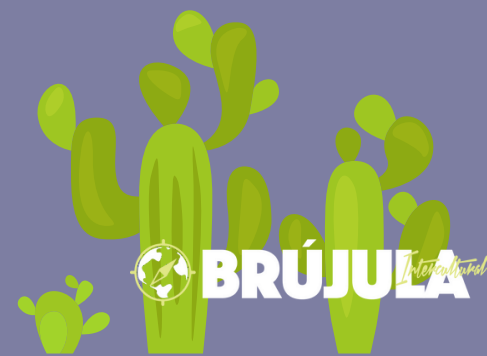


WANDER *at ease*

YOUTH EXCHANGE

21 - 29 MAY 2024

BEORADO (BURGOS), SPAIN



Co-funded by
the European Union

 **BRÚJULA** *Intercultural*



THE PROJECT

Wander at Ease is a youth exchange program designed to inspire a new generation of travelers to embrace the art of slow travel and cultivate a deeper connection with the world around them. Over the Erasmus+ exchange, participants from Spain, Italy, France, Romania, and Germany will embark on a journey of exploration, reflection, and cultural exchange, guided by the principles of mindfulness, sustainability, and community engagement.

MAIN OBJECTIVES

- **Promote Intercultural Dialogue:** Facilitate meaningful interactions and exchanges among participants from diverse cultural backgrounds, fostering mutual understanding, respect, and empathy.
- **Empower Youth Leadership:** Provide a platform for young people to take ownership of their learning journey, develop leadership skills, and drive positive change in their communities.
- **Cultivate Environmental Awareness:** Raise awareness about the environmental impact of travel and empower participants to adopt sustainable travel habits, minimizing their ecological footprint.
- **Encourage Personal Growth:** Create opportunities for self-reflection, personal development, and the cultivation of mindfulness through immersive travel experiences and experiential learning activities.
- **Foster Global Citizenship:** Inspire participants to become responsible global citizens, committed to promoting social justice, cultural diversity, and environmental sustainability.
- **Promote Inclusivity and Diversity:** Celebrate the richness of human diversity and create a safe, inclusive space where all participants feel valued, respected, and empowered to share their perspectives and experiences.
- **Disseminate Good Practices:** Encourage participants to become ambassadors for slow travel and sustainable tourism in their communities, sharing their knowledge and experiences to inspire others to embrace a more mindful approach to travel.
- **Contribute to the Sustainable Development Goals (SDGs):** Align the objectives of the exchange with the United Nations Sustainable Development Goals, particularly Goal 11 (Sustainable Cities and Communities), Goal 12 (Responsible Consumption and Production), and Goal 17 (Partnerships for the Goals).



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LOCATION & ACCOMODATION

The Youth Exchange will be held in Belorado, a village belonging to the Province of Burgos. The venue of the exchange will be Albergue Belorado El Corro and it is essential and adequate to host the entire group.

There will be **3 different rooms** (She/her-He/him- Mix/Others) and 3 bathrooms. There is no bathroom towel service available. We also ask you to bring personal things such as your shampoo, gel, etc. **The beds are equipped with a bottom sheet and we have blankets; however, a SHEET OR SLEEPING BAG IS NEEDED.**

There is the possibility of using a fully loaded washing machine for one euro.

The selected venue has a separate activity room with all the necessary facilities which we can use, offered by the Municipality.



MEALS

The three daily meals and coffee breaks will be prepared and served within the accommodation.

The project menu will be **VEGETARIAN** and will take into account any food allergies and/or intolerances.

For a long time now, we have been organising projects only with a vegetarian menu prepared on-site and with local, organic and seasonal products to allow participants to **reflect on their own food consumption and the sustainability of the experience.**



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PARTICIPANTS

The project will have 35 participants from 5 different countries (Spain, Italy, Romania, Germany and France)

Each group involved will take part in the project with **6 young people aged 18-30 plus 1 group leader 18+**.

