

YOUTH EXCHANGE

CHANGING ATTITUDES, PROMOTING HEALTH (CHATPRO)

-INFO PACK-

21-29 NOVEMBER 2023
SPAIN / HONDARRIBIA

SHORT SUMMARY OF THE PROJECT

This project aims to create a new approach to issues such as healthy nutrition, healthy living and healthy body image among young people, taking into account the increasing rates of youth overweight and obesity in Europe, taking into account the complex interaction of genetic, environmental and behavioral factors. Social repercussions such as bullying and limited opportunities highlight the need for urgent intervention. Long-term studies reveal lasting negative body image effects in children exposed to bullying; This links childhood bullying to increased risks of eating disorders in adults, especially among girls. The project advocates for early interventions for body image and eating disorders. Recommendations include a comprehensive public health strategy that promotes healthy habits and supportive environments, with an emphasis on integrating positive body image components for greater effectiveness.

OBJECTIVES

1. Raise Awareness:

- Increase understanding of mental well-being and positive body image among 18 to 24-year-olds with severe overweight/obesity.
- Promote broader awareness within the young adult population.

2. Challenge Negativity:

- Identify and challenge negative attitudes towards body image and weight.
- Counter stereotypes leading to unhealthy behaviors and social exclusion.

3. Skill Building:

- Develop practical skills for cultivating positive body image and self-esteem.
- Highlight the link between healthy living and overall well-being.

4. Inclusive Environments:

- Promote inclusive and supportive spaces, specifically targeting young people with severe overweight/obesity.
- Foster environments conducive to positive body image and mental well-being.

5. Peer Support:

- Encourage sharing of personal experiences.
- Cultivate a supportive community for mutual learning and encouragement in building positive body image and mental well-being.

ACTIVITIES



Erasmus+

The main objective of the project is to educate and sensitize 40 young people from 6 countries of the European Union on healthy habits for a sustainable life in the XXI century as a key to combat human deterioration and social cohesion. During the project, exercise or movement sessions will be held that will be the catalyst for reflection and learning of each young participant.

21-29
NOVEMBER

06 DIFFERENT
COUNTRIES

06 GROUP
LEADERS

02
FACILITORS

32 YOUNG
PEOPLE

SPECIFIC OBJECTIVES

Motivate youth to adopt holistic healthy lifestyle habits, emphasizing physical, sexual, and mental well-being.

Strengthen problem-solving and resilience through non-formal education to combat stress and enhance motivation.

Equip young people with tools to discern and counter false information on social networks, challenging stereotypes around nutrition, addictions, sexuality, and mental health.

Encourage contemplation on the interconnectedness of body, mind, and environment, fostering responsible and sustainable attitudes.

Establish a secure space for open discussions, enabling youth to collaboratively devise strategies for common challenges in their daily lives.

REQUIRED ACTIONS FROM PARTICIPANTS BEFORE

1 Introducing your organization:

Flyers, promotional materials, videos, photos, etc. related to your organization. We recommend that you bring it. You can present your organization during the "Rice of the World event.

2 Cultural Materials:

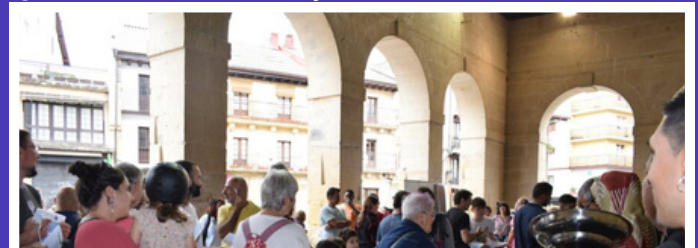
We are also organizing an inter-cultural event, the second of which is called "**Rice of the World**", in Oiartzun on **26th November 2023**. All participants of this project will actively participate in this event, so do not forget to bring your special rice or brass materials from your country. During the day-long event, each country will exhibit its own cultural materials, music and food.



Arroz del Mundo (Rice of the World) was born, therefore, as an initiative to promote the mix of cultures and the recovery of the streets of our town.

