



we
are
all *timebankers*



Youth Exchange
8-16May
Pontevedra (Spain)



ABOUT THE PROJECT

The European Commission considers that the civil society has an important role in the elaboration of the European policy and will follow supporting the actions of the non governmental organizations, the social speakers and the civil society. It is so that collaboratives space, coworkings and timebanks are a creative experience of innovation and economical and social sustainability that has to be implemented in the European cities.

The few models that are already working are generating a big impact of local development, entrepreneurship, youth empowerment and citizen participation, desirable for the current societies.

However, the youth citizenship of the European Union countries do not take part in these new innovative initiatives because of different reasons: lack of active young participation in voluntary programmes, social activism or timebanks; lack of entrepreneurship attitude and low participation of the young people in the decision making processes and in the co-design of the civil society.

The direct causes of these problems are the lack of youth education on skills to get a job through our selfacknowledge, the lack of consciousness in high schools and families regarding the important aspect of getting an active participation of the citizenship, the difficult access to models of social entrepreneurship and the lack of connections between youngsters and companies.

The project "We are all Timebankers" will be developed between 8th to 16 of May 2019 in the city of Pontevedra, in Galicia (Spain). This youth exchange will involve youngsters from five countries (Spain, Greece, Slovenia, Portugal and Spain) who will be selected for their motivation, and the priority will be given to people who are already developing activities in the educational and social field.

