



**26.09.2016 - 03.10.2016**  
**Piles Beach, Valencia (Spain)**

## **INFO PACK FOR PARTICIPANTS**

If you are getting this Info Pack means that you are participating in the project “Don’t Mind the Gap”, so thank you very much for joining us and for taking an active part. We will try to explain all the details as clear as possible. However feel free to contact us to clarify any doubt.

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## 1. Welcome

Dear participants,

It is with great pleasure and supreme excitement that we announce you that the countdown for our fascinating Youth Exchange entitled “Don’t Mind the Gap” has officially begun!

Therefore, between the 26th of September and the 3rd of October 2016, our team will be at the very pleasant position to host 25 participants from 5 different countries: Spain, Bulgaria, Italy, Romania and Portugal in a multicultural atmosphere full of good ideas and inspiration!

This Youth Exchange will take place in the beach of Piles, near the beautiful Mediterranean town of Gandía in Spain. Be ready to open your mind and acquire further skills and competences! Be ready to interact with new people and cultures! Be ready to have a great time!

So, everyone, take care of yourself and we will see you very soon!

Best wishes from,  
Team of Xeración Valencia

## 2. Who are we?

XERACION VALENCIA is a youth non-profit association based in Gandia (Valencia, Spain) with the following objectives:

- a) To promote and facilitate the geographic mobility of youth (in a European and International level), students, and work (especially for groups with fewer opportunities).
- b) To expand and improve social cooperation projects and volunteering both locally and internationally.
- c) To empower youth in order to promote critical thinking for active citizenship and participatory democracy.
- d) To enhance values of tolerance, human dignity, interculturalism, solidarity and cooperation, social justice and social integration.
- e) To promote healthy lifestyles and ecological life.
- f) To protect the environment and to promote a sustainable development.
- g) To provide youth services.

To achieve these objectives we develop and implement projects for local and international volunteers, youth workers and youth mobility in order to offer a more cosmopolitan outlook to our partners. We encourage and disseminate volunteering amongst the Spanish population, especially between youth. We also organise meetings for exchange of good practices which helps to improve the quality of the outcomes from organisations in our area. We actively participate in the national network Xeración, so we collaborate in many actions coordinated with other delegations in Galicia and Madrid which are part of the network.

## 3. Summary of the project

Young people are the present and the future drivers of social and sustainable development and are characterized by enthusiasms and dynamism. Most of them are full of energy and ideas but often don’t have the necessary skills, self-confidence, or financial resources to turn their ideas into reality.

In addition, youths have been particularly affected by the economic crisis in Europe and many of them are losing hope for their future and can be easily found at the verge of social exclusion. To combat this phenomenon is necessary to take measures and carry out activities to encourage young people to believe in themselves and to develop their potential.

Therefore the Youth Exchange “Don’t Mind the Gap” was created with the intention to support and motivate young people to use effectively their energy and develop their skills in order to make positive changes in our society. There is a gap between ideas, plans and actions and this gap can be closed by employing the different tools and activities included in this activity.

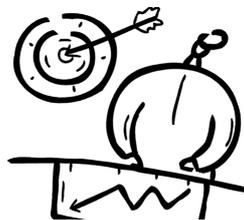
The approach will be highly interactive and will encourage participation. All the activities are driven by the aim to create a favorable space for generating and developing initiatives. The participants will take part into practical workshops, role games, discussions, brainstorming sessions, etc. Also the programme includes activities for self-evaluation and auto-reflection. The theoretical inputs will be combined with practical exercises to allow the comprehension of the concepts and tools.

All activities will be run by using methods of non-formal education.

At the end of the Youth Exchange the participants will have higher self-esteem and a clear vision of how to turn their ideas into reality. They will make the first step into the world of project management and will gain knowledge and skills which are very important not only for their personal development but also for their career. After the Youth Exchange the participants should be motivated to use their energy for taking initiatives and making projects with positive effects for the society.

In long-term perspective the acquired knowledge, developed skills and the dissemination of the results will provide more opportunities for youths on the labor market and improve their career prospects.

#### 4. Objectives



The main objectives are:

- To empower young people and give them more self-esteem and self-confidence.
- To encourage the participants to be socially active.
- To introduce key tools for conflict resolution and encourage the participants to see the problems as challenges and opportunities.
- To present the basic project management tools and develop skills which are important in this field.
- To offer the necessary knowledge for the principles of “design thinking” and to develop the required skills and abilities to visualize the ideas.
- To improve the sense of initiative and entrepreneurship.
- To improve the knowledge about Erasmus+ Programme and contribute to the participants’ understanding of its aims, objectives, and opportunities.

