

**INTERNATIONAL YOUTH EXCHANGE**

**10-18 October 2023**

Pontevedra (Spain)

# PERSONAL AGENCY: MOOD ON!



Infopack

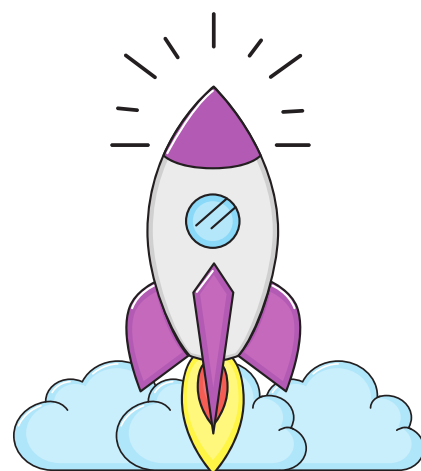


Erasmus+



# ABOUT THE PROJECT

After the pandemic, we live in a complex context where, for many generations in Europe, this event has been the event that has most affected their lives. Especially young people, seeing how the unemployment rate has risen in all the countries of the European Union, seeing how opportunities are reduced and with this, an un motivating outlook for the future.



But we are not only talking about labor issues, since psychologically the effects that the pandemic may have remain to be seen. For this reason, we believe that it is very important to give our young people tools to understand how the current context affects them, and the uncertainty of the future, and how they affect the context in order to process how they can create a prosperous collective future and how they have a very important role in creating the Europe of tomorrow.

In the field of Social Sciences, "personal agency" is defined as the ability of individuals to act independently and make their own decisions freely. To generate those actions they need to know what they are capable of and how they affect those around them.

In this project we will focus on how people are made, how they are interconnected with the world, how we use empathy to generate impact and how we can use that knowledge to generate impact, today.

# OUR PARTNERS



Lithuania



Greece



Italy



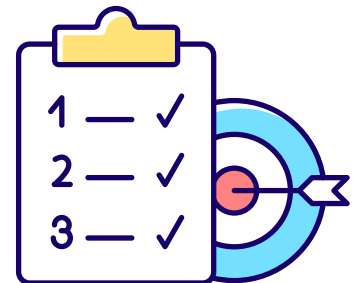
Turkey

# AIM

"Mood ON!" is an international Erasmus+ Youth Exchange organized by **Ticket2Europe**. The main activity project will take place in **Pontevedra (Spain)** during the period of 10-18 October 2023. Hereafter you will get to know the specific objectives of the project.

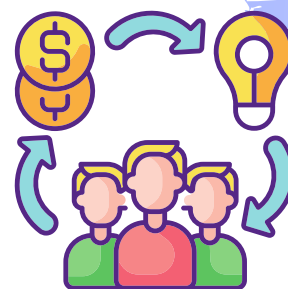
# OBJECTIVES

- To introduce personal agency as a tool for **personal development and social impact**;
- To **stimulate interaction** between participants and youth leaders, providing them with space to **share experiences, knowledge and learn constructively from each other**;
- To provide to the participants a **motivation to share the knowledge received** in the youth exchange, once they return to their places of origin;
- To promote **self-employment**;
- To encourage **transversal synergies** between participants, organizations and also all the agents involved in the project;
- To increase the feeling of construction of the **collective society as a European society**;
- **To create a community of changemakers and enjoy this unique experience together in Pontevedra!**



# PARTICIPANTS PROFILE

The project will include 32 participants from 5 countries (**Lithuania, Greece, Italy, Turkey & Spain**) aged between 18-30 (except group leaders for whom is not age limit).



## ABOUT PARTICIPANTS

We are looking for **participants who are familiar with social impact**, who are **deeply** interested in **triggering a change in themselves and 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.