Arroz del Mundo (Rice of the World) is based on the participation of the population. It is a festival in which the organization and program depend on the participants. Participants have an open stage to sing, dance, talk and, above all, eat. Everything is permitted. Everything, except violent, xenophobic, sexist or homophobic behavior.

Through gastronomy and specifically, the preparation of rice, we want to make known and promote the different nationalities of the people residing in the town of Oiartzun or Oarsoaldea.



DISSEMINATION



Erasmus+

Within 15 days after the Youth Exchange is completed, participants are required to carry out one of the following dissemination activities related to their experience and learning.

Compulsory:

- 1. Record a video testimony on the sport of the project with ABARKA Team.**
- 2. Write a testimony (10-15 lines in MS Word) add 2 to 3 photos and send by email to clotaire@ongabarka.org.**
- 3. Conduct a workshop, seminar, live on social media (with at least 10 people attending) and send the photos, videos and description to clotaire@ongabarka.org.**

Optional and recommended:

- 1. You can organize a live broadcast on social media and share the link with us.*
- 2. You can arrange an interview with a local radio or television channel and share the recording link/file with us.*
- 3. You can organize a workshop for at least 10 people and share the recording, photos with description of the event with us.*
- 4. You can attend a seminar or event and make a presentation about your educational experience and share the recording of it with us.*
- 5. You can your own post video testimonials and share links.*

PROFILE OF PARTNERS



Erasmus+

This exchange, in which 38 participants and 2 facilitators from 6 different countries will participate, will last 7 days. (excluding travel days).

Facilitators are people who have experience in project management, participant management, social inclusion and working with young people, who will support them in social participation and initiative taking.



ABARKA ONGD

ENTREJUEGOS



KARAMAN YOUTH CLUB



STELLA MARINA APS



EDUPALS gUG



GERAÇÃO de AMANHA



ASSOCIATION EURO DIVER'CITE

PARTICIPANT PROFILES



Age: Participants are young people between 18 and 24 years old to have more or less people of the same age range to ensure the cohesion of information and shared experience. Group leaders will be +25 years old.

The group: 38 young people in total from 6 countries (6 from each partner country including a group leader and 8 from Spain) plus 2 facilitators to form a group of 40 participants.
Less opportunities: +12 participants (+2 per each country)

Motivation: Participants should be motivated to improve their mental well-being and body image. They should be interested in learning new skills, engaging in physical activity, and making positive lifestyle changes.

Overweight/Obesity: The participants in our activity are young people who experience a serious problem of overweight or obesity or be relatives or friends of people who experience this problem, since this is the target population of the program. However, it is important to note that the program is inclusive and not stigmatizing, so participants will not be defined solely by their weight. The young people who attend our activity show a great interest in the topics and a great motivation to share their ideas on how this problem can be addressed to reduce the negative impact on the health and well-being of others.

Open-mindedness: Participants are open to new experiences and willing to learn from others. They are willing to interact with people from different cultures and backgrounds, and to explore different ways of thinking and being.

Interpersonal skills: Participants have the ability to communicate effectively and work well in groups. They are respectful of others, know how to listen and support their peers and are willing to collaborate on group projects.

Resilience: Participants can work to face challenges and setbacks, and be willing to persist in the face of adversity. This is especially important for those who have had mental health or body image issues in the past. It is important to note that Erasmus Plus Youth Exchanges are designed to be inclusive and offer opportunities to young people from diverse backgrounds. Therefore, the program will be accessible to participants of all genders, sexual orientations, races, ethnicities, religions and socioeconomic backgrounds.

Group Leaders should be +25 year old for each partner and ready to handle the coordination of the sessions under the guidance of the main Facilitators.

VENUE / ACCOMMODATION

Our project activities will be held in the conference room of the Juan Sebastián Elkano Hostel which is located 800 m. from the town centre of Hondarribia, on the road leading to the Higer lighthouse. It has 152 beds distributed over 3 floors in rooms of 2, 4, 10 and 14 beds where all participants will be accommodated. The hostel has lockers available for each user to store their personal belongings. Participants will be hosted in to shared bedrooms.



