



UPcycling and Creating Together!

-Infopack-

Cerralba, Pizarra

14th - 23rd November, 2016.

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In collaboration with:



SOME LITTLE INFORMATION ABOUT OUR PROJECT...

Dear partners and participants, as you know, we will meet soon in Pizarra (Málaga) to work together on the project UPCYCLING AND CREATING TOGETHER (U&C'T).

With this project, we will have the opportunity to spend our time tackling topics which affect us all, such as gender equality, social inclusion and environmental awareness. U&C'T is a project within the frame of Erasmus + (Key Action 1) which has as main goal to reuse different objects from materials which are considered useless, to create furniture and decorative items for a multicultural space for young people.

During **10 days**, 42 young people, aged between 18-28 years old, coming from Portugal, Slovenia, France, Croatia, Italy, Poland and Spain, will work together through non-formal educational activities about this topic, to promote equal opportunities and social inclusion through artistic expression, in a creative and innovative way.

Together, we will come up with creative and innovative techniques to reuse and recycle waste or useless material. The participants will not only try to change the image of rubbish and waste in society, but will also give rubbish new positive meaning, creating furniture and decorative items for a common and multicultural space. During the process, we will encourage that all tasks are performed equally by girls and boys, so they will draw attention on gender stereotypes, overcoming fears and stereotypes such as “traditionally male jobs” or “traditional female jobs”. To do so, girls will work on woodwork and electricity and boys on decoration and sewing, this way we will break with gender stereotypes while we engage youngsters to protect our environment.

Objectives:

- Enable young people to acquire new skills, developing competences through practical and real experience.
- Deal with stereotypes and prejudices, promoting equal opportunities.
- Encouraging creativity.
- Increase awareness of young people about environment care, encouraging their active participation in their countries.
- Create a multicultural space for young people where they can continue their active participation in youth work, promoting projects like this in the future.



WHEN AND WHERE?

The date will be from **14th - 23th of November 2016** (including arrival and departure days). The venue will be a Multicultural Center for Young People that we are trying to create, in the hamlet of Cerralba, with only 1.000 inhabitants, which is near of the town of Pizarra.

This space is supposed to be a center for young people from this isolated village, where they will be able to develop different participative activities such as local workshops, activities related with mobility programs like Erasmus +, alternative leisure activities, etc. with the collaboration of European Volunteers.

Nowadays we are on the process of reforming the Center, and as you already know, one of the aims of this project is the collaboration in the creation and decoration of this Multicultural Center and this Youth Exchange will be the first one hosted in this space.

Although our means and facilities are limited right now, we will be able to count on a common dining room, meeting rooms and a wide yard with garden.

The accomodation will be in shared rooms. There will be two big rooms (male and female), equipped with single mattresses.

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INFORMATION THAT WE NEED TO KNOW:

You have our schedule of activities at the end of this document; there you can have all the information about our workshops and daily routine.

Also please, let us know as soon as possible:

- If somebody has a special diet (vegetarian, vegan...) or food allergy (gluten, lactose...).
- If somebody has some sickness or allergy.
- Any special need that you could have.

Documents that you need to fill up:

1. Participant Sheet: **To be completed before 15th of September!!!**

We need your feedback concerning your national group. I am sharing a excel sheet to be filled with the participants basic information as soon as you have your group created. In the following link you can see the excel sheet.

<https://docs.google.com/spreadsheets/d/11JQbl4ZDNM2FRxksKSr4Bvld6nOWJgWHTGAa6H97eZU/edit?usp=sharing>

2. Google form completed by each participant with the flight information: **to be completed before 20th of September!!!**

<https://goo.gl/forms/X3ETmDoQycgnl8wi2>

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TRAVEL COST AND BUDGET:

The cost of the food and accommodation will be covered 100% by the Spanish National Agency, furthermore, travel costs will be granted with an amount according to the travel distance.

According to the Erasmus + Guide for 2015, the amount per participant will be:

- For travel distances between 500 and 1999 KM: **170 €** per participant (Italy, France, Portugal and Slovenia).
- For travel distances between 2000 and 2999 KM: **270 €** per participant (Croatia and Poland).

