



Youth Exchange

PRISMAS

Exploring self, mental health, and society
Through creativity, connection and awareness

April 20-27, 2026
Terrassa, Spain

ABOUT THE PROJECT

The youth exchange **PRISMAS** is a transformative space for young people to explore their inner world, strengthen their mental and emotional wellbeing, and **reconnect with themselves, others, and society.**

Through **non-formal education activities focused on self-exploration, art and creativity, theatre, rituals, community practices, body-based exercises, self-expression, and emotional intelligence**, PRISMAS helps young people take an **active role** and develop skills for meaningful participation.

The project encourages participants to slow down, listen to themselves and others, and experience participation as a collective and caring process.



OBJECTIVES

DEEPEN SELF-KNOWLEDGE

Explore your **emotions**, thoughts, and personal strengths through **creative workshops, journaling, and body-based practices**.

CONNECT WITH OTHERS

Build empathy, active listening, and supportive relationships via **group activities, discussion and reflection circles, and peer-led sessions**.

REFLECT ON SOCIETY AND DIGITAL LIFE

Understand how social media, technology, and societal expectations affect self-esteem and well-being, and **develop mindful digital habits**.

PARTICIPATE AND CO-CREATE

Take an active role in designing and facilitating activities, **rituals, and community approach, empowering personal and collective wellbeing**.



PARTICIPANTS

- **4 participants** (18-30 yo) + **1 group leader per country** (no age limit)
- **No previous experience is needed.** 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 and other activities we will inform you.
- 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** at the end of march to prepare some activities with your group country.



ABOUT TERRASSA

Terrassa is located in the province of Barcelona, and is the co-capital of Vallès Occidental. With a population of 232.676 (2025), 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!



ACCOMODATION & FOOD

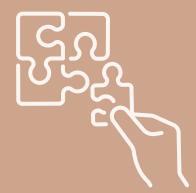


Alberg Vallparadís is located close to the **city center**, in a quiet and peaceful area, surrounded by **Vallparadís Park**, the largest park in the city.

Also, this hostel is a social project that promotes the labour inclusion of people with intellectual disabilities and mental health conditions.



Participants will stay in **shared rooms** in the same floor with other participants, separated by gender. **Rooms are equipped with bedsheets and towels. Wi-Fi** is available in the hostel. There are **share bathrooms** for each floor.



Most training activities will take place in a conference room at Alberg Vallparadís. Some sessions and activities will also be held outdoors in Vallparadís Park.



Meals will be provided principally by a catering service.

***If you have any allergies, intolerances, or special dietary needs, don't worry**, once your participation is confirmed, we will collect this information in advance to adapt the menu whenever possible.

HOW TO GET THERE

BY PLANE: BARCELONA EL PRAT

Option 1:

1. In the airport, find the train station in **Terminal 2**.
2. Take a ticket to **Terrassa**.
3. Take the train **R2 Nord** until **Barcelona Sants** station.
4. Change platform and take the train **R4** until **Terrassa Estació del Nord** station.

Option 2:

1. Take the Aerobus **A1** or **A2** to **Plaça Catalunya**.
2. Find the station and take the line **S1** to **Terrassa Estació del Nord**.

BY TRAIN: BARCELONA SANTS

1. In the station, find the part of the **RENFE** trains.
2. Buy a ticket to **Terrassa**.
3. Take the train **R4**, until **Terrassa Estació del Nord**.

BY BUS: BARCELONA NORD

1. Go out of the station to find the metro/Renfe station **Arc de Triomf**.
2. Buy a **RENFE ticket to Terrassa** (not the same than metro ticket)
3. Take the train **R4** until **Terrassa Estació del Nord**.

 Once in **Terrassa Estació del Nord**, walk until the “Alberg de vallparadís, it’s only 6 minutes away from the station.
Address: C/ Alcalde Parellada 2, Terrassa

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

TRAVEL REIMBURSEMENT

COUNTRY	TRAVEL LIMIT/ PARTICIPANTS IN €	*GREEN TRAVEL
Spain	-	56
France	211	285
Italy	309	-
Romania	309	-
Norway	395	-

- **EXTRA DAYS:** You can choose to travel a maximum of 2 days before or 2 days after the project. The accommodation and food for **extra days will not be covered by the project.**
- **You're expected to join all the workshops to get the reimbursement.** If something serious and unavoidable happens, just let the team know.
- **Taxis cannot be reimbursed.**
- **Travel costs cannot exceed the lump sum amounts,** which are determined by the travel distances (according to the [**EU Distance Calculator**](#)). If your travel costs remain within this budget, you pay nothing. If they exceed the budget, you (or your sending organization) will need to cover the difference.

* If you use bus, train, sharing car with the participants or other ecological option that don't consider the plane, it is consider as a green travel. Due to Spanish National Agency budget limitations, Green Travel extra budget is not available for all the countries.

REIMBURSEMENT STEPS



Apply Now



- **Apply** for the project and **wait for confirmation from your sending organization**. Each partner country will inform the selected participants and share the next steps.
- **Do NOT buy any tickets before receiving official confirmation from the hosting organization.** The team leader must first send the travel proposal to La Víbria's contact email. Tickets should only be purchased after approval; otherwise, expenses may not be reimbursed.
- Participants must **keep all original travel documents in pdf** (invoices, boarding passes, tickets, receipts, etc.) and send them to the hosting organization.
- Travel costs will be reimbursed to the sending organization or group leader within a **maximum of two months after the project ends, provided that all travel documents are correctly submitted**, follow-up activities are completed, and the EU survey is filled in by participants.



***If you have any doubt with your travel itinerary, or about how to arrive to the alberg, don't hesitate to let us know.**

EXTRA INFO



CLOTHES AND WEATHER

April in Terrassa is **usually warm**, but please **check the weather** a few days before travelling and bring appropriate clothes.



PERSONAL HYGIENE

Bring your **personal hygiene stuffs**. Bed linen and towels are provided, no hairdryers available.



BRING YOUR ESSENTIALS

Bring your own reusable **water bottle** and a **notebook**. You are also welcome to bring any games or musical instruments you want to share.



INTERCULTURAL NIGHT

Each one will help to create our **intercultural night**. Bring ideas, snacks, music, games or traditions you want to share with the group.



HEALT & INSURANCE

Having **medical insurance is mandatory** (European Health Insurance Card or equivalent) Be sure you have it before your trip.



BARCELONA DAY

Yes!
We will enjoy a **group visit to Barcelona**.
More details during the project.

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**.



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/>



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.



GREENFLUENCERS

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

THE TEAM



ELENA ATIENZA
FACILITATOR (Spain)

Social educator specialized in improvisation, movement, theatre, Gestalt practices, and emotional intelligence, passionate about creating supportive and creative group experiences.



MANON LAPASSET
FACILITATOR (France)

Social worker, certified as an Art therapist with specialization with movement practices. Experience in youth projects and facilitation since 2019, develop local projects about rural dramatization and social inclusion. Founder of Amalia Terres de Liens Organization.



CARLES CUNILL
LOGISTICS (Spain)

Coordinator of La Víbria, specialized in youth participation and European projects.

During PRISMAS will be in care of the logistics of the project.

PARTNERS



LA VIBRIA INTERCULTURAL (SPAIN).



AMALIA TERRES DE LIENS (FRANCE).



VULCANICAMENTE (ITALY).



A.T.A (ROMANIA).



CREATORIUM (NORWAY).

CONTACT

If you have any questions, feel free to contact us.

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BEGIN WITH
SELF-AWARENESS.
CREATE MEANINGFUL
CHANGE.

See you soon, exactly as you are!