

Welcome – Bienvenido - benvenuto – Bienvenue – Bem vindo – Bine ai venit - Κύριες μεταφράσεις

Dear participant/group leader,

In order to make this exchange an enjoyable and memorable experience for all, we have designed this Welcome PACK that offers a lot of practical information that you need to know before coming to the project.

We wish you all a nice trip and without any unforeseen adventures!

Looking forward meeting you soon in Tenerife, Spain!

Yours,

Organizational Team - P.O.D. Association



About the Youth Exchange

REsilience & Active Community Transformation is an youth exchange financed through the Erasmus+ Program – Key Action 1, reference number 2020-2-ES02-KA105-015268

Countries involved: Spain, Italy, Portugal, Romania, France, and Cyprus.

The dates of the Youth Exchange: 15/01/2022 (arrival) - 23/01/2022 (departure)

Location: Buenavista del Norte, Tenerife, Spain

Project's group: 38 participants and 7 group leaders

- 6 participants (8 Spanish participants) and 1 group leader (2 Spanish group leaders) from each country.
- participants with ages mainly between 20 – 25 years;
- open-minded
- interest in developing their skills and building resilience;
- interest in social problems and the environment, and concern for contemporary politics;
- never traveled abroad;
- interest in getting out of their comfort zone, to learn new things;
- proactive and committed to participate actively in all phases of the project (preparation, youth exchange and follow-up);
- basic level of English
- gender balanced group

N.B. This is a learning experience with mandatory attendance at all the activities, so please do not see it as a touristic visit. If you fail to comply with this condition of actively attending at all the sessions planned, we, as organizers, can decide not to cover the expenses for your participation.

For tourism, you are allowed extra days after and before the activity's dates (no strict regulation from the Spanish NA, but it should be a decent number of days), but the expenses related to local transportation, the accommodation and meals for these extra days won't be reimbursed from the project.



In light of the pandemic situation the entire world is leaving for last few month, the population is confronted with challenges, difficulties and issues that nobody could have envisioned. When we are in a weakened position where we feel as if things are going from bad to worse, it can be very difficult to find our balance, or swim against the tide, or, recover and regain stability. This situation is extremely difficult for youngsters, whose lives dominated by social connection, but are forced to apply social distance.

Being resilient means being able to adapt and bounce back when something difficult happens in our lives. It is the ability to once again pick ourselves up after trauma or painful experience.

Our levels of resiliency will change and develop throughout our lives, and at points, we will find that we do not cope as well as others, as well as surprising ourselves when we manage a difficult situation. In another sense, resilience is just one of many psychological tools we implement to get us back to feeling normal again.

Thus is very important to raise awareness among the youngsters of the importance of developing more resilience. Research has proven that building resilience in young people can be done through meaningful participation, that is, decision-making by young people that involves meaning, control, and connectedness.

REACT will help European youngsters to build their resilience in two ways:

- ⊕ Sharing their knowledge and experiences to understand better the concept of resilience and why it is important in their lives.
- ⊕ Learning about the ways to be more resistant, empowered, and autonomous to take the initiative to create their projects and be more active in their communities.

REACT wants to build resilience in young people around Europe, by empowering them to actively participate in communities. We plan to promote the opportunities the European Solidarity Corps offers for youth participation in communities, through the solidarity projects.

Sessions and what you have to prepare

Day 2 - 16/01/2022, Spanish team will prepare the activities of the day.

Day 3 - 17/01/2022 morning, Italian team will open the morning with some energizers/icebreaker games

Day 3 - 17/01/2022 afternoon, every team will present the cultures and tradition of their countries.

Day 4 - 18/01/2022 morning, Romanian team will open the morning with some energizers/icebreaker games.

Day 5 - 19/01/2022, "The day of hiking". We are going to mix the groups into intercultural groups to participate in an outside activity. ***Don't forget to bring a pair of comfortable shoes to the hiking day.***

Day 6 - 20/01/2022 morning, French team will open the morning with some energizers/icebreaker games.

Days 7 - 21/01/ 2022, Portuguese team will open the morning with some energizers/icebreaker games.

Day 8 - 22/01/2022, Cypriot team will open the morning with some energizers/icebreaker games.

During the preparation meeting with the group leaders, we will divide the rest of the sessions according to the interests of each group.

We will be open to any suggestions on how to approach the planned activities, as this is a youth exchange not a training course and we will all learn from each other.

The activities in this YE are based on the results of this investigation:

https://www.researchgate.net/publication/251212957_Building_resilience_in_your_group_through_meaningful_participation

and this methodology:

https://www.researchgate.net/publication/234565773_The_Circle_of_Courage_and_Positive_Psychology

The daily agenda:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
7:00-10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:30	Participants arrival	Games and Energizers/Icebreaker games	Games and Energizers/Icebreaker games	Games and Energizers/Icebreaker games	Hike in multicultural groups - with a map and tasks (Development Problem-Solving Skills and Take Action to Solve Problems)	Games and Energizers/Icebreaker games	Games and Energizers/Icebreaker games	Games and Energizers/Icebreaker games	Packing and participant's departure
11:30-11:45			Test yourself - Resilience test	Dealing with change / Dealing with emotions in situation of crisis		(Introducing the Circles of Courage) Belonging - activities to analyze their belonging to family and community	ESC & Solidarity projects (build resilience through meaningful youth participation)	Independence & Generosity: Developing local solidarity projects	
11:45-13:00		Getting to know each other/Expectations /YouthPass	Resilience - what it is and why it is important?				Starting thinking of project ideas		
13:00-16:00		Lunch/siesta	Lunch/siesta	Lunch/siesta	Packed Lunch	Lunch/siesta	Lunch/siesta	Lunch/siesta	
16:00-18:30		Team building games - solving problems, take action	Cultural afternoon - every country will present their culture and traditions	Dealing with emotions in situation of crisis	Hike in multicultural groups - with a map and tasks	Mastery: Who I am - identifying your abilities and skills (storytelling)	Free time	Presenting the plans of the projects - feedback from the others	
18:30-19:00		Self-reflection		Think positive: Practice Positive self-talk (negative thoughts collected and we have to rewrite it into positive)		Volunteering - what skills or talents you have to offer and how that can translate into helping others		Final Evaluation - Giving the Youthpasses	
19:00-19:00	WHAT (WHAT About Today?) with the group leaders	Self-reflection	Self-reflection	Self-reflection	Self-reflection	Self-reflection	WHAT Group	WHAT Group	
19:00-21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:00-....	Getting started - Welcome	Welcome party	Free night	Free night	Free night	Free night	Free night	Farewell night	

Practical aspects

A. Travel

- ⊕ According to the rules within the Programme “Erasmus+” we will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, APEX-flights etc., accompanied by the receipt of complete and original tickets, invoices, bills, receipts, boarding cards etc. upon a certain “contribution to the travel costs of participants, from their place of origin to the venue of the activity and return”. This contribution is “based on the travel distance per participant”.

PARTNER ORGANISATIONS AND NUMBER OF PARTICIPANTS			
Country	Organization	Total Number of Participants	Travel Costs per participant
France	PARCOURS LE MONDE – SUD EST	6+1	340 Euro
Italy	ORIEL	6+1	510 Euro
Romania	YOUTH ALMA	6+1	800 Euro
Cyprus	NEOLEA GIA ANTALAGI KAI KATANOISI	6+1	800 Euro
Portugal	EXPERIMENTACULO ASSOCIACAO CULTURAL	6+1	255 Euro

- ⊕ Above you can find the maximum contribution to travel costs for ONE participant per country from the city of registration of the organisation to the venue and back. The participants will be reimbursed via one bank transfer to the sending organization after the activity, when they present all original travel documents and invoices, the group leader fill the MT+ Participation Report, organised the follow up events and send us the report.

- ⊕ **We had to deduct the amount of 20€/pax. to cover the costs of the local transportation.**

Checklist for Travel Reimbursements

- Regular air tickets must be accompanied
 - ⊕ by the original invoice (signed and stamped)/receipt/pay order/proof of payment
 - ⊕ the boarding pass (the small ticket stub you receive before boarding the plane)
 - ⊕ the prices stated in the invoices, receipts etc. must coincide with the price on the ticket.
- E-Tickets
 - ⊕ must include your name, the exact fare you paid, details of your flight
 - ⊕ must provide the boarding pass (the small ticket stub you receive before boarding the plane)

3. Train/Bus tickets

- ⊕ it is important that the arrival and departure time, as well as the price are visible (+invoices if available).

N.B.

- ⊕ All the costs related to days (local transportation, accommodation, food etc.) additional to the ones of the YE (15th of January arrival day, 16th until the 22nd of January activity days, 23rd of January departure day) are on the participants own cost.
- ⊕ You must send all original travel documents and invoices with registered post at the latest 1st of February 2022 to the following address:
ASOCIACIÓN P.O.D.
Calle Barranco Grande nº 30A, 38107, Santa Cruz de Tenerife, Spain

Please scan the documents prior to sending them via post.

B. Accommodation

You will be **accommodated** in rooms of 11, 10, 4 or 2 people, in the Bolico's Hostel.

We will serve the meals in the hostel with a catering service.

You can search the information through the following link:

<http://www.alberguebolico.com/>



How to get there?

Tenerife has 2 international airports, one in the south of the island:

- Tenerife South (Reina Sofia) Airport, and one in the north part
- Tenerife North Airport, formerly Los Rodeos Airport.

As Buenavista del Norte is in the middle of these airports, you can take the flight that is more comfortable for you.

Public transport is not an option to come to Buenavista del Norte. For this reason, we are going to pick you at the Airport.



C. Must Know

- ✚ Every participant must have **health insurance** for the full duration of the youth exchange. Health insurance for the citizens of the European Union is not covered and it won't be reimbursed by the organizers. As you are a citizen of the European Union you are entitled to the **European Health Card**. All the participants have to bring with them the European Health Card, not to be forced, in case of an emergency, to pay the costs of health care in Spain. **No other type of insurance will be reimbursed from the project!**
- ✚ Currency in Spain – Euro
- ✚ **Every participant must attend the full duration of the activity.** If a participant refuses to or behaves in an inappropriate manner, P.O.D. Association will request him/her to pay the full organizational costs: 34 euro/per day and will not reimburse travel costs.
- ✚ Tenerife features the lowest temperature difference between summer and winter for almost anywhere in the world. Tenerife weather occasionally includes rain. **In January the temperatures in the north part of the island are lower**, especially in the forest. The humidity is high and the sensation of cold could increase.

<https://www.accuweather.com/en/es/buenavista-del-norte/303017/weather-forecast/303017>

D. Bring with yourself

- ✚ towels, toiletries and personal hygiene objects; you will be provided only with linen.
- ✚ comfortable and warm clothes for the sport activities and for hiking; adequate clothes for the mountain.
- ✚ medicine if you have any specific illness or medical condition; we will have a first aid kit but it doesn't have specialized medicine. If you have any allergies or medical conditions that you think we should know about please inform us before hand to avoid any complications. We will keep it confidential!

- ✚ a bottle for hiking/travelling to use during the project; We want to keep this project eco-friendly and reduce the use of plastic!
- ✚ typical food/drinks/dance costumes/presentation/story/interesting facts that you could present your country with during the Intercultural day!
- ✚ your national flag
- ✚ **a lot of good mood and energy :-)**

E. Application form

Please fill this application form **before 15th of December**, after the purchase of your flight tickets so we can arrange the logistics of your airport transfer to the project's venue and also the rooms distribution and the menu depending on your food requirements:

<https://docs.google.com/forms/d/1CWYh8IsoQYOSKDRQ9Pb2e2fmpnwD72mNzJB0dREO2jE/edit?ts=61aa64ff>

F. Corona virus information and preventive measures

- ✚ All participants and group leaders should have the COVID 19 certificate or a negative PCR test to enter Spain and to attend the YE.
- ✚ The COVID tests will have to be covered by the transportation budget as we do not have exceptional costs budgeted in the project.
- ✚ The use of a mask is mandatory in all indoor spaces and outside when we cannot insure the social distance.
- ✚ You have at your disposal the necessary hygienic material: soap and disposable hand dryer in all the toilets; hydroalcoholic disinfectant gel dispenser at the entrance. Although we have to mention that if the hands are dirty, the proper procedure will be washing with soap and water, not the hydroalcoholic solution.
- ✚ Limit where it is possible to share objects

N.B. At your arrival, in accordance with the restrictions in effect at that moment, we will provide more information.

We are online

We are going to create a facebook group where we will post important information and news.

If you don't have Facebook, don't worry we will update you via email as well.

Our Facebook is: <https://www.facebook.com/P.O.D.Association/>

Basic Spanish

Hello - Hola

Good morning – Buenos días

Good night - Buenas noches

How are you? – ¿Qué tal?

Thank you - Gracias

Goodbye - Hasta luego

Please – Por favor

Excuse me! – ¡Perdón!

Enjoy your meal! – ¡Buen provecho!

What's your name? – ¿Cómo te llamas?

How are you? – ¿Qué tal?

How much does it cost? – ¿Cuánto cuesta?

How can I go to....? – ¿Cómo puede llegar a...?

Where is ...? – ¿Dónde está...?

Help me! – ¡Ayúdame!

Take care – ¡Ten cuidado!

I love you! – ¡Te quiero!

<http://www.spanishdict.com/>

The Organizational Team

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