

# INFOPACK



**I don't believe in Meigas  
but in Valdeorras there are**



**YOUTH EXCHANGE**

**in Casaio (Spain)**

**15-08-2021 / 21-08-2021**

## ABOUT THE PROJECT

"Eu non creo en Meigas, pero haberlas, hailas" translated into English would be "I don't believe in witches, but there are"

This is an old Galician adage with a long tradition to express respect for the stories and legends that are popularly known. For this reason, the title of the Youth Exchange "I don't believe in Meigas, but in Valdeorras there are" is a kind of commemoration of the well-known Galician saying, giving emphasis to the region where the project is going to be carried out, Valdeorras.

## ABOUT GALICIAN MEIGAS

Galicia and its witches are well known in the national territory, clearly marking one of the tourist attractions today, especially in Santiago de Compostela.

The oldest references date back to the 13th century and since then, these legends have directly influenced the cultural evolution of this region.



## GENERAL FACTS OF THE PROJECT

This project tries to exchange different perspectives on witches, sharing reflections among the participants thanks to their experiences or stories that a family member or friend has told them. A dialogue and debate will be sought about those traditional legends of each of the countries where youth participants are from, with an emphasis on cultural exchange and the difference between legends even though the base of witchcraft is the same. In addition, we will host participants in a old and misterious small town inner Galicia, giving them as well the possibility of visiting places as O Teixadal. Nights of Meigas will also be part of the project, understanding deeply rooted Galician traditions such as telling stories around the bonfire while quoting the witches' incantation when the queimada is cooked. The fact that the participants are rural area gives the possibility of interacting with the natural environment that surrounds them, being able to understand the heart of the Galician culture of the interior in its greatest splendour. Therefore, this environment so remote and isolated from the city, it encourages a more relaxed atmosphere to engage in deep debates and talks on profound topics.

## MAIN OBJECTIVES OF THE PROJECT

This project will give participants a possibility to deeply understand other cultures, people's behavior and thus, totally eradicating any sign of xenophobia. Therefore, the main objectives of Valdeorras Vive with this project focus on:

- To raise self, cultural, and ethnic awareness through non-formal educational methods.
- To develop self-reflection and the 8 key competences and skills among the participants.
- To optimize the effectiveness and creativeness using a competency-based approach.
- To reinforce understanding and interest in other cultures and their views, basic concepts and peculiarities through intercultural learning.
- To promote positive and respectful attitudes toward various cultures, people and their specialty.
- To increase levels of tolerance, peace, and cooperation.
- To create strong and lifelong connections.

## TARGET GROUP



- **Total of participants:** 38 young people
- **Total per country:** 5 participants  
(4 participants + 1 group leader) + 3 members of Valdeorras Vive
- **Age of participants:** 18 - 30  
Team leader without age limitations

## CERTIFICATE OF PARTICIPATION



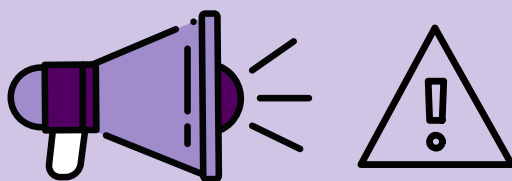
**Youthpass** certificate is going to be given, which will ensure an awareness and reflection of the participants on their learning process and competences developed.

## PARTICIPANTS PROFILE



- Enthusiastic, interested in the topic and aware that we will be hosted for 5 days in a isolate and rural place
- Young people who are willing to contribute the project
- Able to participate the whole project (participants will not be able to arrive after or to leave before the arrival/departure day is establish on the project)
- Good command of English language
- Eager to exchange thoughts with participants with other backgrounds and cultures





## PREPARATION OF PARTICIPANTS

- **Electronic Device:**

At least one of every country group must bring a laptop, tablet or electronic device.

- **Intercultural Evenings:**

For these activities, participants will prepare some cultural dances, songs, food, or anything they would like to share.

- **Weather & Clothing:**

Even though Spain used to have hot and good weather, we want to inform that during the day used to be around 30°C but at night, it lows to 10°C. Therefore, bring your sweatshirts or jackets for the evening activities. We will be mainly outside enjoying outdoor activities in a town with streets made of stones, so bring comfortable hiking boots.

- **Supermarket:**

There is just one small shop on the whole town, so if you want to bring any special food, drink or whatever else, we highly recommend you to buy them before taking the bus organized by Valdeorras Vive.

