



Erasmus+

FOUNDATION FOR THE YOUTH BALATONALMÁDI

H.E.A.L.T.H.

Health Enriches And Lightens Thinking

Erasmus+ Youth Exchange

Infopack

Second part: 10th – 19th April 2024.



ALMÁDIFJAK

WHO ARE WE?



Our foundation, Almádifjak was founded by professionals workers of the social sphere in 2009. In 2016 a younger generation took over the lead of the Foundation. The leader of Almádifjak, Eszter Beke, is an experienced youth and social worker, an expert of Mental Health in Relations and Community Development. She has been active in the youth NGO world for more than 15 years. Almádifjak team members include social workers, teachers, special education teachers, facilitators and trainers of nonformal education, specialists in EU youth policy issues, international relations, experts in diplomatic protocol.



ALMÁDIFJAK CONTACT



The subject line of the emails you are sending:
HEALTH youth exchange - Barcelona

almaidifjak@gmail.com



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WHAT IS A YOUTH EXCHANGE?

- Compared to the well-known formal learning we experienced in school or university, during youth exchanges you can expect to participate in workshops, exercises, debates, role-plays, outdoor activities, theater, and art tools based on non-formal and informal learning methods.
- Youth exchanges are educational programs that help young people challenge their worldview, improve their English-speaking skills, gain confidence, and strengthen values such as solidarity, and democracy, as well as discover new cultures, habits, and lifestyles in a safe environment.
- You get the chance to meet lots of new people, participate in activities, and step outside your comfort zone. Don't be afraid to make some mistakes, to feel ridiculous at times, to laugh at yourself, and to laugh with others. Enjoy this unique learning process that is in front of you.
- Reminder: Every youth exchange is different, don't expect things that you did at other projects, the variety makes it beautiful! ;)



ABOUT THIS PROJECT

Our project, the Erasmus+ Youth Exchange H.E.A.L.TH. Health Enriches And Lightens Thinking aims to stop the rushing 21st century for a moment and tear young people out of the daily spin so we can devote more time and energy to the most important thing in this life. The accelerated world has become freer and more transparent, but it has also increased invisible societal expectations. We can easily move in the wrong direction, where even if we put all our energy into it, we will never be as successful as in our true dream vocation.

We will deal with social norms and forms, potential social pressure, the confusion of the rushing world, the benefits of volunteering, entrepreneurial behaviour and consciousness through non-formal way of learning.



ABOUT THE VENUE

BARCELONA, SPAIN (VIC)

Barcelona, in northeastern Spain, boasts unique architecture, vibrant culture, and a rich history. Iconic landmarks include the Sagrada Família and Park Güell, designed by Antoni Gaudí. The city's streets are filled with charming cafes, bustling markets, and lively tapas bars. With stunning beaches, museums, and nightlife, Barcelona is a top European destination.



About the venue

During the youth exchange, costs for board and lodging are covered by the project. This includes breakfast, lunch, dinner and coffee breaks. (Extra expenses, such as drinks in the venue, lodgment, or food during extra days have to be covered by the participants). If you stay before or after the youth exchange, you are responsible for covering your food and accommodation during those days.



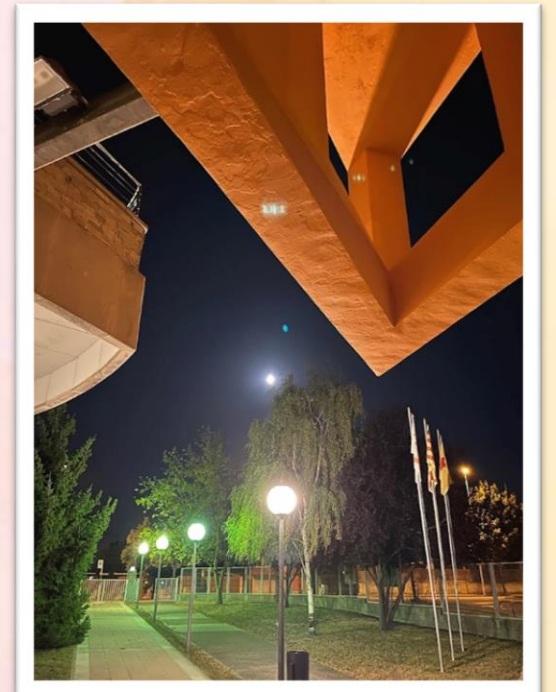
ACCOMODATION

The accommodation for the youth exchange is the youth hostel Xanascat located in Avinguda d'Olimpia, 4, Vic, Barcelona, Spain. Vic is a town situated around 1.5 hours away from the city of Barcelona, nestled between the mountains and green fields of Catalonia.

