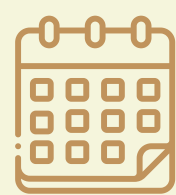
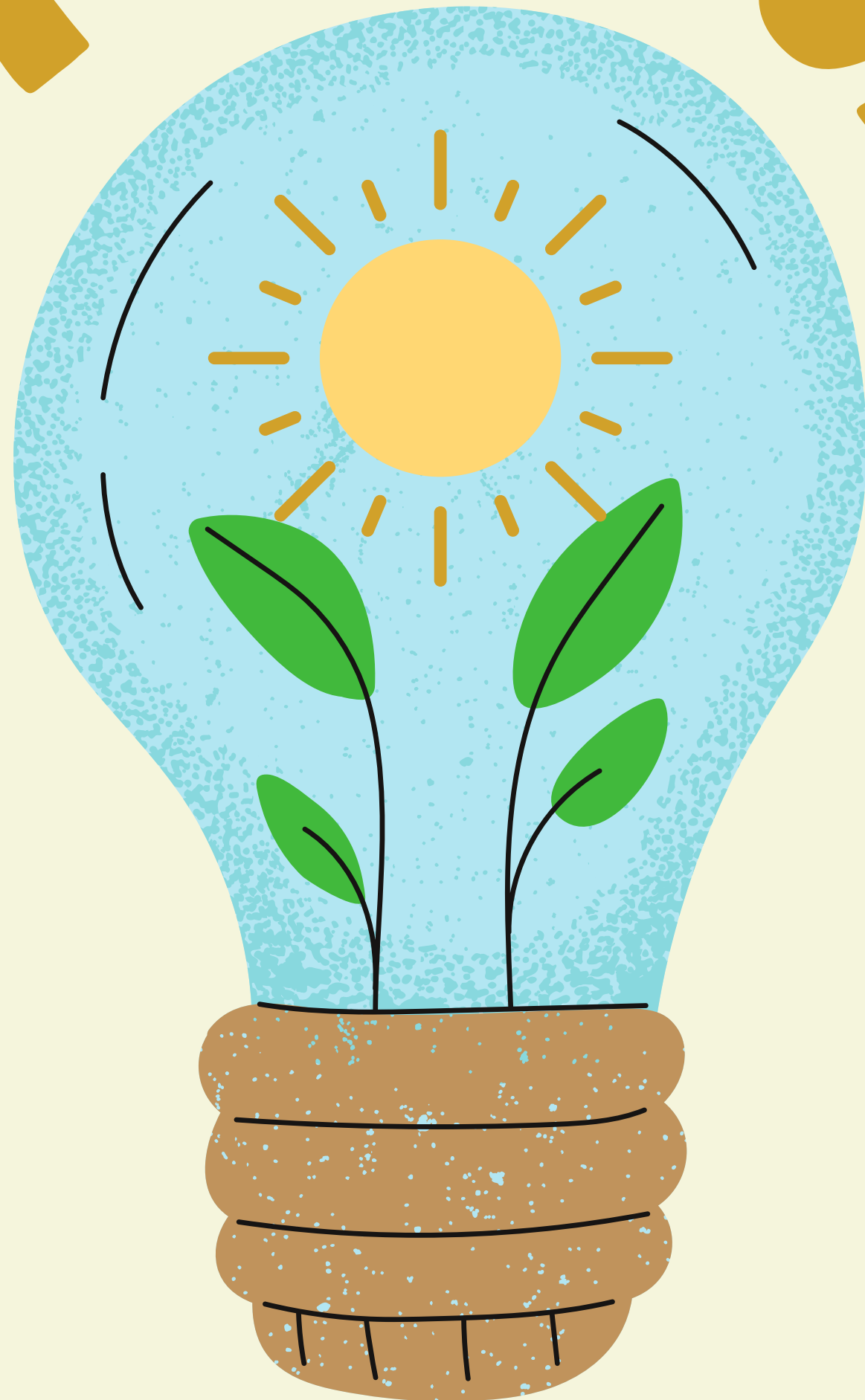


# YOUTH EXCHANGE



# SUN & MORE



**6th - 17th May 2023**



**Cerralba (Pizarra) Spain**

**Italy, Greece, Bulgaria, Ukraine and Spain**

## Project Partners:

Italy, Greece, Bulgaria, Ukraine, Spain

## Some Little information about our Project

Sun&More is a youth exchange within the frame of Erasmus + related to environment awareness using the SUN as great source of energy. As the SDO (Sustainable Development Objectives) propose, climate change need to be a priority to promote planet care. In this course we will work with youth workers on habits that create healthy life of style as well as look after nature. During 10 days, 27 youngsters will work together on among others bio-construction of sun drier, seize the extra productions of fruit, cooking with the sun, or creating awareness about non toxic products for women menstruations. Though this project we will learn not only about the theory of renewable energy but also live a real experience putting it into practice. The project is created to achieve that youth become an active part of the community and build alternative ways and habits of life more responsible and respectful with our environment. To achieve the objectives, we start from the vision of implementing and developing skills and abilities, by helping to establish new relationships at different levels and their empowerment. With all of this it is indented to welcome and give values to different visions of the world, to be able to share experiences in an experiential way. So we give voice to different people and respect the difference.

