

Chrysalis

CARAVACA DE LA CRUZ, MURCIA-SPAIN
06-13 JULY 2018



EURO
ACCION
MURCIA



Erasmus+

What is it?

Chrysalis is a youth exchange about personal growth. It is a process through which young people will have the chance to go through their own rite of passage, entering a transformative path from youth to adulthood. It aims at empowering young people by helping them to realise what they have learnt and improved so far as young people in their lives for them to go further and decide how and what they need in order to become the adult they are entitled to be. We gather young people from partner countries and create a safe atmosphere not only for the cultural exchange but also for personal development and non-formal learning process.



Raise self-awareness about who they are in reality.

To develop and promote body awareness and body work. To foster their self-esteem and motivation for self-care.

To help them expand their creativity as a tool for self-expression.

To support them in finding new ways of emotional expression, more diverse and spontaneous.

Methodology

The workshops and activities will be relative to the project field of performing arts like MUSIC, CONTEMPORARY DANCE & THEATRE. Within 7 working days, participants will be attending workshops in the morning, participating in the rehearsals at the afternoons and have artistic and informal evenings to share their progress and communicate.



Each of the groups will have a Team Leader, who will be managing the process and helping participants to unite and cooperate in order to create the final result-performance. The performance will be represented on the closing event in Caravaca, Spain at the end of the youth exchange.

Travel Information

AIRPORTS

The nearest and most convenient airport to Murcia is Alicante Airport, which is one-hour distance by bus from Murcia.

Please try NOT TO buy tickets to Murcia Airport, as the bus connection with the city is not as good as from Alicante Airport.

From Alicante Airport there are buses to Murcia every two hours. Please, try to organize your journey in order to be on time at the Meeting Point on the 6th of July at 20:00 the latest!

(We can't reimburse extra accommodation and food.)

If you don't find good flight connection to Alicante, try Valencia airport, which is 3-4 hours distance from Murcia.

In the last case, if none of the previous airports have good connections, you can fly to Madrid Barajas Airport and from there take a bus ([www.alsa](http://www.alsa.com)) or a train (www.renfe.com).

When you buy the tickets please consider the distance between towns in order to be on time in the meeting point!



A private bus will pick you up in Murcia and drive you to the place where the Training Course will take place: La Casa del Trigo in Caravaca De La Cruz.

All the bus connections between Alicante Airport and Murcia can be found on www.alsa.es

Board and lodging will be fully covered by the project.

**TRAVEL DAYS ARE THE
6TH AND 13TH OF JULY**

Meeting Point

The meeting point is on the 6th of July at 20.00 in Murcia, in Plaza del Cardenal Belluga, in front of the main entrance of the Cathedral of Murcia (as you see it in the photo).

It's around 20 minutes walking from the bus and train station. If you arrive to the train station you can pick up the bus number 39 and get down to the bus station
GLORIETA DE ESPAÑA.



La Casa del Trigo

CASA DEL TRIGO (Wheat House) is a very special place located in the municipality of Caravaca de la Cruz, a very old and monumental town in the Region of Murcia. It is located 7 Km far from the town. It is in a green rural area called La Encarnación. The house is big and it is our brand new training centre.

The house is not just 1 house, it is divided in three houses, and one is for about 10 people as well as for the kitchen staff that is living there. It has all you may need including a living room for spare and social moments and Internet connection. Then there's also the main house, with two floors for about 6-7 people each. Beds are bunk type, so, 3 or 2 bunks in each room. Rooms are really big and comfortable.

No need to bring your bedding or sleeping bag, **BUT PLEASE BRING YOUR TOWELS.** Working room will be also in the main house. In each floor there's a bathroom with 3 - 2 showers and 1 WC.





For us this house, which we created 3 years ago, is the result of an extraordinary amount of energy and passion in order to create a place for inspiration, learning, discovery and self-awareness. Because we believe in social change and we are convinced that this world will not change if we ourselves, as individuals don't change, we promote certain habits and behaviour in our/your CASA DEL TRIGO.

For instance:

1. We would ask you to keep silence after midnight and to socialise or play games in the second house where a living room is foreseen for you spare moments.
2. We would ask you to wash ecologically your dish, glass, spoon, fork and knife after each meal and leave it ready for the next meal. For that, every day we will have different teams in charge of the main washing after lunch and dinner.

You can find more picture of our training center here:

<https://www.dropbox.com/sh/w01y7v27ber8dzx/AADwPsp57VZwBzRIKW0YZl8Ja?dl=0>



Welcome to Spain!

(Tips to enjoy your trip)



We could say so many things about what to consider when traveling to Spain or to Murcia that we will spend pages and pages in that. Instead of making you feel sleepy with so much reading we propose you a more exciting and comprehensive information that we think you will like more:

visit the link of the best travel guide, Lonely Planet and find anything you need to know about Spain or Murcia:

<http://www.lonelyplanet.com/spain>

A part from that, just a quite relevant thing regarding our stay in Caravaca: bring some really comfortable clothes, we'll have activities with body movement.

In July the average temperature varies from 28-32 degrees, but in the evening it may be a bit chilly, so it will be better to consider that while packing as well.

Other thing you may need to take are solar creams and swimming suits- we'll have a trip to the beach, so if your skin is sensitive to the sun, you should consider taking with you some protection.

Furthermore, around the venue, there are no shops, so we advise you to buy before your snacks, medicines, cigarettes or other commodities you may need during the course.

Exceptionally and in urgent cases our staff can travel to Caravaca city.



Looking forward to meeting
you in Murcia, Spain :)