

INTERNATIONAL YOUTH EXCHANGE

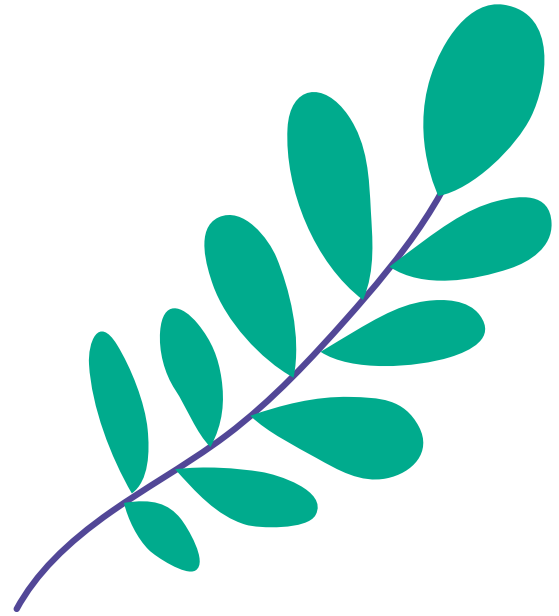
# SPROUTING FUTURE

23-30 March 2022, Pontevedra (Spain)

## Infopack

# ABOUT THE PROJECT

If **ruralize the urban, sustainability and positive impact**, resonates with you, **Sprouting Future** is the project you were looking for! We'll be exploring how to **add value** to our communities taking action at a social, environmental and personal level. The main focus of this youth exchange is to work on your **collective and personal skills** and **motivate** you to make a difference.



Nowadays, it is essential to be aware about the potential of rural spaces in order to provide solutions to **social and environmental problems**, such as unemployment, climate change, rural abandonment, depletion of natural resources, etc...and enhance the care of the environment, by getting a closer approach to nature. In short, use this priceless resource to provide a solution for many of the problems that affects many of us and the **ecosystems** where we coexist. Lately, we pursue to get our minds together and find out how can we **plan a green structure** which guarantees a more egalitarian and inclusive development for everyone.

This project was designed to **empower** youth as **change agents** by discovering and sharing a diversity of **entrepreneurship** models which are linked to the **rural life and** the process **of ruralize the cities**, co-creating a **positive impact in our communities**. We will **share and brainstorm** new ways to balance life and use our resources in a more efficient and sustainable way, regarding not only the environmental but economy, social parameters, innovation and food sovereignty.

## OUR PARTNERS



Latvia



Greece



Bulgaria



North Macedonia

"**Sprouting Future**" will be an international Erasmus+ Youth Exchange organized by **Ticket2Europe**. The main activity project will take place in **Pontevedra (Spain)** during the period of 23-30 March 2022. Hereafter you will get to know the specific objectives of the project.

## OBJECTIVES



- Get a closer look to **environmental reality, issues** and **opportunities as change agents**;
- Explore how **cities and rural** areas can support each other;
- Get involved with the **local community** and contribute to **improve** their spaces;
- Reflect on how to **bring rural vibes** into cities;
- Identifying rural spaces as spots for creativity, business **opportunities and innovation**;
- Co-create an **intercultural exchange** where to share ideas, knowledge, good practices... and coexist in a **respectful** and cooperative way;
- **Engage youngsters with nature, rural life and environment protection** throughout participative, interactive, intergenerational activities;
- Get **inspired and motivated** by several green entrepreneurs with different backgrounds and areas that might help us to explore new ideas and solutions related to **sustainability**;
- **Reforest** a small area of Pontevedra with the local community;
- **Create a community of nature lovers and enjoy this unique experience together in Pontevedra!**

# PARTICIPANTS PROFILE

The project will include 32 participants from 5 countries (**Spain, Greece, Bulgaria, Latvia and North Macedonia**) aged between 18-30 (except group leaders for whom is not age limit).



## ABOUT PARTICIPANTS

We are looking for **participants who are familiar with sustainability** who are **deeply** interested in **triggering a change in their communities**.

