

INTERNATIONAL YOUTH EXCHANGE

11-19 March 2026, Vilaboa
(Galicia-Spain)

CREATIVE LABS FOR RURAL FUTURES

Infopack

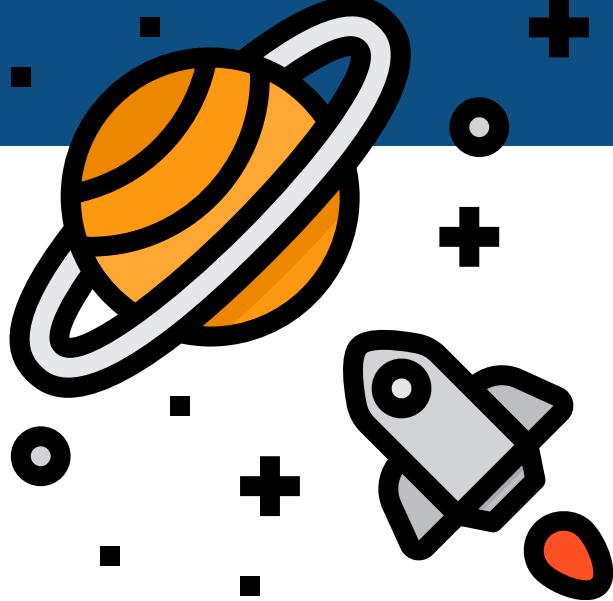


Erasmus+



ABOUT THE PROJECT

Creative Labs for Rural Futures is an international youth exchange designed to empower young people to become active contributors to the future of rural areas in Europe. The project brings together participants from different countries to explore how creativity, cooperation, entrepreneurship and personal development can act as key forces for social change, innovation and community revitalisation in rural contexts.



Over the course of seven days, participants will engage in an immersive learning experience set in a natural and inspiring rural environment. Through non-formal education methods, experiential learning and intercultural exchange, young people will share personal stories, explore local realities and identify common challenges faced by rural communities today, such as depopulation, lack of opportunities, social isolation or limited access to resources.

The exchange is conceived as a living creative laboratory where participants are encouraged to discover their own voice and potential. Storytelling will be used as a core tool to foster self-expression, reflection and connection, helping young people link their personal experiences with broader social and territorial challenges. At the same time, participants will strengthen key competences such as teamwork, communication, critical thinking, initiative and entrepreneurial mindset.

Throughout the project, young people will work collaboratively in international groups to imagine, design and develop innovative and realistic ideas that respond to rural needs. These proposals may take the form of creative initiatives, social projects or community-based actions aimed at promoting sustainability, inclusion and cultural vitality in rural areas.

OUR PARTNERS



Greece



Italy



Serbia



Bulgaria

"Creative Labs for Rural Futures" is an international Youth Exchange organized by **Ticket2Europe**, with the support of the Erasmus+ programme. The main activity project will take place in Vilaboa (**Galicia-Spain**) during the period of 11-19 March 2026. Hereafter you will get to know the specific objectives of the project.

OBJECTIVES



- To foster young people's interest in sustainable entrepreneurship in rural areas;
- To develop key personal skills such as self-awareness, communication, initiative, creativity and cooperation;
- To promote intercultural learning and the exchange of perspectives on rural realities across Europe;
- To connect participants with the local community in order to better understand its context and needs;
- To build a creative space where young people can generate sustainable ideas and micro-proposals;
- To strengthen participants' own voice and their capacity to contribute to the world through dynamic, creative and artistic tools;
- To integrate sustainability criteria into the development of ideas and activities.

PARTICIPANTS PROFILE

The project will include 32 youngsters from 5 countries (**Greece, Italy, Bulgaria, Serbia & Spain**) between 18-35 years old (team leader with no upper age limit)



ABOUT PARTICIPANTS

We are looking for young people who are interested in rural entrepreneurship and motivated to explore how creativity, collaboration, and personal development can drive positive change in their communities. Participants should be curious, proactive, and willing to engage fully in the program, contributing ideas and energy to the group experience.

Motivation and willingness to develop and implement future initiatives related to rural entrepreneurship in their local context will be a key factor in the selection process.

Participants are expected to communicate in English and actively participate in all activities, group tasks and daily responsibilities in a cooperative, respectful and engaged manner.

