



GREEN REALITIES

INFO PACK

YOUTH EXCHANGE
25 Nov - 2 Dec, 2025

APV 27-29 oct 2025

Llinars del Valles,
Barcelona, Spain



Erasmus+



WHAT IS GREEN REALITIES

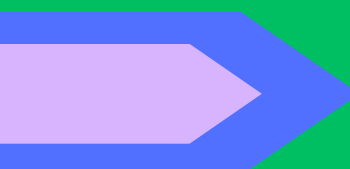
Green Realities is an invitation of imagine together a better future, bringing 46 young people, aged 18-25, from 6 different countries. This dynamic youth exchange invites participants to dive deep into enviromental issues and to imagine distopic future (positive or negative) and explore though theatre and sensorial tools how to create together with it.

The group will explore it with creativity, empathy, and collaboration.

Through theatre, music, visual arts, and movement, participants will engage in meaningful discussions, explore diverse artistic expressions, and examine ways to address the challenges of thinking in tomorrow's world.

PARTICIPANTS PROFILE

- **aged 18-25**
- **Interested in the topic and using artistic tools**
- **Motivated to explore a intercultural enviroment**
- **Able to understund and speak English**
- **Able to attend to the whole project from 25th of November (arrival day) to the 2nd of December (departure day) (29th of Nov will be free)**



Each partner will have to search 7 participants
+ 1 Youth Leader (except for Finland, that is 6
participant + 1 Youth Leader)

**Participants will receive free accommodation
and food, the costs are covered by the
Erasmus+ Programme.**

INCA CATALUNYA

ABOUT INCA

INCA Catalunya is an organization dedicated to utilizing performing arts to benefit the community through immersive and participatory strategies. It promotes youth development and educational initiatives via a variety of programs, emphasizing international collaboration and community empowerment. By providing access to the arts and opportunities for cultural exchange, skill development, and audience engagement, INCACatalunya seeks to enhance learning experiences. Its innovative projects aim to foster vibrant, inclusive communities that thrive on creativity and collaboration.

WWW.INCA-CAT.ORG



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THE VENUE



Former Monastery

CASA DE COLONIAS

We will share this experience in a very special place, surrounded by nature, founded in 1957 on the outskirts of Llinars del Vallés, 50km far from Barcelona.

ACCOMMODATION

We will stay at the 'Refugi' (refuge) building, with a capacity for 70 people. On the ground floor, there is a kitchen, dining room, and two rooms. The first floor consists of 10 shared rooms, equipped with 6 to 8 beds, and two bathroom areas

The beds are prepared with sheets and blankets, and towells will be provided, so you only need to bring your personal hygiene kit.

Additionally, meals will be adapted to the specific dietary requirements each participant has indicated on the Personal Information Sheet.



You'll stay in this kind of rooms



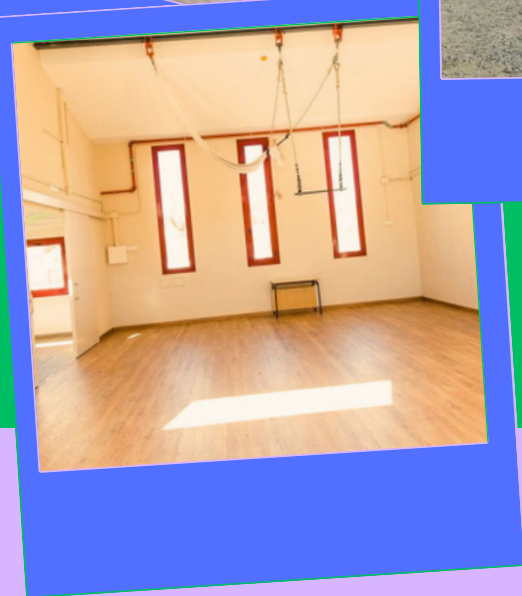
and have 3 daily meals and coffee breaks



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WORKING PLACES WILL COMBINE INDOOR AND OUTDOOR SPACES



THE TOWN

Llinars del Vallès is a town in Barcelona province, nestled between Montseny and Montnegre i el Corredor natural parks, offering rich biodiversity and outdoor activities like hiking and wildlife observation. It blends nature with culture, hosting festivals, artistic workshops, and events inspired by Catalan traditions. The community emphasizes sustainability, promoting eco-awareness, heritage preservation, and youth engagement in green tourism.

