

Youth Exchange

MOVING

SELF-EXPLORATION FOR PARTICIPATION

May 21-29, 2025
Terrassa, Spain



ABOUT THE PROJECT

The youth exchange “**MOVING: Self-Exploration for Participation**” encourages young people to explore their well-being, personal values, and role in contributing to their communities.

Through self-discovery activities focused on connecting with nature, self-care, and empathy, participants will reflect on how their individual values and strengths can contribute to collective action for social change. The project will create a supportive space for self-reflection, fostering a deeper understanding of oneself and sparking a sense of active participation in young people.

If you're looking to grow personally, meet and connect with other people, and make a positive impact, this project is for you!



OBJECTIVES

Encouraging self-discovery: supporting participants in discovering their personal values, strengths, and aspirations through reflection and experiential learning.

Promoting well-being and self-care: highlighting the importance of taking care of yourself - physically, mentally, and emotionally - as a foundation for personal growth and meaningful engagement with others.

Strengthening connection with nature: providing opportunities to reconnect with nature as a source of inspiration, balance, and self-awareness.

Fostering empathy and meaningful connections: fostering understanding and deeper connections between participants by exploring different perspectives and shared experiences.

Inspiring active participation: encouraging participants to apply their self-discovery and insights to take initiative, collaborate, and contribute positively to their communities.





PARTECIPANTS

- The youth exchange brings together **30 people in total**: 5 young people (18-26 years old) and 1 team leader per country from Spain, Italy, Croatia, Bulgaria and Georgia.
- **No previous experience is needed**—if this is (one of) your first youth exchange, even better! **What matters most is your curiosity, motivation, and willingness to fully participate in a diverse, multicultural environment.** We expect all participants to be actively involved in every session throughout the exchange. Participants will also be expected to organize an intercultural night representing their country.
- Please, consider that **the activities will be conducted in English**, so at least **basic understanding of the language** is needed.
- If you're joining the project **as a team leader**, you'll also be expected to attend an online meeting in early May to prepare for the exchange.

COUNTRY	NUMBER OF PARTECIPANTS	GROUP LEADER
SPAIN	5	1
ITALY	5	1
CROATIA	5	1
BULGARIA	5	1
GEORGIA	5	1





TRAVEL

COUNTRY	TRAVEL LIMIT PER PARTICIPANTS IN EUR	*GREEN TRAVEL LIMIT PER PARTICIPANTS IN EUR
SPAIN	28	56
ITALY	309	417
CROATIA	309	417
BULGARIA	309	417
GEORGIA	580	785

*GREEN TRAVEL refers to using low-emission transportation to reduce environmental impact for the majority of your journey, such as buses, trains, or carpooling.

TRAVEL REIMBURSEMENT

- Travel expenses will be reimbursed to the sending organization max. 2 months after the project concludes.
- DO NOT BUY any tickets before receiving confirmation from the hosting organization! The team leader must send the travel proposal to the contact email of La Víbria. The team should only buy the tickets after confirmation, otherwise the tickets might not be reimbursable.
- Participants must keep and then send all the travel documents in their original form, including invoices, boarding passes, receipts or tickets they use during their travel. This is important for the reimbursement process to happen.
- You must travel in the most efficient way available: it is recommended to choose the cheapest and the greenest option for travel.
- Taxis cannot be reimbursed.
- **EXTRA DAYS:** You can choose to travel a maximum of 2 days before or after the project. The accommodation and food for extra days will not be covered by the project.



In case of green travel, participants have 2 travel days for the arrival and another 2 travel days for the departure. We ask you to inform us in advance in case you want to use green travel.

Accommodation



"Alberg Vallparadís" is located close to the city center, in a quiet area. It is surrounded by the largest local park, **Vallparadís**, which is ideal for walks, sport, and activities.

The participants will be accommodated in **shared rooms**, separated by gender. The rooms are equipped with bed sheets and towels. There is a WiFi connection in the hostel.

 Address: C/ Alcalde Parellada 2, Terrassa.