Participants must be young people with:

- interest in the project topics;
- willing to green travel;
- interest and motivation in participating in an intercultural learning experience;
- at least medium knowledge of English and desire to get involved and broaden their communication in a foreign language;
- the possibility to take part in (face-to-face and/or virtual) preparation meetings for the project and in evaluation meetings of the experience.

Group leaders must be people with:

- willingness to travel with the whole group;
- previous experiences in group management and the Erasmus plus programme;
- good knowledge of English and ability to support participants during the experience;
- willingness to participate in pre-project preparations and meetings;
- willingness to participate in evaluation meetings of the experience.

Group Leaders will have previously **participated in the "LeadSync"** training course and they will actively participate in the preparation and facilitation of activities.





WHAT TO BRING

- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.);
- Sheet or sleeping bag;
- Warm clothes (weather in spring can be unpredictable);
- Personal and refillable drinking bottle;
- Adapter for for Spanish mains socket - Voltage: 230 V // Frequency: 50 Hz // Plugs: Type F
- Whatever you feel you would need for any time spent away from home; if you forget something, you don't have to worry because in the village there are many shops;
- Take your **ID documents** and keep your **travel documents** like tickets, boarding pass etc. Take really care about travel documents, without them, it will NOT be possible to get the reimbursement of travel costs;
- Please note that to participate in the project you must have a **European Health Card** or **equivalent insurance**.



WHAT TO PREPARE

- Each national group must prepare at least two warm-ups;
- Intercultural evening: presenting your country through typical food, games, dances, etc;
- A preparatory meeting will be held with the leaders and any group tasks to be performed before departure and/or during the trip will be communicated



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TRAVEL

Brújula Intercultural, in agreement with the European Commission, encourages participants to travel avoiding flights for environmental reasons. Meaning using means of transportation such as trains, busses, ferries, or car sharing. Using green travel, you are allowed to:

- have a higher travel budget: for example, 320€ instead of 275€. Check the table in the next pages for more detailed information;
- have two travelling days for the outbound and two travelling days for the return.

GROUND RULE: For the Wander at Ease exchange, we decided to only allow the use of green travel for participation in the project; this is to be even more in line with the theme of the project and its objectives. Each partner organisation needs to send the most suitable green travel option for the group/ participants to the Brújula Intercultural Association and wait for confirmation before purchasing tickets. Brújula Intercultural is not responsible **for tickets purchased** without prior approval.

TRAVEL DATES

Participants are expected to arrive on the **21st of May 2024** at the accommodation in Belorado, preferably before 8 p.m., using green transports.

Departure day is the 29th of May 2024. Check out from the accommodation must be no later than 10 AM.



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TRAVEL REIMBURSEMENT



The travel costs will be covered up to the amount based on distance calculator by the European Commission.

It is fundamental that you **keep all your original travel documents**: bus and train tickets, invoices, etc. Accommodations due to the distance of the trip can also be covered.

The reimbursement cannot be done without these documents.

Consider that taxis and first-class tickets cannot be reimbursed.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

Participants will be reimbursed after the end of the project, once they provide all the original travel documents and answer the Group Leaders answered the report. Further and detailed instructions will be given during the project.

Distance	Standard Travel	Green Travel
0 - 10 km	0 €	0 €
10 - 99 km	23 €	23 €
100 - 499 km	180 €	210 €
500 - 1999 km	275 €	320 €
2000 - 2999 km	360 €	410 €
3000 - 3999 km	530 €	610 €

DEADLINES

We kindly ask you to send travel options as soon as possible and no later than 26th April 2024, and to proceed with your purchase immediately after receiving confirmation from the organisation.

Please send your travel options to exchanges@asociacionbrujula.es, adding in copy: info@asociacionbrujula.es

After purchasing the tickets, please send the confirmation of your purchase to the same emails.

COMMUNICATION

After receiving all travel confirmations, we will send a **PARTICIPATION FORM** to be completed and we will create a project **WHATSAPP GROUP with Group Leaders** to keep communication faster and smoother.

CONTACTS

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