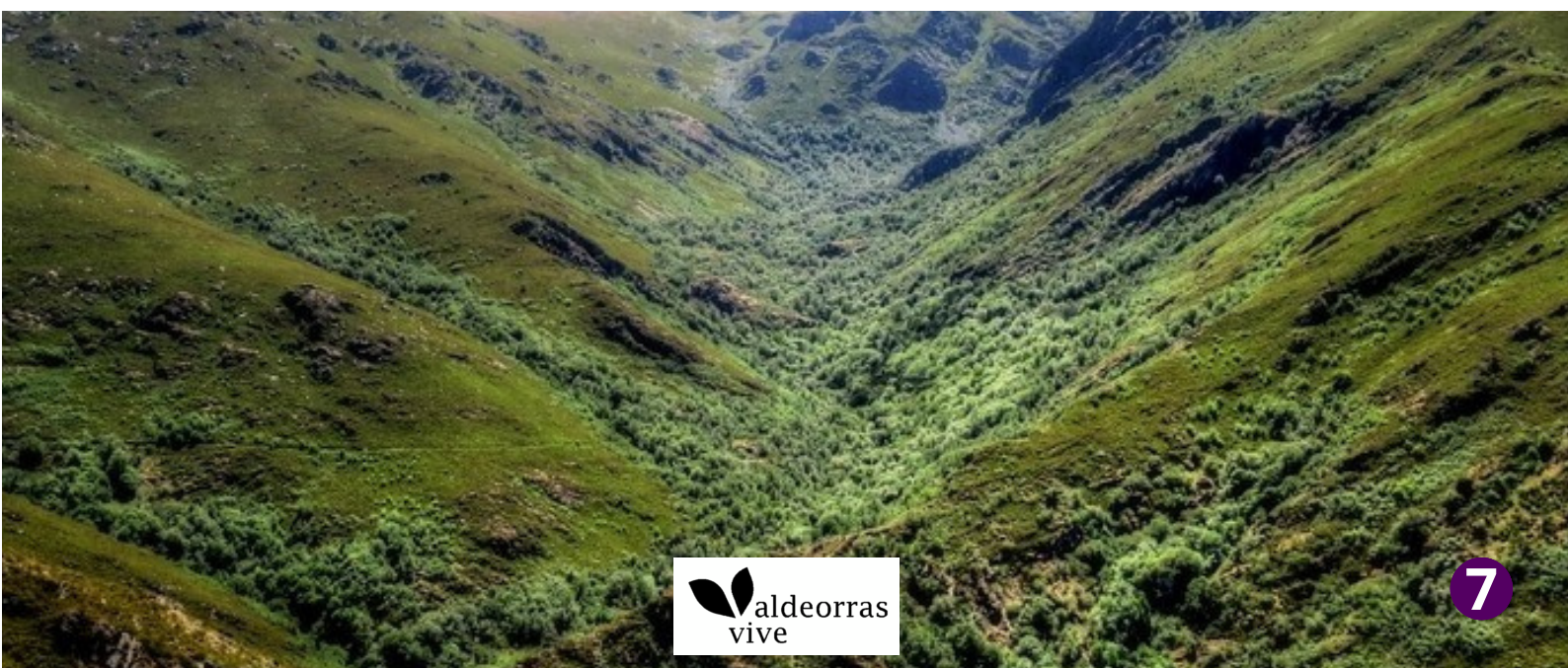


## ACCOMMODATION

Participants will be hosted in "**Eco dos Teixos**" during the project. Eco dos Teixos is a hostel and activities center located in the village of **Casaio**, in the region of Valdeorras.

The hostel has just been opened in **2021**, with fantastic facilities and amenities, green spaces and rooms with bunk beds.

Participants will enjoy the wild nature of our region, the highest mountains of Galicia, our tradicional food and lifestyle, engaging with the local community.







## TRANSPORTATION

All participants must look for the best price of their own travel schedule to **MADRID**.

A bus from **Madrid-Moncloa** (just right in the entrance of the Air Spanish Forces Palace) will be waiting for the participants with some members of Valdeorras Vive NGO to travel all together to the north of Spain.

The bus ride will be around 5 hours and the departure time will be announced a week before of the mobility, since it will depend on the arrival time of all participants.

***\*\*All participants (except Spanish team) must count with 60/70€ less of their travel budget as it will be used for the ride bus from Madrid to Casaio, and viceversa.***

## PARTICIPANTS TRAVEL BUDGET

- SPAIN ..... 20 €
- MALTA ..... 360 €
- BOSNIA & HERZEGOVINA ..... 360 €
- TURKEY ..... 530 €
- CZECH REPUBLIC ..... 360 €
- UKRAINE ..... 530 €
- ARMENIA ..... 820 €



## PAYMENT PROCEDURE

- **All participants must keep their travel tickets:** flight reservation, boarding passes, bus or train tickets...