## NUMBER OF PARTICIPANTS PER COUNTRY:

- SPAIN: 5+3
- LITHUANIA: 5+1
- ITALY: 5+1
- GREECE: 5+1
- TURKEY: 5+1

# GROUP LEADERS PROFILE

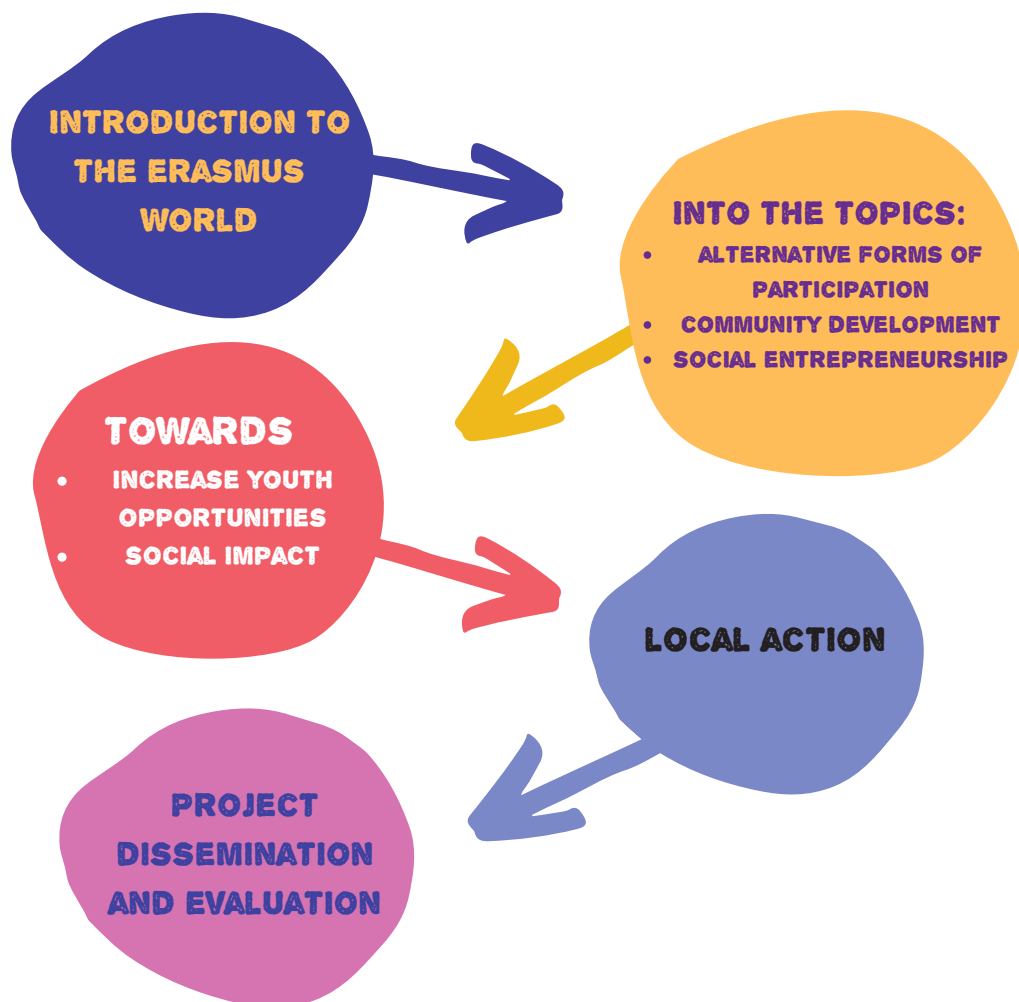
## ABOUT GROUP LEADERS

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.

# 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.

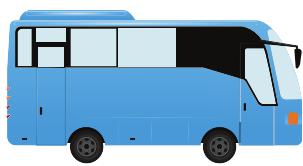
# THE VENUE



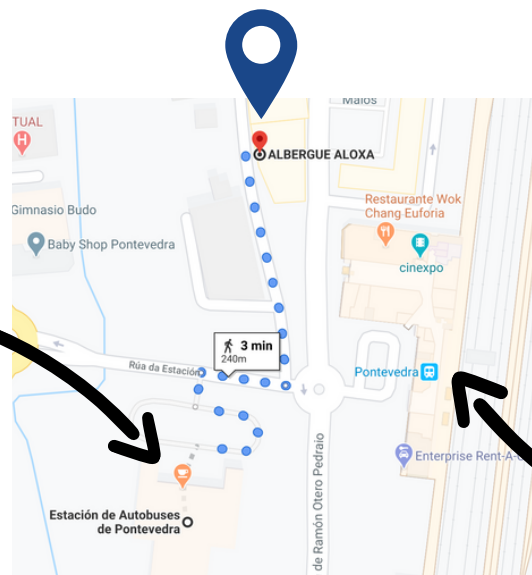
"Mood ON!" will be implemented in Pontevedra, one of the four provinces of the Autonomous Region of Galicia, in northwestern Spain. Galicia's landscape is mostly dominated by forest and mountains and it is well-known among national and international visitors by its seafood, nature and coastline sites.

The Aloxax 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.

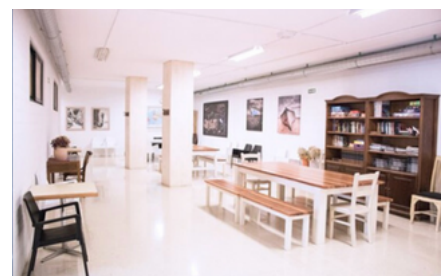
Whether you come from Madrid or Porto, it is possible that you will have to travel through VIGO (the largest city in Galicia), 30 km away from Pontevedra. If that is the case, you can catch any regional train or bus. Arriving to Pontevedra's train/bus stations (in the map) will take you around 30 minutes, 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 10th of October and depart no earlier than 00.00 on 18th of October.**

## **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:

Lithuania: 360 €

Greece: 360 €

Italy: 360 €

Turkey: 530€

Spain: 210€ (Green travel: bus or train) or 180€ (Plane)



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, transportation and 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 accomodation.



## 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 16 C° for October. During the day we could get as warm as 20 C°, but evenings will be definitely fresh with 11 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](mailto:ana.delvalle@ticket2europe.eu)) and wait for confirmation before buying tickets.

Once you have tickets, send all travel confirmations to: [ana.delvalle@ticket2europe.eu](mailto: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](mailto: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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Designed by Ticket2Europe

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