

Youth Exchange



Inclusive Health

16-24 OCTOBER 2024





KA1: Learning Mobility of Individuals Youth Exchange "Inclusive Health"

PROJECT DETAILS

Project name: Inclusive Health

Project dates: 16-24 October 2024

Place: Iscar (Spain)

Coordination: Asociación Brainstorming

ID Number: E10161856

Participants: Participants in the project will belong to 6 different countries from: Italy, Slovenia, Estonia, France, Greece and Spain.



THE ORGANIZERS

Brainstorming Association is an association based in Zamora. The purpose of this association is participating in projects involving all fields reported to the integral development of youth in the region according to the specific needs displayed by them.

Currently has 40-50 members ranging in age from 16 to 35 years. We work to raise awareness of different themes: bad social habits and how these are reflected in young people and their environment, this is done through activities and socio-cultural dynamics.

Our proposal is addressed to children, adolescents, young people, with special attention to those who for various reasons suffer some form of exclusion. We also propose as youth group, the development of activities that involve us understand and analyze other realities and another way of seeing things through such an important and integral element as is the participation and involvement in the development of projects, of which we are actors and responsible.

Our objectives among other are: to create and develop national and international training course to promote European partnership in youth and for professional development of the standards and European practices, to organize summer schools and conferences, to promote social initiatives among young people, to create and develop different programs and trainings about vocational counseling. We will also focus on creation and the carrying out of the projects for participative democracy among young people and promoting concept of active European citizenship.

Facebook page: <https://www.facebook.com/asociacionbrainstorming>

Website: <http://asobrainstorming.wix.com/brainstorming>

Twitter: <https://twitter.com/AsBrainstorming>

E-mail: inclusivehealthprojects@gmail.com

SUMMARY

According to the World Health Organisation (WHO), at least 15% of the world's population lives with some form of disability. This significant demographic group deserves specific attention and support to address their needs in terms of health and well-being, and 15% of the world's population, meaning one billion people, have some form of disability. On the other hand, people with disabilities often face significant challenges in accessing adapted health services and exercise programmes and perhaps the support of the young people in this project could go some way to addressing this problem they face. And finally the need to facilitate the active participation of people with disabilities in health and exercise related activities in order to not only improve their physical well-being, but also to empower these individuals in society.

With the implementation of this project our goal encompasses a profound transformation in the perception and attention devoted to the health of people with disabilities. We seek to overcome barriers and challenges that often limit access to vital information on nutrition and adapted exercise. In addition, we aim to go beyond mere awareness raising, promoting real change in everyday practices and attitudes towards inclusive health.

In order to achieve all of the things we set out to accomplish, we have identified six objectives that will guide our course throughout the exchange. These objectives are:

Primary objectives:

- To disseminate the importance of inclusive health, highlighting the diversity of needs and abilities in the context of disability by developing inclusive activities in the field of health.
- To develop activities and spaces that promote empathy, allowing participants to experience the realities of people with disabilities and to stimulate an open and respectful dialogue on disability.
- Establish a lasting network of collaboration between young people from different countries, focusing on cultural and social empathy enriching the global understanding of disability and health.

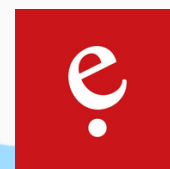
The language of the project will be English.

WORKING METHODS

Our Youth Exchange will be non-formal learning. It means that learning is based on your experience, your motivation and your needs. During the exchange, non-formal education methods and methods that assure balance between theory and practice will be used such as presentations, group works, workshops, games, role plays, exercises etc

PARTICIPANTS COUNTRIES AND PARTNERS ORGANIZATIONS

COUNTRY	ORGANIZATION	WEB
SPAIN	BRAINSTORMING	https://www.facebook.com/asociacionbrainstorming
SLOVENIA	Starešina RZR	https://www.facebook.com/rodzelenarogla/
ESTONIA	MTÜ interEST	interest.edu.ee
FRANCE	FRCYOUTH	https://www.facebook.com/search/top/?q=FRCYOUTH
GREECE	Odysseus Educational Boat	https://www.facebook.com/OdysseusEducationalBoatGR/
ITALY	Fondazione Elena Trevisanato	https://www.facebook.com/fondazione.elena/?locale=it_IT



NEEDS

4 participants per country. From Italy, Slovenia, Estonia, France and Greece.

- 3 young people aged 18-30.
- + 1 leaders no age limit.
- Participants need to be aged over 18 years old.

Your task during the exchange:

- Presentation of your country and your organization.
- Information about the situation of your country on the main topic.
- Traditional foods and drinks for the cultural night.
- Flag of your country would be great.

If you find more participants interested in participating in the total number that corresponds to your country, we invite you to that you make a list of participants on hold according to the criteria that we establish: not always you can ensure the participation of the total number of participants in the event because of some unexpected participant's last minute.

TRANSPORTATION

Arrival: Madrid Airport, 16th of October (before 14:00, please confirm your flight details).

Departure: Madrid Airport, 24th of October (after 15:00, please confirm your flight details).