Additionally, participants should commit to meeting deadlines, completing preparatory tasks assigned by the organizers and following up on the project outcomes, ideally in collaboration with their sending organization or local community.

NUMBER OF PARTICIPANTS PER COUNTRY:

- SPAIN: 5+3
- GREECE: 5+1
- BULGARIA: 5+1
- ITALY: 5+1
- SERBIA: 5+1



THE VENUE

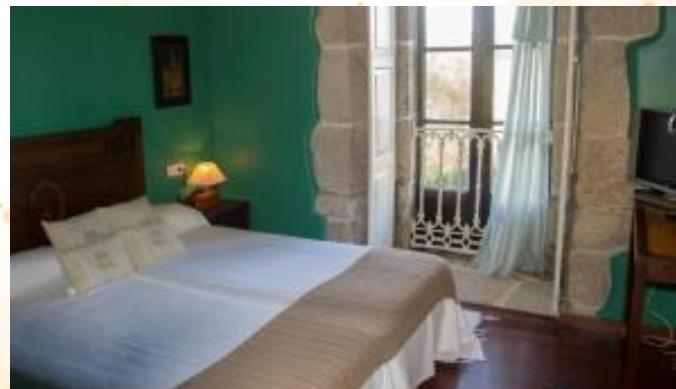
"Creative Labs for Rural Futures" will be implemented in Vilaboa, a small town in the middle of two Galician cities, Pontevedra and Vigo, in northwestern Spain. Galicia's landscape is mostly dominated by forest and sea, so it is well-known among national and international visitors by its seafood, nature and coastline sites.

Casa Larache is a very cozy accommodation, located in the heart of Vilaboa and on the shores of the Vigo estuary.

Built in the eighteenth century underwent several phases of expansion in the early nineteenth century, it was finally restored between 2002 and 2006 resulting in the current construction.

There is a beautiful garden and a large grove with an area of fifty-five thousand square meters of land of great biological diversity with centennial trees.

The venue also has a big swimming pool which you can enjoy if the weather conditions allow us!



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.



PARTICIPANTS MUST BE IN THE MEETING POINT ([PONTEVEDRA BUS STATION](#))

Arrival: Participants must arrive no later than 7:30 pm on 11th of March and depart no earlier than 00.00 on 19th of March.

ANOTHER CONVENIENT 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).

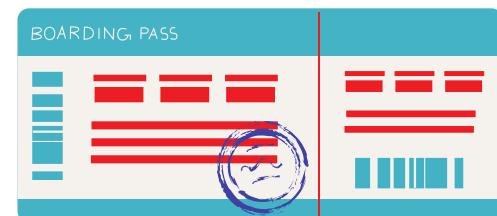
TICKETS AND REIMBURSEMENT



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 month after the youth exchange.



CONDITIONS FOR REIMBURSEMENT

The maximum amount for travel costs is:

Greece, Italy, Serbia & Bulgaria: 395 €

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**. We can only reimburse **public transportation** (bus, train, metro, ...)
2. If you have any doubt about your travelling plans, please contact your sending coordinator or the hosting team **BEFORE** booking tickets.
3. Participants can travel maximum 1 day before and 1 day after the official start and end of the project. **During that extra time**, all the expenses (food, accommodation, local transportation, etc.) will be NOT covered/provided.
4. Insurances and commissions of intermediary companies (i.e.: Omio) are non-refundable.

IMPORTANT ANNOUNCEMENT!

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



If you get your boarding pass in a digital way, remember to capture a screenshot from the app, as it would disappear after your trip.

If some of your travel documents are just on paper, you **MUST** bring the original ones (**no pictures or scanned documents are allowed**).

PRACTICALITIES

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 13 C° for March. During the day we could get as warm as 16 C°, but evenings will be definitely fresh with 9 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?

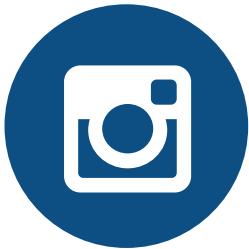
DO NOT FORGET

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

CONTACT US

ana.delvalle@ticket2europe.eu

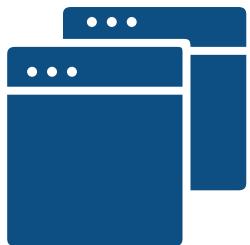
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Ticket2Europe.eu



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