The rooms have Wi-Fi, lockers, bunk beds & and private bathrooms. Participants will be placed in rooms of mixing nationalities and always according to the official safety measures, keeping the lowest ratio possible per room.

The hostel provides vegetarian and vegan options for food, as well as other dietary restrictions.

Just ask for that option once you are selected as a participant.



H.E.A.L.T.H.

ABOUT PARTICIPATION



1. You must reside in Italy, Georgia, Poland, Spain or Hungary.
2. You have to be between 18 and 30 years old.
3. Per each country, we will be having 5 participants + 1 group leader (18+, with no age limit).
4. Drinking alcohol and usage of any illegal drugs are not allowed.
5. You need to be selected by one of the partner organizations.
6. The working language of the youth exchange will be English. You have to be able to communicate in English.
7. Participants with fewer opportunities & less experience in Erasmus+ will be a priority.
8. You should have curiosity for the topic of mental and physical health.
9. You would like to be involved in groupwork.
10. You are keen on participating in every activity.
11. You are tolerant, and you are able to cooperate, listen to each other.



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WHAT TO PACK

1. Passport/ID
2. European Health Insurance card (blue card) is obligatory (or any other insurance)
3. Comfortable clothes
4. Closed shoes
5. Basic hygiene cosmetics
6. Toiletry products, towels, flip-flops for the shower. Ironing, hairdryer and similar items aren't provided by the accommodation.
7. Umbrella (just in case ;)
8. Mug and/or waterbottle
9. Traditional food, drinks, flags, souvenirs, your favourite dance, song, poem, something that represents your country. Be creative! ;)



TRAVEL COSTS

We will reimburse your travel costs according to the rules of the Erasmus + Program. The reimbursement process of the pertinent travel costs will start upon presenting the original tickets, receipts/invoices/boarding passes, & the points of dissemination, have been accomplished. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt, or invoice.

Reimbursement will be made to the partner organization of each country or a representative. Remember to keep all your travel documents and receipts, boarding passes, etc. If you buy a ticket for local transportation, the price should appear on it to be reimbursed.

Reminder: If you do not participate in at least 85% of the activities, you will not get the reimbursement.



TRAVEL COSTS

Travelling to and from Spain will be reimbursed +2 days: so you can stay plus 2 days after the project, BUT on your own expenses regarding the accommodation and food. Visiting the capital or any other part of Spain can be done these days. Before buying the tickets contact Almádifjak crew, at almadifjak@gmail.com. Approval of the hosting crew, Almádifjak is obligatory.

Remember to bring all of your invoices, otherwise, we cannot reimburse your travel cost without documentation.



H.E.A.L.T.H.

ABOUT FINANCES AND TRAVEL REIMBURSEMENT



Prepare comfortable, but also economical transport: budget flight, second class train, bus.

Plane: reservation (with visible price, dates of flight, name of the participant, flight number), Boarding pass. If some of these things are missing you need to ask the airlines for the invoice.

Bus/train: If you buy a ticket online - an electronic ticket with name, route and dates. If you buy a ticket directly on the bus/at the train station it needs to have a price, date and route. Reimbursement will be sent after the youth exchange. After each and every remaining ticket will be sent back via POST (also you can scan them and send them by email, but we need the ORIGINAL tickets). Your trip (so also your invoices) must start from the county where your organization is registered.

Money will be sent to only one bank account from each partner organization (it can be a private bank account of the group leader also) after we will collect all the necessary documents. Boarding passes can be sent via email, no necessity of printing them. REIMBURSEMENT will only happen after the leader of the national group fills the reports in mobility tool.



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ABOUT FIANCES AND TRAVEL REIMBURSEMENT



REIMBURSEMENT

- For participants coming from Italy, Poland: 275euro/person
- For participants coming from Georgia: 360 euro/person

SlidesCorner

PARTNER ORGANIZATIONS

- Spain: Associació per la mobilitat internacional i emprenedoria
- Italy: ASSOCIAZIONE CONNECTING EUROPE
- Georgia: Bitisi
- Poland: HEureka Generator





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CAN'T WAIT TO MEET ALL OF YOU!

SEE YOU IN SPAIN,

ALMÁDIFJAK CREW



Co-funded by the
Erasmus+ Programme
of the European Union

