

INFO PACK  
YOUTH EXCHANGE

# CULTURE, ART AND ABOUT

SOBRE EL ARTE Y LA  
CULTURA

ARUCAS, LAS PALMAS  
SPAIN

02 - 10 JANUARY 2024

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# ABOUT THE PROJECT

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THIS CULTURAL EXCHANGE “CULTURE, ART AND ABOUT” CAN CREATE A NEW LEVEL OF AWARENESS FOR YOUNG PEOPLE IN THIS PROJECT AND WIDER, WHO MAY NOT YET KNOW ABOUT YOUR, MINE OR OTHER COUNTRIES CULTURE, AND LEAD THEM TO AN UNDERSTANDING THAT WE ARE ALL MORE SIMILAR THAN DIFFERENT AND THAT WE ALL HAVE OUR OWN BEAUTIES AND WEALTH TO SHARE WITH OTHERS. THIS PROJECT WILL PROVIDE A SPACE TO PARTICIPANTS TO EXPERIENCE DIFFERENT KINDS OF ART AND TO LEARN AND SHARE THEIR ELEMENT TO PRESENT THEIR CULTURE. AND LAST BUT NOT LEAST, THE THIRD IMPORTANT POINT OF THIS PROJECT IS TO ADDRESS THE EFFECTS AND IMPACTS OF SOCIAL MEDIA SUCH AS FACEBOOK, INSTAGRAM, TIK TOK ETC, ON YOUNG PEOPLE'S LIVES BECAUSE SOCIAL MEDIA IS AN INFLUENTIAL PART OF LIFE FOR MANY YOUNG PEOPLE TODAY AND WE SEE IT AS A GREAT POTENTIAL CHANNEL TO PROMOTE CULTURE AND ART, AND TO ADDRESS THEIR IMPORTANCE AND VALUES. YOUR CULTURAL TRADITIONS CAN BE SHARED THROUGH STORYTELLING, MUSIC, SONG, DANCE, OR ART.

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# PROJECT OBJECTIVES

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- TO DISCOVER CULTURAL SIMILARITIES THROUGH ART ELEMENTS;
  - TO RAISE AWARENESS OF THE EXISTENCE OF CULTURAL STEREOTYPES AND HOW TO BREAK THEM;
  - TO INITIATE AND TO TALK ABOUT CULTURE AND ITS IMPORTANCE; ART AND ITS IMPORTANCE; HOW
  - TO PROMOTE CULTURE THROUGH ART; PRESERVE THE HERITAGE THROUGH SHARING AND PROMOTING IT ON A YOUTHFUL AND CREATIVE WAY;
  - SHARE AND TEACH OTHERS ON YOUR TRADITIONS, HABITS, MUSIC, DANCE ETC.
  - EXPLORE DIFFERENT ELEMENTS OF ART: MUSIC, DANCE, PAINTING, STORYTELLING, DIGITAL MOVIES, CRAFTING ETC.
  - INCREASE PARTICIPANT'S KNOWLEDGE ON HOW TO IMPROVE THE USE OF THE INTERNET AND USE SOCIAL MEDIA IN A POSITIVE WAY FOR OWN BENEFIT;
  - DISCOVER THE WORLD FROM ANOTHER PERSPECTIVE AND "TRAVEL" THROUGH DIFFERENT ELEMENTS OPEN THE DOOR AND ENCOURAGE YOUNG PEOPLE TO SHARE MORE ABOUT THEIR TRADITIONS, THEIR SONGS, LANGUAGE, POETRY USING THE POPULAR CHANNELS AND APPLICATIONS ON SOCIAL MEDIA;
  - FOCUS ON INHERITING THE CULTURE, WAKENING CREATIVITY AND USING IT FOR CREATING AN IMPACT;
  - PROMOTING ERASMUS+ OPPORTUNITIES AND POSSIBILITIES FOR YOUNG PEOPLE, AS WELL AS FOCUSING ON DEVELOPING COMPETENCES AMONG YOUNG PEOPLE.
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# PARTICIPANTS PROFILE

