

# YOUTH EXCHANGE “IDA”

## (Introduction to Deep Adaptation)

02nd - 09th November 2023. Las Cabezas de San Juan  
(Seville - Spain)

Dear Participant,

In this InfoPack you can find all the info what you need to know in order to come to our youth exchange. You will find some information about Spain and about the city of "Seville" and about the Village of "Las Cabezas de San Juan" where the exchange will be held and about the travel possibilities to get the venue.

If you have more questions, we are here to answer you:

[fcaster@clash4volunteers.eu](mailto:fcaster@clash4volunteers.eu) / [clash.culturalcentre@gmail.com](mailto:clash.culturalcentre@gmail.com)

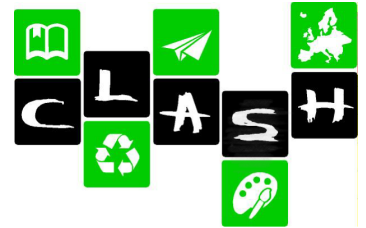
Please, add yourself to the WhatsApp group for easier communication:

(the organisation will give you more information)

Arrival of participants is expected on the 1st of november untill 21.00 pm. First meal provided for the participants is DINNER (21.15pm). Departure of participants is on 10th of november until 12.00 pm and the last meal provided is Breakfast.

## 1. GENERAL RESPONSIBILITIES OF PARTICIPANTS:

- Behave as responsible person;



- Actively attend the entire duration of the exchange;
- To respect the timetable of the educational activity;
- Settle all the agreed obligations regarding travel costs;
- Respect others and ensure basic rights and freedoms to participants and facilitators that all.
- People are entitled to participate regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or the status;
- Willing to transfer knowledge to the members of his/her organization;
- Take care of working space and training material;
- Be responsible for personal and others safety;
- The organisational team keeps the right to exclusion of participant from the exchange or influence the reimbursement of the ticket of participant in case that the participant does not respect the responsibilities of the exchange.

Best wishes and see you soon!! :)

## **CLASH TEAM**

**+34 622380419 (also WhatsApp- Fernando Casas).**

**+34 664648208 (José- Zeus)**

**+34 675359319 (Inés Jaén).**

**+34 662584874 (Carlos Manuel Reina)**

## **2. THE ORGANISERS**

PROJECT OWNER: Centre of Local Actions and Social Heritage - CLASH

Address: Pacheco y Núñez Del Prado 51. Sevilla (Spain) 41002

Contact: Fernando Casas Torres +34 622380419.

E-mail: [fcastor@clash4volunteers.eu](mailto:fcastor@clash4volunteers.eu) / [casastorresf@gmail.com](mailto:casastorresf@gmail.com)

Website: [www.clash4volunteers.eu](http://www.clash4volunteers.eu)

[www.Facebook.com/asociacionculturalclash](https://www.Facebook.com/asociacionculturalclash)

PROJECT REFERENCE: 2022-3-ES02-KA152-YOU-000101628



### 3. SPAIN

If you would like to find some info about Spain before coming here, check the <https://www.spain.info/es/> website.

### 4. CITY OF SEVILLE

Seville is the capital of the Andalusia region, in southern of Spain. It is famous because off flamenco dance, particularly in the neighborhood of Triana. The main iconic sites include the ornate castle complex of the Alcazar, built during the Almohad Moorish empire, and the BullRing of “La Maestranza”, from the 18th century. In the Gothic cathedral of Seville, there is the tomb of Christopher Columbus and a minaret transformed into a bell tower, the Giralda.

If you would like to find more info about "Las Cabezas de San Juan", click here:

[https://es.wikipedia.org/wiki/Las\\_Cabezas\\_de\\_San\\_Juan](https://es.wikipedia.org/wiki/Las_Cabezas_de_San_Juan)

### 5. WHAT TO BRING WITH YOU:

- Don't forget your head!!

AND THEN:

-Medicines –if you need them (anti-allergy pills, painkillers, diarrhoea pills, etc...)

-Your passport or ID Card

-Accident and Baggage Insurance and the European Health Insurance Card

-All your travel tickets and boarding passes (you only give you back the travel costs if you have all documents in electric or paper formatg.

-Any music you like, specially music on your own language.

-There is wireless internet. If you want to use that you can bring your laptop

-Bath accesories.

-Swim Suit, we might have some programme at a park/swimming pool.



-Slippers should be nice, because we will spend some of time in, and comfortable clothes.

-Other stuff you might need (camera/film, toilet things, etc.

-We will organise intercultural nights, so you can bring food from your country, folk music and dance, traditional clothe and lot of ideas for having fun.

-About the clothes, spring in Seville is amazing and the weather use to be sunny and hot during the day. But also it rains in this season, so before the project we will tell you the weather predictions of the week.

## 6. ACCOMODATION AND MEALS

Accomodation: Cortijo Los Majuelos, Las Cabezas de San Juan, Sevilla (Spain).

TRAINING PLACE: CENTRO JUVENIL DEL AYTO. DE LAS CABEZAS DE SAN JUAN

RESTAURANT: \*RESTAURANTE AVENIDA\*

3 times meal will be provided by us and you will have some snacks during the day! No worries ;)

All the other personal expenses, the participants will be cover by themselves.

### CURRENCY PRICES

Our currency is EURO (€). You will be able to exchange money at the airport. I suggest you not to change a lot because the rates are little better in the citycentre.

