

RUR'ACT

**INVOLVEMENT OF YOUNG PEOPLE TO
DYNAMISE RURAL AREAS**

ERASMUS+ YOUTH EXCHANGE

KA152-YOU-5A3FA614

20 - 30 MAY 2023

(ARRIVAL AND DEPARTURE DAY)

MUNEBREGA (SARAGOSSA, SPAIN)

**PARTICIPANT COUNTRIES:
BULGARIA, ITALY, SPAIN,
NORWAY, ESTONIA, FRANCE**



**Funded by
the European Union**



LA ZARANDILLA
ocio, educación, y actividades
en la naturaleza



**Equipo
MANDRÁGORA**

CONTEXT

We are observing some problems in villages and rural areas, such as the desertification of young people and the lack of attractiveness for them on a social, cultural, sporting or leisure level. There is a real need to rethink the social and economic life of these areas and both local associations and public authorities are aware of the challenge and the importance of investing resources and energy in this. One of the keys to this change is the youth.

"WITHOUT YOUTH THERE IS NO FUTURE"

From our local associations, we intend, through this project, to provide a group of young people from the **RURAL** areas, important keys. We aim to **EMPOWER** themselves and **ENCOURAGE** them to be part of the change through their **ACTIVE** participation and **CREATIVE** initiatives and **SOCIAL** expression. Thus, this project encourages young people to get involved in their community and be aware of their potential impact on it. Young participants will organize a **local FESTIVAL** as an example of social, cultural and creative expression.

METHODOLOGY

The exchange will be based on horizontal self-training, debates, practical workshops, activities and self discovering.

It will count on the contribution of the partner entities and the participants.

Therefore participants will have an active role, contributing with their own knowledge and experience. Every country group will prepare a cultural and creative/artistic activity to share with the other participants.

OBJECTIVES

- To provide young people in rural areas with sustainable tools to develop personal, social and professional initiatives in their locality.
- To encourage them to develop local cultural and recreational events in their villages to promote social transformation and youth participation.
- To improve their creativity and experience different forms of artistic expression.

GENERAL AIM

To support the participation of youths from rural areas, planning to carry out rural projects and initiatives to get involved in local activities.

CONTENT

Discovering cultural workshops

Exploring various creative activities and **creating** workshops for the local festival by groups

Get to know about **project design**, tools and methods in organization, planning, logistics communication and dissemination of a local event

Exchange ideas and collect information to bring back to your local area

PROGRAM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

8.30

BREAKFAST

9.30

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PRESENTATION DAY
INTRODUCTION OF THE YE
GET INTO THE TOPIC
GET TO KNOW EACH OTHER

SESSION
INTRODUCTION TO
LOCAL PARTICIPATION

SESSION
PROJECT DESIGN

BODY EXPRESSION
WORKSHOP AND
CREATIVE EXPRESSION

DIFUSION OF THE EVENT
IN THE VILLAGE

11

GROUP ACTIVITY
"YOUR IDEAL VILLAGE"



11.30

GYMKANA

BRINGSTORMING OF IDEAS
FOR THE FESTIVAL

WORKSHOP
PREPARATION
OF THE FESTIVAL

BODY EXPRESSION
WORKSHOP AND
CREATIVE EXPRESSION

EXCURSION TO THE
MONASTERIO DE PIEDRA
NATURAL SITE
ECOSYSTEM OF THE
REGION AND
GEOBOTANICAL
CHARACTERISTICS

13.30

LUNCH

15.30-

INTRODUCTION
OF THE CULURAL GROUPS
ACTIVITIES

SESSION
SETTING UP AN EVENT

MINI CHALLENGE:
PRESENTATION OF
CULTURAL GROUPS

WORKSHOP
PREPARATION
OF THE FESTIVAL

17

INDIVIDUAL
REFLEXION ABOUT
THE FESTIVAL

MINI CHALLENGE:
PRESENTATION OF
CULTURAL GROUPS

REFLEXION TIME
GROUP EVALUATION

REFLEXION TIME
GROUP EVALUATION

REFLEXION TIME
GROUP EVALUATION

GROUP EVALUATION

17.30-

WELCOMING TO
MUNEBREGA

NATURE AWARENESS
AROUND MUNEBREGA
GAMES

18.30

20.30

DINNER

22

ICE-BREAKING
GAMES

NIGHT ITINERARY

SPANISH/ITALIAN
INTERCULTURAL NIGHT

FRANCE/BULGARIA
INTERCULTURAL NIGHT

ASTRONOMY
STAR RECOGNITION
AND CONSTELLATIONS

FREE NIGHT



PROGRAM

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

8.30

BREAKFAST

9.30

WORKSHOP
PREPARATION OF THE
FESTIVAL

SET UP OF THE FESTIVAL

BRIEFING OF THE FESTIVAL

INDIVIDUAL REFLEXION
ABOUT YOUR LOCAL
CONTRIBUTION

11



11.30

WORKSHOP
PREPARATION OF THE
FESTIVAL

SET UP OF THE FESTIVAL

DISSEMINATION
GROUP ACTIVITY

CREATIVE ACTIVITY
ABOUT SOFT SKILLS

13.30

LUNCH

15.30–

DIFFUSION OF THE EVENT
IN THE VILLAGE

DISSEMINATION
GROUP ACTIVITY

REPORTS
PICTURES
SHARING

17

FESTIVAL

REFLEXION TIME
GROUP EVALUATION

FINAL
EVALUATION
ERASMUS+

17.30–

DIFFUSION OF THE EVENT
IN THE SCHOOL

18.30

REFLEXION TIME
GROUP EVALUATION

FINAL DISCUSSIONS

20.30

DINNER

22

ESTONIA/NORWAY
INTERCULTURAL NIGHT

CELEBRATION OF ACHIEVEMENTS

CINEMA NIGHT
AND DEBATES

FAREWELL
EVENING

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TARGET GROUP

5 PARTICIPANTS FOR EACH COUNTRY:
4 YOUTHS FROM 18 TO 30 YEARS OLD
1 GROUP LEADER WITHOUT AGE LIMIT



We favor the participation of youths from rural areas, planning to carry out rural projects, initiatives related to the topic (local participation) and with interest to be involved and to share creative skills and activities during the YE (dance, circus, painting, theater, slacklin, traditional games from different countries...) or any other creative expression (photography, video recording, ...).

