

INFOPACK



STAND TOGETHER 4 ALL

Espluga de Francolí - Catalonia (Spain)

From 24th October to 1st November 2022

reintegra

Associació Reintegra

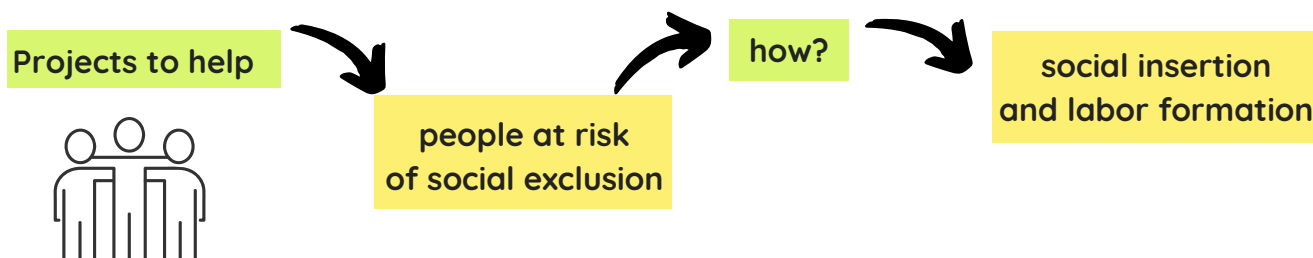


ABOUT US!

ASSOCIACIÓ REINTEGRA

Associació Reintegra is a non-profit, non-governmental organisation that was founded in 2001. Our raison of being is to ENCOURAGE EQUAL OPPORTUNITIES of those people who are in a situation of social vulnerability in our territory.

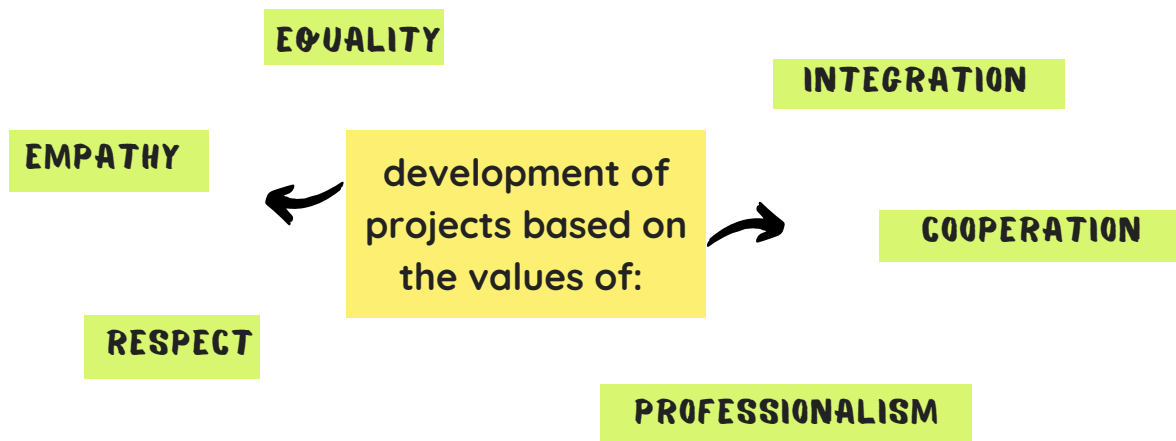
Give them support and offer them the best tools and empowerment strategies for their personal, social and work situation improvement.



OUR ACTIVITIES

- Training projects and Socio-Occupational Orientation
- Social and Psychological Care Projects
- Projects for Children and Youth

Impact on
1418
people of our
territory on 2020



CONTACT



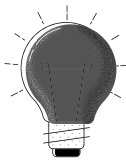
Contact person:

- Laura Tarragó - Itarrago@reintegralleida.org 635 086 893

Website: www.reintegralleida.org



WELCOME ABROAD!



ABOUT THE PROJECT

ST4A is a Youth Exchange project supported by Erasmus+ programme that includes participants and organizations from Poland, Romania, Italy, Egypt, Morocco and Spain. It will take place in Masias-Espluga de Francolí, Catalonia, Spain from 24th of October to 1st of November, including travel days.

