

Presentation of the project:

“KOMOREBI”

Introduction:

The Youth Exchange "Komorebi (sunlight filtered through the trees)" it is a project that aims to generate a space for exchange of experiences and thinking minds to work in different campaigns and projects that aim to provide practical and participatory solutions to major problems affecting the environment, well as contribute to progress towards a more sustainable society.

To do this we will use the dissemination of information and environmental education campaigns to involve citizens.

Objectives of the project:

- *Promote sustainable use and consumption.*
- *Promote the conservation of biological diversity of ecosystems, habitats and biomes*
- *Allow each person to feel belonging to society.*
- *Promote youth with critical thinking.*
- *Create a meeting space where the concerns and thoughts of the most environmentally active young people.*
- *Consolidate a social bond between the young participants.*
- *Encourage values such as respect, tolerance, equality and solidarity; the values of social cohesion in the EU.*
- *Promote knowledge of other cultures and mutual understanding by sharing experiences.*
- *To create a European awareness among the participants.*
- *Sharing socio-cultural experiences of interest and promoting intercultural dialogue.*

Project dates:

From 13th to 22th April 2019 (8 activities days + 2 arrivals/departures days).

Arrivals day: 13th April 2019.

Departures day: 22th April 2019.

Location:

The Youth Exchange will take place in the city of Ourense (Galicia) & surrounded areas.

Where will we host?:

We will all stay at the "[Grelo Hostel](#)" in the city of Ourense, very close to the city center (3 min.) and the urban bus stop from train/bus station.

We're gonna to sleep in 3 mixed rooms with bunk beds.

The Grelo Hostels offers to us:

- Bed sheets.
- Blankets.
- Pillows.
- Bedrooms & showers (female & male).
- Laundry service.
- Wifi.
- Individual lockers.



Check in & check out:

The **check in** of the participants will start on 13th April from 17:00 (Spain time). After, our welcome meeting will start at 19:00 (Spain time).

The **check out** will be on 22th April before 12:00 noon.

If you will arrive in different time to our check in & welcome time, please, inform us in advance!

Participants & Organisation partners:

The project involving 30 people: **4 participants** (ages between 18-30) + **2 team leaders** (not limit aged).

Participants & organisations partners are coming from: Jordan, Macedonia, Netherlands, Lithuania & Spain.

Logistic costs:

This project is financed by the Erasmus+ Programme.

All costs during the training are taken in charge (100%) by the Erasmus + Programme (food, accommodation, training, etc.)

Food allowance:

All meals are financed by the ERASMUS +, breakfast will be provided by the hostel, lunch and dinner will be provided by a catering service.

The meals outside the hostel (routes, excursions, etc) are also included.

On day xx is only included the dinner and for the last day, on xx, will be only included the breakfast.

VERY IMPORTANT!!!: INFORM US IN ADVANCE WITH ANY FOOD INTOLERANCE, ALLERGIES & RESTRICTIONS!

Travel costs:

The **travel expenses** will be managed by each collaborating Association, to facilitate the work of Sustinea in the justification.

Once time the exchange finish, each **Partner Associations have to send us the well-detailed costs of each participant:**

- Name, surname and ID of each participant.
- All travel documents (invoices, tickets, etc) for each participant attached: from where to where each participant travel. **ALL VERY WELL DETAILED !!!!**

1 month after receiving all the documents, and Erasmus + tell us that everything is OK, we will make the refund costs of each participant.

VERY IMPORTANT! The travel expenses are covered from the city where the Association headquartered is to Ourense (place where the Exchange will take place), NOT FROM THE LOCATION OF EACH PARTICIPANT.

European Commission kilometers travel amount table:

10-99 km: 20 €

100-499 miles 180 €

500 -1999 km 275€

2000-2999 km 360€

3000-3999 km: 530 €

4000-7999 km 820€

Over 8000 km 1500€

You can calculate the km in the **distance calculator of the European Commission**, which will gather the expenses that each participant can make:

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm
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You must specify well how many travel days you need to be able to include them in the help. At least two days, one out and one return.

Activities to develop:

- Active participation in the social-environmental activities.
- Activities related to social activism working hand to hand with local social associations: Down Ourense & old age Afundacion association.
- We will be involved for a local cause working hand to hand with Ourense shelter dogs.
- We will participate in the simultaneous cleaning throughout Galicia, within the project "Project Rivers".
- Some more action to which we can add actively.

Complementary activities:

- Visit and bath in the mineral-medicinal thermal baths of the city of Ourense and bath in the river.
- Hiking route in Ribeira Sacra (Cañóns do Sil).
- Tapeo for the city of Ourense.
- Route interpreted by the city of Ourense.
- Environmental and recycling workshops.
- Video-forum.
- Role play and group dynamics.
- Games and fun activities.
- Tours.

Things/material to bring:

- Towel for personal baths.
- Towel for hot springs.
- Flip flops.
- Comfortable shoes for hiking / nature activities.
- Comfortable clothing for outdoor activities.
- Cap & raincoat.
- Small bag for hiking route activity.
- Personal hygiene items.
- Camera /smartphone (if you have one).
- Musical instruments, equipment or accessories (whenever possible use during the youth exchange).
- Some food typical of your region that does not need cold and also to be cooked.
- A traditional object that can represent your region.

Things/activities to prepare:

- **"Intercultural evening":**

In our YE we would like to present all the countries involved and meet a little bit more about the other cultures

We'd really appreciate if you prepare something "special" about your region/country and to present all of us (please, very briefly) for our intercultural evening. For example, any song, dance, traditional food or games, etc.

- **"Activities":**

We really would like that all of you enjoy in this YE, for this reason. If you feel comfortable and with energy, we invite you to prepare some activity/game/workshop which one you'd like to share with others.

Leave your imagination fly! ;)

Travelling logistic:

By plane:

(www.aena.es), Tel: +34 902 404 704

Labacolla aeropuerto en Santiago de Compostela, Tel: +34 981 547 501

Alvedro (La Coruña), Tel: +34 981 187 200

Peinador aeropuerto (Vigo), Tel: +34 986 268 200

By bus:

- Linea A Coruña-Santiago-Pontevedra-Vigo. Compañía MONBUS (www.monbus.es)

Tel: +34 902 292 900

- Linea Lugo-Santiago linea. Compañía Freire (www.empresafreire.com.) Tel +34 982 220

300Bus estation:

A Coruña. Tel +34 981 184 335

Lugo. Tel +34 982 223 985

Santiago de Compostela. Tel +34 981 542 416

Vigo. Tel +34 986 373 411

Ourense. Tel +34 988 216 027

Ferrol. Tel +34 981 324 751

By train:

RENFE (www.renfe.es), Tel: +34 902 240 202

LVEF (www.feve.es), Tel: +34 981 370 401

Ourense taxis number:

+34 988 210 011

www.teletaxiourense.com

Documents to bring:

DON'T FORGET BRING WITH YOU, YOUR EUROPEAN HEALTHY CARD & ID/PASSPORT

Contact details:

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Registro de Actividade de Acción Voluntaria no : O-643

Entidade Prestadora de Servizos á Xuventude no: 50PSO137