

An underwater photograph showing a variety of marine life, including several black and white striped fish, swimming around large pieces of white plastic waste and other debris floating in the water. The scene is set in clear blue water, highlighting the impact of pollution on the ocean environment.

INTERNATIONAL YOUTH EXCHANGE

ZERO WASTE

18-27 October 2022, Pontevedra (Spain)

Infopack

ABOUT THE PROJECT

After the success of the previous projects about sustainability, our desire is to continue focusing on different sustainability challenges. We have all noticed how to recycle and minimize waste was an interest to most of our previous participants and a very famous topic in the last projects.



On the wider spectrum though, in Europe, we currently use 16 tonnes of materials per person per year, of which 6 tonnes become waste. Just in terms of household waste alone, each person in Europe is currently producing, on average, half of tonne of such waste. Only 40 % of it is reused or recycled and in some countries more than 80% still goes to landfill.

To minimize waste, not generate waste and turning waste into is one key to a circular economy. In Spain, recycle rate is around 36% while 47% in EU. Most of our waste are ended up in landfills. For these reasons, along with the general environment around waste as well as our experience of previous projects, we decided to work with zero waste. We want to develop a YE to exchange ideas about how to become zero waste, minimize waste in practice, exchange solutions in everyday practices and learn how we can become zero waste for ourselves and to inspire our communities, cities and the people around us.

OUR PARTNERS



Bulgaria

Greece

France

North Macedonia

"Zero Waste" is an international Erasmus+ Youth Exchange organized by **Ticket2Europe**. The main activity project will take place in **Pontevedra (Spain)** during the period of 18-27 October 2022. Hereafter you will get to know the specific objectives of the project.

OBJECTIVES



- To raise **awareness about zero waste** (what it is based on the 5rs of zero waste philosophy) and **circular economy**;
- To support a **zero waste lifestyle** and **exchange ideas** of how to minimize waste, how to reduce, reuse, recycle, rot and refuse the 5rs of zero waste;
- To support participants to **take action** and **become zero wasters**;
- To develop **new skills** and **competences** through non-formal learning and informal: creative workshops, workshops, open discussions and visits;
- To develop **knowledge, skills and attitudes** to be the change agents in our everyday life and in our communities;
- To create several **videos** to disseminate the results of the project;
- To create a **mini workshop, role playing or any creative presentation** of one of the 5 Rs;
- **Create a community of potential zero wasters and enjoy this unique experience together in Pontevedra!**

TIMELINE OF THE PROJECT



Youth Exchange

Arrival day: 18th October at 18:00
Departure day: 27th October before 10:00

19 September - 18 October Online Assignment

As national teams you will research zero waste initiatives, approaches and recipes in your area or country, solutions that would like to use in their daily life or you found interesting. You will prepare a mini-presentation or a funny and creative idea to present them to all of us the first or the second day of the project!

November 2022 Leave your mark and beyond. Follow Up

Follow up local activities could be small or big things about climate change. Create storytelling evenings, workshops, mini taskks etc to to share your experience and raise awareness about climate change. Anything that was inspired during after being part of the project.

December 2022 Evaluate your experience

You will receive an online evaluation form and give an anonymous feedback to Ticket2Europe. You will share with us your follow up activities and testimonials.

THE ZERO WASTE DAYS

(PROVISIONAL PROGRAMME)

October

DAY 1 ARRIVAL



DAY 2 INTRODUCTION

DAY 3 REFUSE

DAY 4 REDUCE

DAY 5 REUSE

DAY 6 RECYCLE

DAY 7 ROT

DAY 8 VIDEOS



DAY 9 GIVING BACK TO THE COMMUNITY



DAY 10 CLOSING



PARTICIPANTS PROFILE

The project will include 32 participants from 5 countries (**Spain, Greece, Bulgaria, France & 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 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.



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 programme**. For this, group leaders will be chosen according to their previous experience in international activities and/or involvement with their sending organizations.

