



RURAL UP & INCLUSION



01/07 - 11/07
2022

Lloc: Jesús, Roquetes i Móra d'Ebre
Països: Ucraïna, Portugal, Gran Canària i Terres de l'Ebre



Ajuntament
de Roquetes



Erasmus+



Description

- **Number of participants:** 5 participants (2 especial needs vacancies) + 1 group leader + 1 accompanying person of each county
- **Total:** 28
- **Countries:** Spain (Canary Islands and Terres de l'Ebre), Portugal and Ukraine.
- **Organisations:** Obre't'Ebre, Cabildo de Gran Canaria, Centre for Youth Initiatives, AJD.
- **Duration:** 11 days (9 +2 travelling days)
- **Arrival day:** 1st July 2022 **Departure day:** 11th July 2022

Objectives

- Promote the active citizenship of young people from rural areas, and with diversity, and in general the European citizenship.
- Encourage solidarity and promote tolerance among young people with different backgrounds and with diversity, especially to strengthen the cohesion in the European Union.
- Promote mutual understanding between young people from different countries.
- Promote intercultural dialogue, European values, and the rural world with young people from different rural areas of Europe and Spain.
- Sensitize young people about the importance of respecting our intangible cultural heritage of music.
- Know the origins of traditional music in each country as a tool for social cohesion.
- Sensitize and arouse interest in young people about social values and oral memory through popular music.
- Identify popular music as part of our identity and as a tool for social cohesion.
- Learn to work in a large and diverse group with people and young people from different cultures and backgrounds.
- Discuss, exchange experiences, ideas among diverse young people.
- Develop critical opinions and encourage taking responsibility and autonomy.
- Allow reflection, the discovery of different cultures .
- Sharing and transmit the knowledge about popular music.



What do we expect?

- Able to leave in community with people from other cultures and backgrounds (young people with especial needs, obstacles, etc), as the reality is.
- Able to work in a group (cooking, cleaning, etc).
- Respectful, caring and energetic young people!
- Respect the principles of Youth Exchanges (youth exchange is not a holiday trip or language course, is more than that!)
- Open-minded participants are interested in popular music and live in inclusion.
- Ready to work, collaborate and create something new together.
- Active young people who want to learn new skills and develop.
- Positive people are willing to broaden their perspective, share their culture, and acquire new knowledge.
- That you prepare before the arrival date and attend all the meetings and activities related to the project.



What do we want to avoid?

- Inflexible and cooperative people.
- Lack of interest and childish behaviors.
- Demanding people.
- The use of alcohol and drugs is not allowed during the camp.
- Do not bring your entire wardrobe, bring only the necessary clothes!



What to expect?

- Get ready to teach the popular music of your country or learn it to the other participants and people with special needs.
- Get involved in the preparation of the youth exchange (buy our tickets, insurance, and prepare a video about the country and participants, help with the cooking, cleaning, and organizing, etc).
- Get ready to prepare the output of the Youth Exchange (a video to promote within your country the values of popular and traditional music+ prepare the performance for the people in the village)
- Prepare an intercultural night to present your country.
- To go on the rhythm of the young people with special needs and to help them to include in the group (if necessary).
- Sleeping on tents and working as community in sustainable and adventurous lodgement!



Location

- Spain is located on the Iberian Peninsula. The capital of Spain is Madrid. Spain is divided into autonomous communities, one of which is Catalonia. The capital of Catalonia is Barcelona. Catalonia is divided into provinces, specifically four; Girona, Lleida, Barcelona and Tarragona. In the province of Tarragona, is the "Delta de l'Ebre". In the "Delta de l'ebre", there are different towns, including Tortosa, Roquetes and Jesús. Jesus is part of the city of Tortosa. I to Tortosa de Roquetes, they are separated by an avenue, they are very close.



You will be staying in between 3 different towns, here is a little bit of explanation...

Roquetes: Is a municipality in Catalonia, Spain, belonging to the province of Tarragona, in the region of Baix Ebre (Terres de l'Ebre). It is formed by two districts or population entities: Roquetes and Raval de Crist.