THE MAIN OBJECTIVES OF PROJECT

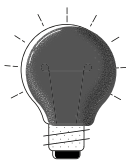


The main objective is to provide information and raise awareness among young people about the social problems in which many people are at risk of social vulnerability.

- Promote the social inclusion of disadvantaged groups to obtain a more active participation in the community and citizenship and increase their social capital.
- Increase the security and confidence of groups suffering discrimination to participate in social and inclusion activities and be more active in society.
- Encourage the critical thinking of participants through the discovery of different realities, breaking stereotypes and raising awareness about common points.
- Promote the exchange of cultures between people of different ideologies.
- Enhance empathy and cooperation between people from different social classes.

We believe awareness is a tool to improve the empathy and encourage cooperation to reduce exclusion.

WELCOME ABROAD!



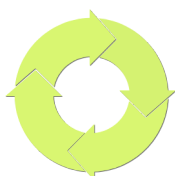
PARTICIPANTS PROFILE



ST4A will involve 5 participants per country; 4 youngsters between 18 and 30 years old, plus the group leader without age limit. In total, there will be 30 participants and 2 facilitators from Spain.

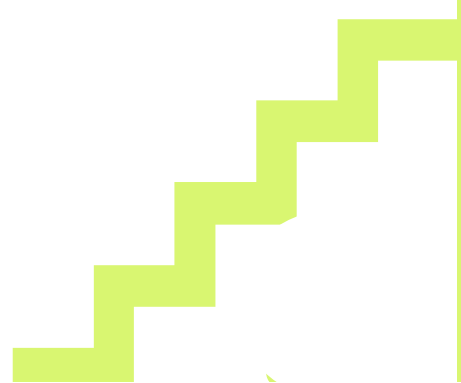
We are looking for participants motivated by the subject, that want to increase their skills in the field of non-formal education, break stereotypes and promote an inclusive society with more respect.

METHODOLOGY

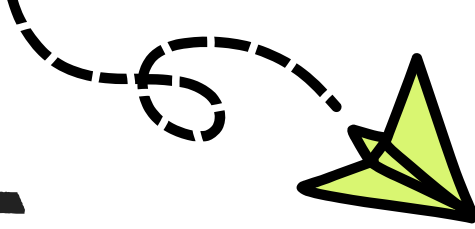


ST4A is a **YOUTH EXCHANGE**, that means:

- The project will be done by **non-formal education**: planned, structured programmes and processes of personal and social education designed to improve a range of skills and competences, outside the formal educational curriculum.
- We will have a lot of learning by doing and we will value the process rather than the end result.
- We encourage you to share your knowledge, experiences and opinions.
- You are the agent of your learning process, you must be active during the activities in order to learn as much as possible.



TRAVEL



ARRIVAL AND DEPARTURE

The arrival day in Espluga de Francolí is 24th of October, from 17:00 to 20:00h.

The departure day is on 1st of November, after breakfast.

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

During this period, all the expenses will be on your own.

MEETING POINT: Espluga de Francolí Train Station

HOW TO ARRIVE?

To get to Spain, the best option is to fly to BARCELONA AIRPORT. You should take the train from Barcelona Sants to l'ESPLUGA DE FRANCOLÍ.



SCHEDULE:

Barcelona	Espluga de Francolí
07.04	09.16
12.03	14.17
14.00	16.16
17.03	19.15
19.00	20.36

It is easy to travel from Barcelona Airport to Sants. Simply catch the RENFE train from Barcelona Airport and get off at Estació de Sants (Sants Estació also known as Barcelona Sants station) the journey is around 20 minutes.

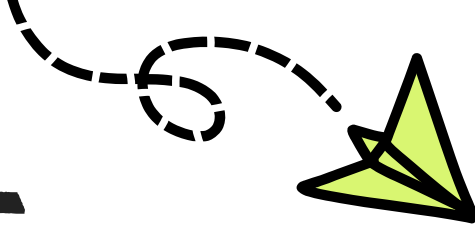
The last train is at 19.00 and there isn't any bus to get to Espluga de Francolí.