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- AGE RANGE 18 TO 30 YEARS OLD
  - INTERESTED IN SHARING CULTURE WITH OTHERS, AND LEARNING OTHER`S CULTURES;
  - INTERESTED IN ART, AND DESIRING TO TRY DIFFERENT TYPES OF ART ACTIVITIES;
  - INTERESTED AND MOTIVATED TO WORK ON THEIR SELF-DEVELOPMENT, THEIR SKILLS AND COMPETENCIES;
  - SHOW MOTIVATION FR ACTIVE PARTICIPATION AFTER THE PROJECT;
  - READY TO WORK IN A MIX-INTERCULTURAL LEARNING ENVIRONMENT, TO CONTRIBUTE TO SUCCESSFUL PROJECT IMPLEMENTATION;
  - READY TO SHARE THEIR ERASMUS+ EXPERIENCE WITH OTHER PEERS,TO WORK ON NEW PROJECT IDEAS, VISIBILITY, AND DISSEMINATION OF RESULTS;
  - STRONG INTEREST IN ART AND ARTS-BASED TOOLS AND METHODS, BE OPEN TO WORK ON INCREASING THEIR CREATIVITY;
  - SHOWS STRONG INTEREST IN EXPLORING THE IDEA OF NON-FORMAL EDUCATION, TO IMPROVE KNOWLEDGE AND UNDERSTANDING OF THE YOUTHPASS AND THE ERASMUS+ PROGRAMME;
- EACH NATIONAL GROUP WILL BE CONSISTED OF 3 PARTICIPANTS WITH FEWER OPPORTUNITIES FACING ECONOMIC, SOCIAL, GEOGRAPHICAL BARRIERS OR CULTURAL DIFFERENCES
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# GROUP LEADERS PROFILE

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- **AGE RANGE 18+**
- **BE EXPERIENCED IN ERASMUS+PROGRAMME AND TO BE IN CHARGE OF THE GROUP TO SUPPORT THEM DURING THE ENTIRE PROCESS;**
- **TO TAKE SOME SHARED RESPONSIBILITIES BEFORE, DURING, AND AFTER THE IMPLEMENTATION OF THE MOBILITY;**
- **TO BE READY TO PARTICIPATE IN THE PROGRAM AND TO FACILITATE, BUT ALSO TO SUPPORT THE DISSEMINATION AND FOLLOW UP PROCESS AFTER THE PROJECT ACTIVITY ENDS;**
- **INTERESTED IN SHARING CULTURE WITH OTHERS, AND LEARNING OTHER'S CULTURES;**
- **INTERESTED IN ART, AND DESIRING TO TRY DIFFERENT TYPES OF ART ACTIVITIES;**
- **INTERESTED AND MOTIVATED TO WORK ON THEIR SELF-DEVELOPMENT, THEIR SKILLS AND COMPETENCIES;**
- **SHOW MOTIVATION FOR ACTIVE PARTICIPATION AFTER THE PROJECT;**
- **READY TO WORK IN A MIX-INTERCULTURAL LEARNING ENVIRONMENT, TO CONTRIBUTE TO SUCCESSFUL PROJECT IMPLEMENTATION;**
- **READY TO SHARE THEIR ERASMUS+ EXPERIENCE WITH OTHER PEERS, TO WORK ON NEW PROJECT IDEAS, VISIBILITY, AND DISSEMINATION OF RESULTS;**
- **STRONG INTEREST IN ART AND ARTS-BASED TOOLS AND METHODS, BE OPEN TO WORK ON INCREASING THEIR CREATIVITY;**



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# WORKING METHODS

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- THE ENTIRE PROJECT WILL BE BASED ON NON-FORMAL LEARNING METHODS USING TOOLS AND PRACTICES THAT ARE ALREADY PROVEN FOR WORKING IN GROUPS, AND SPECIAL FOCUS WILL BE PAID TO TOOLS AND METHODS BASED ON USING ART AND ART-BASED TOOLS SUCH AS PAINTING AND DRAWING, THEATRE, STORYTELLING AND DIGITAL STORYTELLING, CREATIVE WRITING, MUSIC AND DANCE, FREE FLOW ACTIVITIES, CRAFTS ETC.
- THE PLANNED WORKSHOPS AND ACTIVITIES ARE FORMED IN A WAY TO COMPLETE THE AIM AND OBJECTIVES OF THIS PROJECT. ACTIVITIES TO GET TO KNOW EACH OTHER, TEAM BUILDING AND ICE BREAKING ACTIVITIES, ACTIVITIES TO TOUCH AND GO DEEP INTO THE TOPIC OF CULTURE, TO INCREASE PARTICIPANTS KNOWLEDGE, TO UNDERSTAND STEREOTYPES AND IMPORTANCE, TO FIND OUR ROLE IN THE PROCESS OF PRESERVING AND SHARING (RESEARCH, TEAM WORK, SHARING EXPERIENCE, PRESENTATIONS, SIMULATIONS AND DISCUSSION, ETC.)
- ART-BASED ACTIVITIES (EXPLORE PARTICIPANTS POTENTIAL AND SELF-DISCOVERY).
- REFLECTION AND EVALUATION ACTIVITIES, THAT WILL HELP PARTICIPANTS REFLECT ON THE DAY, ON THEIR LEARNING PATH, ON THEIR COMPETENCIES AND PROJECT IN GENERAL.