Some of the training activities will take place in a conference room of Alberg Vallparadís, while some activities will be conducted in the park



WHAT to Bring

- Everything that you will need to spend a few days out of home! May in Terrassa will be warm, but still make sure you check the weather a couple of days before coming and bring proper clothes.
- Anything you might need to organize the **intercultural night**, such as traditional food, snacks, non-alcoholic drinks or souvenirs.
- **Personal hygiene items:** toothbrush and toothpaste, shampoo, shower gel, sunscreen, etc. Alberg Vallparadís provides bed linen and towels but there are no hairdryers.
- **Reusable water bottle**, to avoid plastic waste.
- It is mandatory to have a **medical insurance** (i.e. European Health Insurance Card) during your travel. The host organisation will not cover any personal health costs. It is recommended to have valid travel insurance (not covered by the project).
- You're welcomed to bring any card game, board game or activity to enjoy during the **free time and also** to share with others during the evenings.



HOW TO GET THERE

By plane: Barcelona El Prat is the closest airport, once there:

Option 1:

Take the Aerobus A1 or A2 to Plaça Catalunya.

Find the station and take the line S1 to Terrassa Nord Station.

Option 2:

Find the train station in Terminal 2;

Take a ticket to Terrassa in the ticket machine;

Board the train and on the station Barcelona Sants change line to R4;

Board the R4 and get off the train at Terrassa Nord Station.

Alberg de Vallparadís is only 6 minutes away from Terrassa Nord Station.

Try to arrive before 20:00 CET so we can have a welcome dinner together.

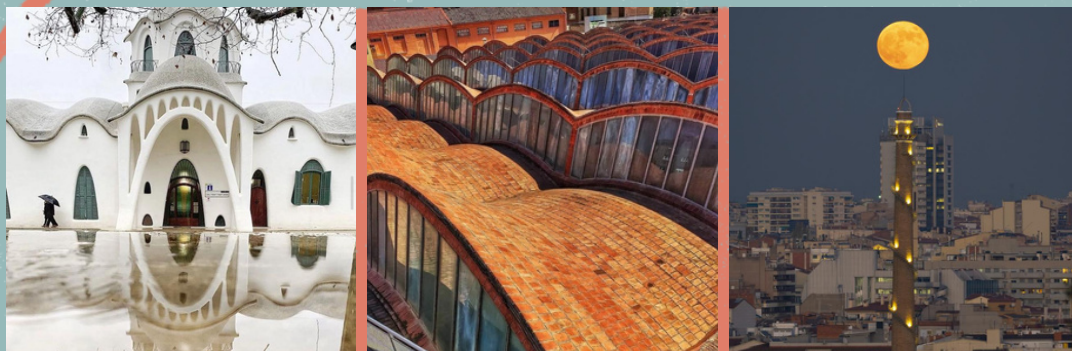


TErrASSA

Terrassa is located in the province of Barcelona, and is the co-capital of Vallès Occidental. With a population of 225.274 (2023), Terrassa is the third biggest city in Catalonia, after Barcelona and L'Hospitalet.

Terrassa has been inhabited since prehistory. During Roman times it was known as Egara and there are still important remains from the Middle Ages. Terrassa was one of the leading Spanish cities of the industrial revolution, which really shaped the city.

There are a lot of modernist buildings from that time in Terrassa, and some factories can still be found in the middle of residential neighbourhoods. Even if this is not the most touristic city of Catalonia, there are some interesting spots to see!





ABOUT THE HOST

La VÍbria Intercultural was founded in 2003 with the mission to promote values of diversity and interculturality among young people and society in general through international mobility experiences and sociocultural initiatives based on non-formal education. Since then, La VÍbria works to motivate participation, active citizenship and encourage young people to develop critical thinking.



Advise on youth mobility

Our international mobility advisors help and guide youngsters to find opportunities abroad that fit their interests. We are present on 6 youth information points of the region.



Radio VÍbria

Our radio studio is always open to discuss social topics, promote active participation and create community. Discover our podcasts here: <https://radiovibria.com/>



#Greenfluencers

This is a group of local youngsters that promote actions to create awareness about climate change and environmental issues.



Baumann Bar

We run a vibrant cultural bar at the centre, DJ's, concerts, exhibitions and intercultural evenings are taking place every week there.

CONTACT

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SEE YOU SOON!