On this site, Obre't'Ebre has an office located at C/Canal, 11

Móra d'Ebre: Municipality in Catalonia, Spain. Belonging to the province of Tarragona, it is the capital of the Ribera de Ebre region, located to the right of the Ebro river, in the center of the Mora basin. (you will be on wednesday 6/07/2022)

Jesús: It is a municipality that depends on the municipality of Tortosa. Here is where is the place you will be living (Torre Sant Antoni).

<https://terresdelebre.travel/en/discover/biosphere-reserve>

<https://www2.tortosa.cat/en/>

<https://www.spain.info/en/destination/tortosa/>

<https://www.jesus.cat/>





Travelling from airport to Jesús

Each participant has an amount, please check:

- 1) **23 euros** per participant from Terres de l'Ebre
- 2) **410 euros** per participant from Gran Canaria (Green and isolated).
- 3) **320 euros** per participant from Portugal (Green)
- 4) **360 euros** per participant from Ukraine.

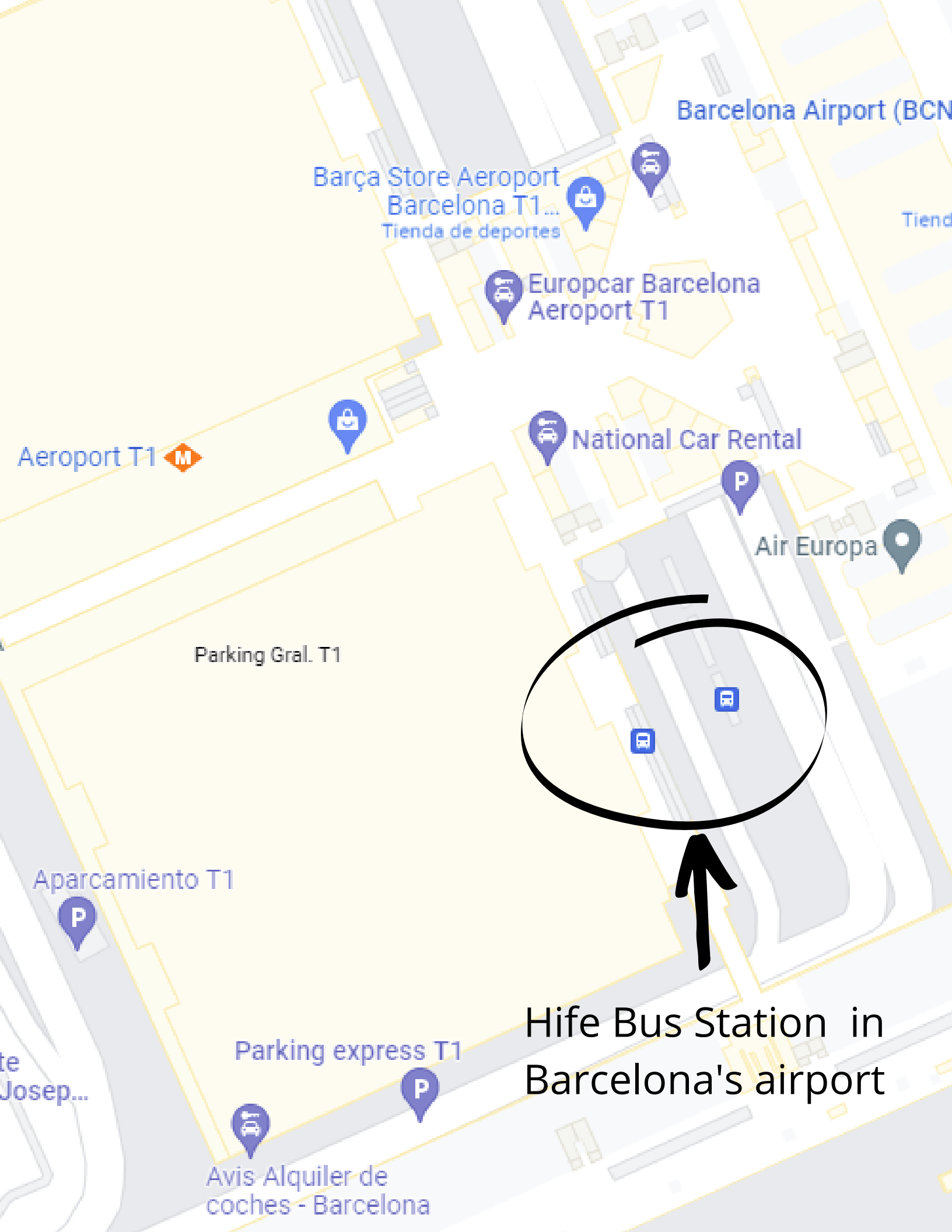
Once at the airport in Barcelona, you can get to Tortosa *by 1)bus or by 2) train.*

