

WASTE TO WONDER

YOUTH EXCHANGE
04 - 12 APRIL 2023
Belorado (Burgos), Spain





THE PROJECT

The project aims to raise awareness of ecology and respect for the environment, increasing the participants' awareness of waste and the preservation of resources. Thanks to this youth exchange, participants will understand the importance of the 3Rs of sustainability and learn how to look for creative solutions to develop effective waste management. The young people will share good practices and upcycling techniques to demonstrate how also the smallest piece of waste can potentially turn into something new, taking on a new life and new value. In addition, through non-formal education activities, participants will be invited to think about and discuss possible changes within their communities, involving other realities of the territory. The idea of the project stems from the desire to transmit values related to waste reduction in a concept of circular and civil economy in which resources normally lost are put back into the field.

MAIN OBJECTIVES

- Improving critical thinking on environmental issues;
- Raising awareness on waste issues;
- Raise awareness of waste management, reducing waste and preserving resources;
- Sharing and experimenting with good upcycling practices;
- Learn techniques for constructing an upcycling project, keeping the environmental, social and creative aspects in mind;
- Improving artistic and creative skills;
- Reflect on waste management in one's own community and how it could improve;
- Sharing zero-waste practices;
- Learning to collaborate in an intercultural team;
- Promote the Erasmus plus programme in the territories involved in the project.



LOCATION & ACCOMODATION

The Youth Exchange will be held in **Belorado**, a village belonging to the Province of Burgos. The venue of the exchange will be **Albergue Belorado El Corro** and it is essential and adequate to host the entire group.

There will be 3 different rooms (She/her-He/him- Mix/Others) and different bathrooms. There is no bathroom towel service available. We also ask you to bring personal things such as your shampoo, gel, etc. **The beds are equipped with a bottom sheet and we have blankets; however, a SHEET OR SLEEPING BAG IS NEEDED.**

There is the possibility of using a fully loaded washing machine for one euro.

The selected venue has a separate activity room with all the necessary facilities which we can use, offered by the Municipality.



MEALS

The three daily meals and coffee breaks will be prepared and served within the accommodation.

The project menu will be **VEGETARIAN** and will take into account any food allergies and/or intolerances.

For a long time now, we have been organising projects only with a vegetarian menu prepared on-site and with local and seasonal products to allow participants to reflect on their own food consumption and the sustainability of the experience.





PARTICIPANTS

The project will have 35 participants from 5 different countries.

Each group involved will take part in the project with **6 young people aged 13-17 plus 1 group leader 18+**.

Participants must be young people with:

- interest in the project topics;
- interest and motivation in participating in an intercultural learning experience;
- at least basic knowledge of English and desire to get involved and broaden their communication in a foreign language;
- the possibility to take part in (face-to-face and/or virtual) preparation meetings for the project and in evaluation meetings of the experience.

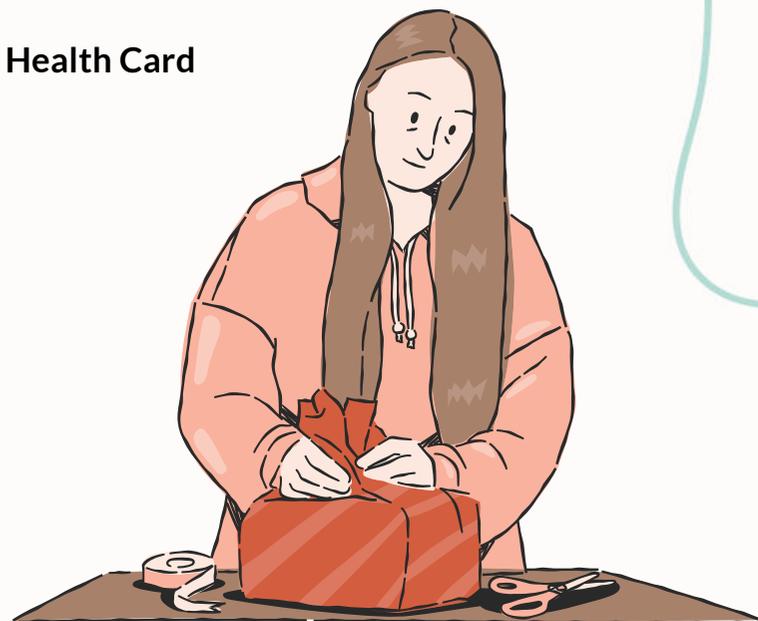
Group leaders must be people with:

- willingness to travel with the whole group;
- previous experiences in group management and the Erasmus plus programme;
- good knowledge of English and ability to support participants during the experience;
- willingness to participate in pre-project preparations and meetings;
- willingness to participate in evaluation meetings of the experience.



