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CENTRO EUROPEO DE INVESTIGACIONES Y ESTADÍSTICAS

WALKING TOWARDS 2030

21.05.2023 – 31.05.2023

Mollina (Málaga) – SPAIN

Youth Exchange

Walking towards 2030



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May 21st-31st, 2023



Mollina, Spain

Muévete
por
Europa

PRACTICAL INFORMATION ABOUT THE YOUTH EXCHANGE, ERASMUS +



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PROJECT CONTEXT

At the World Summit on Sustainable Development held in 2015, the Member States of the United Nations approved the 2030 Agenda for Sustainable Development, to eradicate poverty, fight against inequality and injustice, protect the planet and ensure the prosperity of all people, avoiding that no one is left behind by the year 2030. The 2030 Agenda is a global and consensual action plan that includes 17 Sustainable Development Goals (SDGs).

The aim of the "Walking Towards 2030" project is to encourage participants to develop attitudes, values, skills and knowledge so that they position themselves as active agents in social transformation and in relation to the achievement of the SDGs, with the ultimate goal of proactively contributing to the achievement of more egalitarian, inclusive and sustainable societies.

PARTICIPANTS' PROFILE

- Participants must be legal residents in the country of the sending organization.
- Participants must be between 18 and 30 years old.
- Participants willing to learn about Sustainable Development and knowledge of the SDGs.
- Participants willing to contribute to follow-up and dissemination activities.



Added requirements for group leaders:

- Over 25 years old and with previous experience in projects.
- Communication skills, social skills, responsibility and leadership.
- Be willing to guide the participants and support them in the learning process, as well as guarantee that said process takes place in a safe environment.
- Have at least an intermediate level of English.

More about the group

- ✓ Gender balanced groups!
- ✓ At least 2 participants per National group with economic, social, geographical or other type of barriers.

NOTE: *Attending all the activities/sessions during the youth exchange is mandatory and active participation is expected from all the participants. The participants also must be involved in the activities of dissemination and follow-up of the project.*



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THE VENUE

Accommodation and full board during the youth exchange will be covered by Erasmus+ Program, between 21st of May (Check in: afternoon) and 31st of May (Check out: after breakfast).

During the Youth Exchange, participants will be hosted in **CEULAJ, found in Mollina, in Málaga.**

The center of Mollina is a 15-minute walk from the accommodation. There you can find a supermarket and other shops.

Participants will have to share rooms (2-3 participants per room). Each room has a bathroom. Bed linen will be supplied but please bring your own bath towel. Also bring your own hair dryer if you need it.



INTERNATIONAL TRAVEL

To reach Mollina, the best option is to fly to Málaga.

Please,

- for the **ARRIVAL** search for flights landing by 4PM on May 21st
- for the **RETURN** search for flights taking off from 12PM on May 31st



FROM MÁLAGA AIRPORT:

- ✓ At the airport, catch the train “C1” to Málaga train station (María Zambrano) and stop at the train station (3 stops).
- ✓ In front of the María Zambrano train station is the Málaga bus station. Catch the bus from Málaga to Mollina.

Bus schedule Malaga-Mollina (Sunday)

- 13:15 – 14:30
- 16:00 – 17:12
- 19:00 – 20:15

- ✓ The bus stop in Mollina is in front of the Civil guard barracks. The bus stop is a 10-minute walk to CEULAJ.

NOTE: DO NOT BUY ANY TICKETS without the approval of the hosting organization and the project coordinator.

NOTE: The hosting organization will help you to find the best choice to get to Málaga.



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PARTNER ORGANIZATIONS, CONTACTS AND BUDGETS

Greece	Youth Empowerment Center	youthec.contact@gmail.com	360 €/pax
Italy	Associazione Link Aps	link@linkyouth.org	275 €/pax
Lithuania	Unique Projects	exchange@uniqueprojects.eu	360 €/pax
Netherlands	Stichting Yeuth	yeuth.nl@gmail.com	275 €/pax
Spain	Muévete por Europa	mueveteporeuropa@gmail.com	23 €/pax
The Republic of North Macedonia	Association for Cultural, Sport and Educational Development "World of Change"	ngo.worldofchange@gmail.com	360 €/pax

Travels are budgeted according to Erasmus + conditions (using the distance calculator from the city where your sending organization is based to the city where the youth exchange will take place).

If any participant wants to stay longer in Spain, this is possible up to 2 days before or after the mobility. All expenses related to the extra days (for food, accommodation, trips, local transport or other types of costs that were not incurred for the project) must be covered by the participant himself/herself.