1) **BUS**: it takes about 2 hours from Barcelona to Tortosa, and you can check the exact departures (from BARCELONA AEROPUERTO T-1) or in the website www.hife.es

You can buy the ticket **in advance** (online – but be careful if your flight doesn't arrive on time) or in a **vending machine** which you will find close to parking C. It costs **23 EUR** – keep this ticket with you, so we can pay it back to you later.

Be prepared, you will spend only about 15 minutes on this bus from the airport because it will take you only to the **borders of Barcelona**. Here, you will get on another **bus (Hife bus)** which will take you directly to Tortosa's main bus station / or to Tortosa – Peaje. This is a bus stop approx. 10 minutes far away from Tortosa itself, where you will **have to get on another bus again**.

May it seems a bit difficult, but don't worry, in any case, the driver says if people that go to Tortosa, must change the bus in Tortosa – Peaje, and of course, all the time you can ask him to assure about the information.



Barcelona Airport (BCN)

Barça Store Aeroport
Barcelona T1...
Tienda de deportes

Europcar Barcelona
Aeroport T1

National Car Rental

Air Europa

Parking Gral. T1

Aparcamiento T1

Parking express T1

Avis Alquiler de
coches - Barcelona

Hife Bus Station in
Barcelona's airport

2) TRAIN:

First step: From Barcelona airport to Estació de Sants, you can find different options:

a) by train: R2Nord from Terminal 2 which operates every 30 minutes, it costs around **4,20 EUR** and the way takes you about 30 minutes.

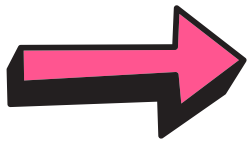
b) by metro (orange line) L9Sud from Aeroport T1 or Aeroport T2 and go to station Collblanc, where you will change for (blue line) L5 which goes to Sants Estación (L9S goes approx. every 7 minutes, total duration is around 40 minutes, and the price for single way from airport is around **4,60 EUR**, for more information:

<https://www.tmb.cat/en/visit-barcelona/public-transport/metro-airport>)

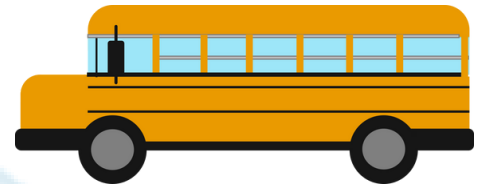
Second step: Take the train from Barcelona Sants Estació to Tortosa train Station with RENFE. You can search for connections to Tortosa directly on their website **<http://www.renfe.com/>** . This journey takes about 2 h 30 min and costs around 15 EUR.

Once you get in Tortosa, you have to get to "**Torre Sant Antoni**" (In Jesús), which is located in **Camí del Terror Roig polígon 92, parcel·la 42 in Jesús**. You can go by bus or just walking (around 35 minutes) from the bus or train station in Tortosa.

a) If you decide walking....Check in google maps!



<https://goo.gl/maps/CG3QXfBRwexnCGjLA>

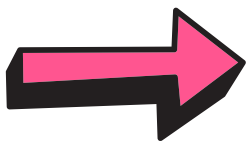


b) if you want to take the **yellow bus (L 1)**:

Take the bus in Avinguda Generalitat (close to Tortosa bus station).

