

YOUTH EXCHANGE
LET'S EXCHANGE



INFOPACK



24.08. 2023 - 01.09. 2023
CALARREONA, SPAIN



ABOUT THE PROJECT

It is a youth exchange that aims to promote the active citizenship of young people in the construction of sustainable development models, raise awareness among young people about sustainable development alternatives and raise awareness in different communities and societies based on the conservation of ecosystems and the environment.

Objectives:

- to increase the active participation of young people in society;
- environmental awareness and sensitization;
- rational use of resources;
- raising awareness of the importance of acting to reduce or offset the environmental footprint.

The project will be carried out in the course of **9 consecutive days:**

Arrival Date: 24.08.2022

activity Dates: 25.08 - 31.08.2022

Departure Date: 01.09.2022



PARTICIPANT PROFILE (6 PAX)

- Young people in the age between 18 and 25;
- Young people with fewer social, economic opportunities;
- interested in youth participation;
- interested in environmental topics;
- motivated to improve communication in a foreign language;
- Young people facing geographical obstacles, cultural differences.



GROUP LEADER PROFILE (1 PER COUNTRY)

- Person connected with a sending organization;
- Youth workers;
- Previous experience in the field of youth;
- With experience and qualification to care of a group of young people.
- Group leaders can be over 30 years old.



TRAVEL COSTS PER 1 PARTICIPANT

POLAND	360€
PORTUGAL	275€
SLOVAKIA	275€

IMPORTANT NOTE

All partners (sending organization) will receive the exact amount of money the participant has paid for their journey to Calarreona. However, this sum must not surpass the max amount of the Travel Grant defined by the European Commission. give all tickets and boarding passes to a Cazalla's coordinator or post the original travel documents till the end of October 2023.

TO PROCESS THE REIMBURSEMENT WE NEED ALL TICKETS AND BOARDING PASSES FROM THE TRAVEL SAVE EVERYTHING AND DON'T BUY THEM WITHOUT CONSULTATION WITH COORDINATOR!

THE REIMBURSEMENT WILL BE DONE TO SENDING ORGANIZATION

HOW TO PREPARE YOURSELF TO THE PROJECT

DOCUMENTS

Be sure that you have vital insurance card and identity card as well with the covid certificate or test done before the travel.

TRAVEL ITINERARY

Don't buy a tickets without previous consultation with the coordinator (hosting@cazalla-intercultural.org). Send to in advance your travel itinerary till 15.07.2022.