NOTE: That the budget is applicable if you travel from the city of your sending organization. In case you travel from another city, the budget might be reduced according to Erasmus+ distance calculator.

NOTE: Aborting mobility/early departure means not receiving travel reimbursement/the return travel costs.

PRE-DEPARTURE TASKS

Participants of each national group should meet with each other before the mobility to prepare some tasks and materials for the youth exchange. The tasks are the following:



Intercultural evenings: It is a great opportunity for participants to present their country, local/regional/national food and drinks, traditional games, songs, dances, but also their language and lifestyle. Each national group will have the opportunity to present their culture to the rest of the group in a dynamic and interactive way. The presentation style is free.

NGO FAIR: It is a partnership building activity. You can bring digital presentations or paper materials about your sending organization's goals, activities and projects. Each national group will have a corner in the room (like a fair) and the participants will be able to move around to learn more about each organization.

Workshops: Each national group should prepare a workshop on the topic of the project. The youth exchange team will give further instructions on this in advance.



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TRAVEL REIMBURSEMENT

YOU MUST KEEP ALL YOUR DOCUMENTS AND TRAVEL TICKETS. Even if you think it is not important, do not throw anything away.

For the reimbursement of the flight tickets:

- **All boarding passes.**
- **An invoice** from the travel agency/website/airlines company from where the flight ticket was bought.
- **The payment confirmation:** If you paid through bank (debit/credit card, bank transfer, etc.) you need a bank extract, or a printed statement released by your bank showing the payment.

For any other travel tickets (busses, trains, etc.):

- **Ticket + receipt:** If you buy your tickets from an office, in cash, then you need the original ticket, with the price on it or the ticket and a receipt (if the ticket has no price on it).
- **Ticket + payment:** If you buy your tickets online, then you need the electronic ticket and the payment confirmation (same as above).

***NOTE:** Only original travel documents will be considered for reimbursement. Therefore, electronic tickets are preferable. If you buy the tickets in an office for the return trip to your home, then you will have to send it to us by post.*

***NOTE:** Keep in mind that if you check-in through the airline's App, the boarding pass disappears after 24 hours. Then you must check-in through the website and send us that original boarding pass.*

OTHER LOGISTICS

Insurance: It is mandatory to have **valid health insurance in Spain** during your entire stay in the country. The **European Health Insurance Card** is valid, do not forget to bring it with you and that it has not expired.

Participants should also take out travel insurance. The travel insurance cost it is not an eligible cost for the project budget so it cannot be reimbursed.

Currency: The currency in Spain is the Euro. To give you an idea, a coffee in a bar is around 1,30 €, a daily fixed menu around 12 €, a loaf of bread in a supermarket around 0,75 €.

Weather and temperature: Check the [forecast](#) before you come.

Basic rules:



1. Respect the rules of accommodation.
2. Follow the recommendations of the project team.
3. This is an educational project co-financed with public money. Be aware that it is not a vacation.



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WHAT TO BRING?

- Things for the intercultural evenings (games, traditional food, traditional songs, dances, etc.).
- A presentation and materials about your sending organization for the NGO Fair activity.
- A workshop on a specific topic that the youth exchange team will tell you in advance.
- Energizers/icebreakers.
- Personal reusable water bottle.
- Your own toiletries and your own medicines.
- Comfortable clothes and shoes.
- Open mind, positive attitude and a smile =)

DISSEMINATION AND FOLLOW-UP

All participants and partner organizations must be involved in the dissemination and follow-up activities of the project, since this is one of the selection criteria.

Before and during the youth exchange, the selected participants and their sending organization must **promote the project through their own digital media** (Facebook, website, Instagram, etc.).

After the youth exchange, the partner organization and the selected participants must **write an article or a post (a small report) and publish it on their dissemination channels**. They must also **disseminate the products of the project (video, etc.)**. The partner organization and the participants must also **carry out at least one activity (online or offline) with young people at the local level** using the results of the project.

ABOUT US

Muévete por Europa is a non-profit association based in Alcalá de Guadaíra-Seville, in southern Spain. Founded in 2019 due to the concern and motivation of its founders to contribute to the development and improvement of peoples' quality of life. We develop, manage and implement international projects of social interest through awareness and promotion of values. Through the method of non-formal and informal education we promote social inclusion, equality, diversity and interculturality.

Our main objective is to promote the educational, labor and social integration of young people, through the raise of their integral development and their personal autonomy. For this reason, we carry out training and international mobility projects for young people and professionals who work with this group.

Contact details:

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Facebook page: [/Asociación-Muévete-por-Europa](#)

Instagram: [@mueveteporeuropa](#)

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