



Youth Exchange

Vilanova de Arousa (Spain)

22-30 May 2023



Funded by the
Erasmus+ Programme
of the European Union

Project developed
and organised by:



Project Description

"Tolerart" is a Youth Exchange, which will take place in Vilanova de Arousa (Spain), 22-30 May 2023 (travel days included). The main aim of this project is to involve 46 participants from 7 different countries (5 participants + 1 group leader per partner country & 10 from the Spanish hosting organisation) in order to provide youngsters with the tools and methods necessary to work on social inclusion, tolerance and dialogue through art, focusing on the disciplines of painting, dance, theater and video creation.

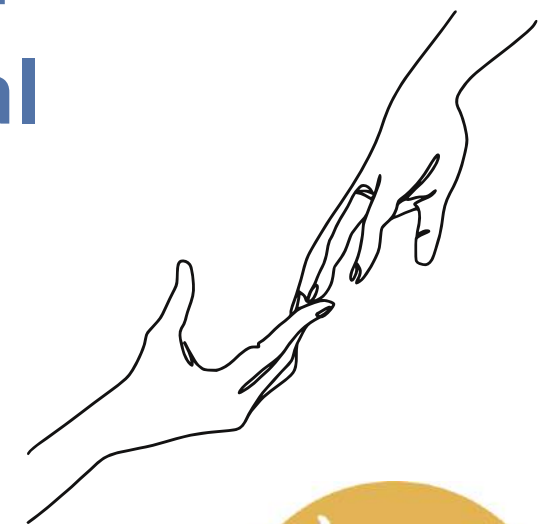


Project Idea and Impact

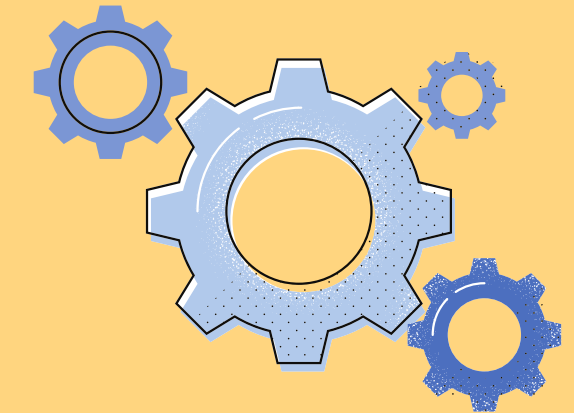


Sometimes it is difficult for a person who feels discriminated or alienated to show their feelings and thoughts, so art is a good tool to get these to emerge and to be able to work on the total integration of these young people.

With this project we want to show that it is not necessary to have any special skills or talents to be able to freely express your own feelings and emotions through art.



Project Objectives



To provide youth with tools and knowledge on how to organize group arts, visuals or dance activities,



To how that social inclusion can be tackled through unusual methods



To Increase awareness about the importance of including people with fewer opportunities: disabled, migrants, etc

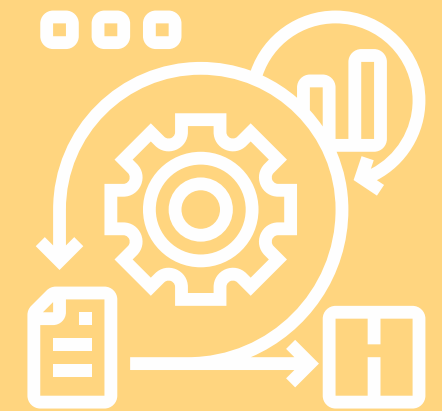
To share ideas about inclusion of youth in local communities



To prioritize the development of empathy and solidarity through art.



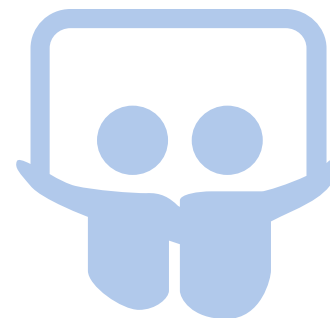
Methodology



The organizers will start working with all partners prior to the project, identifying needs and expectations of each participating organization and their participants and providing them information about the project. All partners and participants will be involved in all stages and the evaluation of the project. In line with the Erasmus + objectives of non formal learning, there will be an ongoing sharing of ideas, experiences and values which will contribute to a better understanding in group.