INTERCULTURAL EVENING

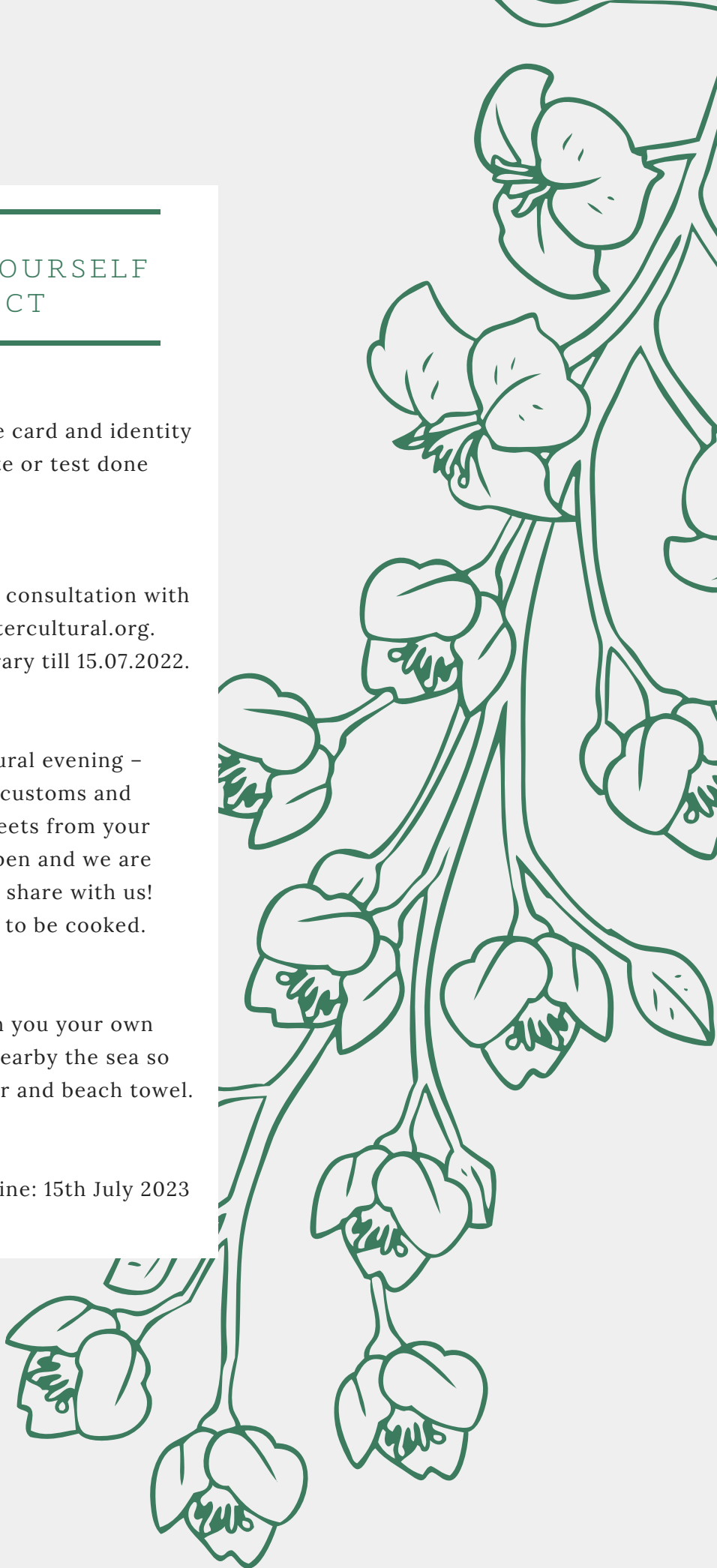
Prepare yourselves for the intercultural evening – present your country, your national customs and traditions, traditional drinks and sweets from your region. Intercultural nights will happen and we are looking forward to see what you will share with us! Please do not bring things that need to be cooked.

LUGGAGE

you will stay at our hostel. Take with you your own toiletries and towels. The hostel is nearby the sea so take with you the swimsuit, SPF filter and beach towel.

REGISTRATION FORM

fill in it and submit it on time. Deadline: 15th July 2023
You will find it on the last page.





VENUE OF THE EVENT CALARREONA

The youth exchange will take place in the coastal town of Calarreona, which belongs to the Águilas County. It is a small town with a hostel right by the sea. Accommodation will be in a local youth hostel (Albergue juvenil). The town is about 40km from Lorca and 6,5km from Águilas.

We recommend bringing UV sunscreen with you. In August the sun is quite strong during the day. The water in the sea is still quite hot so you can go to swim.

ADDRESS: Carretera Águilas-Vera, km.4, 30880
Águilas, Murcia

<https://goo.gl/maps/Cia5fkmzAKi5yoTW6>





THE YOUTH HOSTEL

All participants will be accommodated in rooms for more or less 4 people.

There are shared bathrooms with showers. There are not private bathrooms in the rooms. The hostel provides the bedding but there are not towels. There is WIFI in the hostel.

We recommend the participants to bring with them all printed materials they may need as there is no printing center nearby.

There is no smoking and drinking alcohol allowed anywhere on the hostel premises. There always will be someone from the coordinators' team in the hostel and at the participants' disposal during their stay.

Breakfast, lunch and dinner are provided by the Youth hostel. The kitchen is fully equipped and is open all the time. The participants will declare their special needs (food allergies and preferences) in the registration form.



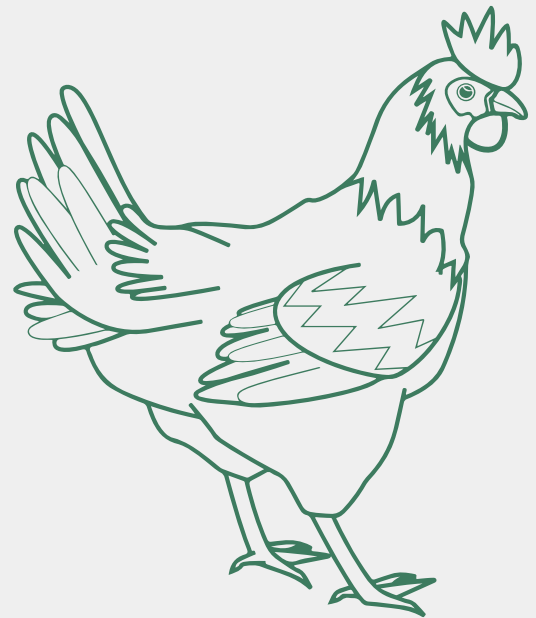
HOW TO GET TO CALARREONA

That's a good question!

