



**“IT IS UP TO YOU”**

From 18<sup>th</sup> to 26<sup>th</sup> of OCTOBER of 2018

## **Key Action 1: Learning Mobility of Individuals**

**“ART TO DESTROY THE LIMITS AND PREJUDICES”**

**IT IS UP TO YOU**

**Youth exchange**

**From 18<sup>th</sup> to 26<sup>th</sup> of OCTOBER of 2018**

### **PROJECT DETAILS**

**Project name:** It is up to you

**Project dates:** From 18<sup>th</sup> to 26<sup>th</sup> of OCTOBER of 2018

**Place:** Iscar, Valladolid – Spain -

**Organization:** CLUB DEPORTIVO CHAÑE      Number PIC: 948154922

**Participants:** 32 Participants in the project will belong to 6 different countries from: Wales, Bulgaria, Portugal, France and Spain.

### **THE ORGANIZERS**

The Sport Club Chañe (Club Deportivo Chañe) is a youth sport club that bases its work in the field of non-formal education and sports. This sport club has several federated teams that play regularly. Also this sport club has organized two youth exchanges one in 2014 related with sports and employability and another one in 2015 related with alternative sports and employability. Some of our objectives are: to create, develop and promote national and international youth exchanges to promote European partnership in youth and for professional development of the standards and European practices, to organize summer schools and conferences, to promote social initiatives among young people, to create and develop different programs and trainings about vocational counseling.

We will also focus on the creation and carrying out of the projects for participative democracy among young people and promoting the concept of active European citizenship.

Facebook page: <https://www.facebook.com/Club-Deportivo-Cha%C3%B1e-1623269191228489/timeline/>

Website: <http://clubchane.wix.com/clubchane>

E-mail: [ltisuptoyouproject@gmail.com](mailto:ltisuptoyouproject@gmail.com)

### **SUMMARY**

This youth exchange will take place between 18th to 26th of OCTOBER of 2018 in the village of Iscar where 32 young people, most of them with fewer opportunities, coming from Wales, France, Spain, Portugal and Bulgaria, will share a space where we will be fostered values of rugby sport, feelings of interculturality and healthy habits through sports among the participants and the partner entities, and on the other hand this common element (the love of sport) will be used to bring us closer to the group in which we want to avoid the fall of youth from our localities, drug addicts, with the idea of so

we can share good moments with them and, at the same time, know this social reality at first hand by providing them with a healthy life and sport as an element of support for their struggle against their problems.

All this with the collaboration and support of both coaches and players of the rugby teams of the city of Valladolid, as well as the workers of Proyecto Hombre Valladolid and ARVA who will advise us and be an active part of the exchange.

Both the interpersonal experience with the other participants, the acquisition of healthy habits knowing minority sports and loaded with values such as Rugby, the direct contact and link that will be created with drug addicts and alcoholics in rehabilitation with whom we will share activities and collaborate as a volunteering and the accumulation of sensations that this exchange will produce in the participants, will make it a punctual experience in time, but lasting experiences, social awareness, interculturality and personal training of the participants throughout their growth as people of our Europe today and tomorrow.

The language of the project will be English.

## **Working Methods**

Our Youth Exchange will be non-formal learning. It means that learning is based on your experience, your motivation and your needs. During the exchange, non-formal education methods and methods that assure balance between theory and practice will be used such as presentations, group works, workshops, games, role plays, exercises etc

## **Participant countries and partner organizations:**

<b>COUNTRY</b>	<b>ORGANIZATION</b>	<b>WEB</b>
<b>PORTUGAL</b>	<b>RUGBY CLUBE DE LOULÉ</b>	<b><a href="http://www.rugbyloule.pt">www.rugbyloule.pt</a></b>
<b>WALES</b>	<b>ACOLLEGESWALES / COLEGAUCYMRU LTD</b>	<b><a href="http://www.collegeswales.ac.uk">www.collegeswales.ac.uk</a></b>
<b>BULGARIA</b>	<b>BSDA (Bulgarian Sport Development Association)</b>	<b><a href="http://www.bulsport.bg">www.bulsport.bg</a></b>
<b>FRANCE</b>	<b>COC Rugby - La couronne</b>	<b><a href="http://coc-rugby-lacouronnee.clubeo.com/">http://coc-rugby-lacouronnee.clubeo.com/</a></b>



## NEEDS

- **6 participants From France, Wales, Portugal and Bulgaria:**
  - 5 young people aged 18 - 30
  - + 1 leaders no age limit.
  - Participants need to be aged over 18 years old.
- **Your task during the exchange:**
  - Presentation of your country and your organization.
  - Information about the situation of the main topic in your country context.
  - Traditional foods and drinks for cultural night.
  - Flag of each country would be great.

If you find more participants interested in participating in the total number that corresponds to your country, **we invite to that you make a list of participants on hold** according to the criteria that we establish, because not always you can ensure the participation of the total number of participants in the event that any participant has some unexpected last minute.



## TRANSPORTATION

**Arrival: Madrid Airport, 18<sup>th</sup> OCTOBER. (before 14:00, please confirm your flight details).**

**Departure: Madrid Airport, 26<sup>th</sup> OCTOBER. (After 15:00 please confirm your flight details).**

You should take a flight to Madrid airport, because it is the main airport near our region and you will find planes from your country easily. About transportation from the airport we will inform you after collecting all participants' flight information, because we normally pick up the participants at the airport and bring them directly to the project site, all together, by a private bus.

