

ERASMUS+
KA1 YOUTH EXCHANGE



Co-funded by the
Erasmus+ Programme
of the European Union



If Our Cultures Could Speak

Erasmus+
Youth Exchange in Spain



INFOPACK

PLASENCIA, CÁCERES
SPAIN

Activities: May 16th to 23rd
Arrival: May 15th
Departure: May 24th

🎯 THE CHALLENGE

Many young people still face barriers to intercultural dialogue and mutual understanding. Stereotypes and limited interaction hinder respect for diversity and inclusive coexistence.

🌍 OUR MISSION

To foster intercultural dialogue and mutual understanding among young people, promoting respect for cultural diversity and inclusive living.

🤝 OUR APPROACH

A youth exchange based on non-formal education, participatory workshops, and collaborative activities. Through shared experiences and cultural exchange, participants will develop acceptance, tolerance, solidarity, teamwork, and active citizenship.



PARTNERS INVOLVED



A.M. EUEXIA, SPAIN (HOST ORG.)

Requirements

- **Participants: 32 in total (8 per country)**

Each country group will include:

6 young participants aged 18–30, 2 group leaders (no age limit)

Inclusion dimension: At least 3 participants per country will be young people with fewer opportunities, ensuring inclusive participation.

- **Profile:** Motivated to share and learn about cultures, traditions, and different lifestyles
- **Attitude:** Open-minded, respectful, empathetic, and positive
- **Skills:** Willing to collaborate in international teams and actively engage in activities
- **Growth:** Eager to develop social, communication, and intercultural skills

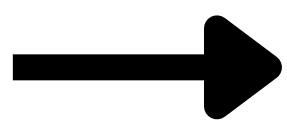
ACCOMODATION

San Gil is a small rural village located 10 km from Plasencia (Cáceres, Extremadura, Western Spain, 200 km from Madrid).

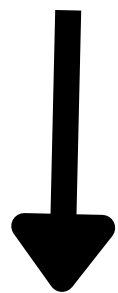
Participants will stay at San Gil's Hostel, which offers training rooms, common living and dining areas, a garden, and sports facilities. Rooms accommodate 6–8 people and include air conditioning, a private bathroom, and individual lockers.



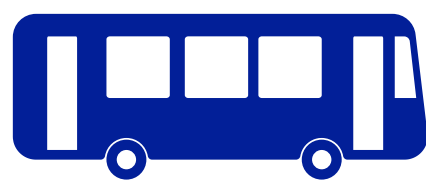
How to arrive?



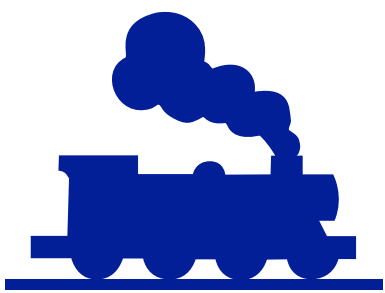
1. Get by plane to **MADRID BARAJAS AIRPORT**
2. Go to **ATOCHA TRAIN STATION**



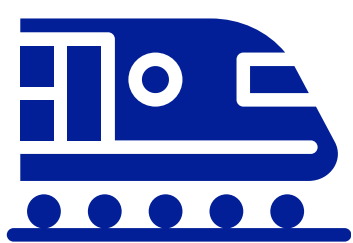
You have 3 options to get from the airport to the Atocha train station:



1. **Express Bus: from all Airport terminals**
 - Every 15-20 minutes
 - Price: 5€ (you can buy the ticket on the bus)
 - Travel time: 45min

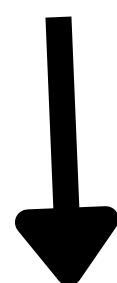


2. **Train: from the Airport Terminal 4**
 - Every 15 minutes
 - Price: 2 to 3€
 - Travel time: 35min



3. **Metro: from 2 Stations at the airport terminals**
 - Line 8 from 6 am to 2 am
 - Price: 4.5 to 5€
 - Travel time: 50min approx.

Check available maps because you need to change lines to get to Atocha Train Station.



Take a train to PLASENCIA TRAIN STATION

Once you get to Atocha train station, take a train to Plasencia.

Price: Around 20€

Travel time: 2 to 3 hours

Book [here](#) your tickets in advance

We will be waiting for you at Plasencia's train station.

BUDGET AND Reimbursements

We will reimburse the travel expenses according to the travel limits defined by the Erasmus+ Programme.

Please keep all the boarding passes and original tickets, otherwise, we can't proceed with the reimbursement.

You will get the reimbursement via bank transfer at the bank account of each partner organization, once the participants:

- Present original tickets, receipts/invoices, and boarding passes.
- Complete the Online Report sent by the European Commission right after the mobility

DISTANCE	TRAVEL COST REIMBURSEMENT LIMIT	TRAVEL COST REIMBURSEMENT LIMIT - ECOLOGICAL
10-99 KM	28 EURO	56 EURO
100-499 KM	211 EURO	285 EURO
500-1999 KM	309 EURO	417 EURO
2000-2999 KM	395 EURO	535 EURO

What to bring?

During the Youth Exchange, all participants will have the opportunity to share information about their own countries and organizations 🌍🤝

Each national group is kindly asked to bring:

- 👗 Traditional clothing from your country
- 👧👦 Traditional objects or cultural items
- 🍪 Typical food
- 🎲 Ideas for traditional games (and the materials needed to play them, e.g. cards)
- 📖 Informative brochures or leaflets about your country
- 🎵 A playlist of traditional music
- 👯 Knowledge of a traditional dance
- 🎻 A traditional musical instrument (if possible)
- 🚩 The flag of your country

Bring also your positive energy and good vibes!!!



Contact us!

ASOCIACIÓN MULTIDEPORTIVA EUEXIA

ameuexia@gmail.com

Martina: +34643599993

Álvaro: +34 651 63 97 17