<https://www.llinarsdelvalles.cat>



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HOW TO GET HERE

All participants will use public transportation for arrival and departure. The best option is to take the R2 Nord train line, which offers a direct route from El Prat Airport (“Aeroport” station) to Llinars del Vallès, with an approximate travel time of 1 hour and 10 minutes.

Tickets cannot be purchased in advance, but they are available at ticket machines and sales offices located in the train stations.

To plan your trip Check the train schedules at:
<https://share.google/Ty1edt2YOhRfS5V7i>

Once you arrive at the Llinars del Vallès train station, you’ll have about 1km walk — about 20 minutes — to reach the exchange venue. We recommend packing light so you can enjoy a comfortable journey and this short walk.

Here are the Google Maps directions:
<https://maps.app.goo.gl/Zg5bKPSaQeVNYCMp9>

You can arrive after 6 pm



REIMBURSEMENT

Buy the tickets for the Exchange as soon as possible. The maximum that can be reimbursed varies depending on your distance from the destination: Keep in mind that you will have to travel from and to the organisation location (If you can't, we will need a justification about it).

Please book all your tickets, including the return ones (when you buy train or bus tickets). Please keep the boarding passes of your flights, otherwise we will not be able to reimburse your flight costs. In order to have this refund, you need to bring us all the original receipts and tickets of your trip (including the return), and the boarding passes of your flights. Please be sure that your name and the price you have paid are clearly stated on the ticket/receipt. Unfortunately, we cannot refund you for trips with no ticket/receipt. No taxis and no first class are allowed.

The refund will be through a bank transfer after the project, to the organisation account. All costs of accommodation and boarding as well as the programme costs will be covered by the organizers. Other costs (for example drinks outside the common programme) are not included.

Please plan to arrive at the venue in Llinars between 18:00 and 20:00 on the 25th November. And double check the arrival time of your flight, since to reach the venue in Llinars it will take approx. 1 hrs by train.

Departure is on the 2nd Decembter after breakfast.

REFUNDS LIMITS

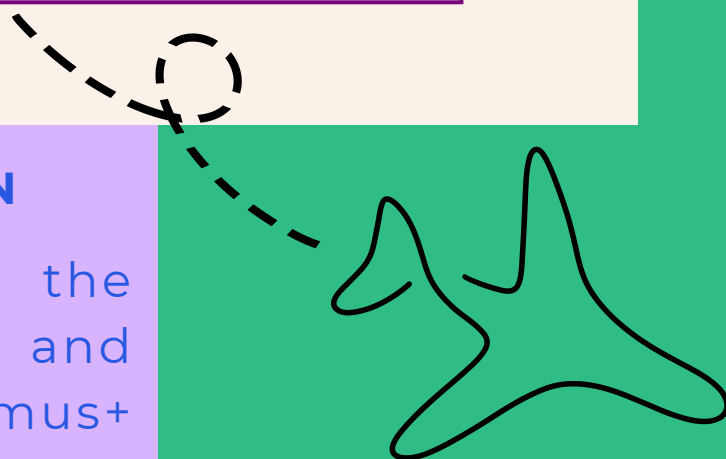


MAXIMUM REFUND

Travel distance	Travel
10 – 99 km	28 EUR
100 – 499 km	211 EUR
500 – 1999 km	309 EUR
2000 – 2999 km	395 EUR

IMPORTANT INFORMATION

You will have to sign the Partner Agreement and complete the Erasmus+ Final Report in order to get the reimbursement



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SEE YOU SOON!!

For any question, please, don't
hesitate to contact us:

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