OUR PARTNERS



ESTONIA



GREECE



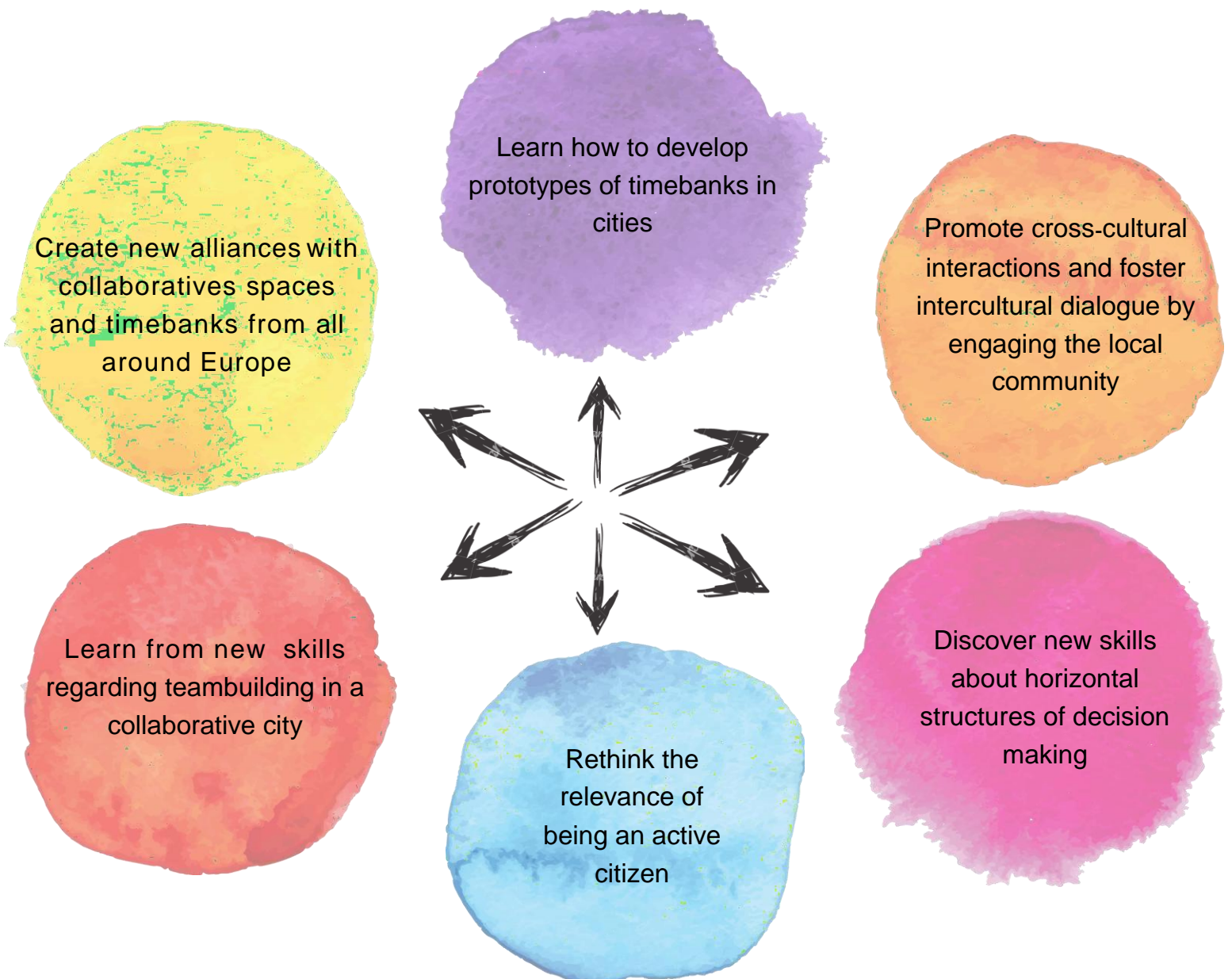
PORTUGAL



SLOVENIA

This youth exchange aims to use non-formal education and dialogue and intercultural exchange to provide our participants with practical tools to encourage the active youth participation. In doing so, we also pursue to help the participants to improve their social skills and employment skills and their access to working market.

We want to expand the scope and applicability of this meeting through the creation of pedagogical material prepared by the participants. With this in mind, the young people, as well as all entities which are part of this project, will be responsible for the dissemination of the contents to promote their application in the field of non-formal education.



PARTICIPANT'S PROFILE

"We are all timebankers" will bring together 32 youngsters between the ages 18 to 30 years (except for the group leader of each national group, for whom there is no age limit) with a mix of socio-cultural backgrounds. Ideally, participants will be youngsters who have faced inequity and/ or social exclusion or have fewer opportunities because of personal, economic, cultural, social or geographic obstacles.

Participants will not be required to have any sort of previous experience with volunteering or international programmes, but they will be highly motivated to become change-makers in their communities by engaging in future actions that will help to raise awareness on the topic of active citizenship together with their sending organizations.

Participants are expected to have a good level of English that will allow smooth communication and be willing and committed to actively participate in ALL sessions. Besides, participants should commit to keep to the deadlines, carry out the preparatory tasks asked for by the organizers and be willing to follow-up on the youth exchange in co-operation with their sending organization.

Partner organizations are encouraged to keep the gender balance as much as possible when selecting participants.

NUMBER OF PARTICIPANTS PER COUNTRY:

- SPAIN: 5+3
- ESTONIA: 5+1
- PORTUGAL: 5+1
- SLOVENIA: 5+1
- GREECE: 5+1

GROUP LEADER'S PROFILE

We would like to prepare and carry out a highly participatory youth exchange where Group Leaders will be actively involved in the design of the activities and will guide their national teams in its implementation.

For this, Group leaders should be chosen according to their previous experience in international activities and/or involvement with their sending organizations.

The methods used in this Youth Exchange will be those of non-formal education and experiential learning, including creative sessions, debates and active inter-cultural learning processes that will encourage young people to become active citizens and to share their gained understanding and knowledge with others. The Youth Exchange will be composed of the following blocks:



"We are all timebankers" will be implemented in Pontevedra, one of the four provinces of the Autonomous Region of Galicia, in northwestern Spain. Galicia's landscape is mostly dominated by forest and mountains and it is well-known among national and international visitors by its seafood, nature and coastline sites.

Whether you come from Madrid or Porto, it is possible that you will have to travel through VIGO (the largest city in Galicia), 30 km away from Pontevedra. If that is the case, you can catch any regional train or bus. Arriving to Pontevedra's train/bus stations (in the map).

It will take you around 30 minutes, and once you are there ALOXA hostel will be less than 200 meters away!



