

Trust me, I'm a **VOLUNTEER**

16th-24th October. Barcelona, Spain

———— YOUTH EXCHANGE ————



**YOUTH
BCN**



Co-funded by the
Erasmus+ Programme
of the European Union

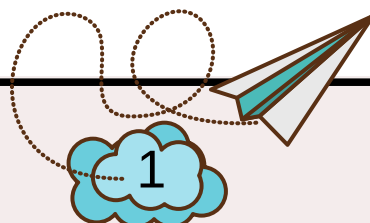
ABOUT THE PROJECT

The project "Trust me, I'm a Volunteer" is a youth exchange that addresses the need to increase the quality of volunteer activities and empower young people to become volunteers.

The youth exchange "Trust me, I'm a Volunteer" will be held in Barcelona, from October 16th to 24th.

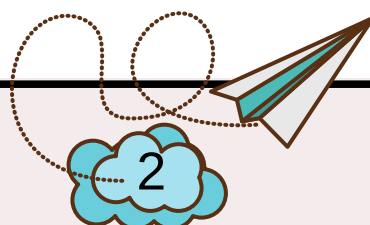
During 7 working days, 42 participants from Bulgaria, Macedonia, Italy, Turkey, Spain and Germany will participate in different activities based on non-formal education methods. During the youth exchange, the participants will be part of various activities, such as debates, simulations and interactive presentations amongst others.

The participants will work individually or in mix-intercultural teams, with the support of group leaders, aiming to reach other youngsters from participating countries with the goal of encouraging them to become volunteers and carry out necessary changes in their communities.



GOALS & OBJECTIVES

- To encourage participants to become volunteers and contribute to the development of their communities.
- To discover, together with the participants about volunteer opportunities at local, national or international level, paying special attention to the European Solidarity Corps program.
- To raise awareness about the importance of volunteering and volunteer work in relation to their personal and professional development
- To explore volunteering opportunities in a local context. Particularly in Barcelona.
- To learn & discuss how to identify potential target groups in risk of social exclusion, and how can we be of a help to those groups.



WHO CAN PARTICIPATE?

- Anyone residing in **Spain, Italy, Turkey, Bulgaria, North Macedonia & Germany.**
- Target group age: **18-25 y.o.**
- **6 participants + 1 group leader** (no age limit)
- To **speak English**, at least, in a communicative level.
- Participants with **fewer opportunities** & participants with **less experience** will be given priority.





THE VENUE, BARCELONA

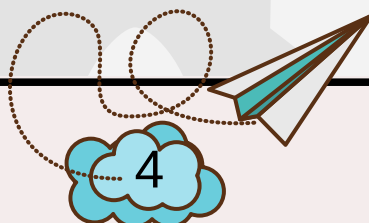
It is the capital and largest city of Catalonia, as well as the second most populous municipality of Spain. With a population of 1.6 million within city limits.

Located on the Mediterranean coast between the mouths of the rivers Llobregat and Besòs, and bounded to the west by the Collserola Mountain.

Founded as a Roman city, in the Middle Ages Barcelona became the capital of the County of Barcelona. Barcelona has a rich cultural heritage and is today an important cultural centre and a major tourist destination. Particularly renowned are the architectural works of Antoni Gaudí and Lluís Domènech i Montaner, which have been designated UNESCO World Heritage Sites.

The city is known for hosting the 1992 Summer Olympics as well as world-class conferences and expositions and also many international sport tournaments.

Barcelona is one of the world's leading tourist, economic, trade fair and cultural centres, and its influence in commerce, education, entertainment, media, fashion, science, and the arts all contribute to its status as one of the world's major global cities .





TRAVEL COSTS

We will reimburse your travel costs according to the rules of the Erasmus + Program. Reimbursement process of the travel costs will start upon presenting original tickets, receipts/invoices and boarding passes. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt or invoice.

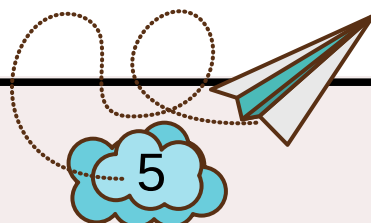
The reimbursement process will start once:

- We have all the necessary documents regarding your travel costs (invoices, tickets, and travel costs document).
- The dissemination of the results of this youth exchange has been done by you & by your sending organization properly.
- We will reimburse to each sending organization.

