

Youth Exchange



26th July - 3rd August 2025

Terrassa (Spain)

About the project

The name “**Juvene Semena**” comes from last year's youth exchange in France, created by a group of youngsters with the help of the youth center “BIJ La Ciotat” and the association Hors Pistes. The group wanted to underline their desire to create **a project by young people for young people!**

Juvene Semena means “young seedlings” in Interlingua. It represents the wish to **develop our awereness around environmental issues** and our **role as active citizens in our communities**.

The project is co-organised by two organisations: **La VÍbria Intercultural** (Spain) and **Hors Pistes** (France).

Objectives

TO LIVE AN INTERCULTURAL COLLECTIVE EXPERIENCE

TO EXPLORE THE TOPIC OF ECOLOGY

TO MEET LOCAL INITIATIVES AROUND ECOLOGY

TO SHARE, DISCUSS, LEARN AND INVENT TOGETHER!



Participants

The youth exchange brings together **28 people**: 6 young people (16-20 years old) and 1 team leader per country from Spain, France, Germany and Lithuania.

This project is the third in a series of youth exchanges on **environmental** topics. Participants from previous editions are welcome to repeat the experience. But this project is also open to any young person **interested in environmental issues, curious and motivated** to experience a **multicultural** exchange, without previous experience required.

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.

Keep in mind that the activities will be done in **English**, so a basic understanding of the language would be helpful.

If you're joining the project as a team leader, you will also be expected to attend a **two-day meeting in Terrassa, Spain, at the end of April or the beginning of May** to help prepare for the exchange.

COUNTRY	NUMBER OF PARTICIPANTS	GROUP LEADER
Spain	6	1
France	6	1
Germany	6	1
Lithuania	6	1



Travel

COUNTRY	TRAVEL LIMIT PER PARTICIPANTS	*GREEN TRAVEL LIMIT PER PARTICIPANTS
Spain (Terrassa)	28€	56€
France (Marseille)	211€	285€
Germany	309€	417€
Lithuania	395€	535€

*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 Vibria. The team should only buy the tickets **after confirmation**, otherwise the tickets might not be reimbursable.

You must travel in the most efficient way available: it is recommended to choose the **cheapest** and the **greenest** option for travel.

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.

Taxis cannot be reimbursed.

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.

How to get there?

By plane

Take a plane until the “**Barcelona El Prat**” airport. Once there:

OPTION 1: (from Terminal 1 and 2)



- Take the Aerobus **A1** or **A2** to “**Plaça Catalunya**”



- Find the FGC Ferrocarrils station, buy a ticket to Terrassa and take the line **S1** until “**Terrassa Estació del Nord**”

OPTION 2: (from Terminal 2)

- Find the train station in Terminal 2

- Buy a ticket to **Terrassa**



- Take the train “**R2 Nord**” until “**Barcelona Sants**” station



- Change platform and take the train “**R4**” until “**Terrassa Estació del Nord**” station

Walk until the “**Alberg de Vallparadís**” (Carrer de Alcalde Parellada, 2), it’s only 6 minutes away from the station.

By train

Take a train until “**Barcelona Sants**” station

- In the station, find the part of the **RENFE** trains

- Buy a ticket to **Terrassa**

- Take the train “**R4**” until “**Terrassa Estació del Nord**” station



Walk until the “**Alberg de Vallparadís**” (Carrer de Alcalde Parellada, 2), it’s only 6 minutes away from the station.

By bus

Take a bus until “**Barcelona d’Autobusos Nord**” station

- Go out of the station to find the metro/ Renfe station “**Arc de Triomf**”

- Buy a **RENFE ticket to Terrassa** (not the same than metro ticket)

- Take the train “**R4**” until “**Terrassa Estació del Nord**” station



Walk until the “**Alberg de Vallparadís**” (Carrer de Alcalde Parellada, 2), it’s only 6 minutes away from the station.

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

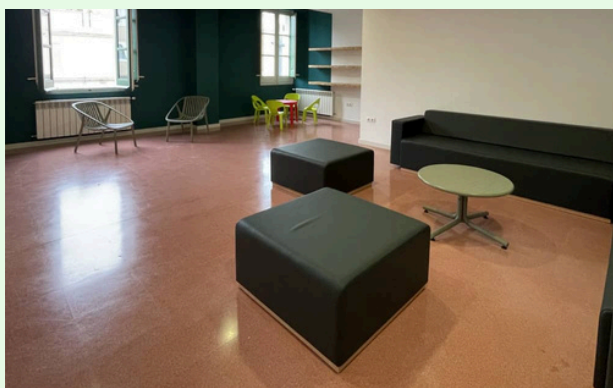
Accommodation

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

Some of the activities will take place in a **conference room** of Alberg Vallparadís, while some activities will be conducted **in the park** nearby. Some **outings** will be also planned.

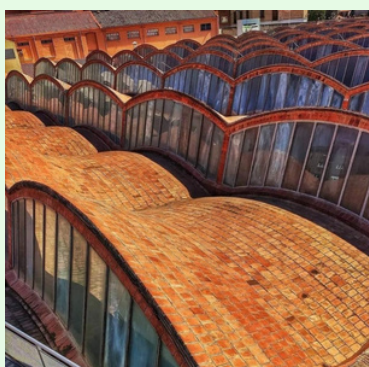
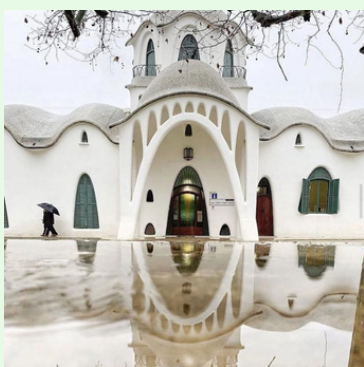
Address: C/ Alcalde Parellada 2, Terrassa



Terrassa

Terrassa is located in the **province of Barcelona**, and is the **co-capital of Valles Occidental**. With a population of **225.274** (2023), it's 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. It 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 the city, 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!**



What to bring



Everything that you will need to spend a few days out of home! July-August in Terrassa can be **very warm**, but still make sure you **check the weather** a couple of days before coming and bring **proper clothes**.



Personal hygiene items: shampoo, shower gel, toothbrush, toothpaste, sunscreen, etc. Alberg Vallparadís **provides bed sheets and towels** but there are NO hairdryers.



Don't forget to bring a **swimsuit** and also **solar cream** spf 50 (SUPER IMPORTANT!)



Reusable water bottle, to avoid plastic waste.



Anything you might need to organize the intercultural night, such as **traditional food, snacks**, non-alcoholic **drinks** or **souvenirs**.



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.



It is **mandatory** to have a **medical insurance** (like the **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).

Host team



Florine

Florine is an anthropology student and facilitated several projects with Hors Pistes in the past years. Passionate about ecological issues and group dynamic, she will be there during the project to facilitate the workshops.



Léa

Léa is the communication manager of La Vibria and also one of the facilitators of the Greenfluencers. She will be the link between the facilitators and the eco-reality of the city. Also will be the one that will be the logistic during the project.



Ana

Ana is a ESC volunteer from Georgia. She will be supporting the facilitator by dynamising some activities. She has been living in Terrassa since September, so if you have questions about the city or its social and cultural life, feel free to ask her – she might know more shortcuts than your Google Maps.



Ailen

Ailen is a youth facilitator and mentor who works in La Vibria as an ESC coordinator. She will be in charge of the previous logistics aspects of the project.

See you soon!

CONTACT

info@vibria.org

www.vibria.org

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