



THE EU PROGRAMME FOR EDUCATION,
TRAINING, YOUTH AND SPORT.

BOUND THROUGH SPORT

22-30 October
Benicassim, València - Spain



WHO WE ARE?

Sport for the world is a non-profit, non-governmental organisation that was founded in 2014 by a group of young people who set out to connect the world through sport.

At SFTW we envision a society where everyone has access to sport and where sport is a vehicle to generate positive social impact.

We do this by promoting the values of sport and cultural exchange. We do this through events, volunteer programs and the creation of impact projects.



EVENTS



VOLUNTERING



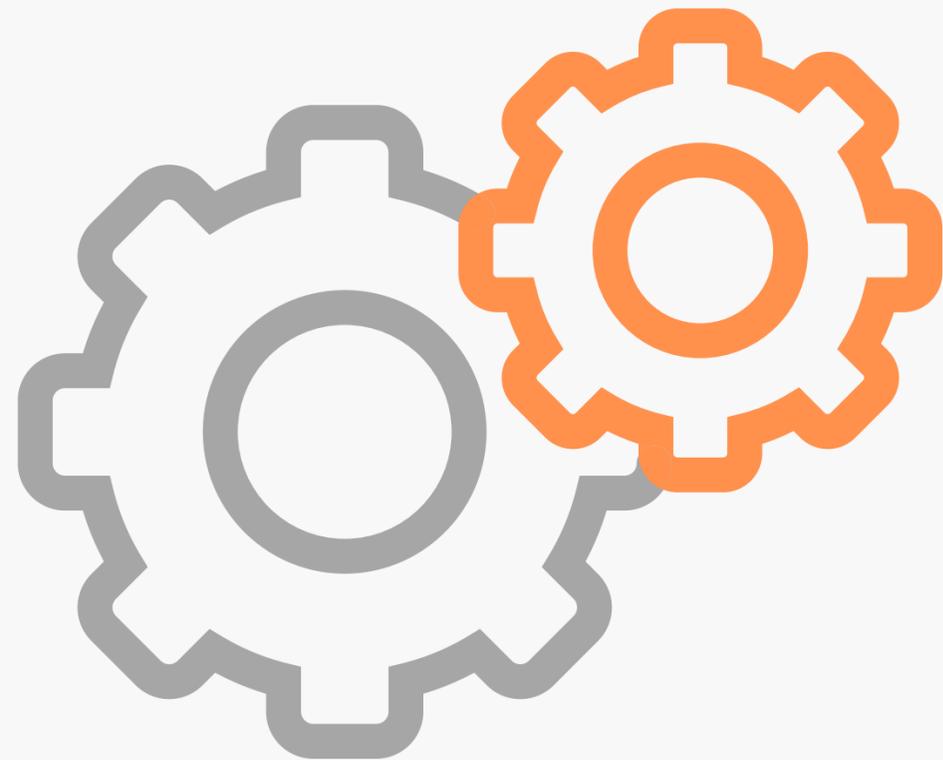
PROJECTS



+5000

Youth impacted
by our programs

ABOUT THE PROJECT IDEA



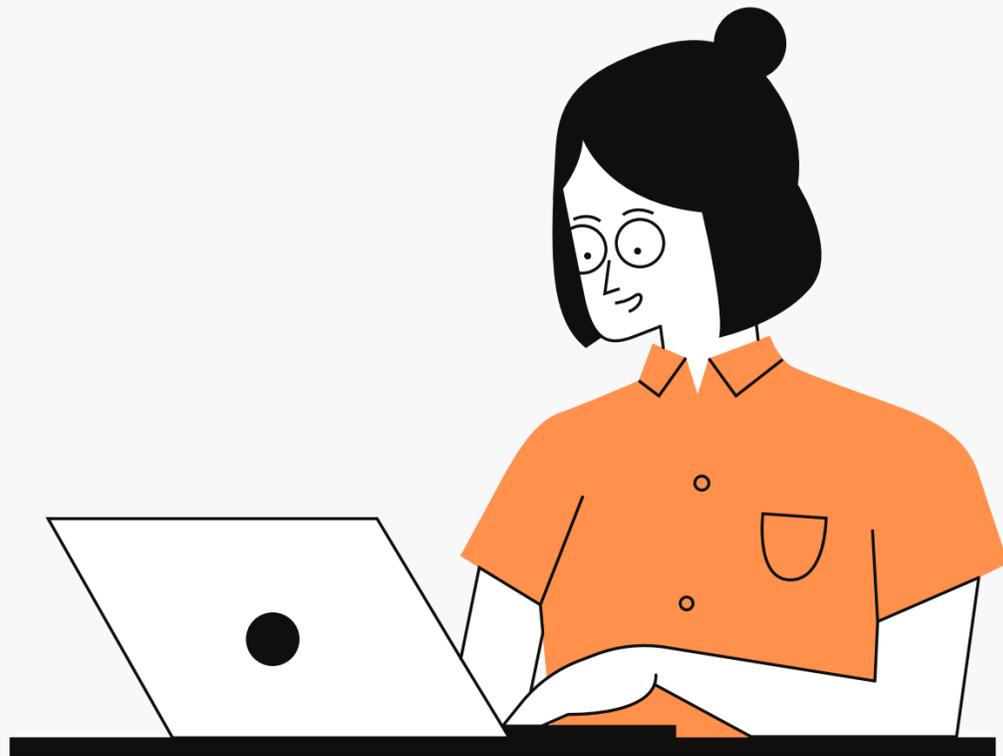
Bound Through Sport is a Youth Exchange project supported by the Erasmus+ programme, that includes participants and organizations from Croatia, Bulgaria, Romania, Italy and Spain.

