



ASOCIACIÓN CULTURAL  
SOL Y TIERRA

yes to sustainability 

# ERASMUS+ YOUTH EXCHANGE

*Sustainability on stage  
Theater and Community-  
based learning*

11<sup>th</sup> - 22<sup>nd</sup> August 2022



We are looking for 26 enthusiastic young people from Spain, Italy, Slovenia, Romania and Serbia to join us on a creative learning journey to Valdepielagos, Spain.

## GENERAL PROJECT INFORMATION

### WHAT?

In this Youth exchange participants will learn about the 4 pillars of sustainability - *Ecological, Social, Economic and Worldview* and explore *Social Theater* as a creative and transformative tool to share their learnings.

### WHERE?

Eco-housing in Valdepiélagos, located near Madrid, Spain is a communal project where different associations work with Theater, Music, Non-Violent communication, Permaculture and Bioclimatic building in hopes to act as an example in their local community and offer solutions to the ecological crisis.

### WHO CAN APPLY?

We are looking for 26 young people from Spain, Italy, Slovenia, Romania and Serbia from 18 to 30 years old (4 participants + 1 youth leader per country) who are interested in sustainable projects and using theater as a tool.

### THE PROGRAM

This Youth Exchange is a 10 day activity which will be divided into theoretical and practical sessions. It will be non-formal based learning and it will comprise of:

1. Team building and group cohesion activities
2. Interactive session on the 4 pillars of sustainability
3. Community tasks
4. Theater creation and improvisation
5. Open space
6. Reflection and evaluation



**Co-funded by  
the European Union**

## FULLY FUNDED!

Costs are fully funded by the Erasmus + Program, including travel, accommodation, food and training. Participants are expected to pay for the transport in advance.

## CERTIFICATION

Participants will get a Youth Pass Official Certification by the European Union.

## TRAVEL INFORMATION

Participants should arrive in Valdepiélagos on the 11th of August in the afternoon and leave on the 22nd of August after breakfast.

Travel costs will be reimbursed upon submission of travel tickets. Please remember to keep all the original travel tickets and boarding passes and give them to the coordinators. We will reimburse you by bank transfer after the Youth Exchange when we have all the receipts.

It is possible to travel outside of these dates, but only two days before and two days after the activity. Any stay outside the activity period is completely on your own arrangement, and the host organization cannot take any responsibility outside above mentioned activity dates.

We encourage participants to travel by land if possible to reduce the environmental impact of the journey. The project counts with a green travel grant and we are happy to help you in finding alternatives to flights!

By train: nearest train stations: Atocha and Chamartín.

By bus: you can reach Madrid by Flixbus or Alsa.

By plane: the nearest airport is Barajas Airport, 50km away.

By taxi: taxi fares cannot be reimbursed, if you decide to take a taxi, it will be at your own expense.

Once in Madrid you will have to get to Plaza Castilla which can be reached with the Metro on lines 10, 9 or 1.

Once in Plaza de Castilla, go to the underground interurban bus station to buy 33 where **bus number 197** will leave for Valdepiélagos. The trip from Plaza Castilla to Valdepiélagos takes 1 hour.

You can reach the timetables from Plaza Castilla to Valdepiélagos [here](#).

The last bus on the Agust 11th is at 8pm until Valdepiélagos and 11:30pm until Talamanca ([https://www.crtm.es/datos\\_lineas/horarios/8197H1.pdf](https://www.crtm.es/datos_lineas/horarios/8197H1.pdf))

and the first one on the August 22nd is at 7:30am ([https://www.crtm.es/datos\\_lineas/horarios/8197H2.pdf](https://www.crtm.es/datos_lineas/horarios/8197H2.pdf)). This trip takes around another hour.

**Please, contact the organizers before purchasing any ticket in order to check your travel.**

## WHAT TO BRING

1. European Health Insurance Card
2. All the original travel tickets
3. Ecological and biodegradable shampoos, toothpaste and soaps
4. Comfortable clothes
5. Comfortable shoes for working, walking and being outside
6. Raincoat and warm clothes (the weather can quickly change)
7. Musical instruments and games if you want
8. Your best smile :)

## FOOD AND ACCOMMODATION



Meals will be vegetarian, and we will try to provide for special diets if necessary. Please inform us if you have special needs and write it down in the application form.

Concerning drugs and alcohol we would like to make it clear that there is a no-drugs and no-alcohol policy during the Youth Exchange.

The accommodation will be in individual, double or triple rooms, in different houses in the eco-housing. If you have any priority, let us know.

**Please be aware that the accommodation has cats in the house, so it is important that you are not allergic to them!**

You can bring your sleeping bag with you, but it isn't necessary. We will provide mats and extra blankets, but not towels.

## CONTACT DETAILS

The Venue, Spain -

<https://www.facebook.com/asociacionculturalsolytierra>

Spain

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Thank you for your interest and motivation to be a  
part of this project!

We can't wait to meet you

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