Planification



Sharing



Evaluation



Skills

Motivation and ability to create and implement local actions to promote social inclusion through artistic expression



Deeper knowledge and understanding about minorities and youth with fewer opportunities



Intercultural competences and better understanding of people from different backgrounds



Teamwork and leadership skills

Efficiency in decision making



Participating Countries



SPAIN
Asociación Xuvenil Arousa Moza



GREECE
KINONIKI SINETAIRISTIKI EPICHERISIELLINIKI
SYMMETOCHI NEON



HUNGARY
Euroactive NGO Alapítvány



SWEDEN
Ungdomsfronten



ITALY
Oriel APS



ROMANIA
Asociatia pentru Dezvoltare Activa ADA



NORTH MACEDONIA
CET Platform Skopje



Participant's Profile

We are looking for participants who are motivated and interested in art as a tool for social change.

**6 PARTICIPANTS PER
COUNTRY**



Gender equality: 3 boys and 3 girls

Age: 18-30 years old (no maximum for group leader)

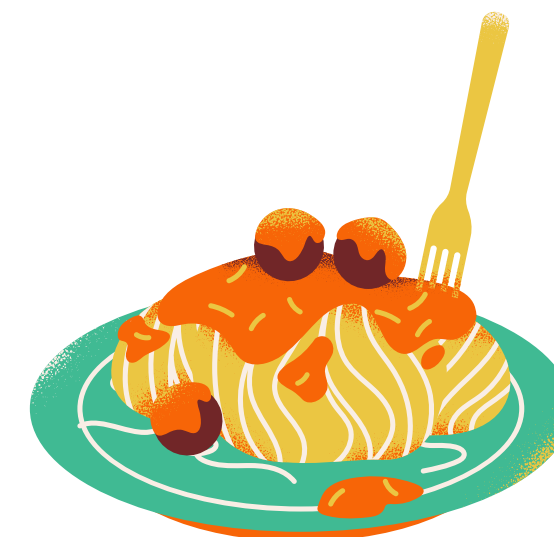
Priority: youngsters with fewer opportunities

Background: interested in the project topic and dissemination activities



INTERCULTURAL EVENINGS

All international projects are an excellent opportunity to know other cultures. Therefore, during this youth exchange the participants will present their countries, cultures and traditions, especially showing or sharing their national food and drinks, lifestyles, music, dances, etc. (Alcohol is strictly forbidden in the venue)



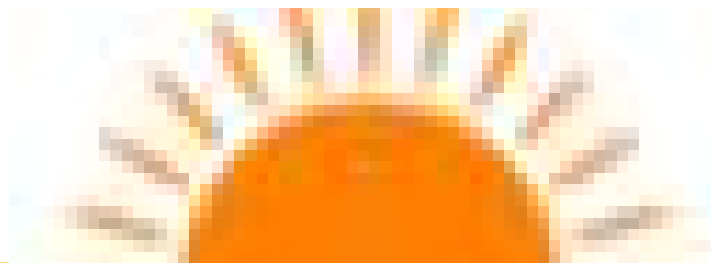
NGO FAIR

There will be a working session called NGO fair. It is a partnership building activity. During this session each national group will have to present its sending organisation.

Each country will have 8 minutes for its sending organisation presentation. It's important to try to be creative and promote it as much as possible, because this project it is not just an opportunity to develop friendship between people, but also an opportunity for NGOs to develop partnerships and future projects together.



Working Day Structure



09:00 - 10:00 Breakfast
10:00 - 11:30 1st Working Session
11:30 - 12:00 Coffe Break
12:00 - 13:30 2nd Working Session
13:30 - 16:00 Lunch



16:00 - 17:30 3rd Working Session
17:30 - 18:00 Coffe Break
18:00 - 19:30 4th Working Session
19:30 - 20:00 Reflection Time
20:00 - 21:00 Dinner

International Travel

- **WHERE:** Vilanova de Arousa, Galicia, Spain
- **When:** 22-30 May, 2023 (being 22 and 30 travel days)
- Food and accommodation 100% covered.
- Preferably: arrival before 20:00 and departure after 10:00.
- Following the Erasmus + rules, participants will travel using the most eco friendly and economical means of transport. **Extra days are allowed ONLY for these reasons (lower price or more eco friendly travel)** but every extra cost (accomodation, food...) is not covered.
- **Tickets purchased without the approval from Arousa Moza won't be reimbursed.**



International Travel

How to arrive to Vilanova de Arousa?

