

Open your Doors – YOUTH EXCHANGE

INTRODUCTION

Open your doors is an initiative that was born in a hard and different time for everyone, since we found ourselves in a situation that no one had ever had the misfortune to live through, such as a pandemic. The aim of this initiative is to allow people from different social and cultural backgrounds, such as Greeks, Italians, Portuguese, Croatians, Estonians, and Spanish, to share the different experiences that may have arisen during the pandemic, the different strategies they used to cope with it and the variants that each country suffered according to their own realities.

The topics we will deal with will be addressed in a free and safe space in which to share something as intimate as living together with their families, partners, friends or even alone. These topics, thanks to tools that we will all know how to use, will be captured in a multimedia way using resources such as social networks, videos and blogs.




The youth exchange will take place in San Lorenzo de El Escorial, mixed with activities in Madrid and Segovia.

The dates will be from November 23rd to December 3rd, 2021. The participants who will be part of this project



will be six young people aged 18-25 and one group leader with no age limit per country. Some of the aspects that are within the working methodology for the project are gender equality, multiculturalism, shared coordination and organisation and above all the active participation of the young people.

Within the exchange, we keep looking for our objectives within the project to be translated into:

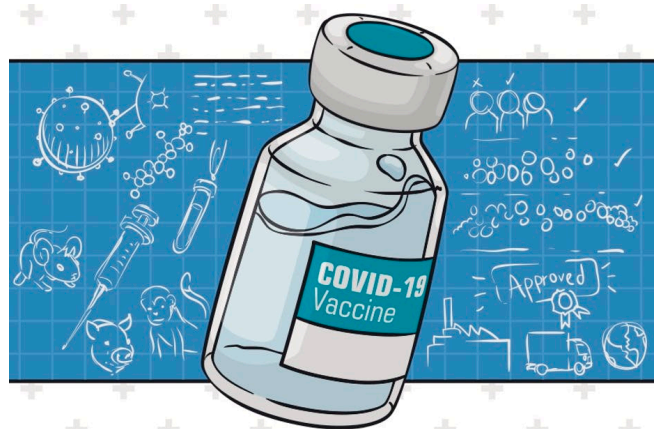
-  In sufficient confidence to undertake the actions learned and developed in the project in collaboration with other young people at national and international level.
-  In cooperation, teamwork, and networking.
-  In assertive communication to transmit with certainty what has been learned in the project, taking this initiative to as many people as possible, thus opening up the possibility of developing new projects and initiatives.

CONTENT

- Post-conflict and post-disaster rehabilitation
- creativity and culture
- health and well-being

Aims

The primary aim of the project is, in some words, "to implement the return to normality." We will do this through various activities that range from the analysis of the past situation, the exchange of experiences about how we have lived it, to the implementation of actions that favour contact with nature and the city in the company of other young people. In this sense, we set ourselves the development of the following objectives:



- 🌙 Generate a space of well-being, tranquillity and companionship that are conducive to the openness and exchange of sensations experienced during confinement.
- 🌙 Provide a suitable and appropriate environment to share experiences from the participants' own initiative
- 🌙 Exercise, through contact and the exchange of activities, outdoor life both in the natural environment and in the urban environment.
- 🌙 Prepare playful-educational material as resources for use in indoor and outdoor spaces.
- 🌙 Contribute to the development of creativity, using for this, writing, interpretation and audio-visual tools
- 🌙 Put into practice and / or contribute to the development of artistic skills.
- 🌙 Gather a group of young people from different cultures to carry out joint activities.
- 🌙 Get involved in all phases of the process of a youth project, from planning to the dissemination of results and evaluation

Activities

We will develop different type of activities through non-Formal method. This means that participants must be active, purposeful, and willing to share their experiences. One of the fundamental purposes of youth exchange projects is that they be of shared organization and coordination. The participants must be the protagonists of its development, always acting actively and getting involved in the preparation of the activities, their evaluation and dissemination. Some of these activities are the following:

Games:

- Integration
- Icebreakers
- Night games

Presentations:

- **General presentation** of the project
- Presentation of **each association** (about **your entities**)
- Presentation of cultures (during typical nights)

Teamwork:

- Making videos and blog
- Making a little theatre
- Dissemination activity (in Madrid and Segovia)
- City game in Madrid

Other activities:

- Discussion roundtables
- Cine-forum
- Evaluation (about myself, the group and the project)
- Future activities brainstorming
- Erasmus+ and Youthpass working

Places:

Youth exchange will develop in **Fuentenueva Youth Hostel**, located in San Lorenzo de El Escorial. Also, we'll make some activities in other places: **San Lorenzo de El Escorial Town; Segovia city and Madrid City**. Also, we will make two routes by the forest. One of them will be in the mountain (close the youth hostel) and the other one, will be in Valsain forest. Both routes are at easy level and the idea is to enjoy the environment in contact with nature.

Fuentenueva Youth Hostel:

This is a very nice place, comfortable and with all the necessary for the optimal project development. It should be noted that isn't a hotel. We must keep clean the spaces and meet the standards. **It's also important to make clear that we will sleep in two common bedrooms.** You can visit the website of the youth hostel and their Facebook page; there you'll find photos of the internal and external spaces:



https://www.facebook.com/pg/alberguefuentenueva/photos/?tab=photos_albums



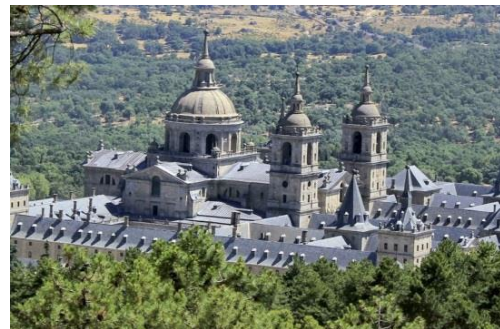
San Lorenzo de El Escorial:

Right in the heart of the Sierra of Guadarrama and only 50 Km from Madrid, this lively city opens itself to the world offering the visitor an exclusive architectonic heritage, a privileged natural environment, and an unbeatable cultural proposal in the Madrid region.

San Lorenzo de El Escorial offers the climate, tranquillity, and services necessary to enjoy the leisure and days off that we all deserve. Its accessibility and connection to Madrid have turned it into a tourist destination for the Madrid residents as well as the numerous national and international visitors that feel attracted by the patrimonial, cultural, and natural attractions of the city.

San Lorenzo de El Escorial has a valuable Architectonic Heritage that justifies to a great extent the city's tourist appeal.

The most emblematic and significant building is the Monastery of San Lorenzo de El Escorial that because of its unique character was declared Monument of Worldwide Interest by the UNESCO in 1984.



Segovia:

Segovia is a city in the autonomous region of Castile and León, Spain. The city is famous for its historic buildings including the three main landmarks: its midtown Roman aqueduct, its cathedral (one of the last Gothic to be built in Europe), and the castle, which was an influence for Walt Disney's Cinderella Castle. The city centre of Segovia was declared World Heritage by the Unesco in 1985. It is the capital of Province of Segovia. Segovia is located on the plains of Old Castile, near Valladolid and the Spanish capital, Madrid.

Segovia is one of nine provinces that make up the autonomous region of Castile and León. Burgos and Valladolid lie to the north, Ávila to the west, Madrid to the south, and Soria to the east. The altitude of the province varies from 750 metres (2,461 feet) in the extreme northwest to a maximum of 2,430 m (7,972 ft) at Peñalara peak in the Sierra de Guadarrama.

The town lies on the main route of the Camino de Santiago de Madrid.



Madrid City:



Madrid is the capital of Spain since the year 1562 and is located right in the heart of the Iberian Peninsula. It is in the centre of the Castilian plain 646 meters above sea level. Madrid occupies third position in the list of largest cities of Europe. Madrid and its suburbs are based on the banks of the Manzanares river that flows through the centre of the country and Madrid community. In Spain, a community comprises of the main city and the immediate suburbs and villages.