If they are in paper, participants will bring them to the project and give them to Valdeorras Vive staff. If they are electronic tickets, participants will have to send them to Valdeorras Vive (procedure will be detailed during the mobility).

- **Valdeorras Vive will return the travel money** to all participants some weeks after **the project**.

The payment will be a bank transfer through the sending NGO around two weeks after the project (as soon as we have all the participants' tickets).

Remember that without the tickets we will not be able to return the money for the trip.

- **Travel Budget to be returned:** Keep in mind that only the money established by the EU will be returned for each participant according to the country of origin.

Moreover, consider the aprox. **70€ less** of the travel budget of the bus from Madrid-Ponferrada and Ponferrada-Madrid.

The price of this bus will be confirmed a few weeks before the project.

**PCR test** and **Visa fee** will be also included in the travel cost.



# ACTIVITIES SCHEDULE

<b>Breakfast</b> (8:30 - 9:30)	<b>Coffe Break</b> (11:30 - 12:00)	<b>Lunch</b> (13:30 - 14:30)	<b>Coffe Break</b> (18:30 - 19:00)	<b>Dinner</b> (20:30 - 21:30)
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	<b>Activity A</b> (10:00-11:30)	<b>Activity B</b> (12:00-13:30)	<b>Reflecion session</b> (16:30 - 17:00)	<b>Activity C</b> (17:00-18:30)	<b>Activity D</b> (19:00-20:30)	<b>Reflecion session</b> (21:00 - 21:30)	<b>Intercultural Evening</b> (22:00-00:00)
Sunday 15th Aug	<b>Arrival Day</b>						
Monday 16th Aug	<b>INTRODUCTION OF THE PROJECT</b>	<b>GET TO KNOW EACH OTHER</b>	Country groups	<b>ERASMUS+ &amp; EXPECTATIONS</b>	<b>YOUTHPASS CERTIFICATE</b>	Meeting of leaders	<b>INTERCULTURAL EVENING (Spanish Team)</b>
Tuesday 17th Aug	<b>TEAMBUILDING GAMES</b>	<b>A BRIEF INTRODUCTION TO OLD STORIES</b>	Country groups	<b>SHARING INTERCULTURAL TALES</b>	<b>STORY TELLING</b>	Meeting of leaders	<b>INTERCULTURAL EVENING (2 countries)</b>
Wednesday 18th Aug	<b>FEELING THE NATURE (HIKING ACTIVITY)</b>		Country groups	<b>IN/EX-CLUSION &amp; DISCRIMINATION</b>	<b>RADICATING HATE SPEECH</b>	Meeting of leaders	<b>INTERCULTURAL EVENING (2 countries)</b>
Thursday 19th Aug	<b>INTERCULTURAL GAME</b>	<b>DEBATE</b>	Country groups	<b>CREATING A STORY</b>	<b>ROLE´S GAME</b>	Meeting of leaders	<b>INTERCULTURAL EVENING (2 countries)</b>
Friday 20th Aug	<b>TRIP TO O BARCO DE VALDEORRAS</b>				<b>YOUTHPASS CERTIFICATE</b>	Meeting of leaders	<b>FAREWELL PARTY</b>
Saturday 21th Aug	<b>Departure Day</b>						

# Protocol to deal with any incident related to COVID19 during the development of our Youth Exchange

## Possible travel-related restrictions

- In case one of the organizations cannot come to the Youth Exchange due to travel restrictions, we will coordinate an alternative together with our National Agency (INJUVE). We will try to guarantee the exchange, looking for another NGO, participants from other countries, or increasing the number of participants from the rest of the countries involved.



## Preventive actions during the Youth Exchange

- Inform the participants of the mandatory legal and security measures.
- Carefully prepare all travel documents, VISAS and health cards to guarantee the correct attention if necessary.
- Provide masks, hydroalcoholic gel and other protective measures during the YE.
- Maintain proper hygiene of the spaces, ventilation and frequent hand washing.
- Prioritize whenever possible to carry out activities outside and maintaining a safe distance.



## Proactive action plan in case of cancellation

- Valdeorras Vive and the rest of the participating organizations agree to follow the travel recommendations and prepare an action plan for any contingency, including the possible cancellation of the Training Course, in which case we would try to find an alternative (change of dates) in cooperation with our National Agency.



## Support and advice are our priority

- Travelling under nowadays circumstances can be stressful for participants that are coming to our Youth Exchange. Keep in touch, pay attention to their questions and give them clear advices and protocols is our first goal.







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**See you soon !**

