



INFOPACK 1

Youth Exchange:

“Let’s go towards a healthy lifestyle!”

18th – 27th June, 2018

Puente Genil, Spain

TOPIC

“Let’s go towards a healthy lifestyle!” is a youth exchange about healthy lifestyle, the main topic are: alimentation, physical exercise and avoid the addiction to alcohol and drugs.

The main objectives of this project are:

1. Promote a healthy lifestyle.
2. Promote mutual understanding between young people from different countries.
3. Promote a sense of European citizenship.
4. Bring young people to new ways to spend their free time.

OUR PARTNERS

The **participant’s countries** in this project are **Romania** (Solomon), **Bulgaria** (The starry start of talent foundation), **Italy** (SOS EUROPE), **Lithuania** (Apkabink Europa) and **Spain** (Asociación “Europa 2020”).

PARTICIPANTS PROFILE

Young people between **18 and 30 years old** with an active attitude in youth participation, with special interest in learning from other cultures.

We will prioritize young people, with economic barriers, cultural, educative and geography difficulties.

The overall group of participants are **30 people: 5 participants + 1 leader per country**

WHEN?

18-27 June 2018

WHERE?

This project will take place in **Puente Genil**, city located at South of Cordoba, in the center of Andalusia.

The accommodation will take place at the **MUNICIPAL RESIDENCE**. Furthermore, the building has a garden and is located in the center of the city.

Regarding the places where we will do the activities, we will use a big room in an outdoor places.

Here you can have some Pictures of Puente Genil and the accommodation.



WORKING METHODOLOGY

The **methodology** used to perform this type of activity is participatory, dynamic and fostering creativity. For this purpose, we will do role play, theatre forum, debates, energizers, presentations, artistic activities...

TRAVEL COSTS AND REIMBURSEMENT INFORMATION:

This project will be implemented within the framework of Erasmus + Programme of the European Commission (K1). Hence, all costs related to food, accommodation and activities

will be paid in full. The **travel costs** are financed by European Commission, attending to the programme rules according to **distance calculator**.

Please see on the link: http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

	COUNTRY	KILOMETRES	AMOUNT (€) / participant
TRAVEL COSTS	Romania	2000- 2999 km	Until 360,00 €
	Bulgaria	2000- 2999 km	Until 360,00 €
	Italy	500- 1999 km	Until 275,00 €
	Lithuania	2000 - 2999 km	Until 360,00 €

IMPORTANT:

✓ We will refund the travel costs when we receive 100% of the grant by the European Commission once the project has finished if your participant group comply the following rules:

1. You must **present all the original travel documents and receipts**. You will deliver us your documents concerning your trip from your city to Puente Genil **during the youth exchange**.
2. Your participants **must participate in all activities of the youth exchange from 18th to 27th June 2018**
3. All the original transport **returning tickets and original invoices** must be delivered (flights, trains, bus...) before **31th July 2018** to:

Asociación Europa 2020
 Apdo de correos 106
 14500 Puente Genil, Córdoba
 España

4. The participants should complete the **survey** provided by the **Mobility Tool** after the youth exchange (before **31th July 2018**)
 5. You must send us all **dissemination links** about the project and its results through all channels such as social networks, web, media... (Before **31th July 2018**).
- ✓ In case, the payment by our National Agency is delayed, if you agree, our organization commits to reimburse you the 50% of the travel costs. And once we receive the 100% of the grant, we will reimburse you the last 50%.
- ✓ We will do the reimbursement through bank transfer (only 1 transfer for each organization). The transfer costs will be paid by your organization. (Take into account that if you accept to receive the first 50% payment, you will have to pay two transfer costs).

- ✓ Please note that you can only claim the amount within the lump sum limit of the travel cost. If this exceeds our budgeted amount, you will have to cover these costs by yourself.

PARTICIPANT SELECTION

- ✓ Deadline for participants selection**April, 10th 2018**
- ✓ Make participants selection attending **participants profile** (previously cited) and **gender equality**
- ✓ Please send the **Participant Application Form** and the scanned participants' **passport or ID** before **April, 12th 2018** on e-mail: aeuropaz2020@gmail.com
- ✓ Things to consider **DO NOT BUY TICKETS UNTIL YOU GET OUR INDICATION**

CONTACT DETAILS

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