The hostel has a dining room, a lounge, meeting rooms, library, study and work rooms . There will be a full menu of breakfast, lunch and dinner offered and covered by the program. There is a coffee machine available on the spot and service is not covered.



We will be offering **3 meals per day**.
Coffee brakes are not provided.

Address: Higer Bidea, 7, 20280 Hondarribia, Gipuzkoa

Website: <https://reaj.com/albergues/juvenil-juan-sebastian-elkano//>

TRANSPORT

1-From Madrid Airport (MAD)

- a. Fly to San Sebastian Airport (EAS) – VERY EXPENSIVE CHECK THE TRAVEL MAXIMUM or Take the Bus – **ALSA or FLIX BUS** – or tren – **RENFE** – to San Sebastian (Bus and tren Station are near).
- b. From San Sebastian bus station, walk to the Guipuzcoa Piazza (Follow google map) and take the **E21 Ekialdebus** to Hondarribia Juan Sebastian Elcano Youth Hostel.

2-From Barcelona Airport (Barcelona-El Prat Airport) (BCN)

- a. Fly to San Sebastian Airport (EAS) – VERY EXPENSIVE CHECK THE TRAVEL MAXIMUM or Take the Bus – **ALSA or FLIX BUS** – or tren **RENFE** – to San Sebastian (Bus and tren Station are near).
- b. From San Sebastian bus station, walk to the Guipuzcoa Piazza (Follow Google Map) and take the **E21 Ekialdebus** to Hondarribia Juan Sebastian Elcano Youth Hostel.

3-From Bilbao Airport (BIO)

- a. Take the **PESA-Lurraldebus** – Just at the exit of the airport (Arrival door) - bus from the airport to Donosti (San Sebastian) bus station. The journey is about 1h-15min.
- b. From San Sebastian bus station, walk to the Guipuzcoa Piazza (Follow google map) and take the **E21 Ekialdebus** to Hondarribia.
- c. From the Hondarribia bus stop, it's a 15-20 minute walk to Hondarribi Juan Sebastian Elcano Youth Hostel.

TRANSPORT

4-From Biarritz Airport (Biarritz Pays Basque Airport)

- Take the **Chronoplus Bus Line 14** to Bayonne train station (Gare de Bayonne).
- From Bayonne, take the **TER train or SNCF** train to Hendaye.
- Follow the instructions provided in option **6** below.

5-From San Sebastian Airport (EAS)

- Take the **E21** or walk 1min to take the **E25** Ekialdebus from the airport to Hondarribia city center.
- From the Hondarribia bus stop, it's a 15-20 minute walk to Hondarribi Juan Sebastian Elcano Youth Hostel.

6-Arriving by bus or train to Hendaye, Irun, or San Sebastian:

- If arriving at Irun:**
 - From Irun train station/bus station (They are at the same location), walk 1,5 min and take the **E25** or **E20** (**E27** night bus after 21:00 P.M) Ekialdebus to Hondarribia city center.
 - From the Hondarribia bus stop, it's a 15-20 minute walk to Hondarribi Juan Sebastian Elcano Youth Hostel.
- If arriving at San Sebastian bus or tren station:**
 - From San Sebastian bus station, walk to the Guipuzcoa Piazza (Follow google map) and take the **E21-E27 Ekialdebus** to Hondarribia.
 - From the Hondarribia bus stop, it's a 15-20 minute walk to Hondarribi Juan Sebastian Elcano Youth Hostel.

TRANSPORT

- You can buy your bus ticket from this link; <https://www.alsa.com/en/web/bus/home>



- You can buy your train ticket from this link;
<https://www.renfe.com/es/en>



- You can check the times and prices of local buses from this link;
<https://www.lurraldebus.eus/>



- * Reception and checking at the hostel on 21st November between **05:30 PM-08:30 PM** and last departure should be on 29th November at **09:00 AM** latest.

Please note that using personal cars is forbidden and must be validated by the organizer with strong justification due to **EU rules**.