**Motivation and willingness** to implement future activities/events with the sending organization will be one of the key factors for selection.

Participants are expected to communicate themselves in English and be willing and committed to actively participate in all the activities of the program and in the daily tasks, in an **active, cooperative and respectful way**.

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, ideally in co-operation with their sending organisation.

# GROUP LEADERS PROFILE

## ABOUT GROUP LEADERS

We would like to develop and carry out a dynamic youth exchange in which **group leaders will be actively involved in the design and implementation** of the content part. For this, group leaders will be chosen according to their previous experience in international activities and/or involvement with their sending organizations.

## NUMBER OF PARTICIPANTS PER COUNTRY:

- SPAIN: 5+3
- LATVIA: 5+1
- BULGARY: 5+1
- N. MACEDONIA: 5+1
- GREECE: 5+1

# COVID 19 PROTOCOLS

Our commitment as the host organization is to ensure that **COVID-19 rules** are well explained to participants and strictly followed by all the people that will be involved in this youth exchange.



## COVID 19 MEASURES DURING THE YOUTH EXCHANGE

We take all the measures very seriously and we will adjust our programme to the existing legal restrictions and expert's recommendations. You should have in mind that the situation is very dynamic, but for the moment, please take into consideration the following information:

- The use of protective mask in Spain is mandatory in all the indoor public spaces and for outdoor spaces when the safe distance of 1.5 m cannot be ensured. Please bring your own protective masks for all the days of the project.
- We will have disinfecting hydroalcoholic gel on our disposal during the activities, but you should bring your own sanitizer for your personal use.
- The capacity of the accommodation place was limited in order to ensure the safety of the guests.
- You should respect the rules and the security protocols to follow, especially when having access to the dining room and common rooms.
- As soon as you arrive at the accommodation, you will be given a rapid antigen test, in order to protect, as much as possible, the health security of all of us. In case your test is positive, you will not be able to access to the project.



## COVERAGE TEST

In case you need to make a PCR test or antigen test because you are not vaccinated or because it is mandatory to come back to your country, the project will be NOT able to cover those additional expenses.