Unfortunately, due to changes in the Murcia region, public transportation is not in the best shape. This means that as of today there is NO public connection to Calarreona. And the connection to Lorca is hampered due to track upgrades. So please **read our travel recommendations carefully** and if you have any doubts, please write to Gabi (hosting@cazalla-intercultural.org).

WE RECOMMEND CONTACTING GABI AND CONSULTING YOUR CHOSEN ITINERARY AND TIMES BEFORE BUYING TICKETS.

Once you have determined which airport you wish to land at, we recommend that you contact Gabi for personalized recommendations on getting to Calarreona. She is ready to help you with any doubts.



To get to Calarreona we recommend:

- a bus from Murcia to Aguilas + taxi from the bus station to Calarreona (the cost of the taxi should be around 20 euros) or the urban bus to Calarreona.
- a train to Aguilas (right now is a bus but you have to take it from the train station in Murcia or Lorca) + taxi or urban bus.
- A bus from Lorca to Aguilas + taxi from the bus station to Calarreona or the urban bus.



BUS FROM MURCIA TO AGUILAS

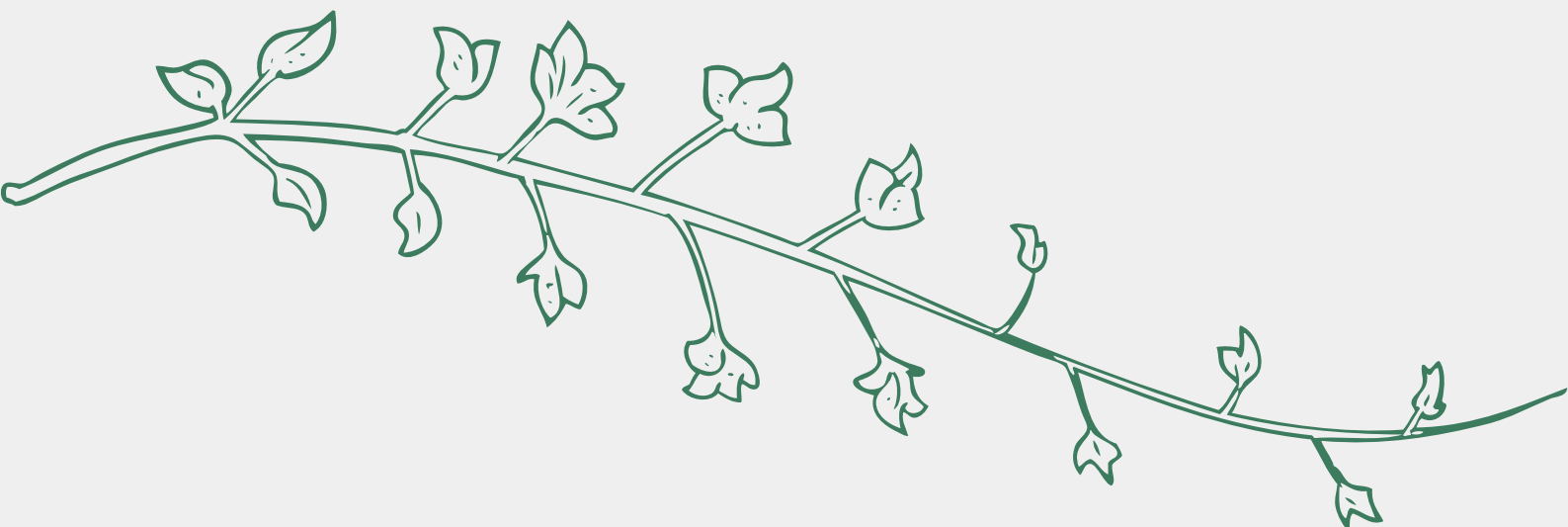
from the bus station, the cost will be around 9 euros. Please see the one from Lunes - viernes in excepcion of the grey one.