IMPORTANT NOTE: Please, do not buy any transportation ticket without consulting us at infoyouthbcn@gmail.com Any ticket purchased without consulting might be not reimbursed.

IMPORTANT NOTE 2: It is possible to travel 2 days (in total) out of the program, but the PROJECT is NOT covering the costs for accommodation & food outside the Youth Exchange dates.

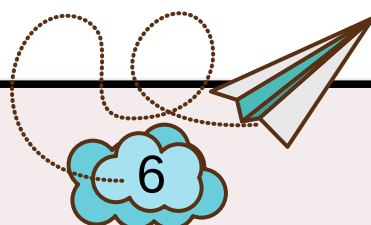
IMPORTANT NOTE 3: There is a contribution fee of 35€ that will be collected from each participant. A modest contribution to the overall cost of the project. This fee will be taken from your travel costs reimbursement.



TRAVEL COSTS GRANT PER COUNTRY

Germany	Bulgaria	Italy
275 €	275 €	275 €
360 €	275 €	0 €
Turkey	North Macedonia	Spain

- Reimbursement will be made to the partner organization of each country.
- Remember to keep all your travel documents & receipts, boarding passes, etc.
- If you buy a ticket in a local transportation, the price should be on it if you want it to be reimbursed.
- We will remind it again: Before the purchase of any flight, you should get the OK from the hosting organization, Youth BCN.



ACCOMMODATION

The project will be held in the historic youth hostel "**Alberg Mare de Déu de Montserrat**" (Psg. Mare de Déu del Coll, 41-51, 08023 Barcelona, España). You can find it on Google Maps as "*Alberg BCN Xanascat*". Most of the activities of the youth exchange will take place in the hostel.

The accommodation will include full board (breakfast, lunch & dinner) in rooms of 4-6 beds, bathroom and toilet. During the youth exchange, costs for board and lodging are covered by the project. (Extra expenses, such as drinks in the bar in the venue, extra days have to be paid by participants).

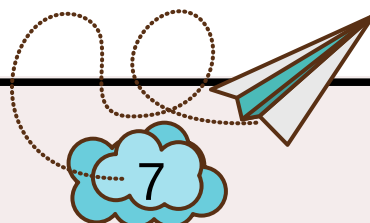
HOW TO GET TO HERE?

The accommodation has a great location. It will be very easy to reach it. Here you can "pin it" on *Google maps*:

 <https://goo.gl/maps/UnoRqY2AmBRjiMQk6>

The best option is to take a **TRAIN (LINE R2N)** from the airport to "Passeig de Gràcia" (there is train every 30 minutes) and from there to take a **BUS "22"** and stop in "Passeig Mare de Deu del Coll"

Also from "Passeig de Gràcia" you can take **METRO "L3"** and stop in "**Vallcarca**" station.



WHAT TO BRING WITH YOU?

Bring something to represent your country. Yes, we will have intercultural evening where you will have the space to present your country; we suggest that you bring some food, drinks, flags, materials, etc. If you are already familiar with intercultural evenings from other projects, this is a friendly reminder: we won't have space to show videos, sorry!

- Electronic devices (we need to do research online data, we will need to take pictures, editing...)
- Reasonably comfortable shoes & clothing (we will have some light hiking)
- Weather is unpredictable, maybe rainy, but we don't really know yet!
- Toiletry products & towels. Hairdryer, iron, etc. Are not provided in the accommodation.
- European health care card or any private medical insurance (in case of any unlikely event).

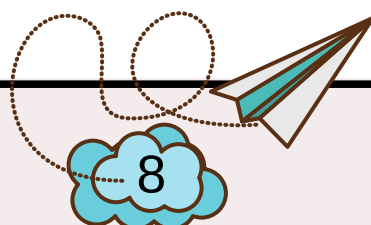
We're looking forward to meeting you! Meanwhile...



@youthbcn



infoyouthbcn@gmail.com



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