



Youth exchange



RURAL UP

8th July to 15th July 2024

Móra d'Ebre (Catalonia, Spain)



Erasmus+

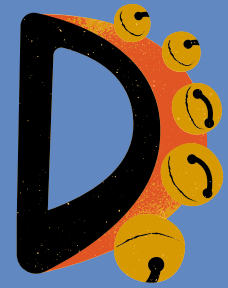


DESCRIPTION AND AIMS OF THE PROJECT

- To get to know other cultures, their traditional songs, dances, games, and musical instruments.
- To share your own culture
- To learn about traditional musical instruments and try to play them
- To prepare an artistic intervention
- To meet and communicate with local people



TIMELINE



1

June

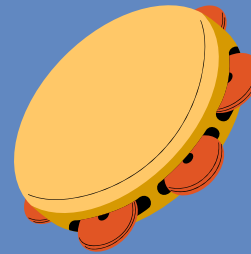
Before we meet we start preparing for the project. You will arrange your travel plans, together with us, and prepare workshops and energizers.



2

08 July

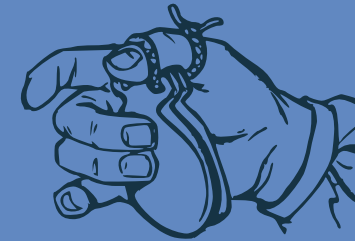
Arrival day



3

09 July

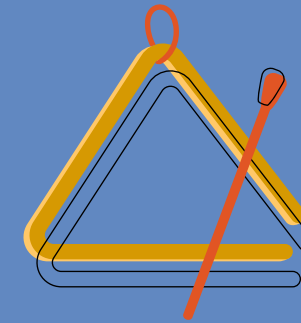
Program starts



4

14 July

Program ends



5

15 July

Departure day



6

Until August 30

Follow up: After the YE, the connections continue as you apply what you learned back in your own community. All participants are asked to create a follow-up activity, organise it, dissemination and report it back within 1 month after the Youth Exchange.