Travel by plane or train to one of the following destinations:

National: Madrid, Barcelona, Malaga, Alicante, Valencia, Sevilla

International: Milano Bergamo, Bologna, Brussels Charleroi, Marseille, Paris Beauvais, London or Edinburgh (passport needed for UK)

From there, you can find cheap flights or trains (in case of Madrid) to Santiago de Compostela.

We'll organise a transfer bus from Santiago de Compostela to the venue of the project on May 22nd and same for return on May 30th.



TRAVEL COST

Accommodation and food are 100% covered by Erasmus + Program. Travel costs are budgeted according to Erasmus + distance calculator. Participants must choose most economical and eco friendly trip. Extra days are only allowed following these rules. Approval of travel itinerary by Arousa Moza is 100% mandatory in order to be reimbursed. Keep in mind rented bus is also part of this budget (about 30€ per participant)

SPAIN **0 €**

GREECE **360 €**

HUNGARY **360 €**

SWEDEN **360 €**

ITALY **275 €**

ROMANIA **360 €**

N. MACEDONIA **360 €**



TRAVEL REIMBURSEMENT

Documents



- **Electronic ticket or invoice from the airline company** or travel agency with the travel plan, price and name of the participant. The e-mail confirmation of your flight is not replacing the invoice, so please ask for the invoice when you buy flight tickets.
- **All boarding passes.** We need original ones (physical or PDF). Screenshots ONLY in case of using the app of the airline.
- The payment confirmation: a bank extract or a printed statement released by your bank showing the payment/transaction. Flight tickets are not allowed to be paid by cash.
- **Every ticket, digital or not**, from any public transport (train, bus, etc). Transports as Uber, Bolt, taxi or BlaBlaCar are not eligible cost.

ACCOMMODATION

Participants will be accommodated at Albergue Xuvenil As Sinas.

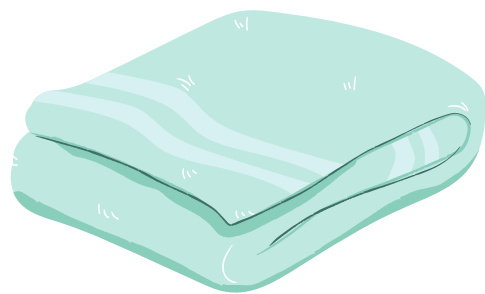
There will be one big bunkhouse for boys and one big bunkhouse for girls. Both have separated spaces for 6/8 people (6 different spaces in total). Blankets, bed sheets and pillows are available for all the beds. But please **bring your own towel**.

Participants should consider that the main concept of the accommodation follows the spirit of living in a hostel, therefore **bathrooms & rooms will be shared**. However, space for private objects is included, as closets and lockers. You can bring your own padlock.



OTHER REQUIREMENTS

- **Mug/ cup exchange:** bring a mug/cup related to your country and you will exchange it with another participant. It will be used for coffee breaks.
- **Camera/laptop.** If it is possible, bring your photo/video camera and laptop. At least one from each partner country.
- **Flag.** Do not forget your flag. You will use it in the intercultural evenings and outdoor events.
- **Towel, flip flops, swimsuit, hairdryer, etc.**



OTHER INFORMATION

- We recommend you to take the European Health Insurance Card (EHIC) or a medical insurance before coming. The insurance cost it isn't an eligible cost for the project budget, so it can not be reimbursed.
- Comfortable clothes. The weather in Arousa is unpredictable and it rains very often. The average temperatures are usually oscilating between 15 and 20°C during the day and around 10°C during the night. We are next to the sea and it means the weather is also windy and humid.
- Anything else you consider necessary: hairdryer, slippers, flip flops, swim suit, etc.



TOLERART



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Project developed and organised by:
ASOCIACIÓN XUVENIL AROUSA MOZA, Spain

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