Dates: **November 23rd to December 3rd, 2021**

That's the period the Erasmus+ Program have covered. (In case you're interested in stay a few days in the city, we invite you to plan it by yourselves by arranging (on your own costs) some days before or after the exchange.)

Participant countries: ***Italy, Portugal, Estonia, Croatia, Greece, and Spain***



Participant group profiles

Compose of groups: ***6 young + 1 leader per country***

Ages: ***For young between 18 and 25 years old. Leaders no limit age***

Logistic information for groups

Grant coverage:

This project will be financed by **Erasmus+ Programme**. This means that you have travel covered according to the financial rules. You can find more info by clicking [HERE](#) (need Internet connection)

Country	Travel costs covered per participant
Croatia	275€
Estonia	360€
Grecce	360€
Italy	275€
Portugal	180€

Arrival and departure organization:

According to **the rules** of Erasmus Plus Programme, travel money financed by European Commission, **cover from origin city** (where your organizations are based) **to destination** (San Lorenzo de El Escorial).

You can check the following web pages. First one, is to know how to go from Madrid Airport to Atocha Station. Second one is about the Metro network of the city, and you can check how to move between stations. The third one is about public buses, then you must take to go to Youth Hostel (Bus 664 and stop in "La Pizarra").

<https://www.emtmadrid.es/Bloques-EMT/Aeropuerto.aspx?lang=en-GB>

<https://www.metromadrid.es/en>

https://www.crtm.es/tu-transporte-publico/autobuses-interurbanos/lineas/8_664_.aspx?lang=en

Important dates:

October 30th: Deadline to send participant list and special information. We'll need to know, in addition to the profile (names, ages, etc.), info about special food needs if any (allergies, intolerances, vegetarians/vegans...).

Important Information about Program for groups

Each group must prepare some activities to develop during exchange:

- **Icebreaker** games. This activity will oversee one country group each day

- Presentation of **your entity**
- Presentation about **your country** (to develop during typical night)
- **Cultural night:** You must teach something about your region: dance, music, game, etc. As you prefer and introduce the rest of us your culture
- During visits, we will take picnic food. This will provide before departing from Youth hostel
- We will create a Facebook group to keep in touch and send you more information as the dates gets closer to organize some specific tasks for groups

Reimbursement of travel tickets

In line with the Erasmus+ Program, travel costs are refunded according to the distances calculated using the distance calculator.

Possible extra costs overcoming the budget limits should be covered by the participants themselves or by the partner organizations.

Reimbursement will be made via each sending organizations bank account. The total amount will be confirmed upon full attendance of the YE by the participant and only after receiving the participants' original travel documentation, as follows:

- ☾ Flight reservation + invoice issued by the flight company (mandatory flight cancellation insurance).
- ☾ Invoice by travel agency (if the tickets have been booked by a travel agency) + details of passengers and flights details.
- ☾ Paper boarding passes or online boarding passes (Better and easier the checkin online)
- ☾ All original tickets of bus and/or train (if any)
- ☾ Copy of ID/passport.

It would be better if the Leader could collect all Boarding passes and tickets, because we will need it to reimburse your travel costs.

Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission website for the month of ticket purchase.

The total amount to get refunded will be calculated on the basis of the travel documents received.

PLEASE ATTENTION

- We will **NOT REFUND** the cost of the taxi, so you must use public transport
- Before purchasing any ticket, please, first GET CONFIRMATION from the project coordinator about the tickets



THE EUROPEAN HEALTH INSURANCE CARD

The participants are required to have a valid European health insurance card and a valid travel insurance for the period of the project including the travel dates.

About Covid19

We do not know how the situation will develop in the following weeks.

A priori the expectations are that there will be no resurgence in November. In addition, the vaccination process in recent months allows us to be optimistic about the possible development of the project.

Anyway, this year due to the current situation, **all flights have to be purchased with the flight cancellation insurance in case the youth exchange phase has to be postponed.**

Also, the participating organizations will have to be in charge of handling everything necessary to comply with the requirements ordered by the health authorities of their countries for entry to Spain.

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We hope to see you soon!!!