### **OBJECTIVES**

- Promote initiatives for sustainable development and energy efficiency, against the use and impact of fossil fuels
- Promote healthy habits using the resources of the territory - Promote the empowerment of young people, supporting their needs and their desire to react and act, to collaborate in the construction of a future of conscious and responsible citizens.
- Raise awareness among youth workers about the need to promote environmental education and its associated value and promote practices such as bio-constructions and other healthy and respectful habits to reduce our impact on the environment around

## When and Where

The dates of the project are from **6<sup>th</sup> – 17<sup>th</sup> May** (including arrival and departure days). 6<sup>th</sup> of May is the arrival day since 16 pm. and 17<sup>th</sup> departure day. People should leave the accommodation before 14 pm.

The venue will be in CERRALBA, PIZARRA (MÁLAGA) Spain



In our village, there is not a hostel that we can pay for, so the accommodation will be very basic. We will sleep all together in a mixed room and only two showers will be available, so a good schedule will be display to guarantee hygienic among participants. **So, you will need to accept this before coming.**

We know that this will be a challenge, but our objective is to work on the development of rural areas, even if the resources are limited. We are willing to find people that are ready to break down personal limits and open up! ☺

The Village is very rural, so does not offers a wide range of services, but there is a little shop, and we will do our best to provide common goods for share.



## Basic information that we need to know

Find the schedule of the activities attached below! There you can have all the information about our workshops and daily routine.

Please, let us know as soon as possible:

- If someone has a special diet (vegetarian, vegan...) or food allergy (gluten, lactose...).
- If someone has some sickness or allergy.
- Or any other special need you may have

### Documents that you need to fill up:

#### 1. Participant Sheet: **To be completed before 10<sup>th</sup> April 2023**

We need to know basic information about the participants as soon as the group has been created. In the following link you can find a form to be filled:

[https://docs.google.com/forms/d/e/1FAIpQLSdj0jlw6qlu\\_wv5YIkFJq9Yzf6D0bOtIFL0WXfw3f7dZf9ssw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdj0jlw6qlu_wv5YIkFJq9Yzf6D0bOtIFL0WXfw3f7dZf9ssw/viewform)

#### 2. Google form completed by each participant with the flight and travel information: **to be completed before 15<sup>th</sup> of April 2023**

[https://docs.google.com/forms/d/e/1FAIpQLSdTynJew-URL-IWZL5k\\_W\\_Xm6ziBF6idBjXo6fP8xCEh4ef9A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdTynJew-URL-IWZL5k_W_Xm6ziBF6idBjXo6fP8xCEh4ef9A/viewform)

## Travel cost and budget

The cost of the food and accommodation will be covered 100% by the Spanish National Agency, furthermore, travel costs will be granted with an amount according to the travel distance.

According to the Erasmus + Guide for 2023, the amount per participant will be:

- For travel distances between 500 and 1999 KM: **275€** per participant (Italy)
- For travel distances between 2000 and 2999 KM: **360€** per participant (Bulgaria, Greece)
- For travel distances between 3000 and 4999 KM: **530€** per participant (Ukraine)

**Remember to keep all your boarding passes and original travel tickets so we can reimburse you the travel costs!!**

**Please, before buy the ticket write to us, so we can check it.**

**Participation Fee: 15€/person. This fee will be paid in cash on the 3<sup>rd</sup> day of the project.**

## What do you need to bring?

Regarding to stuff to bring:

- Comfortable clothing.
- Towels, toiletries. We will provide basic goods for personal hygiene like Shampoo, hair conditioner, body gel, body milk, tooth paste, tissues and common hair dryer. So you don't need to bring them.
- **A sleeping bag.**
- Stuff for the Intercultural Evening: Local products from your area as well as brochures and information of your association, country and area.
- Some “ice breaking” activities prepared.
- Your ID and insurance documents (European Health Insurance Card).
- We recommend you to bring your own bottle of water, so we can avoid the use of plastic as much as possible.
- Your own masks. They are compulsory in hospitals and pharmacies.
- Good Mood!!

