

Youth Exchange

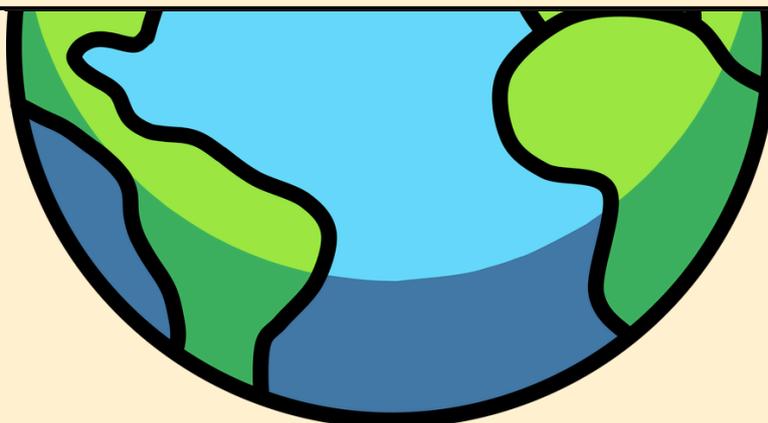


ACT OUT LOUD !

Theatre for social inclusion

May 19-26

Terrassa, Spain



VOLUNTARIAT
ZAVOD ZA MEDNARODNO PROSTVOLJNO DELO
SCI SLOVENIA



ABOUT

The project

This project during its week of implementation strives to create an environment where 25 young people from 5 different European countries can exchange ideas and learn from each other on the topic of **social inclusion**. The space is going to be offered to the youngsters to explore this issue through theatre techniques, with the goal to create an inclusive group that will be able to advocate for social inclusion after this experience has finished.

During the 6 project days we will discuss the topic of social exclusion in its different facets, as well as how art, and more specifically **theatre**, can be used as a tool to create more inclusive societies. This project will be a formative journey where participants will learn from each other and by hands-on learning.

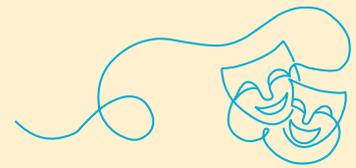
The last day they will have the opportunity to become themselves the actors of change - literally. We are planning to have a **final performance** mixing techniques and themes that we will explore during the days of the project, a performance that the participants themselves will create from scratch and present.

The objectives

Participants will:

- Learn how theatre can be used as a tool for social inclusion.
- Become more aware about diversity and social inclusion in the different countries of origin.
- Become more conscious about diversity in today's world.
- Turn into actors of change: young people will become advocates of social inclusion in their local area.

Participants profile



- ★ People who are interested in social issues and are trying to be more inclusive in their day to day.
- ★ People interested in learning and/or sharing theatre techniques and how they can serve as a tool for social inclusion.
- ★ Be able to communicate in English, as it will be the working language of the project. None of us is native so we don't need a perfect level, just some basics of the language and strong motivation to learn more!
- ★ People with strong motivation, who are proactive and want to learn by doing and learn from others.
- ★ Youth leader: The youth leader should ideally have previous experience in Erasmus+ projects so they can help the more inexperienced members of their national team.

Spain	4
Italy	4
Greece	4
Slovenia	4
Germany	4

+Youth leader

Reimbursement of travel costs

- ★ 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.
- ★ 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.

Country	Travel limit per participant in Euros	Green travel limit per participant in Euros
Spain	28€	56€
Italy	309€	417€
Greece	309€	417€
Slovenia	309€	417€
Germany	309€	417€

About the TEAM



Florina:

ESC volunteer in la Vibria, doing the communication. I love travelling and discovering new places.

Federica:

ESC volunteer in la Vibria on Cultural dynamization and Radio. You can talk with me about podcast 24/7.

Andreas:

ESC volunteer in la Vibria on International Mobility Projects and Local Youth Work. I love learning random facts about anything and spending time with my loved ones.

Ana:

ESC volunteer, one of facilitators of Act Out Loud!
I love spending time in nature.

Ailen:

I am the ESC volunteer coordinator at Vibria Intercultural. During this project, I will be in charge of logistics! I'm sure we'll have a great time :D

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.

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

The participants will be accommodated in shared rooms, separated by gender. The rooms are equipped with bed sheets and 1 towel.

There is a WiFi connection in the hostel



Alcalde Parellada 2, Terrassa.



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.

- 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 welcome to bring any card game, board game or activity to enjoy during the free time and also to share with others during the evenings.

+ Intercultural evening

Each night a country will have the opportunity to present their culture! So be sure to bring traditional products and any other things you need to present it. Think about what others need to know about your country and try to make it as unique and funny as possible!



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.

Terraassa

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 Vibria

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

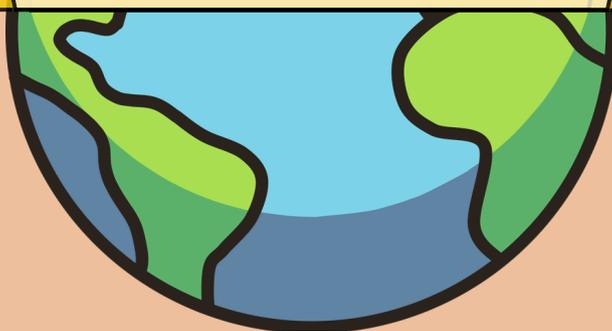
#Greenfluencers

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





ACT OUT LOUD !
SEE YOU SOON!



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