SALIDAS DE MURCIA

LUNES A VIERNES LABORABLES	SABADOS LABORABLES	DOMINGOS Y FESTIVOS
11:30	11:00	11:00
13:30	20:15	20:15
16:00		
18:00*		
20:15		

*sólo viernes

Estación de Autobuses San Andrés - Murcia - Tlfno.: 968292211 - 968291911



BUS FROM LORCA TO AGUILAS

from the bus station, the cost will be around 5 euros. Please see the one from Lunes - viernes in excepcion of the grey one.

SALIDAS DE LORCA

LUNES A VIERNES LABORABLES	SABADOS LABORABLES	DOMINGOS Y FESTIVOS
8:20	12:00	12:00
10:30	21:15	21:15
12:20*		
14:30		
17:00		
19:00*		
20:00		
21:15		

* Sale desde el Hospital Rafael Méndez

*solo viernes

Estación de Autobuses San Andrés - Murcia - Tlfno.: 968291911 - 968291926

TRAIN FROM MURCIA TO AGUILAS

from the train station, the cost will be around 6 euros. Please remember that it is called train but it will be a bus. Ask the driver if it goes to Aguilas

Salida	Llegada	Duración	Trans.	En
09:42 C2	12:43	3h 1min.	0	-
13:42 C2	16:43	3h 1min.	0	-
21:15 C2	00:16	3h 1min.	0	-

TRAIN FROM LORCA TO AGUILAS

from the train station, the cost will be around 4 euros. Please remember that it is called train but it will be a bus. Ask the driver if it goes to Aguilas.

Salida	Llegada	Duración	Trans.	En
11:12 C2	12:43	1h 31min.	0	-
15:12 C2	16:43	1h 31min.	0	-
22:45 C2	00:16	1h 31min.	0	-

ALICANTE AIRPORT

OPTION 1:

Upon your arrival at Alicante airport take a bus to Murcia from the bus station on the top level of the airport. There are buses every 2 hours from 10:15. to 19:15. The trip takes 45 mins and costs around 6€. The BUS company is ALSA and you can buy the ticket in advance online at www.alsa.es

Once you are in Murcia you can take a bus to Aguilas (the company is interbus, you can find the schedule at the previous pages). then you can take a taxi from the Aguilas bus station to Calarreona or the urban bus.

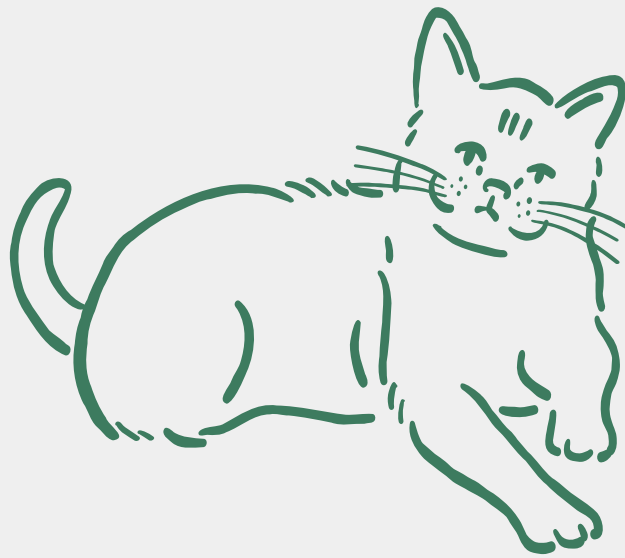
OPTION 2:

Take a city bus from Airport (line c6) and ask the driver to tell you when you arrive at San Gabriel's stop (it should be a 3rd stop). When you get there, take train (cercanias) to Murcia, check the schedule here ([click!](#)). As the trains from Murcia to AGUILAS are suspended there will be some special buses to Aguilas from the train stations. When you will be buying the ticket at Sant Gabriel you can choose Aguilas and go there with the same ticket. The temporary bus will have a stop at Murcia train station and will go around 4h to Aguilas. Use the bus with the name "ESTACIONAL", don't enter to "SEMIDIRECTO"!

OPTION 3:

By the city bus (C6) you can go to Alicante's bus station and take a bus to Lorca or Murcia. There are very few buses and you mostly need to buy the ticket in advance on www.alsa.es. Note that the last bus leaves at 9:45 pm. and the first one at 03:30 am and that later you have to take a bus to Aguilas.