You have to get off at the stop in **Institut Daniel Mangrané**. When you are at the bus stop you have to walk towards "Torre de Sant Antoni", here we leave the route of Google Maps:

(13 minutes walking)



<https://goo.gl/maps/q1ADp8ZTEkxns9zg8>

Important: tickets will be payed directly to the organisations after submitting all the bills and tickets in 2 different ways(scanned and originals)



Calendar of the week



You can access the calendar through this Google Drive link:

https://docs.google.com/spreadsheets/d/1lkhkhzllUilMpdi6ZVVREFEuIRR_a_PgO/edit?usp=sharing&ouid=113890074868536155429&rtpof=true&sd=true





About lodgement

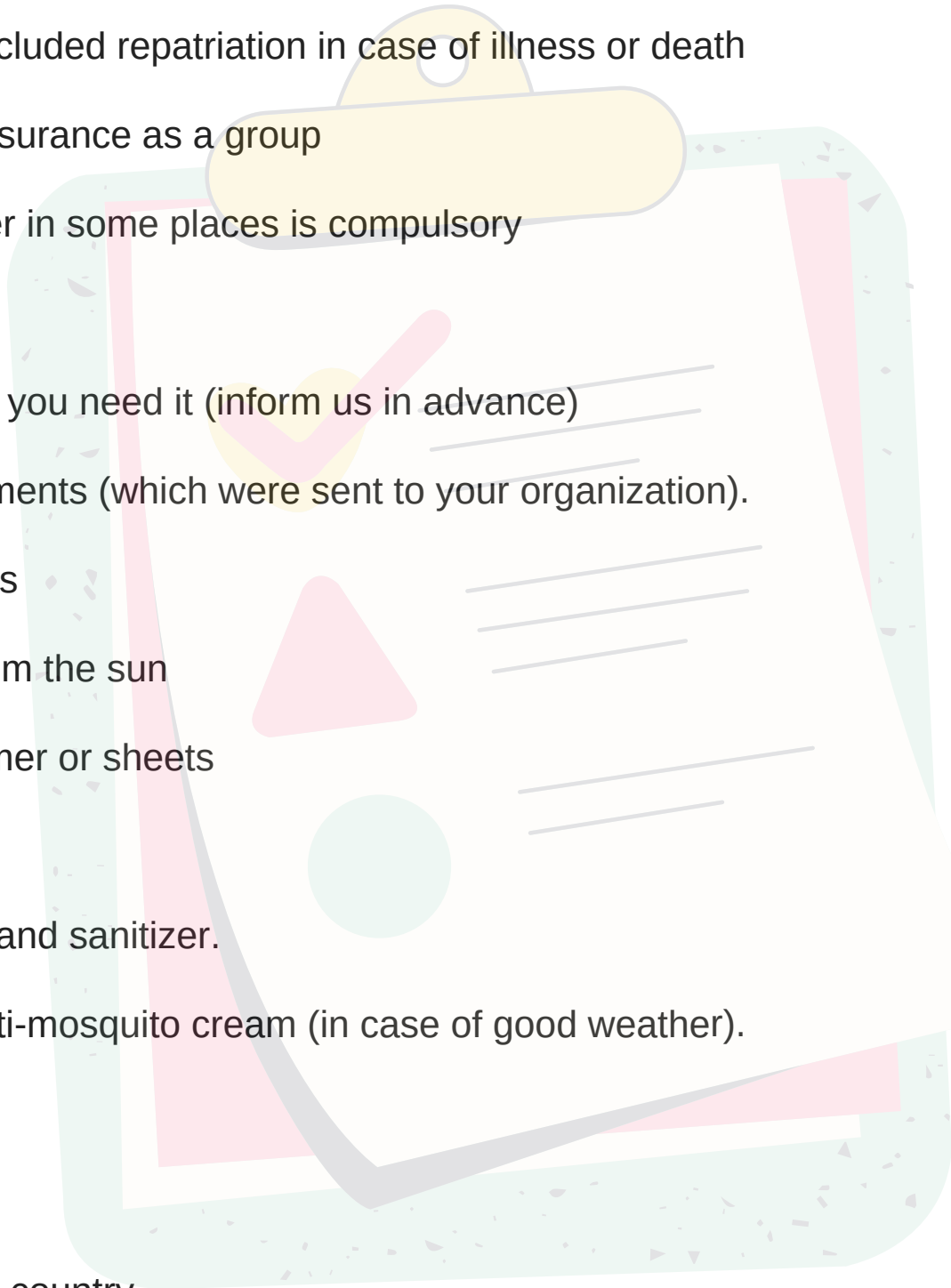
- During the duration of the exchange, you will be housed in the "Torre Sant Antoni" It's a house 10 minutes walking from Jesús, in the countryside.
- To sleep, you will be sleeping in tents tent of 8/ 10 people.
- Mentors and accompanying persons can sleep inside the building, or separately from the group
- If bad weather (strong rain basically) we will sleep inside.
- "Torre Sant Antoni" has a big exterior area that you will be using during your exchange.
- Showers and toilettes will be shared with other people (international volunteers living for the long term in the house). You can also use the hoses for shower.
- If good weather we will eat outside but cooking will be inside.