The candidates will have to think in at least one short activity they would like to share. Once they are selected, they will create one activity per country group before the exchange.

BEFORE COMING

YOUR PERSONAL REFLECTION : INDIVIDUAL ACTIVITY

One creative-artistic activity that you would like to share with the others and could be also be part of the activities during the festival

YOUR COUNTRY GROUP CONTRIBUTION : ONE ACTIVITY

With your country group you will prepare a creative/artistic activity. It will be part of a mini challenge and could be also part of the activities during the festival

INTERCULTURAL NIGHT

With your country group, share your culture through music, dance or any other performance.

You will have the opportunity, one night, to cook something typical from your region.

Important: only appetizers and just one main dish (easy and quick to prepare).
Always think in one vegetarian/vegan option at least.

PRATICALITIES

The project will take place in the Youth Hostel "*La Zarandilla*".

(www.lazarandilla.es/albergue-municipal/)

10 minutes walk to the small village of **Munébrega**, surrendered by Nature (750 masl), the nearest town is **Calatayud** (the meeting point).

In Munébrega there are a couple of shops with basic things and bars.

The hostel is located in a Natural center with fruit trees and aromatic herbs. Around the hostel there are few trails for hiking.



GETTING THERE

MEETING POINT: BUS OR TRAIN STATIONS IN CALATAYUD

For the travels, there is a flexibility of 2-3 days before and after the project dates.

But make sure to be there for the whole duration of the project.

Calatayud is connected to **Madrid, Barcelona and Saragossa** by public transport (bus, regional and high speed train).

**LAST MINUTE HIGH SPEED TRAIN (AVE) COULD BE VERY EXPENSIVE AND MIGHT NOT BE FULLY REIMBURSABLE.
CHECK WITH US BEFORE BOOK IT !**

GETTING THERE

From BARCELONA

By **BUS**: Bus stop: "Nord station".

Direct bus to Calatayud or through Saragossa at www.alsa.en/web/bus/home.

By **TRAIN**: Train station: "Barcelona Sants" Check at www.renfe.com/es/en

From MADRID

By **BUS**: Bus stops are Avenida America, Madrid Sur and Madrid Airport to Calatayud or Saragossa.

Check at www.alsa.en/web/bus/home

By **TRAIN**: train station "Madrid Chamartín".

Check at www.renfe.com/es/en

From SARAGOSSA

From Saragossa Airport to Saragossa main station "Delicias Intermodal"

Check at <https://www.soydezaragoza.es/bus-zaragoza-plaza-aeropuerto/>

By **BUS**: Check at: www.automovileszaragoza.com/Calatayud.asp.

By **TRAIN**: Check at www.renfe.com/es/en

TRAVEL COST REIMBURSEMENT

Travel costs will be reimbursed up to:

- 275€ Italy, France
- 100€ Spain
- 360€ Norway, Bulgaria and Estonia

For Green travel :

- 320€ Italy, France
- 410€ Norway, Estonia and Bulgaria

KEEP THE TICKETS OF ALL YOUR TRAVELS

Take a picture of your paper tickets

- **Flight:** send us your travel plan with invoice and Boarding passes.
- **Train/bus:** Ticket and invoice
- **Shared car:** invoice
- **Taxi:** Invoice/ticket and signed statement proving that was the only possible transportation.
- **Car:** gas bills and distance. Better more than 1 pers.

You will be paid through your sending association after the project (once we receive all the documents of the participants from the same country).

THE TEAM

**Marta
Galvo**



Project coordinator and facilitator/ trainer.

Engineer working in the field of clean energy systems in the Italian Alps. She has extensive experience in the development of environmental and leisure activities with children, youth and adults. Have organized monthly Festivals in Turin about Natural Food & Music. Since 2016 she is the coordinator of Erasmus + projects for Equipo Mandragora.

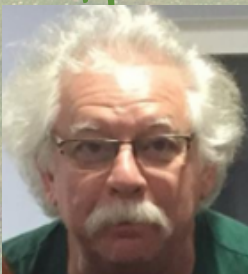
**Manon
Lapasset**



Project technician, facilitator/ trainer.

Social worker and project technician working in the field of european youth projects. She has various experiences in workshops and activities about social and local participation with young people. Since 2019 she was participating in Erasmus + projects of Equipo Mandragora and then decided to join efforts to write RUR'ACT together in 2022.

JM Galvo



President of Equipo Mandragora association/ trainer.

He has extensive experience in non-formal education for adults, leisure monitors and animators for youth activities. He has received courses of Environment and Sustainability. Author of several publications on itineraries in natural and urban environments.

Director of several exhibitions to increase the environmental awareness of clean energy, ecology, toys made with wasted materials, etc..

we kindly invite you to...

Get Involved

we need everyone active and participative

Self-Reliance

You are responsible for yourself and to make a positive impact on the event

Respect each other

Be patient, respectful and cooperatrive

Learn and Share

Share what you know, absorb everything and spread it back home!

Contact persons:

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See You Soon