MADRID BARAJAS AIRPORT

BY TRAIN:

Take the cercanias train (for free with a train ticket to Murcia - go with your ticket to the information point from Renfe to receive your free ticket for cercanias) from the airport to Madrid Atocha train station (you will have to change the lines twice or three times). Then take a train to Murcia. In Murcia you can get by bus to Aguilas that is provided by Renfe as they closed the railway because of some changes.

The ticket costs between 38€ and 47€. To check the train schedule visit please www.renfe.es. If you decide to travel by train, we advice you to buy a ticket in advance online as the Madrid - Murcia connection is very popular and trains are usually full! Double check this option with Gabi before purchasing it.

BY BUS:

There are direct busses (ca. twice a day) from Terminal 4 to Lorca and Murcia. The ticket costs around 35€ and the trip takes 6,5 - 7h. You should buy it in advance at the www.alsa.com. you can also purchase tickets online in www.movelia.com You can also catch a bus from one of the bus station in Madrid to Lorca, they are a little bit more bus hours.

REMEMBER THAT LATER YOU WILL HAVE TO TAKE A BUS TO AGUILAS

Please keep in mind that in order to arrive to Calarreona THE SAME DAY, you should be at the airport by 3:00 pm., not later, to catch the train at 4:30 pm.

VALENCIA AIRPORT

BY TRAIN:

Take the metro from the airport to Valencia Estación del Nord train station (ticket costs around 4,90€). There take a train to Murcia del Carmen (tickets between 20-40.00€). The trip takes. 3 - 3,5h.

After arriving to Murcia, buy a ticket to Aguilas.

You can get it from the ticket machines inside the train station ("cercanias") and it costs 5,60€. The train ride takes ca. 50 mins. if your ticket to Murcia has a combinado code you can go to the information point and ask for a free ticket to Aguilas.

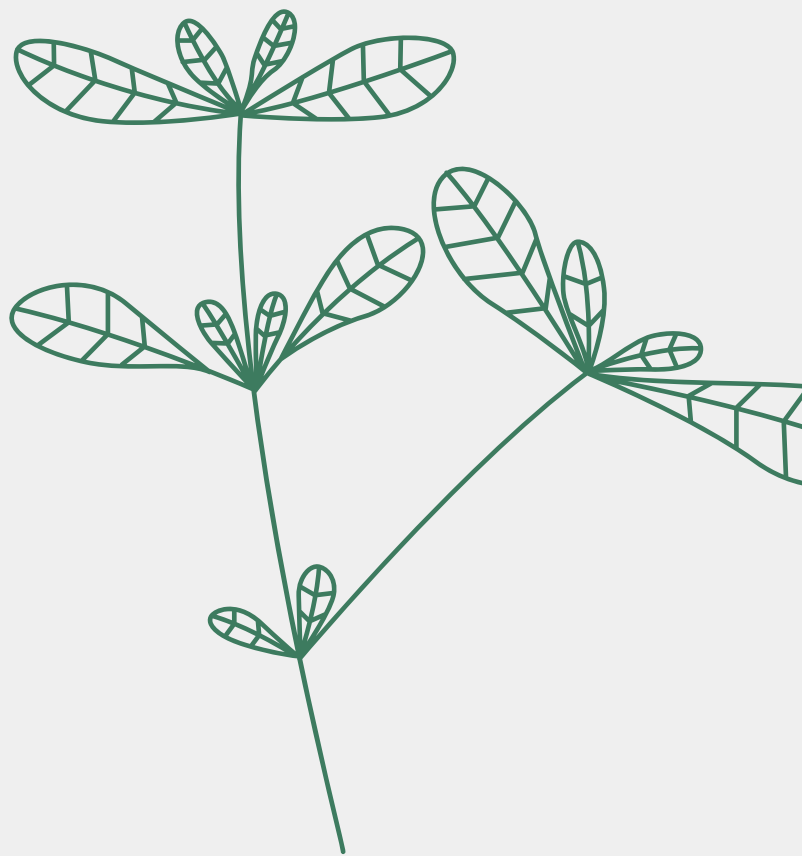
To check train schedule go to: [click!](#) remember that now there are not trains, you will have to go by bus.