The cheapest and more convenient way of travelling to Pontevedra is by plane. However, **Peinador airport (Vigo)** or **Lavacolla airport (Santiago de Compostela)** are not very big, so you might struggle to find good deals for direct international flights. The best thing will be to travel from your country to Madrid or Barcelona, and then catch a national flight to Santiago. Flights between Vigo/Santiago and Madrid/Barcelona are operated mostly by Ryanair, Vueling and Iberia and the price for a return tickets goes usually from 30 to 80 euros.



Another good option is arriving to Porto: being only 170 km away, **Porto airport (Francisco Sá Carneiro)** will probably be the best option regarding duration of the trip and price. From this airport you can arrive in Pontevedra with three bus companies:

Autna covers the route Porto Airport-Vigo several times a day and some of the buses go on to Pontevedra.

ALSA connects as well Porto with Santiago de Compostela and this route has a stop in Pontevedra, although these buses do not run so frequently.

FLIXBUS connects as well Porto with Pontevedra, although these buses do not run so frequently.

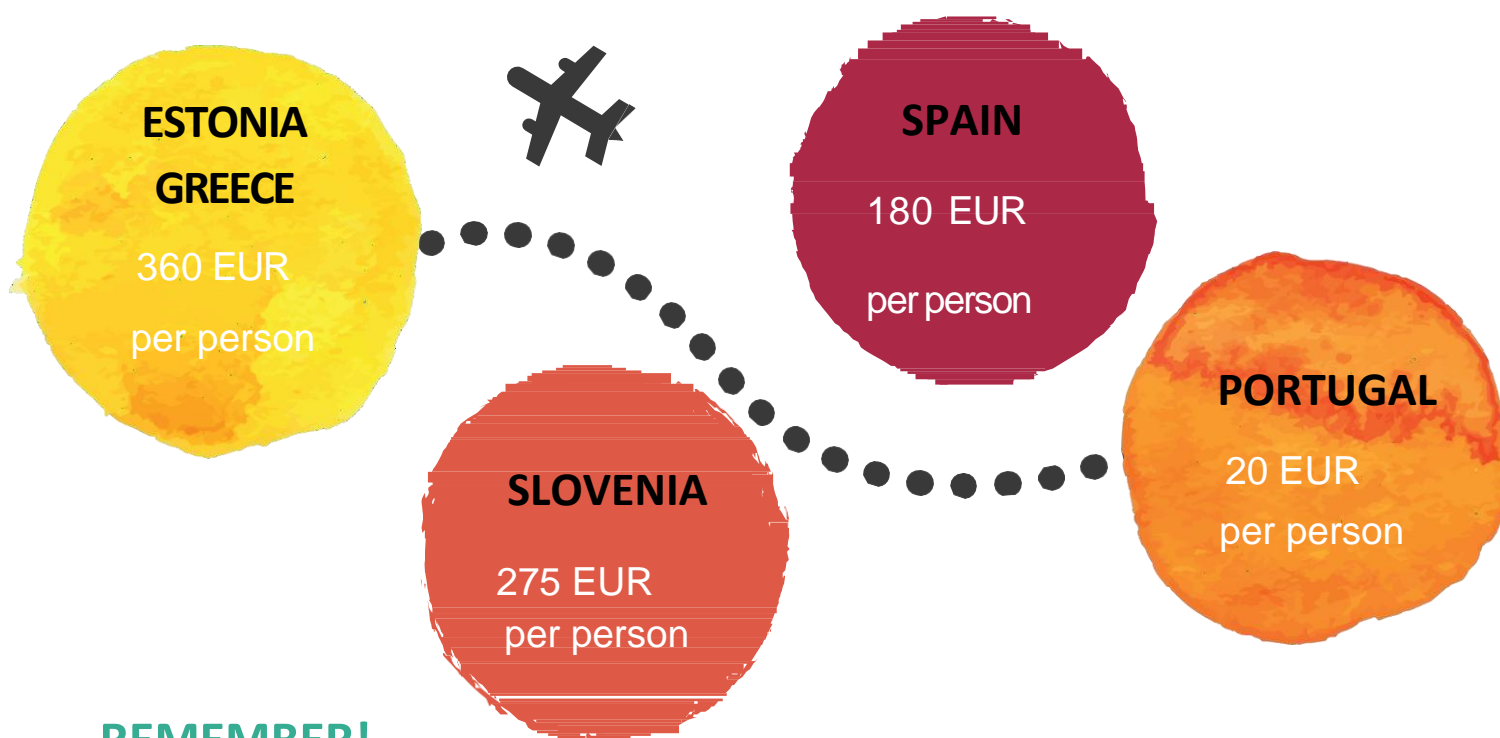
Arrival: Participants are expected to arrive **no later** than 18:00h on 8 th of May, 2019 and depart **no earlier** than 00.00 on 16th of May.