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# ACCOMMODATION

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- THE “LOMO JURGÓN” NATURE CLASSROOM IS LOCATED IN A PRIVILEGED PLACE, VERY CLOSE TO THE URBAN CENTER OF THE MUNICIPALITY OF ARUCAS, ON THE ISLAND OF GRAN CANARIA (PROVINCE OF LAS PALMAS, CANARY ISLANDS), SURROUNDED BY NATURE AND JUST 12 MINUTES FROM THE CITY OF LAS PALMAS DE GRAN CANARIA.
- THE HOSTEL HAS CAPACITY FOR 50 PEOPLE IN ROOMS WITH BUNK BEDS, AN EQUIPPED KITCHEN, A LIVING-DINING ROOM, A LIVING ROOM (TRAINING/ACTIVITIES), ADAPTED BATHROOMS (SHOWERS, HOT AND COLD WATER, WC) AND A PLOT OF 32,000 SQUARE METERS WHERE YOU CAN DO EVERYTHING. TYPE OF OUTDOOR ACTIVITIES.
- IN ADDITION, IT HAS A PARKING AREA, A TAGOROR AND A RECREATIONAL AREA/ZONE WITH BARBECUE, TABLES WITH BENCHES AND OUTDOOR BATHROOMS, WHERE YOU CAN SPEND A SOCIAL WEEKEND WITH FRIENDS, FAMILY... AND DISCONNECT FROM THE DAILY ROUTINE.
-  CAMINO DEL ARCO, N° 77, 35412, ARUCAS, LAS PALMAS
- MORE INFORMATION AND PICTURES CAN BE FOUND ON THE FOLLOWING LINK:  
[HTTPS://WWW.CONATURALEZA.COM/](https://www.conaturaleza.com/)



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# FOOD

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THROUGHOUT THE PROGRAM, PARTICIPANTS WILL RECEIVE THREE DAILY MEALS. KINDLY SHARE YOUR DIETARY PREFERENCES AND REQUIREMENTS (SUCH AS VEGETARIAN, VEGAN, OR ANY FOOD ALLERGIES) IN THE APPLICATION FORM. PARTICIPANTS WILL ALSO HAVE THE OPPORTUNITY TO CONTRIBUTE TO FOOD PREPARATION.

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## ABOUT ARUCAS

ARUCAS IS A MUNICIPALITY IN THE NORTHERN PART OF THE ISLAND OF GRAN CANARIA, PROVINCE OF LAS PALMAS, CANARY ISLANDS. ARUCAS IS 9 KM WEST OF LAS PALMAS CITY. ITS POPULATION IS AROUND 40000.

THE CHURCH OF SAN JUAN BAUTISTA IS THE LEADING ARCHITECTURAL AND SOCIAL MONUMENT IN THE MUNICIPALITY. IT WAS BUILT ENTIRELY IN ARUCAS STONE BY LOCAL MASTER MASONS, AND IT DATES FROM 1909.

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# BUDGET & TRAVELLING

Country	Partner Organisation	Budget
Spain	Asociación Sociocultural y Musical A La Mua	0 €
North Macedonia	EduArt - Center for education and development of young people	530 €
Denmark	Danish Youth Team	530 €
France	Association MED13	360 €
Italy	Be The Change	530 €
Türkiye	Güçlü Gelecek Derneği	820 €



WE NEED YOU TO BUY ROUND TRIP TICKETS AND SEND US A COPY BY EMAIL BEFORE ARRIVING HERE, SO OUR ACCOUNTANT KNOWS AND ADJUSTS THE BUDGET. WE ADVISE YOU TO BUY YOUR TICKETS AS SOON AS POSSIBLE SO THAT IT FITS IN OUR LIMITED BUDGET FOR 100% REIMBURSEMENT.