It will take place from 22th to 30th of October (including travel days) in Benicassim. It will include 6 participants per country: 5 youngsters, between 18 and 30 years old, plus the group leader (no age limit). There will be 30 participants in total, and 2 facilitators from Spain.

The main **objective** is to raise awareness regarding the importance of sport, specially with groups with less opportunities and resources, by doing so we encourage the inclusion of such group to participate in sports activities.

We strongly believe sport is a tool to create social impact.

ABOUT THE PROJECT METHODOLOGY



- As a youth exchange we will have a lot of learning by doing and we will value the process rather than the end result.
- We want the participants to be involved in the activities and to be active, we will require the participants to help in the good development of it.
- Whenever we can, we will do activities outside, to feel nature and to move our body.
- We will also have a digital community through Facebook.

ARRIVAL AND DEPARTURE

The arrival day to Benicassim is 22th of October, from 17:00 to 20:00.

The departure day will be on 30th in the morning.

You have 2 days before and after the project to visit Spain.



Benicassim is located 13 km north of the town of Castelló de la Plana, at the north end of the Valencian Community. The town has a population of 18,098. Its economy is largely based on tourism; the town is well known for its beaches and its music festivals such as Festival Internacional de Benicàssim (FIB) and the Rototom Sunsplash.

Average
temperature

Oct

25

15

ACCOMMODATION

The project will take place in “Albergue Argentina” in Benicassim, a small town in the province of Valencia. The hostel is located in front of the beach, even if October is not the best season for a bath, we will be doing some activities on the beach.

The rooms will be between 2 and 4 people, with private bathroom in every room. Sheets will be provided. The hostel has laundry service, wifi and vending machines.



WHAT TO BRING TO THE PROJECT?

Must have

1. Comfortable shoes
2. Towel
3. Sport clothes
4. Swimsuit
5. Sunblock
6. Traditional food from your country
7. European health insurance card



COVID SITUATION

We strongly encourage you to be informed and to ask your organisation about any possible update during the previous weeks to the project.

You can enter in Spain with:

- EU Digital COVID-19 Vaccination Certificate. Valid 14 days after receiving the complete regimen.
- EU Digital COVID-19 Recovery certificate (valid from day 11 after the first positive NAAT and up to 180 days after the sample date)
- Certificate of a diagnostic test for SARSCoV2 with negative result.
The following diagnostic tests shall be admissible:
 - NAAT- nucleic acid amplification tests (e.g.: RT-PCR, RT-LAMP, TMA, HAD, NEAR, CRISPR, SDA), with sampling within the previous 72 hours to arrival in Spain.
 - RAT-rapid antigen test, with sampling within the previous 48 hours to arrival in Spain.



COVID SITUATION

If you travel by air, a form must be completed and signed electronically (from 48 hours before the flight departure) before your arrival in Spain. You can access the form and sign it via <https://www.spth.gob.es/>

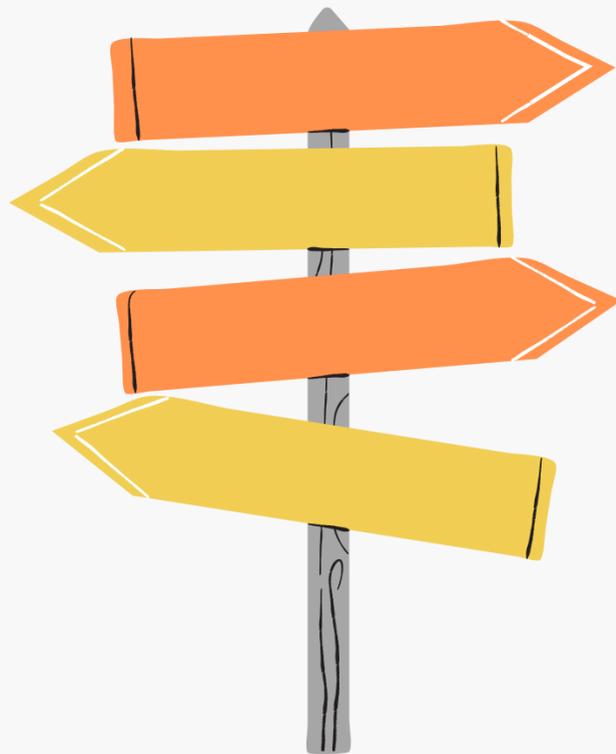
Use of facemasks

Face masks are mandatory in public spaces indoors. Its use is also mandatory on all means of public transport. All people must keep a physical distance of 1.5 metres. Alternatively, a face mask should be worn.

