

# INFOPACK

Youth Exchange in Spain

15/02/2025 – 22/02/2025



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# *Roots before routes*

# DETAILS OF THE PROJECT

**Dates: 15/02/2025 – 22/02/2025** *(6 activity days + 2 travel days)*

**Venue: Munilla, La Rioja, Spain**

## Participants profile:

5 participants per team (1 team leader + 4 participants)

+18 years old

Any level of english

Deadline to apply as participant: **26/01/2025**



# GOALS OF THE PROJECT

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Through “Roots before routes”, we will try to raise awareness among young Europeans about the importance of building inclusive communities: how to address and map problems, what kind of solutions already exist, what we can propose and how to advocate it.

## Main goals

- Identifying the causes that have led our communities to unsustainable over time.
- Finding out about new methods of mapping problems at community level.
- Discovering new measures and ways to make our public spaces more sustainable, accessible and friendly.
- Thinking up solutions to real problems in our communities.
- Understanding how to advocate to transform ideas into reality at local level.

## **WHY ROOTS BEFORE ROUTES?**

*“Roots before routes” has a literal and a figurative meaning.*

*Firstly, our mind goes to the importance of creating green spaces rather than roads and paths, to make the places where we live more friendly and closer.*

*But there is also a hidden meaning, which is that before we rush to create and figure out new responses to our problems, we should stop and examine the roots of the problem, why does it happen. Everything has a cause and a consequence.*



# SENDING ORGANISATIONS

Contact your country's NGO to participate!

## ASOCIACIÓN GANTALCALÁ - SPAIN



Gantacalá is a non-profit organisation of European dimension whose mission is to contribute to the development of a participative, tolerant and supportive society, through education, culture and social inclusion.

The entity has currently two delegations in Spain, with a common European projects department for both. Each delegation sending participants through Erasmus+ and ESC programs, and also host youth exchanges and training courses in Erasmus+.

One of the pillars of the work in Gantacalá La Rioja is community development, which is the concrete topic of this youth exchange.



ANRD

ALBANIAN NETWORK FOR RURAL DEVELOPMENT



**ALBANIAN NETWORK FOR RURAL  
DEVELOPMENT - ALBANIA**

**INSTITUTE PERSPECTIVES - BULGARIA**



Academy of Future Leaders

**ACADEMY OF FUTURE LEADERS - LITHUANIA**



**FUNDACJA CAT - POLAND**



Cooperativa de Artes, Intervenção Social e Animação/CRL

**CAISA COOP - PORTUGAL**

# VENUE

The youth exchange will take place in the village of Munilla (La Rioja)

The accommodation will be at the Youth Hostel of Munilla.

[Google maps location](#)

The hostel has a canteen, working and living room, and rooms in two separate floors. There is one bathroom per floor.

There will be 3 people in most of the rooms (two rooms will have 4 people, and one room will be for 2)

There is a central heating system.

The village is surrounded by amazing nature, and there is a sports field and a bar next to the hostel



# PLAN OF ACTIVITIES

*There might be some little timing changes*

Saturday 15th	Sunday 16th	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd	
Arrival day	<i>Introduction</i>	<i>When did all go wrong?</i>	<i>Addressing problems</i>	<i>Finding inspiration</i>	<i>Creating solutions</i>	<i>Proposing changes</i>	Departure day	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
	Teambuilding and getting to know each other	Hike!	Emotional maps	Bus to Logroño	The perfect world	Market of ideas		
	Setting the rules of the game	Experiencing the rural exodus	How to solve a town?	Treasure hunt in Logroño	From solution to realities			
	Lunch		Lunch	Lunch	Traditional lunch	Lunch		Lunch
	What is inclusion?	The "im"perfect world	Getland! Building a responsible community	D A Y  I N  L O G R O Ñ O	Free time (optional activities)	Relax at nearby spring waters		Evaluation
	Thoughts of the day	Thoughts of the day	Thoughts of the day					Closing activities
	Free time	Free time	Free time			Free time		Free time
	Dinner	Dinner	Dinner	Dinner	Dinner at restaurant	Dinner		Dinner
	Free night	1st intercultural night	2nd intercultural night	Free night	Bus to Munilla	Free night		Free night

## Some of the experiences you will encounter



Natural hike routes in the mountains

Logroño, the capital city of La Rioja



Volcanic spring waters

Our way of eating outside



# ECONOMIC CONDITIONS

All accommodation and food expenses are covered by Gantalcalá.

Transport costs are covered on the basis of the following table.

Country	Distance band (To Munilla)	Regular travel budget	Green travel budget (no flight, no ship)
Albania	500 – 1.999 km.	309 €	417 €
Bulgaria	2.000 – 2.999 km.	395 €	535 €
Lithuania	2.000 – 2.999 km.	395 €	535 €
Poland	500 – 1.999 km.	309 €	417 €
Portugal	500 – 1.999 km.	309 €	417 €
Spain	10 – 99 km.	28 €	56 €

Check our **TRAVEL GUIDE** to see your most suitable options to arrive!