activities and having meals wearing T-shirts and shorts or alike is mandatory.
- **First aid kit:** in the trainer's room we will have basic drugs and first aid kits for emergencies. However, if you anticipate that you will need anything we encourage you to bring it from home.
- **Protocol to prevent aggression and violence against discriminatory attitudes and women:** both Esplac and Escola Lliure el Sol have a protocol to prevent violence and aggressions. During the exchange we will talk about it but no aggression of any type will be tolerated.
- **Tasks in squads:** each participant will be assigned to one squad responsible for a given task every day. Some of the tasks are cleaning the outdoors or indoors spaces, preparing the table for meals, cleaning the space or being in charge of waking up the group in the morning. It is important that all the members of the squad are responsible and comply with their duties.

Upon your arrival **we will review these rules and establish new ones** if we all think them appropriate. We all want to have a good experience and as said, we need to be able to talk about it and be able to share if something is disturbing us.