WE KINDLY ASK YOU TO SAVE ALL DOCUMENTS (ORIGINAL TICKETS, BOARDING PASSES, INVOICES OR BILLS WITH THE TICKET PRICE) WHICH ARE RELATED TO YOUR TRAVEL, SINCE THE DOCUMENTATION BACKGROUND IS OBLIGATORY FOR REIMBURSEMENT.

WE KINDLY PLEASE YOU TO BUY ALL TRAVEL TICKETS FOR BOTH DIRECTIONS – RETURN TICKETS (PLANE TICKETS, TRAIN TICKETS, BUS TICKETS AND ETC.), BECAUSE WE WILL BE ABLE TO REIMBURSE ONLY REAL EXPENSES.

IMPORTANT: WE CANNOT REFUND ANY TRAVEL COSTS DONE BY TAXI. REIMBURSEMENT OF TRAVEL COSTS WILL BE DONE AFTER SENDING YOUR TICKETS AND BOARDING CARDS. PLEASE NOTE IF YOU BUY YOUR TICKETS IN A CURRENCY OTHER THAN EUROS, WE WILL CONVERT TO EUROS ACCORDING TO THE EXCHANGE RATES FROM THE OFFICIAL EUROPEAN COMMISSION WEB-SITE.

PARTICIPANTS MUST TRAVEL FROM THE COUNTRY OF THE SENDING ORGANIZATION, AND BACK. FOLLOWING THE GUIDELINES OF THE ERASMUS+ PROGRAMME THE TRAVEL BACK MUST BE REALIZED BY THE PARTICIPANTS IN A DIRECT WAY WITHIN A MAXIMUM OF 2 DAYS. CONTACT US AND WE WILL ASSIST YOU OR PROLONG THIS WHERE NEEDED, ONLY IN SPECIAL CASES. (YOU HAVE THE POSSIBILITY TO ARRIVE UP TO 2 DAYS IN ADVANCE AND LEAVE UP TO 2 DAYS LATER. THE STAY FOR ANY ADDITIONAL DAYS IS NOT COVERED FROM THE PROJECTS' BUDGET, AND IT CAN BE CHARACTERIZED AS TOURIST TRAVEL AND WE WILL NOT BE ABLE TO REIMBURSE YOUR TICKETS)



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**IMPORTANT! WE REIMBURSE THE TRANSPORT MONEY ONLY IF THE PARTICIPANT WILL ACTIVELY TAKE PART DURING THE WHOLE PROJECT. THIS IS AN INTERNATIONAL PROJECT WITH NON- FORMAL EDUCATION THAT IS GRANTED FROM EUROPEAN FUND.**

**PARTICIPANTS SHOULD BE AWARE THAT THEY ARE NOT ON HOLIDAYS!**

**DON'T BUY YOUR TRAVEL TICKETS BEFORE GETTING OUR CONFIRMATION!**

**THE ACCOMMODATION IS COVERED ONLY FOR THE DAYS OF THE ACTIVITY. IN CASE OF LONGER STAYS OR INDIRECT TRAVELLING (HOLIDAY TRAVEL ETC.) THERE IS NO CHANCE OF REIMBURSEMENT OF TRAVEL COSTS. YOU ARE NOT ALLOWED TO ARRIVE AFTER THIS DATE, OR LEAVE EARLIER THAN THE DATE OF THE DEPARTURE DAY. PLEASE KEEP IN MIND WHEN BOOKING THE TICKETS. FOR ANY OTHER QUESTIONS CONSULT WITH THE GROUP LEADERS FORM SENDING NGO.**

**IMPORTANT: TRAVELING SOMETIMES REQUIRES AN ADDITIONAL DAY FOR CATCHING A FLIGHT AND STAYING FOR AN ADDITIONAL NIGHT AT THE CITY WHERE THE AIRPORT IS SITUATED. WE ARE AWARE OF SUCH SITUATIONS, BUT ORGANIZERS CAN NOT COVER THESE COSTS, PARTICIPANTS SHOULD COVER THEMSELVES.**



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# HOW TO REACH ARUCAS?

