



INFO PACK

Lalín
Galicia
Spain

Youth Exchange YNCLUDE (Youth Network Creating Living-lab Undertakings about Discrimination in Europe)

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21-28 July 2018





Dear Participant,

First of all, thanks for your interest in participating in this **Youth Exchange YNCLUDE (Youth Network Creating Living-lab Undertakings about Discrimination in Europe)**. We hope that you are motivated about the topic and looking forward to meeting the other participants that will join us.

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In this info-pack we tried to provide you the most important facts about the practicalities regarding the youth exchange course and your coming. Please read them carefully and don't hesitate to ask us (cirla.asc@gmail.com@gmail.com) if you have any question!

Looking forward to see you soon!

CIRLA's team





Basis and aims

Youth participants in previous youth exchanges agreed to develop a joint future project that would allow discussion on the subject, questioning the reasons why certain people and collectives suffered discrimination, and the origin of stereotypes and prejudices, or the various manifestations of violence and discriminatory language. From there, the need arises to know the answer of the Youth in this situation, at the personal, social and even political level, to promote active participation in society and a long-term commitment. We will look for the possible measures and measures to take to improve the situation in each communication, for which it is necessary to be aware of the problem at European, national and local level, of the similarities and differences between countries, of the measures to be adopted more appropriately, of how much we can learn the brave ones from those of others through the constructive dialogue generated through a critical awareness, considering the diversity, in all its facets, favorable to all the whole society.

All of this is directly related to one of the general objectives of the Erasmus + program, the promotion of European values in accordance with Article 3 of the EU Treaty: "The Union is founded on the values of respect for human dignity, freedom, democracy, equality, norms of the law and respect for human rights, including the rights of those belonging to minorities. These values are common to the Member States in a society in which pluralism, non-discrimination, tolerance, justice, solidarity and equality between men and women prevails." Starting from this point, the YNCLUDE project seeks to sensitize the participants about the social discrimination suffered by collectives with diversity. We will try to respond to some of these situations through different dynamics, within the non-formal educational context, stimulating creativity, active participation, learning through life experiences, the commitment to continuity and the promotion of proposals implemented by the participants to work on inclusion and fight against discrimination from their own communities.



Objectives

- To promote a long-term commitment to promote social inclusion at all levels in the participants
- to create a space for the exchange of intercultural experiences
- to sensitize the society in general and the participants in particular, on the fight against social discrimination in all its facets.
- to create the core of a living laboratory of actions aimed at promoting joint actions to promote the social inclusion in the territories of the partner organizations.
- to involve more people and organizations during the exchange, but also in subsequent local action projects.

Place

The Youth Exchange will take place in Lalín, a municipality with 20.000 inhabitants located in the geographic center of Galicia, a Spanish region that surprises foreigners with its green landscape and its ancestral culture so rich in traditions, myths and legends. We are just 50 minutes from the capital of the region, Santiago de Compostela, where the Santiago's way, considered the first European cultural itinerary, ends.

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Dates

The Youth Exchange will start on July 21th in the afternoon and conclude on July 28th in the evening.

Accommodation

Accommodation will be arranged in the municipal hostel "Vicente Agulló", in Mouriscade, a natural area 6 km from the center of Lalín.

Participants will sleep in shared rooms of up to 8 people (proportionally distributed the members of each country in more than a room). Bathrooms are shared by sexes.



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Breakfasts and almost all the lunches will be served at the hostel. Dinners will be held in host families. For your comfort, we suggest you to shower at the host families.

Every day, the members of one of the country partners will collaborate in the preparation of breakfasts and in serving meals.

Spanish meal times are quite different from yours; to help you to bear it, we will distribute something to eat at mid-morning and mid-afternoon.

There is no Wi-Fi in the hostel, so we recommend the time with families to contact your relatives online. Check before traveling the roaming conditions of your phone company. Remember that most of the partner countries have already free roaming.

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Arrival to Lalín

CIRLA will contact each partner organization to coordinate the best way to reach Lalín from the airports you arrive.

Program

Saturday, 21st July

During the day: Arrival of participants

21:00.- Showers and dinner at host families

22:30.- Rules, fears and expectations; presentation games



Sunday, 22nd July

- 08:30.- Breakfast at hostel
- 10:00.- Explanation about Youthpass
- 11:00.- Agreeing inclusive concepts
- 12:15.- Trip to Inclusion
- 14:15.- Lunch at hostel
- 16:30.- Outdoor training in “Pozo do Boi” river pool.
- 18:30.- Free time in river pool
- 19:30.- Daily personal and group reflection
- 20:30.- Showers and dinner at hosting families
- 22:30.- Intercultural evening (1)

Monday 23th July

- 08:30.- Breakfast at hostel
- 10:00.- Workshops: personal experiences
- 14:15.- Lunch at hostel
- 15:30.- Rehearsal of the final show
- 16:30.- Reception at the Town Hall by local authorities
- 18:30.- Free time at the public swimming-pool
- 20:30.- Daily personal and group reflection
- 21:00.- Showers and dinner at hosting families
- 22:30.- Intercultural evening (2)