Remember to keep all your boarding passes and original travel tickets so we can reimburse you the travel costs!!

Participation Fee: 15€/person. This fee will be paid in cash during the days 15th and 16th of November (2nd and 3rd days of the project).

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WHAT DO YOU NEED TO BRING and WHAT BASIC RULES DO YOU NEED TO RESPECT?

We need to highlight here the social environment in which we will be hosted and the different outgoing activities that we will develop.

First of all, we will be hosted in a **Youth Center**, where possibly there will be more young people and children developing other workshops and activities. This means that smoking, drinking alcohol or consuming any other harmful substance it is forbidden in the Center and the surroundings (where we have a Primary School). So please, be aware of our space and take care of it! 😊

November is usually a cold month, but we can have soft temperatures in the middle of the day. It can be also rainy, so please, be prepared for these conditions and bring these important items with you:

- Comfortable clothing (we will have a Afternoon Trek to El Santo, a place located on the top of the mountain of Pizarra, so please, bring comfortable shoes and clothes for trekking).
- Towels, toiletries and items for personal hygiene (although there are also some shops in the town in case you need to buy something).
- Sleeping bag.
- Staff for the Intercultural Evening: Local products from your area as well as brochures and information of your association, country and area.
- Your ID and insurance documents (European Health Insurance Card).

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WHAT DO YOU NEED TO PREPARE BEFORE COMING?

1. We would like to know your **organization**, so prepare a nice **presentation** about it so we can know what you do in your towns. The presentation will be during the 2nd session of the 16th of November, “Sharing Good Practices” and it will last about 5 minutes each.
2. In this session we will also share good ideas about possible uses for waste materials, so please, bring with you the **most creative ideas that you have developed or you would like to try!!** 😊
3. We would like to know you country through your typical food and drinks, so please, prepare a nice table for **the Intercultural Evening**.
4. We will know each other’s cultures and countries during three different cultural nights, in each night we will present 2 countries. Think about a presentation of your country through funny ways: music, theatre, dance, games... No PowerPoint!!
5. Some ice braking games would be very welcomed to start our sessions with them.

You can prepare this information in the format that you prefer (video, theatre, photos or MUSIC...), only remember, **be creative and bring with you all your talents!!**

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WHAT PARTICIPANTS WE ARE LOOKING FOR?

- 5 participants from each country, aged between 18-28 years old + 1 leader group (+ 18 y.o.).
- We think that gender equality affects women and men and we have to work together, so we would like to keep an equal number of participants of each gender, so please, try to keep gender balance in your groups!
- We are looking for young people who are creative and participative and who are interested in the topic, motivated by multicultural exchanges, with an active and proactive attitude and a critical spirit in order to fight for a better world respecting our environment!

HOW TO ARRIVE TO CERRALBA?

Málaga has one of the biggest airports in Spain, so hopefully you will find direct flights to Málaga. At the airport, you will take the Train CERCANÍAS:

1. Go Terminal T3 in airport to take the train (it leaves every 20 minutes).

You can access T3 terminal building from the square outside arrivals and from departures. There is just a line, called **C1 RENFE CERCANIAS**, but you have to be sure that your destination is MÁLAGA CENTRO.
2. Buy a ticket at the vending machine to **PIZARRA** - just single ticket.
3. Take the train from airport (terminal T3) and make sure it is heading towards Málaga Centro.
4. Promptly get off the train at the stop **VICTORIA KENT** (which it is the 2nd stop: Aeropuerto/ Guadalhorce/ Victoria Kent (Correspondencia Línea C-2)/Málaga María Zambrano, Málaga Centro).l
5. Once you are in the **STOP VICTORIA KENT**, you have to change the **train DESTINATION ÁLORA. Line C2**.
6. You will be on this train about 25 minutes, and then you have to get off the train at the stop **PIZARRA** (which is the 6th stop: Victoria Kent (Correspondencia con Línea C-1)/ Los Prados/ Campanillas/ Cártama/ Aljaima/ Pizarra/ Álora).
7. We will pick you up in PIZARRA train station and take you to Cerralba.