You should take a flight to Madrid airport because it is the main airport near our region and you will find planes from your country easily. About transportation from the airport we will inform you after collecting all participants' flight information, because we normally pick up the participants at the airport and bring them directly to the project site, all together, by a private bus.

No regular Bus to Iscar a at all hours.

ACCOMMODATION

Iscar is a Spanish town and municipality in the province of Valladolid and the autonomous community of Castile and León. It has about 6000 inhabitants, although in the summer season the population can grow up to 10500 persons.

It has a wonderful castle with year of creation in 939 which can be visited with a guide and you can see medieval representations.

Iscar's economy is based on agriculture and especially in the production of doors for homes and factories. Iscar at the time became the producer of 80% of doors throughout Spain.



About the HOSTEL where we will stay: This is a very nice, comfortable and with everything you need for optimal project develops. There are free Wi-Fi, big meeting rooms, big dining rooms and also there are some areas where you can breathe fresh air.



Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project's dates (from the 16th to 24th October of 2024).

COSTS AND REIMBURSEMENT

"Inclusive Health" will be a Youth Exchange Project is implemented with financial support from the European Commission and the ERASMUS+ Programme. Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

All participants must consult with the organizers on prices & routes (please contact inclusivehealthprojects@gmail.com), before buying any tickets.

Travel expenses will be covered after collecting travel documents on condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, Taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check in as well. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Note!!! Please make the copies (better scan or take photographs) of your tickets and invoices before coming to Spain and send us all your travel documents to this email address: **inclusivehealthprojects@gmail.com** as soon as you buy them. If you have tickets and invoice, make sure that you e-mailed copies of both.

You can't buy any air ticket or any travel cost before the 27th of September 2024 without authorization from the organization. If this happens, it will not be refund no amount of money to these participants.

TRAVEL COST

This amount is different for each country and shouldn't be exceeded. In case of exceeding the maximum allowed, the refund will be made with the maximum amount fixed for each person by country, never larger.

We will inform you about your travel limit costs once the Project is approved and the countries will be participants. Mileage calculated with the official program tool.

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

These are the cost official the new program detailing the maximum cost per participant, but ***the obligation of the participating associations according to the criteria of the program is to find the cheapest flight at the right time.***

COUNTRY	Distance in Kimometres from	€ per participant
SPAIN	ZAMORA	28€
ITALY	ROME - ZAMORA 1511 KM	309
SLOVENIA	LJUBLJANA - ZAMORA 1697 KM	309€
ESTONIA	TALLIN - ZAMORA 2891 KM	395€
FRANCE	ECURAS - ZAMORA 688 KM	309€
GREECE	ATHENS - ZAMORA 2537 KM	395€

For the reimbursement of the money, you have to bring us all these original documents:

- **Invoices.**
- **E-tickets.**
- **Proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)**
- **Original boarding passes**

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming to Spain, without having to send it to us by post mail when you will return home. Of course, if for your airline company is not possible to perform it, you still need to send us the boarding passes by post mail after the project.

It is very important to have all your travel and financial documents with you (for every person of the team), otherwise the reimbursement is NOT possible!

Here you have a VIDEO with the explanation of all the necessary documents for the reimbursement.



<https://youtu.be/FLZ31X-OJ18>

IMPORTANT!

No Visa is required for EU citizens, participants will need to have only valid ID card (for some countries only) or international passport. Please, check the VALIDITY of the passports before the departure – Passport must be valid at least for 6 (six) months.

We RECOMMEND bringing your PERSONAL IDENTIFICATION CARD FROM YOUR COUNTRY and PASSPORT and passport if you have it. In case of loss or theft you have 2 different options to be able to return to your country.

Of course, if you want you can stay 1-2 days before/after the project in order to visit us, our Capital city, but you have to pay by yourself for those extra days

INFORMATION NEEDED

- List of participants and complete de google form personal application of each participant (APP) **until the 27th of September 2024.**

<https://forms.gle/wja6BdcVzmR12AtG9>

- The arrival and departure details in order to prepare participants transport from airport of Madrid to Iscar.
- One contact person in your home country (just in case) (e.g. family member); full name and telephone.

If any participant have any special diet that affects your health or have a different alimentary option, must communicate in the personal application before coming to Spain.

HEALTH AND TRAVEL INSURANCE

Health insurance is not provided and will not be reimbursed by the organizers. All participants are strongly advised to purchase private travel insurance.

RULES

You are expected to participate fully in all activities. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation. Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

CULTURAL NIGHT

Don't forget to bring some traditional music for the intercultural evenings. We will have one cultural night per country where you can expose your customs, traditional dances and culture. Please !!! All the teams must prepare some presentation of your country in a creative way (try to avoid PowerPoint and movies from tourist agencies). We hope, that your culture means you something more than national food and drinks. Also bring the flag or your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

CONTACT AND OFFICIAL GROUP OF THE PROJECT

<https://www.facebook.com/groups/1589161005361048>

inclusivehealthprojects@gmail.com

See you soon!!!!