We strongly recommend you to have the **European health insurance card** before traveling to Spain.



TRAVEL LOGISTICS



Travel to Spain can be done by plane, bus or train.

Please try to book flights directly from the website of the airlines, as it can be easier to make changes or request a refund in case of unpredictable flight disruptions due to the covid-19 pandemic.

Mandatory, send us by email or bring with you:

- **Booking confirmation/E-ticket**
- **Proof of payment/Invoice**
- **Boarding Pass of the flights**
- **All kind of tickets used (train, bus)**

It's important to keep all your tickets in order to receive the reimbursement.

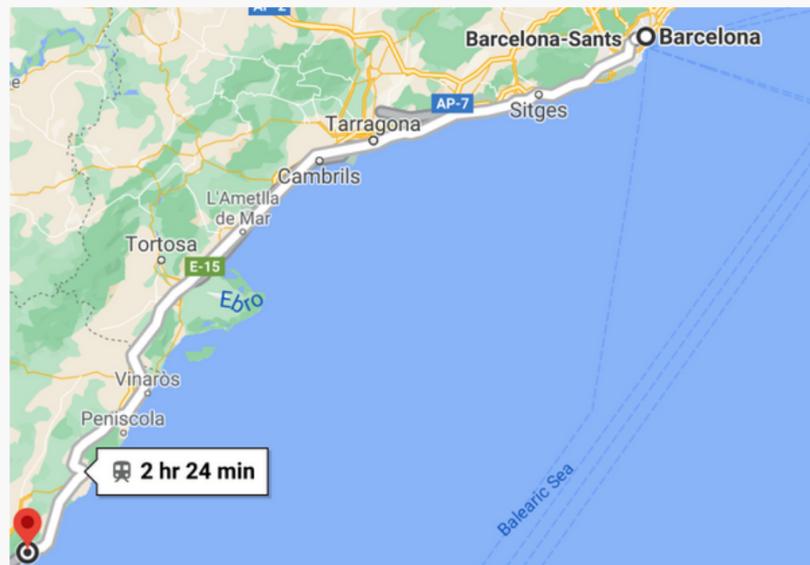
There won't be reimbursement of private cars, taxis or any private transport.

HOW TO ARRIVE?

There are 25 minutes by walk from Benicassim train station to the hostel.

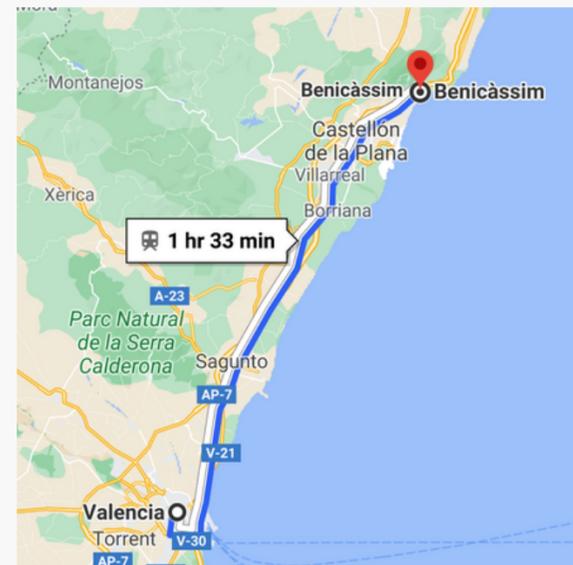
1 BARCELONA

You can fly to Barcelona and take a train from Barcelona Sants station to Benicassim, the journey takes about 3 hours.



2 VALENCIA

You can fly to Valencia and take a train to Benicassim, it takes around 1h 30 minutes.



3 MADRID

In case you couldn't find good flights to the previous cities, fly to Madrid could be an option. From there you should take the train and it takes around 4,5h.

REIMBURSEMENT

We will reimburse all the money once we have all the documentation, process can take up to 5 months.

We encourage you to organize yourself in order to have everything you need so you can get your money on time.

Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus+

THE MAXIMUM AMOUNT FOR TRAVEL COSTS IS:

Romania
360 euros



Croatia
275 euros



Italy
275 euros



Spain
180 euros



Bulgaria
360 euros



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