Línea	Salida Origen	Transbordo en Malaga-Victoria Kent		Línea	Llegada Destino	Tiempo de Viaje
		Llegada	Salida			
C1	06.44	06.49	07.06	C2	07.38	0.54
C1	07.54	07.59	08.06	C2	08.34	0.40
C1	09.34	09.39	09.46	C2	10.12	0.38
C1	11.34	11.39	11.46	C2	12.11	0.37
C1	12.34	12.39	12.46	C2	13.12	0.38
C1	13.34	13.39	13.46	C2	14.12	0.38
C1	14.34	14.39	14.46	C2	15.12	0.38
C1	15.34	15.39	15.46	C2	16.12	0.38
C1	17.34	17.39	17.46	C2	18.11	0.37
C1	18.34	18.39	18.46	C2	19.12	0.38
C1	19.34	19.39	19.46	C2	20.11	0.37
C1	20.34	20.39	20.46	C2	21.12	0.38
C1	21.34	21.39	21.46	C2	22.12	0.38

Our facebook group:

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As soon as you have your group formed, you can ask to join our group in facebook:

“UPCYCLING Youth Exchange SPAIN”

We will use this tool to communicate with each other, to post interesting articles or to share photos, videos etc. We will use it too after the youth exchange to disseminate and exploit the results.

In collaboration with:



HOW TO CONTACT US?

For further information and to send the information required:

imaginaerasmusplus@gmail.com

Our address:

GRUPO IMAGINA

C/Austria, nº 48-A. Cártama Estación, 29580.
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To contact us by phone in case you need it:

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LOOKING FORWARD TO MEETING YOU!!

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Time/Date	Day 1 Monday 14/11/16	Day 2 Tuesday 15/11/16	Day 3 Wednesday 16/11/16	Day 4 Thursday 17/11/16	Day 5 Friday 18/11/16	Day 6 Saturday 19/11/16	Day 7 Sunday 20/11/16	Day 8 Monday 21/11/16	Day 9 Tuesday 22/11/2016	Day 10 Wednesday 23/11/2016	
08h00-09h30	Breakfast										
Morning Session 1 9h30-11h30	Presenta-tion of the Project With authorities	Youth want to act! Social Claim Session	Anea/Palma Workshop	Workshops: Patchwork and "trapillo"	Workshops: patchwork and trapillo	Malaga Cultural Trip	Workshop: patchwork and trapillo	Erasmus + and Follow up	Final Evaluation		
11h30-12h00	Coffee Break										
Morning Session 2 12h00-13h30	Arrivals	Do you Agree? Rules and security issues. The clothesline wishes	Sharing good practices	Anea / Palma Craft shop	Workshops: Palés	Workshops: pales	Málaga Cultural Trip	Workshop: pales	Learning to learn. Youth pass	Departures	
13h30-14h30		Lunch									
14:30- 15.30		Resting time									
Afternoon Session 1 15.30-17h30		Good to arrive here too!	Cooperative Gymkhana	Workshops What do we want to do?	Afternoon Trek: El Santo	Workshops: Painting walls	Workshops: Painting walls	Gymkhana in Málaga	Workshop: painting walls	First frame of our filmstrip	Departures
Coffee Break 17h30-18h00											
Session 2 18h00-19h00	Presentation and cohesion games	Environment feminism and youth...what are the connections?	Workshops What do we want to do?	Afternoon Trek: El Santo	Free Time	K T KM0: Tasting Local Products	Gymkhana in Málaga	Final Workshop and putting everything in place	Open Doors and Video Promotion	Departures	
19h00-19h30	Evaluation/learning Groups										
20h00-21h00	Dinner										
Evening 22h30-...	Friendship Mail Box	Intercultural evening	Cultural Night: Poland/Spain	Free Night	CN:France/Croatia	CN: Slovenia/Portugal	Free Night	Night "en el brasero".	Farewell	Departures	