## Rules

- We will be host you in our building where our colleagues will continue their working routine, so we will kindly ask you to keep silence specially from 8 till 15h
- Keep quiet atmosphere especially from 8-15h. Be aware of our space and take care of it!
- Participants will have to bring their own towels and sleeping bag.
- There is no possibility to extend your stay in that place.
- Smoking, drinking alcohol or consuming any other harmful substance it is forbidden in the building
- Participants have to respect the installations, the rooms and the common areas.
- Covid measures. In case of symptoms or positive results quarantine expenses will need to be cover by the participant (you can have an insurance for it). In case the covid situation change, other measures can be implemented.

The rest of house rules will be created the first day of the project.

## What participant are we looking for

The participants could be students, teachers, youth workers, association workers, or any active person in youth field, or interested in the topic. Also young people willing to share their experiences to learn from others and to grow personally and professionally. To offer this opportunity to young people from rural areas is one of our priorities because we want to spread the knowledge and increase their opportunities for self-development. The ability to adapt to non-comfortable and shared spaces with more people should also be taken into consideration. In order to reach our goals in all aspects, we ask our partner organizations to pay attention to the gender balance in the selection

of the group. Besides, to keep gender balance in the whole group, we ask each partner to pay attention to gender and sexual diversity in the selection of participants.

We are looking for **4 participants + 1 group leader** of each of the countries of +21 years old.

## How to arrive to the place

Málaga has one of the biggest airports in Spain, so hopefully you will find direct flights to Málaga.

The itinerary that you should follow is:

1. Go Terminal T3 in airport to take the train. There is just a line, called C1 RENFE CERCANIAS.
2. Buy a ticket at the vending machine to PIZARRA – just a single ticket.
3. Take the train from the airport (Terminal T3) towards MÁLAGA CENTRO-ALAMEDA.
4. Promptly get off the train at the stop VICTORIA KENT, and change the train destination to ALORA. Line 2 (C2).
5. You will be on this train around 20 minutes and then you have to get off the train at the stop PIZARRA.

### **More information in the official train page:**

<https://www.renfe.com/es/es/cercanias/cercanias-malaga/horarios>

### **In any case, when we know your flight schedule we can help you to find the easiest way to get the place.**

## COVID -19 policy

As we all know we need to make some adaptations to the pandemic situation so, here you have some important questions:

- Before you travel, make sure what do you need to travel from your country to Spain (Covid passport, test, country form...)
- You will have to bring your own masks, and please take in account that in pharmacies and hospitals are mandatory.
- In case of needing quarantine for contact, symptoms or positive results in tests, participants will need to cover those expenses. So we highly recommend to have you own insurance.
- During the week we will:
  - o Disinfect the common areas regularly
  - o Ventilation, or open air activities

- If the covid-19 situation changes, we will propose more measures

## How to contact us

### For further information

#### Our address:

**GRUPO DESARROLLO RURAL  
VALLE DEL GUADALHORCE  
C/Caña, S/N 29569 CERRALBA-  
PIZARRA (MALAGA)**

#### Email:

**generoyjuventud@valledelguadalhorce.com**

### To contact us by phone in case you need it:

**Ana Hevilla Ordóñez:**

+34 952 48 68 38

**Salud González Guillén:**

+34 952 48 68 38

**Paula García Guzmán:**

+34 952 48 68 38

| TIMETABLE                             |                            |                             |                        |       |                               |                 |                                   |            |                         |
|---------------------------------------|----------------------------|-----------------------------|------------------------|-------|-------------------------------|-----------------|-----------------------------------|------------|-------------------------|
| DAY 1                                 | DAY 2                      | DAY 3                       | DAY 4                  | DAY 5 | DAY 6                         | DAY 7           | DAY 8                             | DAY 9      | DAY 10                  |
| GETTING TO KNOW EACH OTHER            | INTRO TO THE TOPIC THE SDO | SOLAR KITCHEN               | WORKSHOP SEEDS         | T     | CREATION OF CLEANING PRODUCTS | GOOD PRACTICES  | PRESENTATION OF THE GROUP WORKS   | EXPOSITION | YOUTHPASS AND ERASMUS + |
| PRESENTATION OF THE PROJECT AND RULES |                            |                             |                        | R     |                               |                 |                                   |            |                         |
| COOPERATION WORK. INITIAL EVALUATION  | NATURAL COSMETIC WORKSHOP  | BUILDING A SOLAR DEHYDRATOR | WORKSHOP IN THE GARDEN | I     | BUILDING A SOLAR DEHYDRATOR   | FOOD AND HEALTH | WORKSHOP CREATING VIDEO-TUTORIALS | EVALUATION | GOODBYE ACTIVITIES      |
|                                       |                            |                             |                        | P     |                               |                 |                                   |            |                         |

**6<sup>th</sup> of May is arrival day, and 17<sup>th</sup> may departure day**