Don't be afraid because Sevilla is not an expensive city, so you will spend for example

1'5 € one coffeemilk

2 € a piece of cake

1'5-2 € glass of drink in a bar/pub

1'5 € bottle of mineral water



2-3€ one sandwich  
2'5€ ice cream

## 7. HOW TO GET TO LAS CABEZAS DE SAN JUAN

(If you have some more questions we will give you the answers, so DON'T WORRY)

Here you have all the info necessary just from the airport of Seville to Las Cabezas de San Juan:

- From the airport to the city (train station): <http://aena.mobi/m/es/aeropuerto-sevilla/autobuses-urbanos.html>
- From the Train Station (Santa Justa) to Las Cabezas de San Juan: [www.Renfe.com](http://www.Renfe.com)
- Asking for invoice: you will need all the invoices in every transport ticket that you will take for arriving to the hostel.

At the cashier where you buy the tickets they issue the invoice, you just have to say it IN ADVANCE.

The address is, (you can even show it):

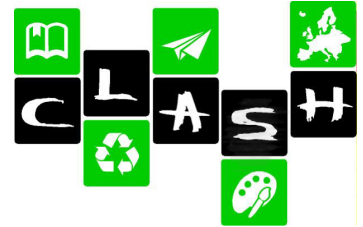
Centre of Local Actions and Social Heritage.  
C/ Pacheco y Núñez Del Prado 51. Sevilla (España). C.P.: 41002.  
CIF: G-90326232

Remember! If you don't bring the invoices, we cannot reimburse you!

## 8. HOW TO GET TO THE HOSTEL

(\*We would like to welcome you at the airport but you are lot of participants, so probably you have to come by your own way)

We will help you and pick you up from the train station of Las Cabezas de San Juan and we will help you to get to the place for the accomodation.



## 9. WEATHER

Before leaving your home country, please check the weather forecast at:  
<https://www.eltiempo.es/sevilla.html>

## 10. SMOKING IN SPAIN

You can smoke in public spaces except in areas not allowed for that. Take care because it is forbidden to smoke around 10 meters of children parks and it's forbidden to smoke inside bars and restaurants.

In Spain you can buy tobacco at special shops called "ESTANCO" and also in bars and petrol stations.

## 11. ABOUT THE PROGRAMME

- Type of activity: Youth Exchange
- Venue: Las Cabezas de San Juan, Seville, Spain
- Dates: 02/11/2023 – 09/11/2023
- Number of participants: 36 (aged between 16-20), 6 group leaders, 3 facilitator, 2 accompanying person. Total participants: 47
- Participant countries: Spain, Italy, Croatia, Portugal, Lithuania and Hungary.
- Topic: DEEP ADAPTATION, GREEN SKILLS, YOUTH EMPOWERMENT, RESPONSIBLE CITIZENSHIP AND ENVIRONMENT

## 12. Introduction To Deep Adaptation

The project is originated from a partnership that is based on previous relations between 2 participating organisations (Hungary and Spain). All participating organisations are interested in this programme as a form of empowerment of youth to enable them to express their interest and active citizenship in their local communities to work on cultural diversity, multiculturalism and other basic values.

Several participants are coming from disadvantaged backgrounds, some of them are migrants or refugees or belong to a minority. The project wishes to



encourage young participants to take an active role in their local communities to show the members of their communities their values, thoughts and interest, and become better integrated and accepted.

During the project, we put special emphasis on learning by intensely using Youthpass. Several competences of young people are tackled by the activities, like communication, social competence, learning to learn and sense of initiative.

There will be 6 participants from each country, plus 1 group leader per country and also 1 facilitator and 1 accompanying person for 1 disable participant from Spain and, 1 facilitator and 1 accompanying person for 1 disable participant from Hungary .

We wish to use almost exclusively non-formal methods that include ice breakers, team buliding activities, brainstorming, discussions, group of work, learning by doing, world café, outdoor activities, presentations, performances, etc.

The expected impact of the project is that motivated and active youth will return after the project and initiate local activities that would lead to their long-term dedication to the sending organisation and learning opportunity for them.

## 13. DAILY PROGRAMME

\*(Be prepared, that Spanish schedule differs from yours at home. Please, try to adapt!)\*

### Schedule:

Breakfast: 8.00 am- 9.00 am

Session 1: 9.00 am- 10.30am

1st coffee break (30 minutes)

Session 2: 11.00 am- 12.30 pm

Lunch: 13.00 pm -14.00 pm

Session 3: 15.00 pm- 16.30 pm

2nd coffee break (30 minutes)

Session 4: 17.00 pm- 18.30 pm

Dinner: 19:00 pm- 20.00pm



## 14. DAILY TOPICS

1st day: Day 1: Presentation of the program, the participating organizations and the Erasmus+ programme. Learn to evaluate and lead their learning process during the activity. Presentation of the YOUTHPASS Certificate.

2nd day: Learning about the concept of Deep adaptation and the 4 Rs. Mental responses to climate change. Learn how to find our strengths and abilities, how we can be of use to the community with these.

3rd day: How to deal with it 1: Energy, water consumption, how to live with very little of these goods, how to make tools.

4th day: How To Cope 2: Gardening Basics, How To Make Tools. How to adapt to unexpected weather conditions.

Same with food. What is the difference between food, necessary food for the body, and eating. We would like to show you how easy it is to reproduce your diet if the necessary circumstances exist and only your knowledge is missing.

5th day: Planning the future 1: how to eliminate unnecessary things from our lives, how to save energy, how to be more aware of our consumption, how to eat.

6th day: Planning for the future 2: how to start a deep adaptive community, how to support each other mentally, how to start a community garden, network with each other, digital tools we can use.

7th day: Present the results to the community, go to the city, meet the young people there, make a movie with the videos that were made during the exchange and distribute on social media

8th day: Evaluate experiences, Youthpass and closing ceremony

\*(We keep the right to change the programme according to the needs of the topic. You will be informed about the exact programme on the venue).\*

See you soon :)