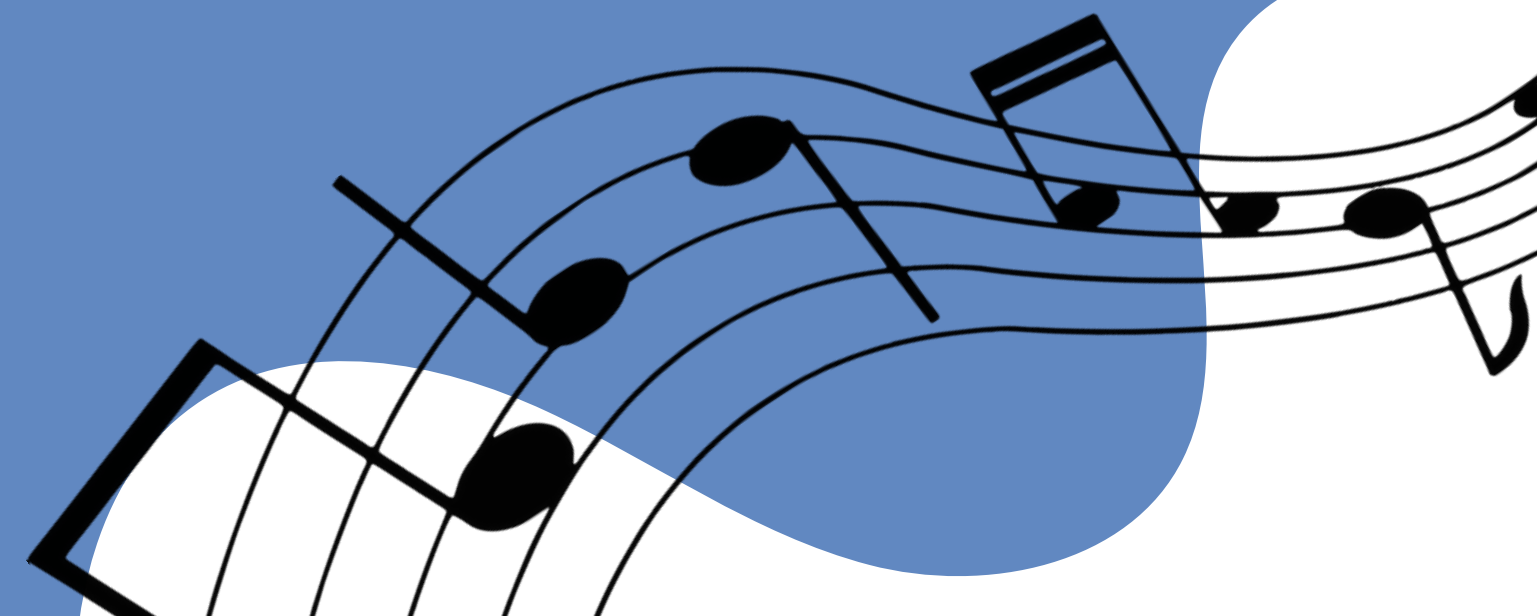
● PARTICIPATING COUNTRIES

- *TERRES DE L'EBRE (CATALONIA)*
- MURCIA (SPAIN)
- GREECE
- ITALY



● WE WILL JOIN

- 5 young people per country
- 1 leader per country
- Age: 18-29
- And possibility of a companion for people with special needs (2 in total)
- Total: 26 people



LOCATION



MÓRA D'EBRE, Ribera d'Ebre, Tarragona,
Catalonia, Spain



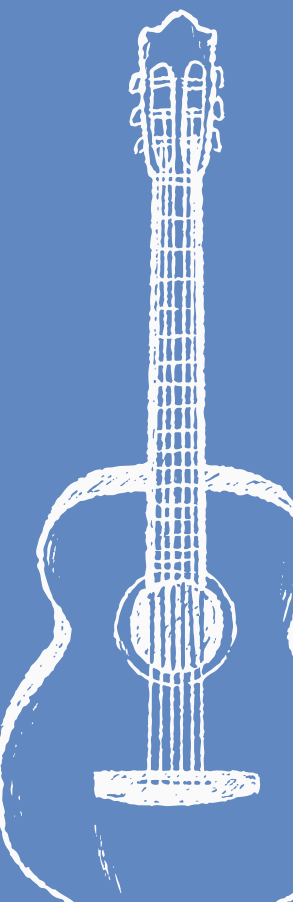
TEATRE MUNICIPAL LA LLANTERNA

CARRER MIQUEL ROJALS, 1R
43740 MÓRA D'EBRE, CATALONIA.



INFORMATION OF THE PLACE

- https://es.wikipedia.org/wiki/Mora_de_Ebro6.%20
- <http://www.moradebre.cat/>



PLACE TO STAY

ACCOMMODATION:

- In "Teatre la Llanterna" (Móra d'Ebre)
- You will sleep with other people from the festival (of different ages)
- The accommodation is with mattresses on the floor.

FOOD:

- You will eat with catering, together with other people

OFFERS:

- You will be able to go to the public swimming pool for free





WHAT WE WANT TO AVOID?



WHAT DO WE EXPECT FROM THE PARTICIPANTS?

- Not flexible, nor cooperative people
- Lack of interest and engagement
- People coming for "holidays".
- The use of alcohol and drugs is not allowed during the camp.
- Do not bring your entire wardrobe, take only the necessary clothes.
- Demanding people.

- Open-minded participants interested in the environment and popular and traditional music.
- Ready to work, collaborate, and create something new together.
- Active young people who want to learn new skills and develop.
- Positive people willing to broaden their perspectives, share their culture, and acquire new knowledge.
- Prepare yourself before your arrival date and attend all meetings and activities related to the project.



WHAT TO BRING?

1

PERSONAL CARE

- Cap to cover from the sun.
- Sheets or sleeping bag and pillow.
- Bathing suit, flip-flop, towel, sunscreen, anti-mosquito cream.
- Personal items you need.

2

PERSONAL STUFF

Bring your **re-usable**:

- dish
- glass
- cutlery
- and Bottle to fill with water.

Attention: don't bring all your wardrobe but remember to bring some dark clothes...(they always help in case of performance).

3

DOCUMENTS

- European Sanitary Card (EU) or private medical insurance (non-EU). People with **no** insurance won't be accepted.
- All participants: Social responsibility insurance for travelling (Insurance with repatriation clause)
- Personal medication (in case you need it).
- Required documents, send scanned (image permission, document of responsibility, sanitary card and ID/passport).



WHAT TO BRING?

4

PREPARE YOURSELF AS A GROUP BEFORE COMING

- **Intercultural presentation:** as a group, you have to prepare an intercultural presentation about your territory, from your country...You can bring **music**, some **food**, pictures, traditional dresses...be original and DO NOT USE REGULAR PRESENTATIONS
- Prepare **4 energizers per country** (max 15 minutes each). You need to write them on **Google Drive**.
- **Workshop on traditional and popular music** (about 1,30h): Each country will work on a topic that will be agreed upon in the previous online meeting.