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Tuesday 24th July

- 08:00.- Breakfast at hostel
- 09:00.- Departure by bus to Vigo
- 10:30.- Morning together with collaborative collectives in Samil Beach (Vigo)
- 14:00.- Picnic together in Samil
- 17:00.- Good practices in Social Inclusion by Asociación Diversidades, at Verbum Museum
- 19:30.- Daily personal and group reflection
- 20:00.- Return by bus to Lalín



21:00.- Showers and dinner at host families

Wednesday 25th July

08:30.- Breakfast at hostel

10:00.- Rehearsal of the final show

10.30.- Preparing the Inclusion Fair: Brainstorming

12:00.- Day with host families

22:30.- Musical evening

Thursday 26th July

08:30.- Breakfast at hostel

10:00.- Rehearsal of the final show

16.00.- Planning the Inclusion Fair

14:00.- Lunch at hostel

16.00.- Planning the Inclusion Fair (2)

20:00.- Daily personal and intermediate evaluation

20:30.- Showers and dinner at host families.

23:30.- Intercultural evening (3)

Friday 27th July

08:30.- Breakfast at hostel

10:00.- Preparing the material for the Inclusion Fair

11:15.- Installing the Inclusion Fair in the center of the town

12:00.- Opening the Inclusion Fair

14:00.- Picnic

16.00.- Inclusion Fair

19:30.- Final Show

20:00.- Daily personal and group reflection

21:30.- Showers and dinner at host families.

22:30.- Party in Lalín

Saturday 28th July

10:00.- Breakfast at hostel



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11:00.- Designing local inclusion actions

14:30.- Lunch at hostel

16:00.- My Youthpass: key competences

17:00.- Final Evaluation

18.30.- Preparing the evening

21:00.- Dinner with host families

22:30.- Farewell speeches and thanks

23:00.- Farewell Party

Sunday 29th July

During the day: Departure of the participants.

Tasks to prepare previously

1. Collect information about collectives that suffer discrimination in your territory (people of different ethnic groups, cultures or religions, people with gender diversity, functional diversity, immigrants, refugees, etc.) and analyze in your group the reasons why do you think they suffer this social discrimination.
2. During the intercultural evenings, you will have to prepare a dish from your region that the rest of the participants will taste. For that, we need you to send us, **no later than July 13th**, the list of ingredients and utensils that you will need, and the approximate time of preparation (it is not necessary to prepare a large quantity, only a small sample for each participant). The rest of the participants will vote your dishes, being the winner of the annual gastronomic contest the most voted country.
3. Prepare also a small presentation of 15/20 minutes of your country, region, city or culture, sharing with the other participants a game, song, dance, story, etc., (it can be more than one thing) that identifies you. Be original!
4. If any of you has artistic skills and you play an instrument or you sing, think of a song that represents cultural diversity and equal opportunities and send it to us in any format (a video singing it with the separate text is valid), **no later**



than July 13th. It may be a song already created, but we would prefer it to be original to you. Preferably, the letter should be in English.

5. The day of the Inclusion Fair we will sing all together the song "**This is me**", from the musical "The greatest Showman". You have the link here:

https://www.youtube.com/watch?v=5_WzSbi8aR8

Listen to it and learn it all from memory, to rehearse it during the exchange.

Travel costs reimbursement

Erasmus+ program allocates a limit amount to be refund for travel costs, according to the Erasmus distance calculator (<https://goo.gl/V7BjyG>). The amounts for each partner organization are as follows:

REIMBURSEMENT LIMITS		
Partner organization	Country	Maximum amount refundable per pax
Marktgemeinde St. Georgen am Walde	Austria	275 €
Linden groet Linden	Belgium	275 €
Comité de Jumelage des Linden Européens	France	275 €
Komitee Linden grüßt Linden	Germany	275 €
Stichting Jumelage "Linden-groet-Linden"	Netherland	275 €
Comité de Irmanamento de Lalín - CIRLA	Spain	0 €
Kolping Društvo Srbije (Serbia)	Serbia	360 €

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Travel costs will be refunded to each partner organization once all the original tickets, bills and boarding passes of each participant have been delivered to the coordinating organization (CIRLA).

Insurance

Each participant must take out your own travel insurance (this cost is nonrefundable). Don't forget to bring your own European Health Insurance Card (EHIC) with you (check it's still valid). Participants from countries that don't have





EHIC must take out your own accident insurance. Travel insurance and EHIC or accident insurance must cover accidents during the travel, death and repatriation. CIRLA will take out a civil liability insurance that covers legal assistance and damages to third parties for all the participants during the programmed activities.

What to bring with you

- ✓ Bath towel and beach towel
- ✓ Flip flops
- ✓ Swimsuit
- ✓ Sun protection cream factor 50
- ✓ A hat or cap
- ✓ Warm clothes for the nights
- ✓ A raincoat
- ✓ An old or used t-shirt
- ✓ A small backpack
- ✓ Ear plugs (for noisy roommates 😊).
- ✓ During the TC we will organize an intercultural evening where you can present your country and/or region: you are free to bring tourist brochures, maps, traditional clothes, etc, and some gastronomic product from your culture. It will also nice if each partner organization present some traditional games, dances, songs, etc, that you can share with us.
- ✓ Maybe you would like to bring also some leaflets or information about your organization, in order to spread your partners network.

CONTACT

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