We know that travelling to and around Galicia is not the easiest thing, so if you have any doubt or you are not very sure of which itinerary you should take, please contact us on our email, Facebook page or phone number, we will be glad to assist you! (Check last page for contact information).

TICKETS AND REIMBURSEMENT

During the project week, accommodation, food and all other project-related expenses will be covered by the Erasmus+ programme. When buying tickets, bear in mind that there is a fixed maximum amount reimbursable for your individual trip costs. The sum, set by the European distance calculator, covers the travel costs from your home city to the venue and back. Travel costs exceeding the maximum reimbursable amount will not be covered.

Reimbursement of travel costs will be made via bank transfer to the sending organization upon presentation of all original tickets (including return tickets), receipts, invoices and/or boarding passes and AFTER receiving proof of dissemination activities carried out maximum 1 and a half months after the youth exchange.



REMEMBER!

- ✈ Arrange all your travel in advance based on economy class tickets and plan the cheapest route possible.
- ✈ Just public transportation can be reimbursed.
- ✈ If you have any doubt about your travelling plans, please contact your sending coordinator or the hosting team **before** booking tickets.
- ✈ Participants can travel **maximum** 1 day before and 1 day after the official start and end of the project. During that extra time, food or accommodation are NOT provided.

NOTE: PLEASE REMEMBER TO BRING THE ORIGINAL TICKETS AND INVOICES WITH YOU. WE WILL NOT BE ABLE TO REIMBURSE YOU WITHOUT THEM.

PRACTICALITIES

Insurance

It is mandatory to have a valid travel and medical insurance (i.e.

European Health Insurance Card) during your travel. The host organization will not cover any personal health costs.

If you need help with this, please contact your sending organisation.

Cultural nights

During the week we will be able to discover one another's cultures and national delicacies.

The format is still to be decided, but it will involve traditional snacks or drinks from your country/region/culture, as well as songs, dances and stories to share. Be ready to share them!:)

Weather

One of the most precious mysteries in Galicia, since you can never be sure of what the day will look like!

Generally, we can expect an average temperature of 19 °C for May. During the day we could get as warm as 25 °C, but evenings will be definitely fresh with 12 °C.

This might sound like beach weather for Baltic people, but we advise you to grab some warm clothes and raincoat. Still, do not forget sports clothes, You will need them!

Participation fee

There will be a 30 EUR participation fee to be brought in cash at the beginning of the project.

The money will be spent on the benefit of the activity to provide extra materials, activities and more fun times.

CHECKLIST AND CONTACT



Interested? Fill in the [application form](#) and send it to us.



If selected to participate, create your travel plan, send it to your coordinator and/ or to the hosting team and wait for confirmation before buying tickets.



Once you have tickets, send all travel confirmations to ana.delvalle@ticket2europe.eu.



After selection, we will invite you to join the project's official Facebook group to make communication a lot easier.

READY TO FLY? DON'T FORGET...

- Brief presentation of your organization and your country/culture.
- Traditional snacks/drinks for cultural night.
- Your passion items (guitar, juggling balls, board games, dancing monkeys).
- Comfortable/sport clothes.
- Special personal items (towel, flip flops, medicines, shampoo, etc.).

CONTACT US

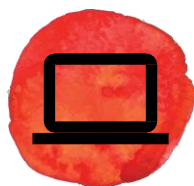


Ana del Valle

ana.delvalle@ticket2europe.eu



...OR FIND US HERE



Note: Failure to participate in the content sessions or inappropriate behavior might result in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.



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