



Erasmus+



Mixed up

Solórzano, Cantabria


22-30 January, 2019

Dear partners, dear friends!

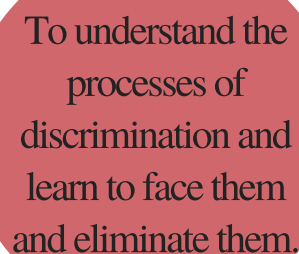
Nowadays we live in plural societies, composed of people from multiple cultures, beliefs, traditions ... this variety is very positive if it is well understood, but also involves important remains and generally we are not prepared to face them. For this reason, phenomena such as nationalisms, religious radicalisms, confrontations and situations of discrimination, etc. happen all around us and we don't know very well how to react.

With this reality, we consider this exchange as one more step to contribute to overcome the challenges that cultural diversity poses, exchanging ideas, opinions, experiences and knowledge, discovering that together we can overcome the challenges that arise. All this starting from the need to develop a vision of cultural diversity that considers such diversity as a source of wealth and an indispensable part of the solution and development and not the source of problems.

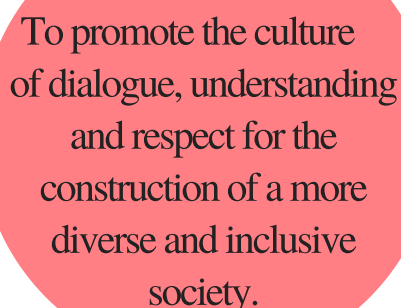
That is why, thanks to this youth exchange we would like:



To encourage personal growth and the development of key competencies among participants, especially those with fewer opportunities, through positive interaction with differences and active participation.



To understand the processes of discrimination and learn to face them and eliminate them.



To promote the culture of dialogue, understanding and respect for the construction of a more diverse and inclusive society.



To recognize the value of cultural diversity in today's society and how it has helped to build common European values.

About us:

Your Missing Element was created by a group of friends who believed in change. After many years of work and many people involved, we created an organization that sought to listen to young people and create a space where multiculturalism, respect, equality and human rights were protagonists.



Nowadays, we have experience preparing and implementing activities at European level that aim to improve youth involvement and help to promote the personal development of our young people, increasing their skills, independence and autonomy in order they grow into active and transformational agents of their society and local communities.

Who else will participate in this Youth Exchange?

Below you can find the participant countries, organizations and number of participants

Spain	Your Missing Element	6
Ukraine	GROMADSKA ORGANISATSIA HARKIVSKA ASOTSIATSIA DLYA AKTIVNOY MOLODI STELLA	5
Slovenia	Zavod Mladinski center Kotlovnica Kamnik	5
Estonia	SEIKLEJATE VENNASKOND	5
Italy	Identities	5

Requirements

- The youth exchange is open for young people 18-30 (The leader can have +30).
- Participants are expected to be part of the full duration of the activity
- Be aware that this activity will be in English.

Travel

- Travel costs: will be reimbursed according the received grants from the Erasmus + program, based on the results of the distance calculator supported by the European Commission.
- Travels will be buying by sending organizations or participants. If travel cost exceeds the amount set by Erasmus + the amount that exceeds shall be assumed by the participant or the sending organization.
- Reimbursement will be done after participants send us all the documents needed.
- Every participant needs to take care of his/her own insurance for the period of the activity and travel days. This cost will not be refundable.



Important

We will have a session the 22nd during the afternoon, for that reason, you will need to book your trip according to this information.

Arrival day and hour: 22nd, 17pm

Departure day and hour: 30th, after breakfast

Budget

Spain:	20€	Italy:	275€	Slovenia:	275€
Ukraine:	530€	Estonia:	360€		

How the process goes:

Participants should arrange their trip (but please, don't buy tickets before our approval). We will reimburse that cost when we receive all the documents we need (invoice, tickets, boarding passes, etc.).

Please note that it is not possible to reimburse without the original tickets and/or boarding passes. In addition one invoice that shows the name of the participants, date, route and price.

Original invoices and tickets must be delivered during the activity, except for those needed for the return trip, which should be sent by certified mail within 10 days after the end of the activity.

Please, for your local transportation (train, bus) buy RETURN ticket, in this case we can scan them while you are here. You will still need to send us your return boarding passes and tickets after the activity.

You will also need to ask invoice about your transport with the following data:

Asociación Your Missing Element
Calle Profesor Manuel Garzón Pareja Nº 9, 4ºC, 18008
Granada.
G19647445

Please remember: we are not able to reimburse if you can't give us **ticket** AND **Invoice** together.

What do I need to do before my travel?

Every participant needs to take care of his/her own insurance for the period of the TC and travel days. This is not going to be part of the reimbursement.

As a member of the European Union, Spain has agreements for the recognition of insurance systems. Those who possess a European insurance card should therefore be covered for illness and accidents in the same way as they are in their country, please bring with you this card.

Please keep in mind, even if you have EU Insurance card, this would not cover any travel incident. It is your own responsibility to arrange your own travel and health insurance. Please also check if your passport or National ID Card is still valid.

Entering to Spain

- Since Spain is EU member, if you are coming from another EU country, you will be allowed to travel with your ID card.
- However, you can bring your passport if you have just in any case.
- For those who do not come from a country of the EU, please check the requirements as soon as possible. If you need a letter of invitation let us know and we will send it you.

How to get to Cantabria?

- Cantabria has an international airport: Santander Seve-Ballesteros Airport. You can find a flight with good connections / prices.
- Also, you can fly to Madrid or Barcelona, but you will need to take buses and to spend 4-7 hours in public transport.
- It is very important to buy all the tickets before arriving at the activity: return tickets included.



The contact number for travel days is:

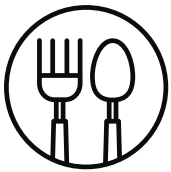
0034 695840771 (Sara)

Where are we going to stay?

- We will stay in a hostel in Cantabria: [click here for more information](#)
- Participants will share rooms with other participants from different country (but same gender).
- Accommodation is fully covered by the Erasmus plus programme.

What we are going to eat?

Room and board are covered by the program, which means: you will receive food 3 times a day. This is on us. Please note Erasmus + Programme is not covering any alcohol, so if you want to have a glass of wine to your dinner, then you will have to pay for that. But please control yourself, drink moderately. If you have any **allergy or any medical diet**, please let us know in advance in order to arrange you special food.



Currency

- In Spain you can pay by Euros. Bring some pocket money if you want to buy some souvenirs.
 - Important note: You can barely pay with your credit/debit card. Make sure you have all the time cash with you, because in small places, shops, restaurants you will not be able to pay with cards. To withdraw money using a Spanish ATM and your national debit card can cost 4 euros/transaction.
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More things:

- We will have intercultural nights/coffees, so, do not forget to bring your national food and drinks
- Bring comfortable clothes and shoes (we will walk).
- Bring your national flag, magazines, postcards what will help you to introduce your country.
- Bring your sending organization's leaflets and any kind of information what you might have.
- Please **find a nice mug from your city/town/country** and bring it to the activity. On the first day we will make a lottery and you will get a cup that you can use the whole week and later bring home with you as a memory.
Less plastic, more beauty!
- And your good mood. This is the most important



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AND TO FILL THE FORM



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