What do you have to bring with you?

- European sanitary card
- Traveling insurance included repatriation in case of illness or death
- Social responsibility insurance as a group
- Covid passport to enter in some places is compulsory
- ID/Passport
- Personal medication if you need it (inform us in advance)
- Signed required documents (which were sent to your organization).
- Walking bag and shoes
- Cap or hat to cover from the sun
- Sleeping bag for summer or sheets
- Water bottle to fill
- Masks and personal hand sanitizer.
- Bathing suit, towel, anti-mosquito cream (in case of good weather).
- Notebook and pencil
- Money (EUR)
- Typical food from your country
- Instruments of the traditional music if you have
- Pictures of tradicional costumes of your area





General schedule

Day: July 1st, 2022

Arrival

Program introduction

Day: from July 3rd to 9th, 2022 (from 1st to 6th July in Jesús/Tortosa and from 6th evening to 10th in Móra d'Ebre)

8-9 a.m. Breakfast

9-14h Workshops and activities

14.00-15.30 Lunch

16.30-18h Preparation of the final intervention

18-20h Workshops and activities

8-9 p.m. Dinner

22-23h Evening activities

Day Monday: July 11th, 2022

Departure of the participants from Móra d'Ebre to Tortosa by bus at 6.50h in the morning. Arrival in Tortosa at 7.45h . From Tortosa you need to catch another bus to Barcelona Airport (departures at: 7.55, 8.35, 9.40, 11.50h...)



What does the group have to prepare?

- 1) **general presentation about the country** (it could be a very dynamic presentation of the culture of your country or region, food tasting, etc) to make it during the exchange.
- 2) **One video** about traditional and popular music from your area, to present it here in the festival.
- 3) At the end, the last day of the exchange, all the participants together have to have ready a **performance/ representation about** the contents they have learned.
- 4) **Prepare a video** to promote the experience once you are back to your residence.
- 3) Bring **traditional costumes** if you have and **traditional instruments** if you have.
- 4) Prepare **the workshop about traditional dancing** from your country or region.
- 5) Bring **pictures about traditional costumes of your area** to make a photocall for the children in a big format.



What else to consider?

- 1) **Online meetings** with the participants and leaders will be done before the exchange and after (we expect to organize 3).
- 2) In order to keep us connected we want to create **Whatsapp group**.
- 3) **Arrivals and departures** need to be done accordingly to the youth exchange dates. Arrival: 1st and departure: 11th. If there are changes they need to be justified to your sending organization and to the organizers, if not, costs won't be covered.



Contacts

Obre't'Ebre (coordinating organization):

- Reference people: Inna Ovcharuk / Susana Ibáñez
- Phone number: 0034 657288485
- Email: obretebre@sinergia.org and mobilitat.obretebre@sinergia.org

Emergency numbers:

- The emergency number in Catalonia is: 112

What are the organizations involved in youth exchange?

Founded by:



Organized by:



Supported by:



With the cooperation of international partners:

