



INFOPACK

JAM STRU MENTS

YOUTH EXCHANGE
24.11.2021 - 01.12.2021
LORCA, SPAIN



ABOUT THE PROJECT

THE AIM OF THE JAMSTRUMENTS YOUTH EXCHANGE IS TO OBTAIN A GREATER CONSCIENCE OF THE IMPORTANCE OF RECYCLING, TO UNDERSTAND THE THEORETICAL AND PRACTICAL ABILITIES THAT ALLOW TO TRANSMIT THE MESSAGE TO THE NEW GENERATIONS IN AN EFFECTIVE AND SPONTANEOUS WAY USING THE MUSIC AND JAM SESSION AS A FORM TO TRANSMIT THE MESSAGE IN A UNIVERSAL WAY.

**THE PROJECT WILL BE CARRIED OUT
IN THE COURSE OF
8 CONSECUTIVE DAYS:**

ARRIVAL DATE: 24.11.2021
ACTIVITY DATES: 25.11 - 30.11.2021
DEPARTURE DATE: 01.12.2021



OBJECTIVES

- PROMOTE ACTIVE CITIZENSHIP AND PARTICIPATION OF YOUNG PEOPLE;
- SUPPORT AND ENCOURAGE CREATIVITY;
- ENCOURAGE DEBATE, DIALOGUE, RESPECT;
- INCREASE KNOWLEDGE AND AWARENESS OF YOUNG PEOPLE ON ENVIRONMENT AND CLIMATE CHANGE;
- GREATER CONSCIENCE OF THE IMPORTANCE OF RECYCLING;
- USE OF MUSIC AND JAM SESSION AS A FORM OF UNIVERSAL MESSAGE;



PARTICIPANT'S PROFILE

PARTICIPANT:

- YOUNG PEOPLE IN THE AGE BETWEEN 18 AND 25;
- INTERESTED IN THE TOPIC OF CLIMATE CHANGE, ACTIVISM AND PRO-ACTIVE CITIZENSHIP;
- YOUNG PEOPLE WITH FEWER SOCIAL, ECONOMIC OPPORTUNITIES;
- YOUNG PEOPLE FACING GEOGRAPHICAL OBSTACLES, CULTURAL DIFFERENCES.
- YOUNGSTERS ENGAGED OR WILLING TO ENGAGE IN THE DAILY LIFE OF THEIR LOCAL YOUTH CENTERS.

GROUP LEADER:

- PERSON CONNECTED WITH A SENDING ORGANIZATION;
- YOUTH WORKERS;
- PREVIOUS EXPERIENCE IN THE FIELD OF YOUTH;
- WITH EXPERIENCE AND QUALIFICATION TO CARE OF A GROUP OF YOUNG PEOPLE.
- GROUP LEADERS CAN BE OVER 30 YEARS OLD.

TRAVEL COSTS

IMPORTANT NOTE!

ALL PARTNERS (SENDING ORGANIZATION) WILL RECEIVE THE EXACT AMOUNT OF MONEY THE PARTICIPANT HAS PAID FOR THEIR JOURNEY TO LORCA. HOWEVER, THIS SUM MUST NOT SURPASS THE MAX AMOUNT OF THE TRAVEL GRANT DEFINED BY THE EUROPEAN COMMISSION. GIVE ALL TICKETS AND BOARDING PASSES TO A CAZALLA'S COORDINATOR VIA EMAIL AT HOSTING@CAZALLA-INTECULTURAL.ORG OR POST THE ORIGINAL TRAVEL DOCUMENTS TILL 15TH DECEMBER 2021 TO: CAZALLA INTERCULTURAL, C/ MEDICO PELEGRIN MEDINA, APDO 02, 30800 LORCA (MURCIA), SPAIN.

TO PROCESS THE REIMBURSEMENT WE NEED ALL TICKETS AND BOARDING PASSES FROM THE TRAVEL, DON'T BUY THEM WITHOUT CONSULTATION WITH PROJECT COORDINATOR!

| country | participants | travel grant |
|-----------|--|-------------------|
| Spain | 6 (5 participants + 1 Group Leader) | 0.00 € per person |
| Macedonia | 6 (5 participants + 1 Group Leader) | 360 € per person |
| Poland | 6 (5 participants + 1 Group Leader) | 360€ per person |
| Slovenia | 6 (5 participants + 1 Group Leader) | 275 € per person |
| Slovakia | 6 (5 participants + 1 Group Leader) | 275 € per person |



HOW TO PREPARE YOURSELF TO THE PROJECT

DOCUMENTS

BE SURE THAT YOU HAVE VITAL INSURANCE CARD AND IDENTITY CARD.

TRAVEL ITINERARY

DON'T BUY A TICKETS WITHOUT PREVIOUS CONSULTATION WITH THE COORDINATOR FROM CAZALLA (HOSTING@CAZALLA-INTERCULTURAL.ORG. SEND TO IN ADVANCE YOUR TRAVEL ITINERARY. DEADLINE: 25TH OCTOBER 2021

LUGGAGE

YOU WILL STAY AT THE YOUTH HOSTEL. TAKE WITH YOU YOUR OWN TOILETRIES AND TOWELS.

REGISTRATION FORM

FILL IN THE REGISTRATION FORM AND SUBMIT IT ON TIME. DEADLINE: 15TH OCTOBER 2021. YOU WILL FIND IT ON THE LAST PAGE. (ONLY SELECTED PARTICIPANTS)

INTERCULTURAL EVENING

PREPARE YOURSELVES FOR THE INTERCULTURAL EVENING – PRESENT YOUR COUNTRY, YOUR NATIONAL CUSTOMS AND TRADITIONS. TRADITIONAL DRINKS AND SWEETS FROM YOUR REGION! INTERCULTURAL NIGHTS WILL HAPPEN AND WE ARE LOOKING FORWARD TO SEE WHAT YOU WILL SHARE WITH US! PLEASE DO NOT BRING THINGS THAT NEED TO BE COOKED.



COVID-19 IMPORTANT INFORMATIONS

DOCUMENTS

TO ENTER SPAIN AND PARTICIPATE IN THE EXCHANGE YOU MUST HAVE A CERTIFICATE OF VACCINATION AGAINST COVID-19 OR A NEGATIVE PCR TEST DONE NO MORE THAN 72 HOURS BEFORE ARRIVAL.

AT SPANISH AIRPORTS, YOU MUST PRESENT A QR CODE TO BE SCANNED. THIS CODE IS GENERATED THROUGH THE GOVERNMENT WEBSITE ([CLICK!](#)) OR APP ON YOUR PHONE BY FILLING OUT A SPECIAL FORM. THIS CODE IS OBLIGATORY.

FIRST DAY OF THE ACTIVITY

IN ADDITION TO THE PCR TEST/VACCINATION CERTIFICATE NEEDED FOR ENTRY INTO SPAIN. ON ARRIVAL, EACH PARTICIPANT WILL BE GIVEN AN ANTIGEN TEST.

DURING THE ACTIVITY

KEEP IN MIND THAT WEARING A MASK IS MANDATORY DURING ALL ACTIVITIES. SOME HAND SANITIZING POINTS WILL BE PROVIDED DURING THE YOUTH EXCHANGE. PLEASE REMAIN RESPONSIBLE. IF YOU NOTICE ANY SYMPTOMS, PLEASE INFORM THE COORDINATOR IMMEDIATELY.

HOSTEL

THE HOSTEL WHERE THE EXCHANGE WILL TAKE PLACE IS AFFILIATED WITH THE CITY HALL, WHICH MEANS IT HAS OFFICIAL PREVENTION PROTOCOL. THIS INCLUDES DAILY DISINFECTION OF COMMON AREAS. YOU ARE ASKED TO RESPECT THE LIMIT OF PEOPLE IN THE BATHROOMS. THE HOSTEL HAS ONE SPECIAL ROOM IN CASE OF ISOLATION NEEDS.

VENUE OF THE EVENT

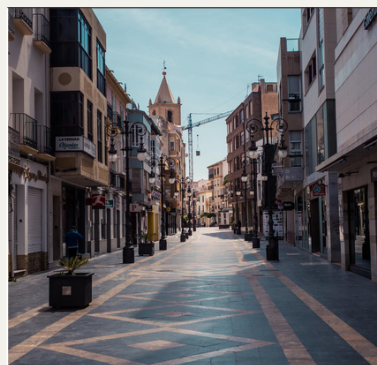
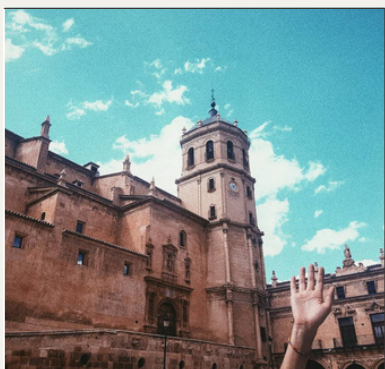
ABOUT LORCA

LORCA IS A BEAUTIFUL SMALL TOWN IN THE SOUTH-EAST OF SPAIN. IT IS CALLED "THE CITY OF THE SUN" BECAUSE IT IS USUALLY VERY SUNNY HERE. CHECK THE WEATHER FORECAST HERE:

[HTTPS://WWW.WORLDWEATHERONLINE.COM/LORCA-WEATHER/MURCIA/ES.ASPX](https://www.worldweatheronline.com/Lorca-Weather/Murcia/es.aspx). LORCA IS LOCATED IN THE VALLEY, BECAUSE OF THAT THE EVEN IN THE WINTER IS WARM, HOWEVER THE NIGHT CAN BE COOL AND WINDY.

HOWEVER THE VENUE OF THE EVENT WILL BE OUTSIDE THE CITY, AT THE COUNTRYSIDE. PLEASE HAVE IT MIND WHILE YOU WILL LOOK FOR THE CONNECTIONS AS WE WILL HAVE ONLY 1 BUS TO TAKE YOU TO THE PLACE OF STAY.

**THE BUS WILL WAIT FOR YOU AT
20:30 AT THE BUS STATION LORCA**



HOW TO GET TO LORCA

ALICANTE AIRPORT

WHEN YOU BUY YOUR AIRPLANE TICKET PLEASE BEAR IN MIND NOT TO ARRIVE AT ALICANTE TOO LATE OR DEPARTURE FROM ALICANTE BEFORE 11:00. THERE IS NO BUS/TRAIN CONNECTION LORCA-ALICANTE AIRPORT BETWEEN 8 PM - 8 AM.

OPTION 1:

UPON YOUR ARRIVAL AT ALICANTE AIRPORT TAKE A BUS TO MURCIA FROM THE BUS STATION ON THE TOP LEVEL OF THE AIRPORT. THERE ARE BUSES EVERY 2 HOURS FROM 10:15. TO 19:15. THE TRIP TAKES 45 MINS AND COSTS AROUND 6€. THE BUS COMPANY IS ALSA AND YOU CAN BUY THE TICKET IN ADVANCE ONLINE AT WWW.ALSA.ES

ONCE YOU ARE IN MURCIA YOU CAN TAKE A BUS TO LORCA. THEN YOU WILL ARRIVE TO LORCA BUS STATION WHERE THE BUS PROVIDED BY US WILL WAIT AT 20:30 TO TAKE YOU TO THE PLACE OF THE AVENUE.

OPTION 2:

TAKE A CITY BUS FROM AIRPORT (LINE C6) AND ASK THE DRIVER TO TELL YOU WHEN YOU ARRIVE AT SAN GABRIEL'S STOP (IT SHOULD BE A 3RD STOP). WHEN YOU GET THERE, TAKE TRAIN (CERCANIAS) TO MURCIA, CHECK THE SCHEDULE HERE ([CLICK!](#)). THEN TAKE A BUS FROM TRAIN STATION TO BUS STATIONS (OR TAKE A 20 MIN WALK) AND TAKE A BUS TO LORCA

AS THE TRAINS FROM MURCIA TO LORCA ARE SUSPENDED THERE WILL BE SOME SPECIAL BUSES TO LORCA FROM THE TRAIN STATIONS. WHEN YOU WILL BE BUYING THE TICKET AT SANT GABRIEL YOU CAN CHOOSE LORCA AND GO THERE WITH THE SAME TICKET. THE TEMPORARY BUS WILL HAVE A STOP AT MURCIA TRAIN STATION AND WILL GO AROUND 1,5H TO LORCA SUTULLENA (NEXT TO A BUS STATION LORCA)

OPTION 3:

BY THE CITY BUS (C6) YOU CAN GO TO ALICANTE'S BUS STATION AND TAKE A BUS TO LORCA. THERE ARE VERY FEW BUSES AND YOU MOSTLY NEED TO BUY THE TICKET IN ADVANCE ON WWW.ALSA.ES. NOTE THAT THE LAST BUS LEAVES AT 9:45 PM. AND THE FIRST ONE AT 03:30 AM.

HOW TO GET TO LORCA

MADRID BARAJAS AIRPORT

PLEASE KEEP IN MIND THAT IN ORDER TO ARRIVE TO LORCA THE SAME DAY, YOU SHOULD BE AT THE AIRPORT BY 3:00 PM., NOT LATER, TO CATCH THE TRAIN AT 4:30 PM.

BY TRAIN:

TAKE THE CERCANIAS TRAIN (FOR FREE WITH A TRAIN TICKET TO MURCIA - GO WITH YOUR TICKET TO THE INFORMATION POINT FROM RENFE TO RECEIVE YOUR FREE TICKET FOR CERCANIAS) FROM THE AIRPORT TO MADRID ATOCHA TRAIN STATION (YOU WILL HAVE TO CHANGE THE LINES TWICE OR THREE TIMES). THEN TAKE A TRAIN TO MURCIA. IN MURCIA YOU CAN GET BY BUS TO LORCA THAT IS PROVIDED BY RENFE AS THEY CLOSED THE RAILWAY BECAUSE OF SOME CHANGES.

THE TICKET COSTS BETWEEN 38€ AND 47€. TO CHECK THE TRAIN SCHEDULE VISIT PLEASE WWW.RENFE.ES. IF YOU DECIDE TO TRAVEL BY TRAIN, WE ADVISE YOU TO BUY A TICKET IN ADVANCE ONLINE AS THE MADRID - MURCIA CONNECTION IS VERY POPULAR AND TRAINS ARE USUALLY FULL!

BY BUS:

THERE ARE DIRECT BUSES (CA. TWICE A DAY) FROM TERMINAL 4 TO LORCA. THE TICKET COSTS AROUND 35€ AND THE TRIP TAKES 6,5 - 7H. YOU SHOULD BUY IT IN ADVANCE AT THE WWW.ALSA.COM. YOU CAN ALSO PURCHASE TICKETS ONLINE IN WWW.MOVELIA.COM. YOU CAN ALSO CATCH A BUS FROM ONE OF THE BUS STATION IN MADRID TO LORCA.

HAVE IN MIND THAT THAT THE BUS THAT WE PROVIDE TO TAKE YOU TO THE VENUE OF THE EVENT WILL DEPARTURE AT 20:30 FROM LORCA.

HOW TO GET TO LORCA

VALENCIA AIRPORT

BY BUS:

TAKE THE METRO FROM THE AIRPORT TO VALENCIA BUS STATION AND TAKE A BUS TO MURCIA (17,59 €). THE TRIP TAKES 3-5,5H. TO CHECK THE BUS SCHEDULE GO TO WWW.ALSA.ES. YOU CAN ALSO PURCHASE TICKETS ONLINE. LATER YOU HAVE TO TAKE A BUS TO LORCA SUTULLENA. THERE IS SOME DIRECT BUSES FROM VALENCIA TO LORCA BUT NOT MANY.

BARCELONA AIRPORT

BARCELONA IS QUITE FAR AWAY FROM LORCA, TRY NO TO BUY THE FLIGHT TO THERE. IF YOU DON'T HAVE ANY OTHER OPTION.

TAKE A BUS FROM THE AIRPORT TO PLAZA DE ESPAÑA. IT COSTS 2.00 €. WHEN YOU GET THERE TAKE THE BUS TO BARCELONA SANTS STATION (SANTS ESTACIO), WHICH ALSO COSTS 2.00 €. YOU CAN ALSO TAKE THE METRO, WHICH IS VERY NEAR THE BUS STATION. THE BUS AND THE METRO WILL TAKE YOU STRAIGHT TO THE TRAIN STATION. THE TRAIN TICKET TO LORCA COSTS 58.00 €. KEEP IN MIND THAT THERE IS ONLY ONE TRAIN TO LORCA AT 12:00. YOU CAN PURCHASE A TICKET AT WWW.RENFE.ES REMEMBER THAT BECAUSE OF THE CHANGING THE TRAIN FROM MURCIA TO LORCA IS CLOSED AND THERE IS TEMPORARY BUS PROVIDED BY RENFE.

**IF YOU HAVE PROBLEMS TO FIND A CONNECTION
PLEASE CONTACT [HOSTING@CAZALLA-
INTERCULTURAL.ORG](mailto:HOSTING@CAZALLA-INTERCULTURAL.ORG) AND WE WILL DO OUR BEST
TO HELP YOU**



FREQUENTLY ASKED QUESTIONS

ACCOMODATION AND FOOD

THE ERASMUS+ PROGRAMME PROVIDES ACCOMMODATION AND FOOD. IF YOU HAVE ANY ALLERGIES PLEASE LET US KNOW IN THE REGISTRATION FORM, SO WE CAN MAKE YOUR EXPERIENCE AS ENJOYABLE AS POSSIBLE.

CAN I STAY LONGER?

THE PROJECT STARTS 24TH AUGUST 2021 AS AN ARRIVAL DATE AND FINISH 1ST DECEMBER 2021 - DEPARTURE DATE.

IF YOU WANT TO STAY MORE THAN 2 DAYS BEFORE AND/OR AFTER THE YOUTH EXCHANGE THE PROJECT WILL NOT COVER YOUR TRAVEL COSTS, YOUR ACCOMMODATION AND FOOD COSTS. PLEASE INFORM US BEFORE BUYING THE TICKETS.

HOW TO GET A REIMBURSEMENT?

ONLY PARTICIPANTS WHO ATTEND AT LEAST 80% OF THE PROGRAMME OF THE YOUTH EXCHANGE ARE ENTITLED TO REIMBURSEMENT OF THEIR EXPENSES. BEAR IN MIND THAT THE PROJECT ALLOWS THE PARTICIPANT TO ARRIVE FOR THE YOUTH EXCHANGE UP TO 2 DAYS BEFORE ITS BEGINNING AND UP TO 2 DAYS AFTER ITS ENDING

WHAT CAN I DO IF I CANNOT BUY THE TICKETS IN ADVANCE?

PLEASE CONTACT US AT HOSTING@CAZALLA-INTERCULTURAL.ORG AND WE WILL TRY TO HELP YOU. DO NOT RISK TRAVELING WITHOUT TICKETS.

FREQUENTLY ASKED QUESTIONS

ARE TAXIS, RENT CARS OR CARPOOLING ACCEPTED AS A MEANS OF TRANSPORT?

EVEN THOUGH THE ERASMUS+ PROGRAMME IS QUITE FLEXIBLE IN TERMS OF HOW YOU TRAVEL, WE RECOMMEND USING THE TRADITIONAL MEANS OF TRANSPORTATION, SUCH AS AIRPLANES, TRAINS, BUSES. OTHERWISE, PLEASE INFORM US IN ADVANCE FOR YOUR TRAVEL INTENTIONS SO WE CAN DISCUSS YOUR OPTIONS AND NECESSARY PAPERS FOR REIMBURSEMENT.

VISA AND INSURANCE

WE KINDLY ASK THE EUROPEAN PARTICIPANTS AND NON-EU PARTICIPANTS TO TAKE CARE OF THE HEALTH INSURANCE FOR BOTH TRAVEL AND STAY DURING THE YOUTH EXCHANGE. OTHERWISE, ANY EXPENSES FOR MEDICAL CARE IN SPAIN WILL BE CONSIDERED AS PERSONAL COSTS OF THE PARTICIPANTS. CAZALLA INTERCULTURAL WILL NOT REIMBURSE THE PARTICIPANTS FOR ANY MEDICAL COSTS. WE STRONGLY RECOMMEND TO BRING WITH YOU YOUR EUROPEAN HEALTH INSURANCE CARD OR FOR PARTICIPANTS OUTSIDE THE EU - A TRAVEL INSURANCE (MORE INFO HERE [HTTP://EC.EUROPA.EU/SOCIAL/MAIN.JSP?CATID=559](http://ec.europa.eu/social/main.jsp?catid=559))

CONTACT

CENTRO DE FORMACIÓN Y RECURSOS JUVENILES M13

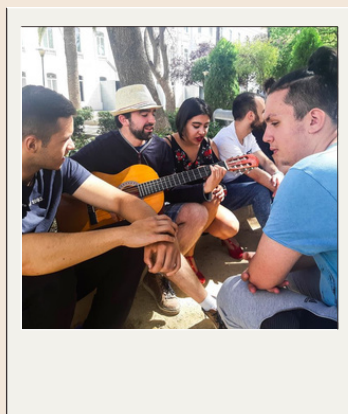
COORDINATOR: GABRIELA BAZAN

E-MAIL: HOSTING@CAZALLA-INTERCULTURAL.ORG

TEL NUMBER: PROVIDED VIA EMAIL IN CASE OF
EMERGENCY PROBLEM

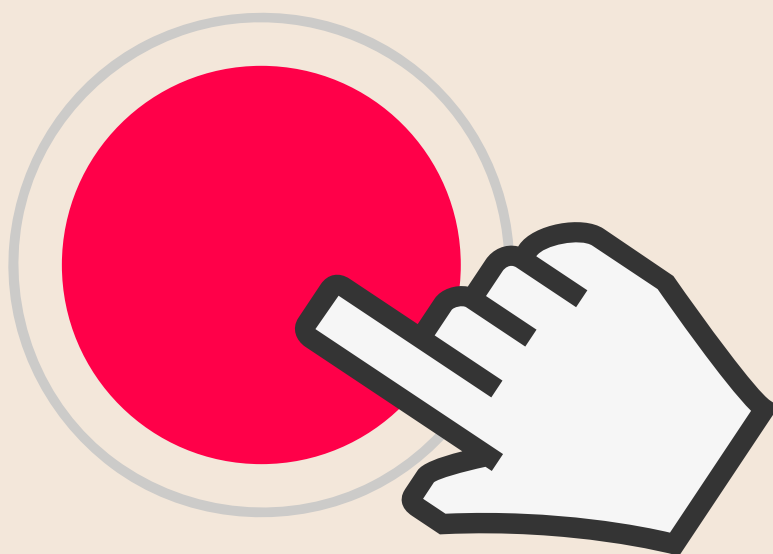
WORKING HOURS: MONDAY - FRIDAY: 10:00 -
14:30.

ADDRESS: C/ ANTONIO PELEGRÍN MEDINA 14
(LORCA), APDO. CORREOS Nº 2, 30800 LORCA
(MURCIA), SPAIN



REGISTRATION FORM

THE SENDING ORGANIZATION HAS SELECTED
YOU?



FULFILL THE REGISTRATION FORM