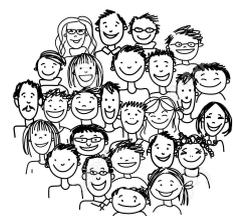
#### 5. Profile of the Participants

The activity will involve 5 partner countries including Spain, Portugal, Italy, Bulgaria, and Romania **with 4 participants and 1 leader for each country.**

Participants should be between **18 and 30 years old.**

**Participants with social, economic or cultural difficulties should have priority.**

There are no specific requirements to take part into the Youth Exchange other than **high motivation and strong interest in entrepreneurial culture.**



**Group leaders** should have a high level of English with **no age limit**.  
 Gender equality will be achieved by selecting **at least two male and two female participants from each country**.  
 Information for dietary restrictions, allergies or special considerations will be required in advance.  
 All the participants should bring their European Health Card.

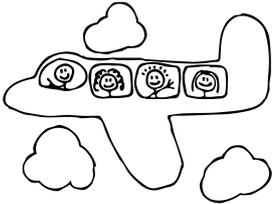
**6. Accommodation**



The Youth Exchange will take place in the youth hostel “Mar i Vent”, on the beach of Piles. The hostel is a building of two plants located next to the sea.



**7. Travel and Finance**



Accommodation, meals and working materials are provided by the organisers.  
**100% of the travel costs will be reimbursed once we received all the following required documents** up to the maximum of the amount indicated by the distance calculator provided by the EC:

- **TICKETS** (on paper for trains/buses or confirmation e-mail with the price on it for flights)
- **INVOICE** (if the company gives it to you)
- **BOARDING PASS** (for both ways)

Spain	100 - 499 km	80.00 EUR
Portugal	500 - 1999 km	170.00 EUR
Italy	500 - 1999 km	170.00 EUR
Bulgaria	2000 - 2999 km	270.00 EUR
Romania	2000 - 2999 km	270.00 EUR

The closest airports are **Valencia (Manises)** and **Alicante (“Aeroport de l’Altet”)**; **both of them one hour away from the venue.**

**Castellón (“Aeropuerto Castellón-Costa Azahar”)** is 2 hours away from the venue so it’s also an option. However, if you cannot find affordable prices to any of those airports you can also arrive to **Madrid** or **Barcelona** but you should consider that you will need to get a bus or train which will take **from 4 to 6 hours to arrive to the venue.** Please contact us if you need any help with the bus/train connections.

The local transportation to the beach of Piles will be discussed with all the national groups. Meeting point will be in Gandia city, more details will be coming in the following weeks.

**Travelling dates are 26.09 for ARRIVALS and 03.10 for DEPARTURES.**

**If your flight is arriving to Valencia, Alicante or Castellon Airports AFTER 18h on the 26th PLEASE CONFIRM YOUR FLIGHTS BEFORE BOOKING THEM.**

**Extra-days:** following the guidelines of the Erasmus+ programme the travel must be realised by the participants within a maximum of 4 days from the project’s dates (**arrival max 2 days before the project and departure max 2 days after the project**). In case of longer stays we will not be able to reimburse your travel.

In order to make sure that all participants book the cheapest option available for their travel, **we offer our full support helping them with their bookings and bus/train connections.**

## 8. Some Practical Information

- **Weather Conditions**



The climate of the region (town of Gandia, Beach of Piles) is mediterranean-subtropical with very mild temperatures during winters, and hot summers. The annual average temperature is between 19-20 °C. In September the sunny days are around 25. The average daily temperature is 24°.

- **Currency**



The currency of Spain is the Euro.

- **Common Phrases in Spanish**



English	Spanish
Good morning.	Buenos días.
Good afternoon.	Buenas tardes.
Good evening. (greeting)	Buenas noches.
Hello, my name is <i>John</i> .	Hola, me llamo <i>Juan</i> .
What is your name?	¿Cómo te llamas?
How are you?	¿Cómo estás?
I am fine.	Estoy bien.
Nice to meet you.	Mucho gusto.
Goodbye.	Adiós.
See you later.	Hasta luego.
I am lost.	Estoy perdido./ Estoy perdida.
Excuse me.	Con permiso or Dícupla
Please.	Por favor.
Thank you.	Gracias.
I'm sorry.	Lo siento.
Bless you.	Salud.
You are welcome (it was nothing).	De nada.
How much does it cost?	¿Cuánto cuesta?
What time is it?	¿Qué hora es?
Yes.	Sí.
No.	No.
I do not understand.	No entiendo
Would you speak slower, please.	Por favor, habla mas despacio.
Who?	¿Quièn?
Why?	¿Por què?

### 9. What more to expect?

Once the selection of participants is completed you will receive also:

- The Programme of the activities (coming in the following weeks)
- A Brief guide to Design thinking – it will help you to come more motivated ☺
- What to bring? – a list of things which will help you to be prepared for everything :P
- A form where you can share with us your dietary requirements and other preferences.
- A Facebook Group to start getting in touch with everyone.

### 10. Contact information

FOR MORE INFORMATION/ DOUBTS PLEASE CONTACT US at:  
[xeracionvalencia@gmail.com](mailto:xeracionvalencia@gmail.com)

OR CONTACT THE LOCAL ORGANIZATION IN YOUR COUNTRY.