

YOUTH EXCHANGE

VEGGIES TAKE THE CITY!!

7th-14th July 2018



Join us on [Fb: Veggies Take the City- Youth Exchange!](#)

Fill out: [Activities & Materials](#)



Welcome and congratulations!

If you are reading this is because you are one of the few selected from all the amount of applicants.

This exchange is an opportunity to make something for you and for the world – it will be the experience you make out of it!

This guide contains important information about what to expect once there, what you’ll need to get the most out of the experience and how to actually get here and other practical information.

So, please read it!

Don’t forget to join our facebook group: [Fb: Veggies Take the City- Youth Exchange](#).

Introduction

The project “Veggies take the City” is a youth exchange in the frame of Erasmus +, where all of us will share our knowledge to learn about how to make a great veggie garden in a terrace, in the city or a movil veggie garden, following the idea of “*make it yourself*”. It will be like a cocktail between discussions, workshops, introductions of your own projects/ experiences, to find solutions and grow healthy food without pesticides or chemical products like in the food industry. With this exchange we want to build horizontal and local communities to continue improving and sharing in this direction.

We want to promote the local consumption of KM 0 veggies, knowledge and proximity to agriculture for kids and adults, giving the possibility that everyone could grow their own veggies for itself and the community with many disperse and accessible gardens all around. Therefore, we propose a practical project for the construction of “*Urban Gardens*”, approaching the quality and ecological cultivation to the city where large consumption is and increasing the green areas inside.

It will take place in Alcañiz, Spain, between 7th and 14th of July 2018 (7th and 14th are the arriving and departure days). We will be 25 participants in total, 5 from Denmark, Italy, Hungary, Tunisia and Spain. Besides the coordination team.

We will do a dossier in PDF that will be published on an online platform with all activities. Helping also to promote youth employment, self-education and an active and engaged citizenship with the care of the environment and sustainable projects.

The project is supported by the Erasmus+ funded by the European taxpayers. Just to inform you, without this support, the real cost for each participant would be around 500€.

We kindly invite you to:

- **Get involved:** We need everyone active and participating!
- **Self-reliance:** You are responsible for yourself and to make a positive impact on the event.
- **Respect each other:** Different cultures can be tricky. Be patient, respectful and cooperative.
- **Learn and share:** Share what you know, absorb everything and spread it back home!

What is it all about, *your time!!*

In this project “Veggies take the City” we propose the exchange of ideas and experiences about the different needs that we can cover by ourselves, to specify we want to be focus in the following points:

- Farming systems, mix of soil, protection against pests, wind, sun, wet retention, etc.
- Workshops for the construction of planters with pallets for terraces and composters, also with pallets, rainwater collection system, construction of seedbeds and work tables or cultivation with pallet or with reeds, small greenhouses with canes, etc.
- Water saving systems, irrigation.
- Cultivation of aromatics, culinary medicines, etc.
- The importance of local networks: how to create and manage local networks of consumers, exchange of goods or services and alternative and social economies.

This meeting we want, as long as it’s possible, that the techniques and solutions are provided by the people attending the meeting and in any case the association will provide experts in those sections that are not covered by yourself.

-> So think about how you want to contribute.

Keep in touch with us and with your sending association to help you to prepare the workshop and for any support. Your sending association should collect your ideas on Mid June in order for us to be able to collect the materials and organize the schedule.

Probably you will guide the activity with another participant with similar knowledge, so consider now about:

- how long will take
- how do you want to organize the time and working groups
- how will you get that 25 people will be able to work hands on, if need it, different working groups.
- how much material and the costs you will need

As many details you think now, will be easier later. Please, ask us with any question.

We created a online excel, [Link: Activities & Materials](#), where you can write down the materials you will need for your activity. As soon as you fill it, better we will be able to program the schedule. Maybe we don’t find the time to do all your ideas, so please, be patient.

We will take it into consideration to organize the exchange based on your interests.

It’s important that you send us this duty so you can start getting familiar with the topics and also we can adapt the exchange to your interest.

Practicalities

We will be hosted at the rooms of “Camping La Estanca”, you can see the picture below, the camping is on the side of a lake 5 KM far away from the village Alcañiz, close to Saragossa, Spain. check the link for the location <https://www.campinglaestanca.com>. In the camping there is a small shop with the basics, tabac, shampoo, etc. There is also a swimming pool, bar and we are starting the future veggie garden....

We will do an excursion to the village on the middle of the exchange. You could get some stuff if you need it from there to survive till the end, but better if you organize yourself to bring all you needs for the 8 days of exchange.



To bring or not to bring...

Bring...

- **Thin Sleeping Bag!** (there are blankets available)
- National ID or Passport (must be valid 6 months after you travel)
- **Your medicines** for allergies or medical issues (we will provide the basics)
- Some working clothes to get dirty
- Long and short-sleeved T-shirts & Shorts trousers
- Sweaters and Jacket (Windbreaker or raincoat)
- Cap (Hat) and sunglasses
- Walking shoes and sandals
- SWIMSUIT
- Flashlight (Torch)
- Towel and toiletries & Earplugs (keep in mind that you will share the bedroom)
- Sunscreen & Anti-mosquitos
- Working gloves if you already have them

Bring if possible...