BY BUS:

Take the metro from the airport to Valencia bus station and take a bus to Murcia (17,59 €). The trip takes 3-5,5h. To check the bus schedule go to www.alsa.es. You can also purchase tickets online. later you have to take a bus to AGUILAS . There is some direct buses from Valencia to Lorca but not many. Later you will have to take a bus to Aguilas, please have it mind!

IMPORTANT!

DON'T TRAVEL TO MURCIA AIRPORT! IT IS A VERY SMALL AIRPORT WITH A VERY BAD URBAN CONNECTION WITH MURCIA AND LORCA.



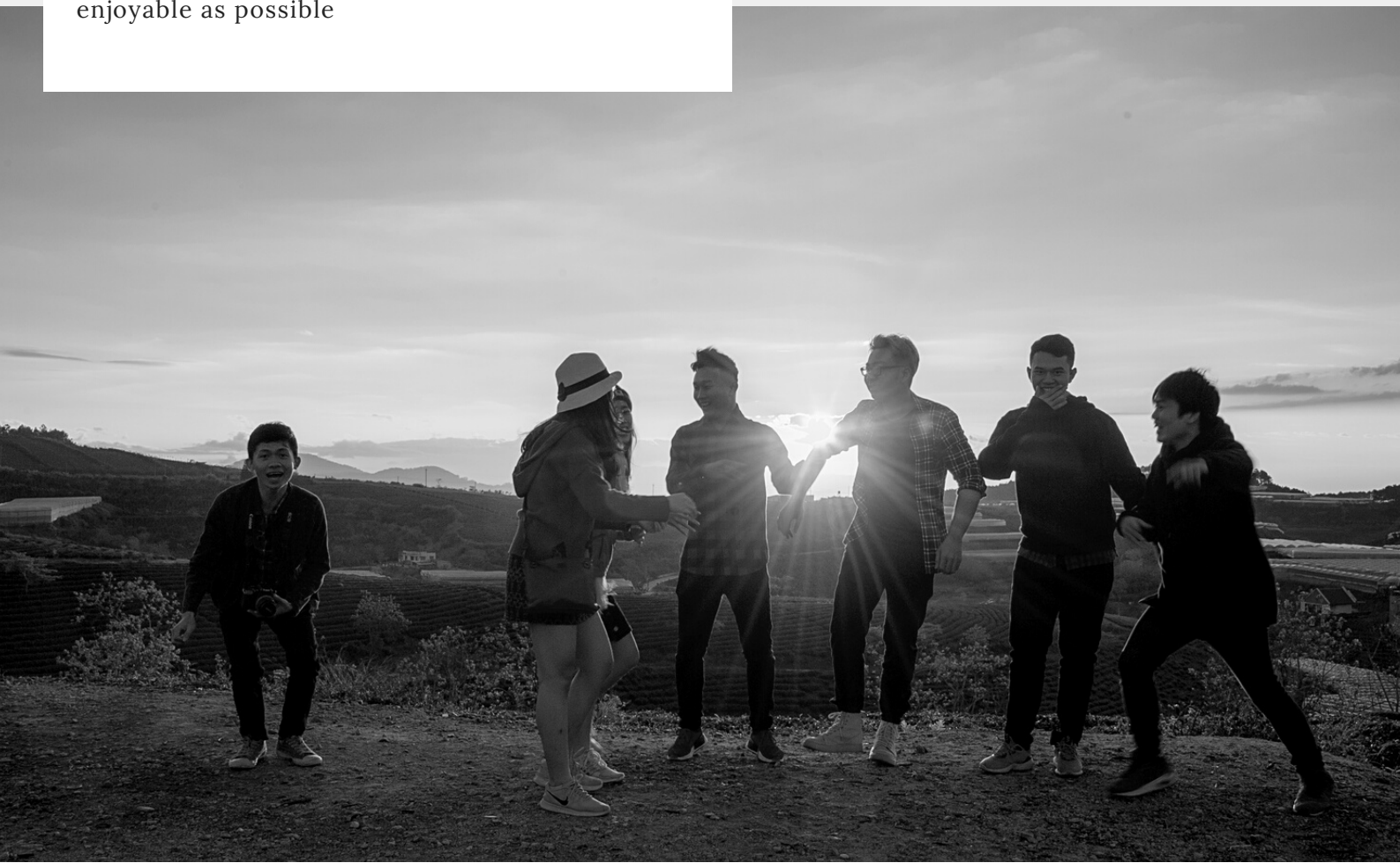
THINGS YOU SHOULD KNOW

INSURANCE:

We kindly ask the European participants and non-EU participants to take care of the health insurance for both travel and stay during the Youth Exchange. Otherwise, any expenses for medical care in Spain will be considered as personal costs of the participants. Cazalla Intercultural will not reimburse the participants for any medical costs. We strongly recommend to bring with you your European health insurance card or for participants outside the EU - a travel insurance.

ACCOMODATION AND FOOD:

The Erasmus+ Programme provides accommodation and food. If you have any allergies please let us know in the Registration form, so we can make your experience as enjoyable as possible





THINGS YOU SHOULD KNOW

REIMBURSEMENT:

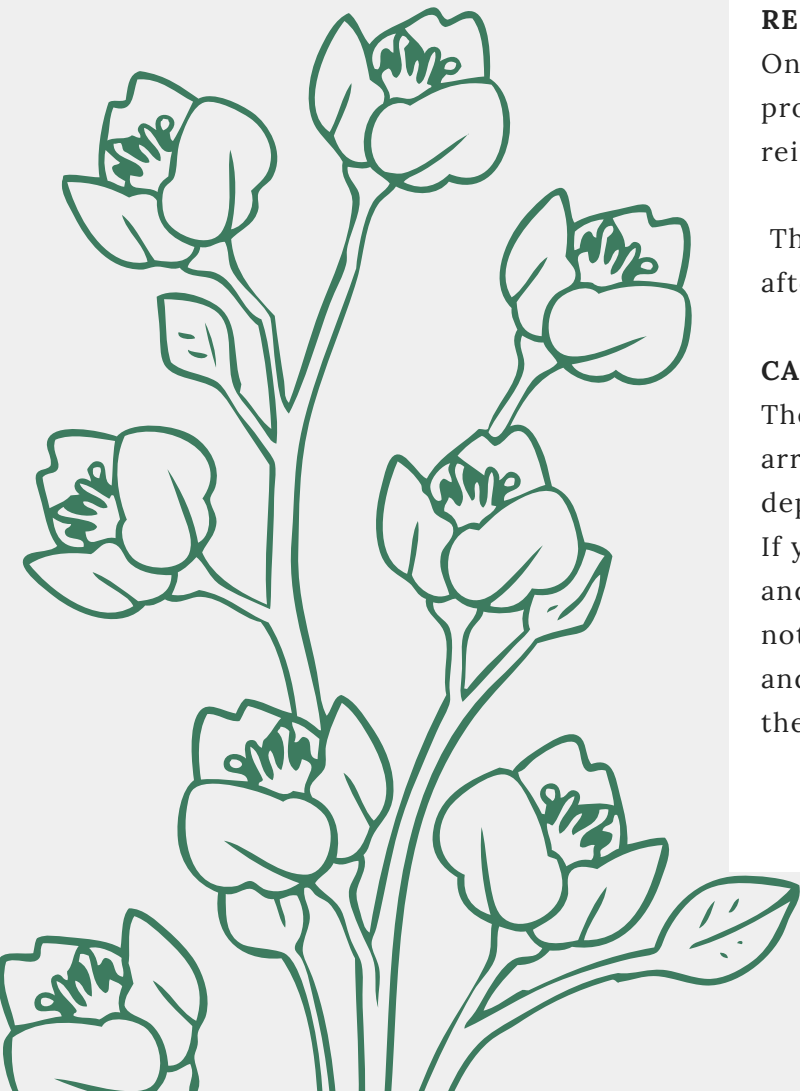
Only participants who attend at least 80% of the programme of the Youth Exchange are entitled to reimbursement of their expenses.

The reimbursement will be done till one month after receiving all of the necessary documents.

CAN I STAY LONGER?

The project starts 24th of August 2023 as an arrival date and finish 01st September 2023- departure date.

If you want to stay more than 2 days before and/or after the Youth Exchange the Project will not cover your travel costs, your accommodation and food costs. Please inform us before buying the tickets.





CONTACT

July - August 2023

GABI

hosting@cazalla-intercultural.org

June 2023

MANUEL

info@cazalla-intercultural.org

working hours: 10:00 - 14:30

REGISTRATION FORM