**IF ANY PROBLEM,
CONTACT THE
ORGANIZER**

Reimbursement Rules

- Save all tickets, boarding passes, originals.
- All participant must submit documents in original.
- Expected reimbursement date: No more than 90 days after the project end and the submission of all required travel documents
- Travel costs will be covered, based on the country of participants, up to fore seen limits.
- Only the exact amount written on the ticket will be accepted.
- Please do not book tickets from travel agencies.
- Payments for luxury transportation options will not be made during the journeys. You should travel in economy class and take public transportation.
- We will refund you based on actual costs incurred and on presentation of:
 - **Invoice of the plane ticket.**
 - **Boarding Pass with the clear mention of the passenger.**
 - **All other transportation (public buses, tren) related bills/invoices.**
Private taxi are not allowed.
 - **Please note! The tickets should be booked with our permission.**



Travel Reimbursement

ORGANISATIONS	STANDARD TRAVEL
ABARKA ONGD (E10078081, ES)	23 EUR
STELLA MARINA ASSOCIAZIONE CULTURALE A.P.S. (E10038314, IT)	275 EUR
ASSOCIATION EURO DIVER'CITE	200 EUR
ENTREJUEGOS	200 EUR
Geração de Amanhã (E10264470, PT)	360 EUR
Edupals gUG	275 EUR
Karaman Youth Club NGO	360 EUR

General Rules



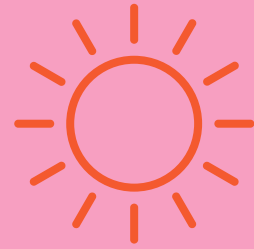
- Participants will stay in shared bedroom.
- Each participants should bring his/her own towel.
- Shower gel and shampoo are not provided.
- There is NOT hair dryer, nor washing machine and nor iron, because this hostel caring about environment protection and the sustainability.
- Wi-Fi is available in the hostel.
- There is heating in all rooms.
- There is time limit to leave the hostel and come back at night. The main door is open at 1:00AM and 2:00AM for late returns.
- It's forbidden to make noise at night from midnight to 8:00 A.M
- It's forbidden to smoke and to consume alcohol in the campus.
- Participants have to respect the Hostel facilities, the rooms and the common areas. If you break something you will pay for it.
- Participants are not allowed to move furniture without the permission of the Abarka Team.


WHAT TO BRING TO YOU?

- Laptop (at least one per organization).
- Personal hygienic kit and towels.
- If you are using medicines or have allergies, bring your medicines with you and inform the project team.
- Your Country Flag
- Your country supplies for the intercultural day.
- Information about your sending organization.
- Local ingredients for “Rice of the World”



GOOD TO KNOW



21	22	23	24	25	26	27	28	29
								
18° 10°	17° 6°	18° 4°	16° 2°	12° 3°	12° 2°	12° 3°	12° 3°	12° 4°

-Tap water here is drinkable.



-Spanish phone code is +34



-Since the Basque region is a highly prosperous region, the prices in places such as private transportation or restaurants may be slightly above your expectations. Of course, it is possible to find reasonable options.



-In this region the people speak Basque Language (Euskara) not Spanish but people understand Spanish and will reply you in Spanish if you need help.



-Please take your European Health Insurance Card and/or travel insurance



WANT TO HANGOUT?

Hondarribia

The hostel you will stay in will make it possible to visit both Hondarribia and Irun in terms of its location.

Hondarribia is a town with a fishing tradition, and in which this sector still occupies an important part of the daily routine, along with the family-type agriculture.

-Shopping in Hondarribia

A crossroads between tradition and modernity, this is shopping in Hondarribia. A place where the artisan spirit is alive and well and things are still done in the old way, but also a place that has known how to adapt to new trends and fashions in recent years. And all without losing any of its charm. As you walk around the streets of Hondarribia you'll find a full range of local crafts and products.



Saint Nicholas Gate



Medieval streets and squares



Emperor Charles V Castle



Nuestra Señora de la Asunción y del Manzano Parish Church



Santa Maria Gate



The way of Saint James

Questions?

Contact us.



Phone/Whatsapp/Telegram

+34 717 701 724

Email

clotaire@ongabarka.org