- Seeds for the “Seeds exchange”
- Musical instrument
- Some local staff for the “**Intercultural Nights**”, see details below.
- Information about your work and organisation

Some things to know about...

Weather: Dress should be simple, and comfortable. The climate of the area is Continental. Temperature range on July should be is between 25° and 35° during the day, so please bring clothes accordingly. The weather in summer is very warm, but could be some summer storms. The winter is cold, arriving to -15° C. The whole year is very dry, so please, think about it when you do your luggage. There is no bed sheets, so please, bring sheets or a thin sleeping bag. Blankets are available there.

Laundry and bathing: No washing machines or dryers are available, so participants should bring sufficient clothes. Small items can be hand-washed. Bathing and laundry may be done only in the break periods and not during activity hours.

Mobile phone and outside contacts: During the activities we will leave the mobile phone at the hostel, although you can use it at the free time. There is wireless in some areas at the camping. For emergencies, you may want to be contacted on this number:

Marta (+34 651480153)

Youthpass: You will get a Youthpass, which is a European recognition diploma for non-formal and informal learning in youth work. Youthpass is for projects funded by Erasmus+ Youth in Action.

Intercultural nights:

Have you ever heard about them?

In order to discover more about our different cultures, we are organising a small event to celebrate our diversity. The point is to allow people from other cultures to discover yours. We will be able to present our country and culture through food, music, dancing, drinks, images, etc. But please, no youtube, no powerpoints!

You are free to organise games, do a quiz or whatever you feel best! Don't forget to bring a bit of food, drinks and music so we can organise unforgettable international nights. Make sure you coordinate with your group before coming, **you can send us the list of the ingredients you will need before coming here, if you bring food, remember to leave a vegan choice.** The possibility of cooking a small dish will be available in a bungalow.



Getting there & meeting point

The closest airport from Alcañiz are Saragossa and Valencia, but are normally more expensive than Madrid or Barcelona.

You can arrive to Alcañiz just by bus with the public transport, another option is to share a car with “Blablacar”. There are direct busses from Saragossa and Barcelona. We will be organized to pick you up from the bus station by groups and bring you to the camping. Please if you are arriving later than we expect you, let us know as soon as possible.

Let it know to *Marta*:

+34 651480153// marta.calvo.lopez@gmail.com

From Madrid

There is no way to arrive directly with public transport from Madrid to Alcañiz, you could check out Blablacar: <https://www.blablacar.es/>

If not, you have to go first to Saragossa with bus or train and then take a bus to Alcañiz.

By bus: You can arrive from Madrid Airport, Madrid Avenida América or Madrid Sur for 12,16€.

Madrid- Saragossa: Check schedules and tickets at www.alsa.es

Saragossa- Alcañiz: <http://www.hife.es/>

By train: You can arrive from Madrid Chamartín by regional train to Saragossa. There are high-speeds trains which are much more expensive. You can take one of these but we will only reimburse the price of the regional train. Check schedules and tickets at www.renfe.com.

Then again you should take the bus from Saragossa to Alcañiz.

From Saragossa

From the airport you have to go to the main station: Intermodal to take the bus to Alcañiz.

Check schedules for the main station: [Bus Saragossa Airport- Saragossa Intermodal](#)

By bus: You can arrive from Saragossa Delicias station for 10,50€.

Check Saragossa- Alcañiz: <http://www.hife.es/>

From Barcelona

There are direct buses to Alcañiz. Even direct from the Airport, depending on the schedule. If not, buses leave from Numancia Street, 165-167, in front of Diagonal (a big street) in Barcelona.

From the Airport to the city there are several busses and a train every 30 min.

Check buses Barcelona-Alcañiz here: <http://www.hife.es>

If you need other times, you need to go first to Saragossa:

By bus: Check schedules for the bus and tickets at www.alsa.es. And then Saragossa- Alcañiz.

By train: There are high-speeds trains which are much more expensive from Barcelona (Sants Station) to Saragossa (Intermodal Station). You can take one of these but we will only reimburse the price of the bus. Check train timetables and tickets at www.renfe.com.

From Valencia:

There is just the bus, and even is not far takes 7h to arrive to Alcañiz.

Check schedules here: <https://www.hife.es/>

Travel costs reimbursement

Travel costs will be reimbursed up to 275€ for participants from Hungary, Denmark, Tunisia (visa also reimbursed) and Italy; travel costs from Spain up to 180€. You must keep the tickets of all you want reimbursed. Only the cheapest means of transport will be reimbursed.

We will ask for the following documentation for these methods of transport after the youth exchange course. Will be manage with your sending association.

1. **Flight:** email with the price showing payment method (and invoice if possible) and Boarding pass (both ways). Bank documents showing the charge of the credit card may be required too.
2. **Train/bus:** Ticket and invoice in case it is possible too.
3. **Taxi.** Invoice/ticket and signed statement saying that was the only possible transportation.

We will share a excel form to your association to complete all your travel costs, so we can calculate how much you are entitled to be reimbursed. You will be paid through your sending association (once we receive all the documents of the participants from the same country). Then your sending association will spread the amount for each of you.

Hope is all clear, for further questions contact us.

----> We are working hard organising this youth exchange with the hope that you will learn and enjoy your time a lot!

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