

creant

Europa



EUROPE IS MY HOME

Benicàssim, Spain

OCT 6, 2019

OCT 12, 2019

YOUTH EXCHANGE

Spain,

Lithuania,

Greece,

Italy,

Bulgaria

Romania



Europe is my home

Hello there! Welcome to the project “Europe is my home” about European cultural heritage, where 30 youngsters from six different countries will learn together about their shared European culture in a seven days-long exchange in the beautiful town of Benicàssim, Spain.

This infopack provides all the necessary information about the project and will be a central piece of the project. Read it carefully!

1. THE PROJECT

Nowadays, the construction of the European Union seems more threatened than ever. The EU has to cope with challenges from the exterior, such as terrorism and immigration, during a moment of great uncertainty in the interior. The political and economic wounds that resulted from the 2007-2008 economic crisis still haven't healed, being its most evident consequence the rise of far-right parties all over Europe, including long and well established democracies such as France and Austria. The euroscepticism and europhobia reaches its peak with Brexit, a turning point in the European process since it's the first time a country goes as far as to actually start the process of withdrawal.

In this context, it seems essential to remind the Europeans our long history and rich common heritage, and the fact that the things that unite us are far more than those that divide us. Beyond political and economic considerations, the common culture and history it's the glue that keeps the European peoples united. This project aims to increase awareness on the importance and strength of these bonds and to revalue our shared heritage. During the project, the participants will explore the different parts of the European culture from a dynamic and critic perspective, putting them in direct contact with our traditions and allowing them to notice the similarities between the different European peoples.

2. PARTICIPANT ORGANIZATIONS

Organization	Country	Participants
Creant Europa	Spain	5
Tarptautinis bendradarbiavimo centras	Lithuania	5
PRAXIS	Greece	5
FONDAZIONE ISTITUTO MORCELLIANO	Italy	5
SDRUZHENIE ALTERNATIVI INTERNATIONAL	Bulgaria	5
Asociatia Turul Madar	Romania	5

3. LANGUAGE USED

The activities of the project will have English as the main communication language. It is therefore a participation requisite to have an English level good enough to be able to follow the activities and actively engage on them.

4. WHO CAN PARTICIPATE?

Young people interested in discovering more about European culture and folklore and coming from the partner countries: Lithuania, Greece, Bulgaria, Italy, Romania and Spain. In order to be eligible for participation, you must:

- Be 18- 30 years old.
- Have good English skills.
- Be in possession of a European Health Insurance Card or equivalent.
- Agree to the rules & terms of the project as detailed in the learning contract and sign and send it on time.

5. WHAT WILL WE DO?

This is the link to the schedule. We hope you like it as much as we do!

https://drive.google.com/file/d/1CCOeeg3c_7obSUWIKpla-TxfOak5_nf3/view?usp=sharing

6. COSTS AND REIMBURSEMENTS

-Accommodation, food and activities' materials: 100% covered by the EU.

-Travel costs: The travel from your hometown to Benicàssim and back is covered by the project budget up to a limit. This limit is settled by the Erasmus+ Programme rules and calculated using the Erasmus+ Distance Calculator tool. Maximum travel budgets are:

Spain	0 euros
Italy	275 euros
Greece	360 euros
Bulgaria	360 euros
Lithuania	360 euros
Romania	360 euros

These are the maximum amounts the project budget will refund you for your displacements from your hometown to Benicàssim and back. If you spend more than the maximum budget, we will not be able to refund you the difference and will be on your own. Please note that there are some **important things** about the travel budget:

- **Only actual costs will be refunded.** The project organizers will refund you no greater amount of money than the one you actually spent on the travels. If there is any margin between the costs of your tickets and the maximum travel budget, it will not be refunded.
- **We can only refund travel costs for which original tickets/ invoices/ boarding passes are provided.** We strongly recommend you to keep all the original travel documents with you, since we won't be able to refund them if we don't receive them.

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- **Only public transportation will be refunded.** Private cars, taxis and the like will not be refunded.
- **Reimbursement will be done after the exchange and will be conditioned to the compliance with the Erasmus+ Programme rules.** It means that full engagement in the activities of the exchange is a requisite for the reimbursement.
- **You can stay in Spain for up to two extra days before or after the project.** In case you want to visit Spain or if the itinerary suits you better this way, you can come up to two days before the beginning of the exchange (October 5th) or stay up to two days after its end (October 13th). Accommodation and food will not be provided by the project organizers on those days, but travels will still be reimbursed.

Don't buy any ticket without confirmation from us! Send us your planned itinerary to carlosgalvany@gmail.com to check that everything is right with it.

The project has a **participation fee** of 20 euros to help with the organisational costs to be paid upon arrival to the venue.