YOU CAN FLY TO THE LAS PALMAS DE GRAN CANARIA AIRPORT, WE SUGGEST USING ONE OF THE FOLLOWING COMPANIES FOR BUDGET TRAVELLING:

- [HTTPS://WIZZAIR.COM/](https://wizzair.com/)
- [HTTPS://WWW.RYANAIR.COM/GB/EN](https://www.ryanair.com/gb/en)
- [HTTPS://WWW.EASYJET.COM/EN](https://www.easyjet.com/en)

ONCE YOU REACH THE AIRPORT YOU NEED TO TAKE BUS NUMBER 60, THE SCHEDULE IS FROM 06:15 TO 23:15 EVERY HALF HOUR (XX:15, XX:45) THIS IS THE LINK FOR THE LOCATION OF THE BUS STATION: [LOCATION](#)



RIDE 4 STOPS (AEROPUERTO LP EXPRESS, SAN CRISTOBAL, LADY HARIMAGUADA, TEATRO PEREZ GALDÓS AND ESCACIÓN SAN TELMO (ANDÉN 25) GET OFF THE BUS IN SAN TELMO (THE BUS STATION IS UNDERGROUND): [ESTACIÓN SAN TELMO \(ANDÉN 25\)](#)



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# HOW TO REACH ARUCAS?

WALK UP TO THE BUS STATION NEAR THE MARITIME AVENUE: BUS STATION TO GET THE PRIVATE BUS



WHEN YOU ARE IN THIS LOCATION A PRIVATE MICROBUS WILL PICK YOU UP TO TAKE YOU TO LOMO JURGÓN, THE SCHEDULE OF THE PRIVATE BUS WILL BE ANNOUNCED WHEN WE HAVE INFORMATION ABOUT PARTICIPANTS' TRAVEL PLAN.



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# HEALTH AND TRAVEL INSURANCE

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WHEN COMING TO SPAIN, PLEASE MAKE SURE YOU HAVE A VALID EUROPEAN HEALTH INSURANCE CARD WITH YOU OR A TRAVEL HEALTH INSURANCE. THE HEALTH INSURANCE IS NOT PROVIDED AND WILL NOT BE REIMBURSED BY THE HOSTING ORGANIZATION.

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## WHAT TO BRING

- PLEASE DO NOT FORGET TO BRING WITH YOU SOME FOOD AND DRINKS, SPECIALITIES OF YOUR COUNTRIES FOR OUR INTERCULTURAL EVENING.
- CLOTHES ACCORDING TO THE WEATHER FORECAST.
- TRAVEL INSURANCE OR EUROPEAN HEALTH CARD.
- PASSPORT OR ID.
- TOWELS AND PERSONAL PRODUCTS.
- LAPTOP.
- MEDICINE.
- POSITIVE BEHAVIOUR



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# BASIC RULES

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TO FOSTER A CONSTRUCTIVE AND HARMONIOUS ATMOSPHERE, WE ENCOURAGE ADHERENCE TO SEVERAL KEY PRINCIPLES. FIRSTLY, PUNCTUALITY IS OF UTMOST IMPORTANCE; PLEASE RESPECT SCHEDULED TIMES FOR MEETINGS AND ACTIVITIES. KINDNESS AND RESPECT TOWARDS FELLOW PARTICIPANTS SHOULD ALWAYS BE MAINTAINED, PROMOTING A POSITIVE AND INCLUSIVE ENVIRONMENT THAT BREAKS DOWN BARRIERS. EMBRACE THE SPIRIT OF ENJOYMENT AND RADIATE CHEERFULNESS THROUGHOUT OUR INTERACTIONS. ACTIVELY ENGAGE IN PROBLEM-SOLVING AND STRIVE TO BE A PART OF THE SOLUTION RATHER THAN MERELY IDENTIFYING ISSUES. ALWAYS PRIORITIZE BEING ON TIME FOR MEETINGS AND EXTEND COURTESY AND FRIENDLINESS TO YOUR PEERS. REMEMBER THAT CRITICISM IS EASY; CHALLENGE YOURSELF TO APPROACH DIFFICULTIES POSITIVELY AND WITH A SOLUTIONS-ORIENTED MINDSET. ABOVE ALL, PRACTICE TOLERANCE AND UNDERSTANDING, SETTING A POSITIVE EXAMPLE FOR OTHERS TO FOLLOW. THESE PRINCIPLES WILL GUIDE OUR COLLECTIVE EXPERIENCE.



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# CONTACT

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