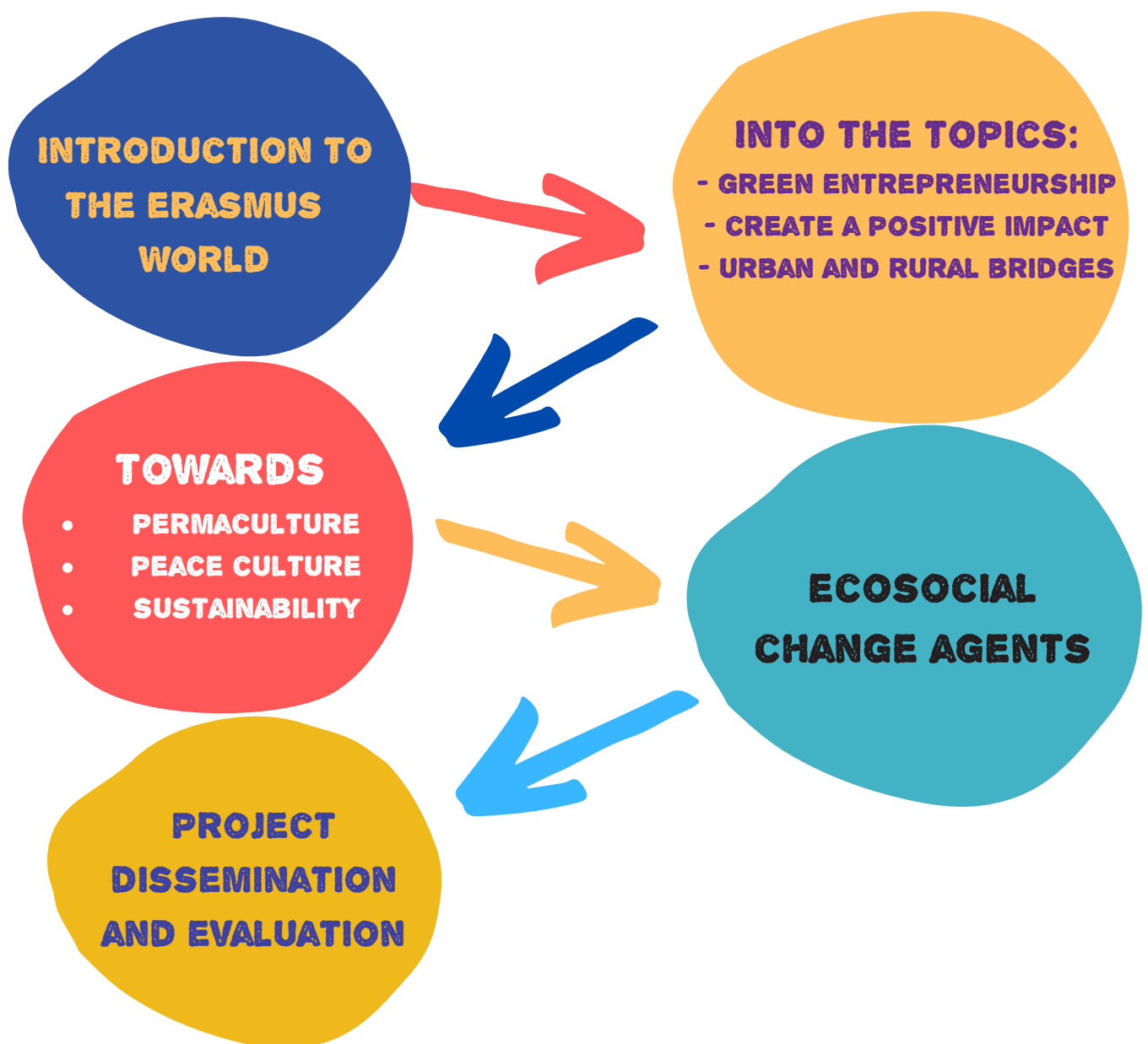
## PLEASE READ CAREFULLY

All protocols specified above are mandatory for all persons taking part in this youth exchange. By confirming your participation you also confirm that you have understood this section and that you will carefully follow all the specified measures and possible further measures implemented during the exchange. Measures may be adapted according to the specific situation of Spain during the youth exchange.

# THE FLOW!

The methods used in this Youth Exchange will be those of **non-formal education** and **experiential learning**, including creative sessions, discussions, 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 multiplying their learning in their local communities.

The Youth Exchange will be composed of the following blocks:



## ABOUT THE TIMETABLE

The official timetable will be revised with team leader and will be presented to all the participants at the beginning of the youth exchange.

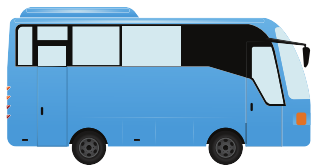
# THE VENUE



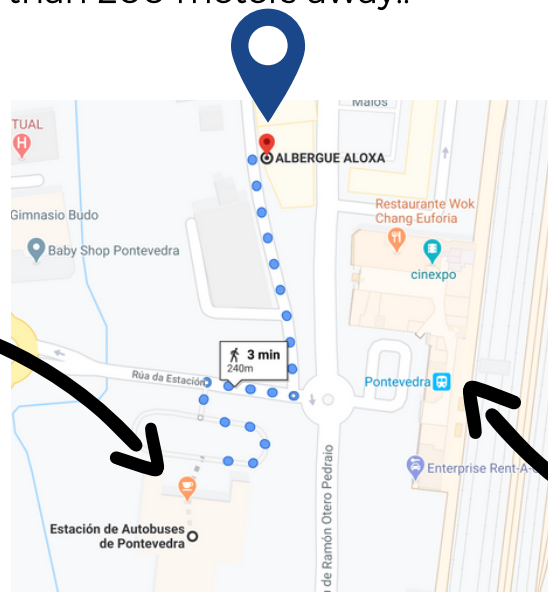
"Sprouting Future" will be implemented in Pontevedra, one of the four provinces of the Autonomous Region of Galicia, in northwestern Spain. Galicia's landscape is mostly dominated by forest and mountains and it is well-known among national and international visitors by its seafood, nature and coastline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

The Aloxa hostel is a cozy accommodation, a few minutes walk from the train and bus stations. It is a hostel designed for people who are doing the Camino de Santiago, so the beds are in a common space, divided by wooden panels.