HOW TO GET MÓRA D'EBRE BY TRAIN ()

To check the schedule :

www.renfe.es

STEP 1

From **Barcelona's airport** "Aerport el Prat" T1 to T2 you need to take the **shuttle bus**



STEP 2

From **Barcelona's airport** "Aerport el Prat" T2 to "Estació de Sants" (Barcelona Sants train station)


TERMINAL 2 (T 2)

STEP 3

From "Estació de Sants" (Barcelona Sants train station) to "Móra la Nova" train Station


TRAIN STATION
BARCELONA SANTS

STEP 4

From "Móra la Nova" train Station to "Teatre La Llanterna" of Móra d'Ebre



Here you can find full road from Barcelona Airport to "Teatre la Llanerna" in Móra d'Ebre



15 MIN



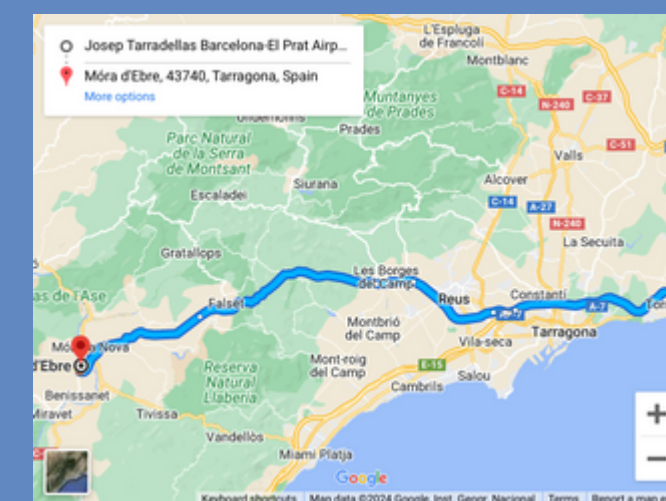
3 STOPS. 20 MIN



12 STOPS. 2H 21 MIN



36 MIN



HOW TO GET MÓRA D'EBRE BY BUS ()

FROM BCN EL PRAT AEROPUERTO T1 (TERMINAL1) TO MÓRA D'EBRE
(DIRECT WAY)
BY HIFE BUS



Hife bus direction name - MÓRA D'EBRE (CAMÍ DE LES SÉNIES)



3: 45 MIN



T1 (TERMINAL1)



To check the schedule :

www.hife.es



Servicios de viajes en autobús

Empresa especializada en transportes en autobús.
Ofrecemos alquiler de autobuses para todo tipo de
eventos, transportes escolares en bus, líneas...

 hife.es





TAXI IN MÓRA D'EBRE

FROM "MÓRA LA NOVA" TO "TEATRE LA LLANTERNA" OF MÓRA D'EBRE

- +34 616 32 63 75
- +34 626 971 702 <https://www.taxireyes.com/>
- +34 616 326 375
- More information about contacts of taxi

<https://www.moradebre.cat/empresa/categoria/taxis/>

[Link Taxis Móra d'Ebre_](#)



Taxi en Mora D'Ebre Taxi Reyes

Nuestro servicio de taxi en Mora D'Ebre y en Andorra te ofrece el mejor servicio. Confía en Taxi Reyes, te llevaremos a cualquier lugar rápidamente

 [taxireyes.com](https://www.taxireyes.com)

TRAVEL GRANT

ACCORDING TO ERASMUS+ ACREDITATION GRANT

- CATALONIA (SPAIN)
- MURCIA (SPAIN)
- GREECE
- ITALY



*IMPORTANT: JUST SELECTED PARTICIPANTS BY
SENDING OR HOSTING ORGANIZATIONS. INDEPENDENT
CANDIDATES NOT ALLOWED.*



CONTACTS



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obretebre@sinergia.org



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43520 Roquetes, Tarragona**

- **Obre't Ebre: Laura and Mariami**

Phone number and WhatsApp:

+34 657 28 84 85

E-mail: mobilitat.obretebre@sinergia.org

- **The emergency number** in Catalonia: 112

- **Police address**

In Móra d'Ebre: Plaça de Baix, 1

Phone number: +34 977 40 00 12

If you want to know more about it...





FINANCED BY



The background is a solid blue color with white wavy shapes at the top and bottom. Black musical notes and treble clefs are scattered around the text. A treble clef is on the left, and another is on the right. Musical notes are on staves in the top left and bottom right corners.

THANK YOU FOR
YOUR
PARTICIPATION