WHAT TO BRING

- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.);
- Sheet or sleeping bag;
- Warm clothes (weather in spring can be unpredictable);
- Personal and refillable drinking bottle;
- Adapter for for Spanish mains socket - Voltage: 230 V // Frequency: 50 Hz // Plugs: Type F
- Whatever you feel you would need for any time spent away from home; if you forget something, you don't have to worry because in the village there are many shops;
- Take your **ID documents and keep your travel documents** like tickets, boarding pass etc. Take really care about travel documents, without them, it will NOT be possible to get the reimbursement of travel costs;
- Please note that to participate in the project you must have a **European Health Card or equivalent insurance**.





WHAT TO PREPARE

- Each national group must prepare at least two warm-ups;
- Intercultural evening: presenting your country through typical food, games, dances, etc;
- Each national team should collect as much information as possible about waste management and reduction in their communities and prepare a creative presentation (using multimedia, theatre, etc.) based on the information gathered.



TRAVEL

GROUND RULE: Each partner organisation needs to send the most suitable travel option for the group to the Brújula Intercultural Association and wait for confirmation before purchasing tickets.

Brújula Intercultural is not responsible for tickets purchased without prior approval.

IF YOU TRAVEL BY PLANE

Arrival / Departure airport must be Madrid (the closest to the venue of the project).

Arrivals to Madrid on the 4th April before 5.00 pm.

Departures from Madrid on the 12th April after 12:00 pm.

We will provide the participants with a bus from Madrid airport to the accommodation on 4th. The bus will leave from the airport at Terminal Bus T4 around 5:00 pm (to confirm depending on your arrival). We will also provide the participants with a bus from the accommodation to Madrid airport on 12th.

Participants have the possibility to travel up to 2 days extra from the official dates of the project and still get the travel reimbursement; arriving either 2 days before the project, staying 2 days after, or arriving one day before and staying one day after. In any case, participants must be ready to catch the bus on the due date and time.

For the extra days, Brújula Intercultural does not provide food and accommodation.



GREEN TRAVEL

Brújula Intercultural, in agreement with the European Commission, encourages participants to travel avoiding flights, when possible, for environmental reasons. Meaning using means of transportation such as trains, busses, ferries, or car sharing.

If you plan to use green travel you can travel to Madrid and then catch the rented bus or travel directly to Burgos and we will pick you up in the city.

Using green travel, you are allowed to:

- have a higher travel budget: for example, 320€ instead of 275€. Check the table below for more detailed information;
- have two travelling days for the outbound and two travelling days for the return.

TRAVEL REIMBURSEMENT

The travel costs will be covered up to the amount based on distance calculator.

Please note we will deduct 40 € from the travel amount of each participant taking the bus, in order to cover the travel from Madrid airport till the venue of the project and back.

It is fundamental that you keep **all your original travel documents**: bus and train tickets, invoices, and boarding passes, etc.

The reimbursement cannot be done without these documents. Participants will be reimbursed up to the amount based on the distance calculator by the European Commission.

Consider that taxis and first-class tickets cannot be reimbursed.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

Distance	Standard Travel	Green Travel
0 - 10 km	0 €	0 €
10 - 99 km	23 €	23 €
100 - 499 km	180 €	210 €
500 - 1999 km	275 €	320 €
2000 - 2999 km	360 €	410 €
3000 - 3999 km	530 €	610 €

Participants will be reimbursed after the end of the project (through a single transfer to the sending organisation or group leader), once they provided all the original travel documents, including plane, train, bus and shuttle tickets for the return trip, which have to be sent by post if they are not digital.

Further and detailed instructions will be given during the project.





DEADLINES

Given the increased cost of transport, we kindly ask you to **send travel options as soon as possible and no later than 20 February 2023, and to proceed with the purchase** immediately after receiving confirmation from the organisation.

Please send your travel options to exchanges@asociacionbrujula.es, adding in copy: info@asociacionbrujula.es

After purchasing the tickets, please send the confirmation of your purchase to the same emails.

DEADLINE TRAVEL OPTIONS: 20 FEBRUARY 2023



COMMUNICATION

After receiving all travel confirmations, we will send a PARTICIPATION FORM to be completed by all participants and we will create a project WHATSAPP GROUP for group leaders to keep communication faster and smoother.



CONTACTS

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