7. HOW TO REACH BENICÀSSIM

Benicàssim is quite well connected to major cities and therefore fairly easy to reach. The closest airports are Barcelona (El Prat airport), Valencia (Manises) and Alicante (Alicante-Elche). Other less recommendable options are Madrid (Barajas Adolfo Suárez airport) and Castellón (Castelló-Costa Azahar). Here you can find instructions on how to get to Benicàssim from each of these airports. But first, some important information!

- **Activities will begin on October 6th at 09:00 and finish at 19:00, October 12th.** You must be on Benicàssim between these two hours. Accommodation and food will be provided at Hostel Argentina from October 5th till the end of the exchange.
- **The easiest way to go to Benicàssim is by train.** Once you get to Benicàssim, the hostel is 2.2km away from the train station. You can either go by foot (about 20 minutes walk) or by taxi, though that option will not be reimbursed.
- **Ask us!** If you have any doubt or problem or need any advice, don't hesitate to contact us (carlosgalvany@gmail.com).

And now back to the important stuff!

Option 1: From Manises (València Airport) for 14-25€

1. Take the metro line 3 or 5 from Airport to Xàtiva (10 stops, 25 minutes). A ticket is 4,9€ (3.9€ ticket + 1€ card). (More information: <https://www.metrovalencia.es/page.php>)

Once you arrived to Xàtiva, the train station (Estació del Nord) is just in front of the metro stop.

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2. Buy tickets here: <http://www.renfe.com/EN/viajeros/horarios.html> or at the station with the same price.

Departing: Valencia (ALL)

Destination: Benicassim

There are 2 types of trains:

- Regional/Express: around 90 min for less than 10€
- Talgo: less than 60 min for 18 - 20€

We highly recommend taking regional or express, depending the hour, as the best time/price option.

Option 2. From Barcelona airport:

1. Train from the Airport to Barcelona-Sants (train station). Duration: 20 min. Price: 5-7€ (Buy your ticket here: <http://www.renfe.com/EN/viajeros/horarios.html> or at the station.)
2. From Sants train station, catch a train to Benicàssim. You can buy the tickets at the station or online (<http://www.renfe.com/EN/viajeros/horarios.html>).
Departing: Barcelona (All)
Destination: Benicàssim
3. There are two types of trains:
 - Express (the name is a joke, it's everything but express): 4h 15min, 25 euros.
 - Talgo: 2h 30min, 35 euros.

Option 3. From Alicante airport.

1. Get to Alicante train station by bus (Vectalia - Grupo SuBús, line C-6). Bus costs about 4 euros and take ~30 mins. Tickets are bought at the bus.

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2. From Alicante train station, catch a train to Benicàssim. It's a direct trip, without layovers. It costs about 40 euros and take +/- 2h 45 mins. You can buy the tickets at the station or at <http://www.renfe.com/EN/viajeros/index.html>.

8. VENUE.

The exchange will be held in the Argentina hostel, located in the middle of Benicàssim. The participants will stay in non-mixed, 2-5 people bedrooms. Among the facilities there are basketball and tennis yards and a swimming pool, in addition to being right next to the beach. Temperatures in the beginning of October usually reach 30º, so don't forget your swimsuit!



Adress: Av. Ferrandis Salvador, 40, 12560 Benicasim, Castellón

For more information about [Hostel Argentina](#).

About Benicàssim/Benicasim

Benicassim is a seaside town in the province of Castellón. Given its ideal location on the Mediterranean coast, it is the perfect spot for stunning views, pleasant sunshine and good music. Benicassim has a 6-kilometre coastline, divided into five beaches. In addition to the sea views, you can admire the breathtaking scenery of the natural park called Desierto de las Palmas, which shows the perfect harmonious environment between the sea and the mountain and offers an incomparable panoramic view of the coastal area of Benicàssim.

For more information: [Benicàssim](#)

Close to Benicassim is Penyíscola, another seaside town which has one of the loveliest views of Spain. It is surrounded by the sea and overlooked by the emblematic Castillo del Papa Luna.

For more information: [Peñíscola](#)

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9. WEATHER

Weather in Benicàssim in early October use to be mild. Expect day temperatures to rise as high as 30 degrees (remember your swimsuit!) and night temperatures to be around 10-15 degrees. You can check the forecast on:

<http://www.aemet.es/es/eltiempo/prediccion/municipios/benicasim-benicassim-id12028>

10. WHAT TO PREPARE IN ADVANCE?

Some of the activities need some previous preparation.

- For the cooking session you must think of a traditional recipe from your countries. Simplicity and ease to cook are always a plus!
- During the cultural night each national team will make a brief presentation about their countries. It would be wonderful if you brought some traditional food & drinks to try!
- Though it's not mandatory, we strongly invite you to prepare some energizers!

Other than that, remember to bring your good mood and enthusiasm!

11. CONTACTS

For any inquiries about the project, please contact project coordinator Carlos Galvany or facilitator Alejandro López::

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