- No regular Bus to Iscar at all hours.

- The cost of a private bus is much cheaper for each participant, that a public bus trip. You can Check this yourself.

**The cost of this private bus per participant is 15 €**, this price, including travel go and return to the airport. We believe that is a more than fair price for all these trips.



This 15 euros **are not include** in the travel cost because it is private (National Agency rules).

## ACCOMMODATION

Iscar is a Spanish town and municipality in the province of Valladolid and the autonomous community of Castile and León. It has about 6000 inhabitants, although in the summer season the population can grow up to 10500 persons.

It has a wonderful castle with year of creation in 939 which can be visited with a guide and you can see medieval representations.

Iscar's economy is based on agriculture and especially in the production of doors for homes and factories. Iscar at the time became the producer of 80% of doors throughout Spain.

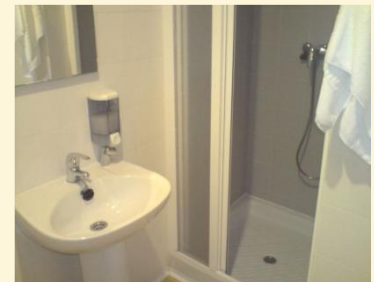




## ACCOMMODATION

“RESIDENCIA DEPORTIVA DE ISCAR” Youth Hostel. Iscar, Valladolid. SPAIN.  
[www.alberguesvalladolid.com](http://www.alberguesvalladolid.com)

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project’s dates (18<sup>th</sup> to 26<sup>th</sup> of OCTOBER of 2018).



## COSTS AND REIMBURSEMENT

“It is up to you” Youth Exchange Project is implemented with financial support from the European Commission and the ERASMUS + Programme. Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

All participants must consult with the organizers on prices & routes (please contact [itisuptoyouproject@gmail.com](mailto:itisuptoyouproject@gmail.com)), before buying any tickets.

Travel expenses will be covered after collecting travel documents on condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, Taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check in as well. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase

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[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_es](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_es)

Note!!! Please make the copies (better scan or take photographs) of your tickets and invoices before coming to Spain and send us all your travel documents to this address Email: [Itisuptoyouproject@gmail.com](mailto:Itisuptoyouproject@gmail.com) , as soon as you buy them. If you have tickets and invoice, make sure that you e-mailed copies of both.

**You can't buy any air ticket or any travel cost before of 25 AUGUST without authorization from the organization. If this happens, do not refund no amount of money to these participants.**



## TRAVEL COST

*This amount is different for each country and shouldn't be exceeded. in case of exceeding the maximum allowed, the refund will be made with the maximum amount fixed for each person by country, never larger.*

We will inform you about your travel limit costs once the Project is approved and the countries will be participants. Mileage calculated with the official program tool.

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

**These are the cost official the new program detailing the maximum cost per participant, but the obligation of the participating associations according to the criteria of the program is to find the cheapest flight at the right time.**

Country	Distance in kilometres from	€ per participant
France	Angoulême - Chañe 604.93 km.	275 EUR
Bulgaria	Sofia – Chañe 2287.25 km.	360 EUR
Wales	Cardiff - Chañe 1131.71 km.	275 EUR
Portugal	Loulé – Chañe 560,12 km.	275 EUR

**These are approximate distances in Kilometers.**

For the reimbursement of the money, you have to bring us all original documents:

- invoices,
- e-tickets,
- proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)
- Original boarding passes

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming Spain, without having to send us by post when you return home. Of course, if for your airline is not possible, you still need to send us the boarding passes by post mail after the project.

**It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is NOT possible!**



No Visa is required for EU citizens, participants will need to have only valid ID card (for some countries only) or international passport.

Please, check the VALIDITY of the passports before the departure – Passport must be valid at least for 6 (six) months.

Of course, if you want you can stay 1-2 days before/after the project in order to visit us, our Capital city, but you have to pay by yourself for those extra days.

## **INFORMATION NEEDED**

- List of participants and Personal application of each participant (APP) **until 12<sup>th</sup> of SEPTEMBER 2018.**

- The arrival and departure details in order to prepare his transport from airport of Madrid to Iscar.
- One contact person in your home country (for in case) (e.g. family member); full name and telephone.

If any participant have any special diet that affects your health or have a different alimentary option, must communicate in the personal application before coming to Spain.

## **HEALTH AND TRAVEL INSURANCE**

**Health insurance will NOT be provided or reimbursed by the organizers.** All participants are required to purchase health insurance individually, or get the free of charge formulary E-111 from your national social security that covers medical costs around EU member states (European Health Insurance Card).

## **RULES**



You are expected to participate fully in all activities. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation.



Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

## **CULTURAL NIGHT**

Don't forget to bring some traditional music for the intercultural evenings We will have one cultural night per country where you can expose your customs, traditional dances and culture, please !!! all teams must prepare some presentation of your country in a creative way (try to avoid PowerPoint and movies from tourist agencies). We hope, that your culture means you something more than national food and drinks. Also bring flag or your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

Here are a few examples from our past projects to trigger your imagination:



## **CONTACT AND OFFICIAL FACEBOOK GROUP OF THE PROJECT**

Facebook page:

<https://www.facebook.com/groups/1944741275548077/>

If you need help, have questions or need further information please contact via e-mail:

[Itisuptoyouproject@gmail.com](mailto:Itisuptoyouproject@gmail.com)

**Thanks for your interest!**