



Co-funded by  
the European Union

YOUTH EXCHANGE

# GAMES, GASTRONOMY AND CULTURE

LEÓN, SPAIN

FROM 18TH TO 26TH AUGUST 2023



# ABOUT THE PROJECT

## THE PROJECT

This Youth Exchange aims to bring together young people from different countries to discover **traditional popular games** from their own country and from others in order to promote street games, especially games made with **sustainable elements**, such as wood. We will also promote the opportunity offered by **gastronomy** to get to know other cultures and break stereotypes.

## PARTICIPANT ORGANIZATIONS

- Associazione **Link** APS, Italy
- Association **Intercultura**. Dinan, France.
- Asociación **Auryn**. León, Spain

## PARTICIPANTS PROFILE

The project will bring together **8 young people** from each organisation, accompanied by **2 youth leaders**.

- Participants: from **14 to 17** years old
- Youth Leaders: +18 years old

# DATES AND PLACE

Dates: From **18th** to **26th** August 2023

This Training Course will take place in **La Vecilla**, a small village close to the mountains and 50 kilometres from the city of León.

During the activity all costs related to food & accommodation, activities and local transport will be 100% covered.

The group will stay at **Valdesol Youth Hostel**.





# TRAVEL COSTS

The travel cost details (per person) according with the Erasmus+ Program are:

- Associazione Link APS: 275€ (320€ for eco-travel)
- Association Intercultura: 275€ (320€ for eco-travel)

**IMPORTANT:** For the reimbursement we need all the **original travel tickets**: plane, train, boarding pass, bus... We would need any document with the price in €. The reimbursement will be made after the Youth Exchange once we have **all the documents** and travel tickets, and within a maximum period of two months. Payments will be made by bank transfer to the partner organization.

# HOW TO ARRIVE

There is a small airport in Leon with some weekly flights to/from Barcelona but not international flights.

To arrive in Spain you can try to travel to Madrid. Then, you can take the **bus** at Madrid Airport to León ([www.alsa.com](http://www.alsa.com))

Also you can move from Madrid Airport by train or subway to “Madrid Chamartín train station” (Subway: 30 minutes approx. / Train: 20 minutes aprox.). Then, you can travel by **train** to Leon([www.renfe.com](http://www.renfe.com)).

In any case, this Youth Exchange has an ample budget for eco-travel. If possible, we recommend using sustainable means of transport, preferably **train** and **bus**.

# WEATHER & THINGS TO BRING

The usual **weather** in August in León is hot, but we are in the northwest of Spain and close to the mountains, so a little cold or a rainy day will not be strange. Also, the weather cools down quite a bit at night, so we recommend you bring warm clothes as well.

Here are some **things you should bring**:

- Clothes: What you need for the whole learning activity.
- A towel and everything necessary for personal hygiene.
- Any medication you may need (we will have a basic first aid kit).
- Swimming costume, towel and river shoes
- Maps, cards of your country, city, regions (you can take them home later)
- Some snacks, drinks or food from your country or region to share with the rest of the participants in the intercultural night.

# TO PREPARE THE PROJECT

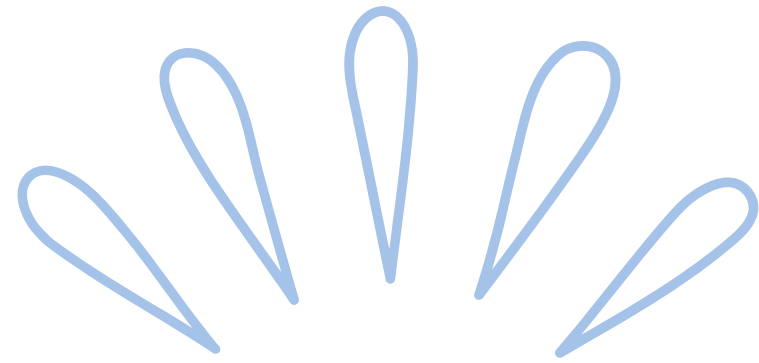
Before traveling on the project, we ask you to do some **easy homework**: as the Youth Exchange will bring together different local cultures, we ask each participant to investigate:

- Local traditional **games**: What traditional games used to be played in your area?
- Local traditional **cooking recipes**: try to chose the easiest ones, as we will be around 30 people.

Then, during the Exchange, each group will organize one session for each topic, so we recommend you to let us know in time if you need any specific materials for the games, or specific ingredients for your traditional recipes that we will elaborate all together.

# ACTIVITY PLAN

<b>FRI, 18</b>	<b>ARRIVALS</b>		<b>WELCOME</b>
<b>SAT, 19</b>	Welcome, Get to know each other	Discovering the place Youthpass	Group game
<b>SUN, 20</b>	Traditional games – Spain	River	Intercultural night
<b>MON, 21</b>	Traditional games – Italy	Traditional gastronomy – Spain	Free time
<b>TUE, 22</b>	Traditional gastronomy – France	Traditional games – France	Group games
<b>WED, 23</b>	Traditional gastronomy – Italy	River	Free time
<b>THUR, 24</b>	<b>Cultural day in León</b>		Free time
<b>FRI, 25</b>	Evaluation. Preparing intercultural event	Intercultural event in La Vecilla	Farewell event
<b>SAT, 26</b>	<b>DEPARTURE</b>		
	<b>MORNING</b>	<b>AFTERNOON</b>	<b>NIGHT</b>



**SEE YOU SOON!**

**CONTACT**

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