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



Bus station



Train station



# HOW TO GET HERE



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. Once you arrive to Vigo or Santiago, you can easily get to Pontevedra by bus.

## **PARTICIPANT SHOULD BE IN THE VENUE**



**Arrival: Participants are expected to arrive no later than 18:00h on 23th of March and depart no earlier than 00.00 on 30th of March.**

## **ANOTHER CONVINIENT OPTIONS**

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 get to Pontevedra with three bus companies:

- FLIXBUS connects as well Porto with Pontevedra.
- AUTNA covers the route Porto Airport - Vigo several times a day and from Vigo and from there MONBUS runs to Pontevedra every 30 minutes.
- ALSA connects as well Porto with Santiago de Compostela and this route has a stop in Pontevedra.

## **DO YOU NEED HELP?**

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.

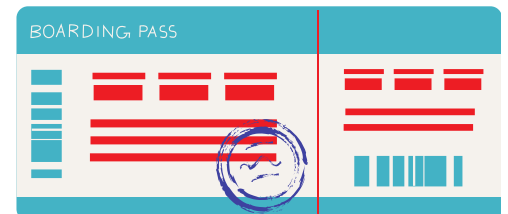
## ABOUT REIMBURSEMENT

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.

## CONDITIONS FOR REIMBURSEMENT

The maximum amount for travel costs is:

Bulgaria:	360€
Greece:	360 €
Latvia:	360€
North Macedonia:	360€
Spain:	180€



1. Arrange all your travel in advance based on **economy class tickets** and plan the **cheapest route possible**.
2. We can only reimburse **public transportation** (bus, train, metro, ...)
3. If you have any doubt about your travelling plans, please contact your sending coordinator or the hosting team **BEFORE** booking tickets.
4. 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.

## IMPORTANT ANNOUNCEMENT!

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



# PRACTICALITIES

## PARTICIPATION FEE

There will be a **30€ 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.



## INSURANCE

It is mandatory to have a **valid travel and medical insurance** (i.e. European Health Insurance Card) during your travel. The host organisation will not cover any personal health costs. If you need help with this matter, please contact your sending organisation.



## FOOD & DRINKS

During the project, exclusively **vegetarian/vegan** food will be served. The consumption of any type of **alcoholic** beverage will **not be allowed** in the accommodation.



## CULTURAL NIGHTS

During the week we will be able to discover one another's cultures and national delicacies. Each night, each country group will cook for the others with their traditional food from each region/country/culture. Also, would be nice to share songs, dances, stories or whatever you would like.



## THE 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 14 C° for March. During the day we could get as warm as 16 C°, but evenings will be definitely fresh with 7 C°.

We advise you to grab some warm clothes and to have a raincoat always with you.



# CHECKLIST AND CONTACTS



Are you already Interested? **Fill in the application** form and send it to your sending coordinator.

If you have been selected to participate, create your travel plan, send it to us (**ana.delvalle@ticket2europe.eu**) 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?

### DO NOT FORGET

- Brief presentation of your organization and your country/culture.
- Traditional snacks/non alcoholic drinks for the cultural night.
- Your passion items
- Comfortable/sporty clothes.
- Special personal items (towel, flip flops, medicine...)

## CONTACT US

**ana.delvalle@ticket2europe.eu**

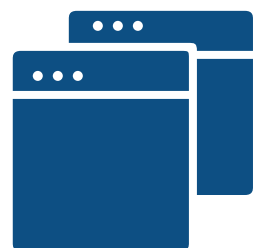
### OR FIND US HERE:



[Instagram.com/Ticket2Europe](https://www.instagram.com/Ticket2Europe)



[Facebook.com/Ticket2Europe](https://www.facebook.com/Ticket2Europe)



[Ticket2Europe.eu](https://www.ticket2europe.eu)



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