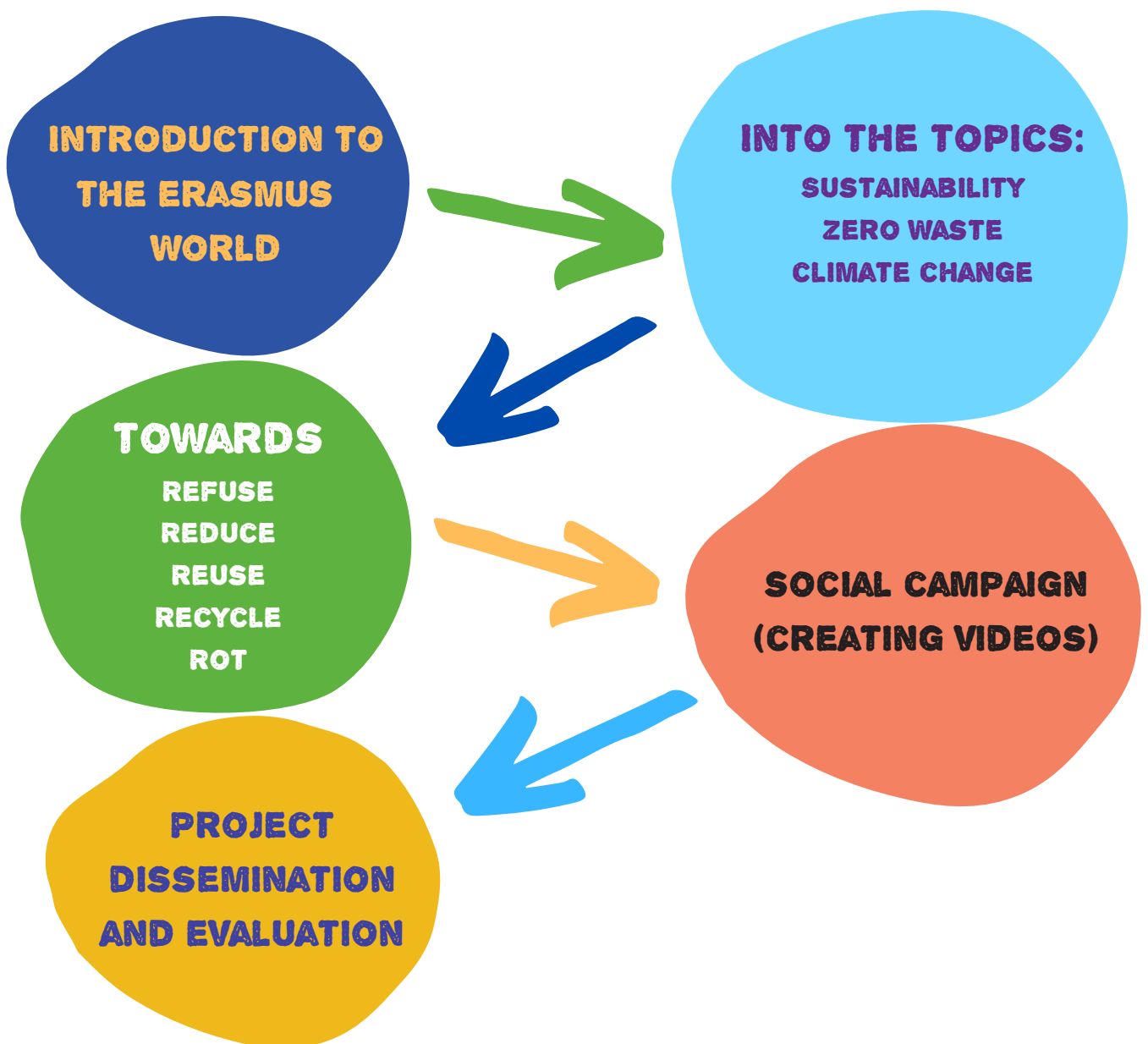
NUMBER OF PARTICIPANTS PER COUNTRY:

- BULGARIA: 5+1
- FRANCE: 5+1
- NORTH MACEDONIA: 5+1
- GREECE: 5+2
- SPAIN: 5+2

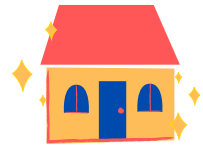
THE FLOW!

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:



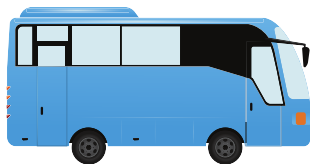
THE VENUE



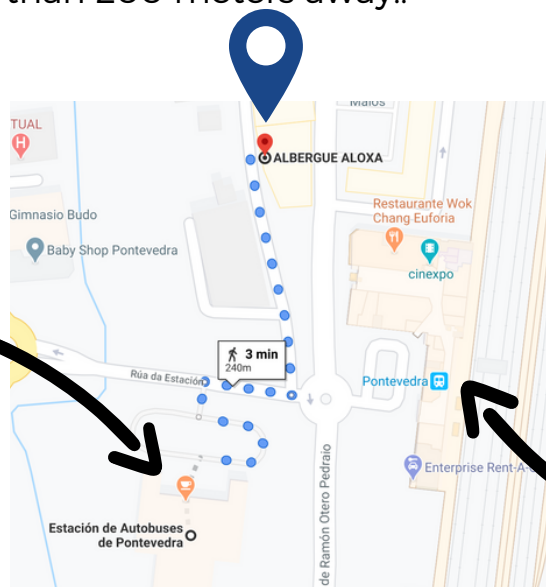
"Zero Waste" will be implemented in Pontevedra, one of the four provinces of the Autonomous Region of Galicia, in northwestern Spain. Galicia's landscape is mostly dominated by forest and mountains and it is well-known among national and international visitors by its seafood, nature and coastline sites.

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.

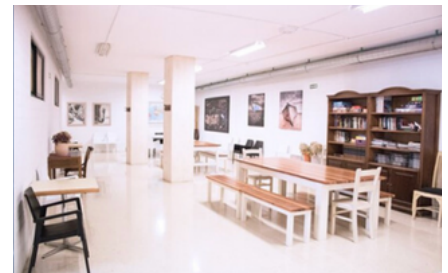
Whether you come from Madrid or Porto, it is possible that you will have to travel through VIGO (the largest city in Galicia), 30 km away from Pontevedra. If that is the case, you can catch any regional train or bus. Arriving to Pontevedra's train/bus stations (in the map) will take you around 30 minutes, 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 18th of October and depart no earlier than 00.00 on 27th 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.

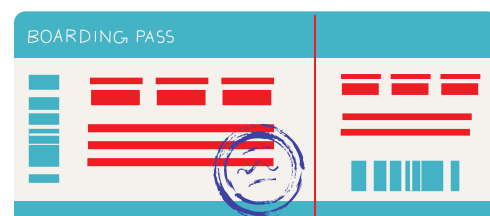
ABOUT REIMBURSEMENT

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:

Bulgaria: 360 €
Greece: 360 €
France: 275 €
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 17 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**) 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.
- Reusable water bottle
- 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



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