So, please, check well the flights in order to be able to get the last train.

If you have any problems during your trip, you can always call us:

* Laura - 0034 635 086 893

TRAVEL



REIMBURSEMENT

In order to receive the reimbursement, you need to keep all the transport tickets

You will need to send to us or bring with you:

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



ATTENTION!

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

MAXIMUM AMOUNT



EGYPT

530€



VISA

85,50€



MOROCCO

275€



VISA

77,45€



ROMANIA

360€



ITALY

275€



POLAND

275€



SPAIN

210€

GREEN TRAVEL



Until we won't have all the documents from your trips, we won't do the reimbursements. Please, be quick and patient, sometimes it can take a while to gather all the documents from everyone.

ACCOMODATION



ALBERG JAUME I

In the Conca de Barberà region, 8 km from Montblanc, 2 km. from l'Espluga de Francolí and 1 km. from the monastery of Poblet. The place is known as Les Masies and is located at the foot of the Prades mountains. It was built at the end of the 19th century.



You will be accomodated in bedrooms of 2 or 6 people, with shared bathroom. We will mix people from different nationalities but same gender.



We will be located into the natural landscape of Poblet, near by one of the most important monastic ensembles in Europe.



MEALS

Meals will be based on mediterranean diet. However, we can adapt to any kind of allergic, intolerance or ideological preferences (halal meat, vegetarian, vegan).

Write all your needs and/or preferences on the application form!!





ABOUT SPAIN AND CATALONIA

Spain may be renowned for its beaches and sunny climates, but it is a country of diverse landscapes. Its mountains are majestic, from the northern Pyrenees and the Picos de Europa to the Sierra Nevada in the south

Spain is divided in 17 Autonomous Communities and each of them has their own tradition, culture and habits. We will be located in Catalonia, in a region named Conca de Barberà, in the province of Tarragona.

TEMPERATURES



The Conca de Barberà is located in the dry continental Mediterranean climate zone. In October, the temperatures could go from a max of 20/22° to a min of 10/12°



LANGUAGE

People in Catalonia are bilingual, since they speak as native language catalan and spanish. In Barcelona the use of spanish is quite noticeable but in other cities and rural areas the huge majority speaks catalan as first language. So, here are some words and phrases that can help you at your stay:

ENGLISH

HELLO
BYE
GOOD MORNING
GOOD NIGHT
THANK YOU
YOU'RE WELCOME
I WANT THIS
HOW MUCH IS IT?
I DON'T UNDERSTAND
WHERE IS THE TOILET?

CATALAN

HOLA
ADÉU
BON DIA
BONA NIT
GRÀCIES
DE RES
VULL AIXÒ
QUANT VAL?
NO HO ENTENC
ON ES EL LAVABO?

SPANISH

HOLA
ADIÓS
BUENOS DÍAS
BUENAS NOCHES
GRACIAS
DE NADA
QUIERO ESTO
CUÁNTO VALE?
NO LO ENTIENDO
DÓNDE ESTÁ EL BAÑO?

WHAT TO BRING?



- TOWELS (sheets will be provided by the hostel)
- COMPUTER (up to you, but you should have at least one per national team)
- SPORT CLOTHES
- SHOES FOR TREKKING
- TYPICAL FOOD/DRINKS FROM YOUR COUNTRY: There will be intercultural nights where every country can show traditions, costumes, typical games, and bring some food, sweets and drinks. There won't be the possibility to cook.
- EUROPEAN HEALTH INSURANCE CARD (For Morocco and Egypt, Health Insurance)

ADDITIONAL INFO

DOCUMENTS

Morocco: take into consideration the need of VISA to enter in Spain. it takes around 15 days

Egypt: take into consideration the need of VISA to enter in Spain. it takes between 15 and 45 days.

Romania, Italy, Poland and Spain: You have to take your ID or passport with you.

ELECTRICITY

All sockets are type C

WE ARE LOOKING FORWARD TO MEETING YOU!



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