

# *Touch of Life*

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## **Info Pack**

Youth Exchange

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*23 - 29 july*

**Caravaca de la  
Cruz, Murcia, Spain**

# *introduction*

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## **what is it?**

TOUCH OF LIFE is a youth exchange aimed at:

- a) Developing their self awareness for young people on their personality through Gestalt therapy approaches, body work and the physical contact.
- b) Improving their self-esteem through different games and dynamics based on mindfulness.
- c) Fostering their well-being through exploring the importance of physical contact and how it can impact a young person's life.
- d) Enabling young people's emotional intelligence to cope with daily challenges and interpersonal relations and conflicts.

## **Methodology**

The youth exchange will be based on the following methodological principles:

- 1) Gestalt therapy and other humanistic approaches, like client centered approaches from Carl Rogers.
- 2) Body work disciplines connected with contemporary dance and body expression (Fedora Aberasturi, Laban, Gabriel Roth, etc)

# TRAVEL INFORMATION

## Airports

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

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 23rd of July at 20:30 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) 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!

From Murcia a private bus will pick you up 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](http://www.alsa.es)

Board and lodging will be fully covered for the duration of the course.



Travel Days: 23 and  
29 of July

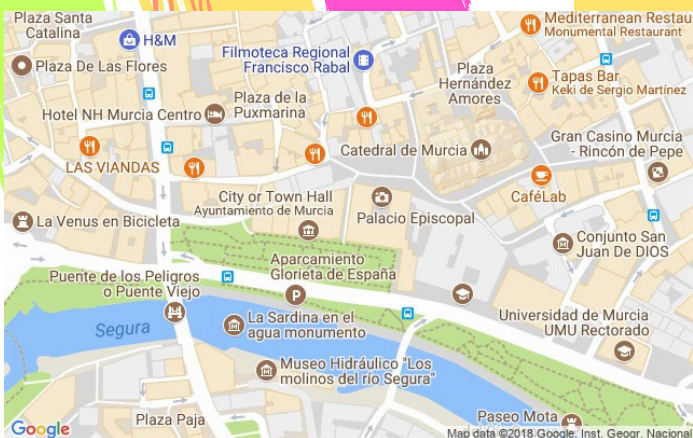
# Meeting Point

The meeting point is on the 1st of June at 20.30 in Murcia in front of the Cathedral, the main entrance, in Plaza del Cardenal Belluga in front of the main door of the Cathedral.

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

The Cathedral is very close, 2 minutes walking.

After that participants will be picked up by private bus and brought to Casa del Trigo.





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# Travel Reimbursement

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Armenia 820 Euros per participant  
Estonia 530 Euros per participant  
Lithuania 360 Euros per participant  
Greece 360 Euros per participant  
Spain 20 Euros per participant

These prices are defined by Erasmus+ policy, we provide 100% of reimbursement, but only up to the amounts mentioned above.

In order to organize participants' arrivals- BEFORE BUYING THE TICKETS, please send us the email with proposals [mariatsanana.euroaccion@gmail.com](mailto:mariatsanana.euroaccion@gmail.com).

ONLY AFTER APPROVAL, you can proceed with your purchase.

While buying the tickets, please, be aware that you can have maximum two days difference in your arrival and departure dates from the dates of the training are allowed by the National Agency.

If you want to travel around do not exceed the two days, or it won't be possible for us to provide you reimbursement.

Another very important issue concerning your travel to Murcia and your participation in this course is that you bring all your TICKETS, INVOICES; BOARDING PASSES to be able to reimburse those costs. Thanks in advance to everybody for your understanding and

collaboration

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# VENUE

## La Casa del Trigo

We would like to give you some information about the venue where we will be living and working together.

The place we will be in is called CASA DEL TRIGO (Wheat House). It 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.

CASA DEL TRIGO 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 into 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 big and comfortable.

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

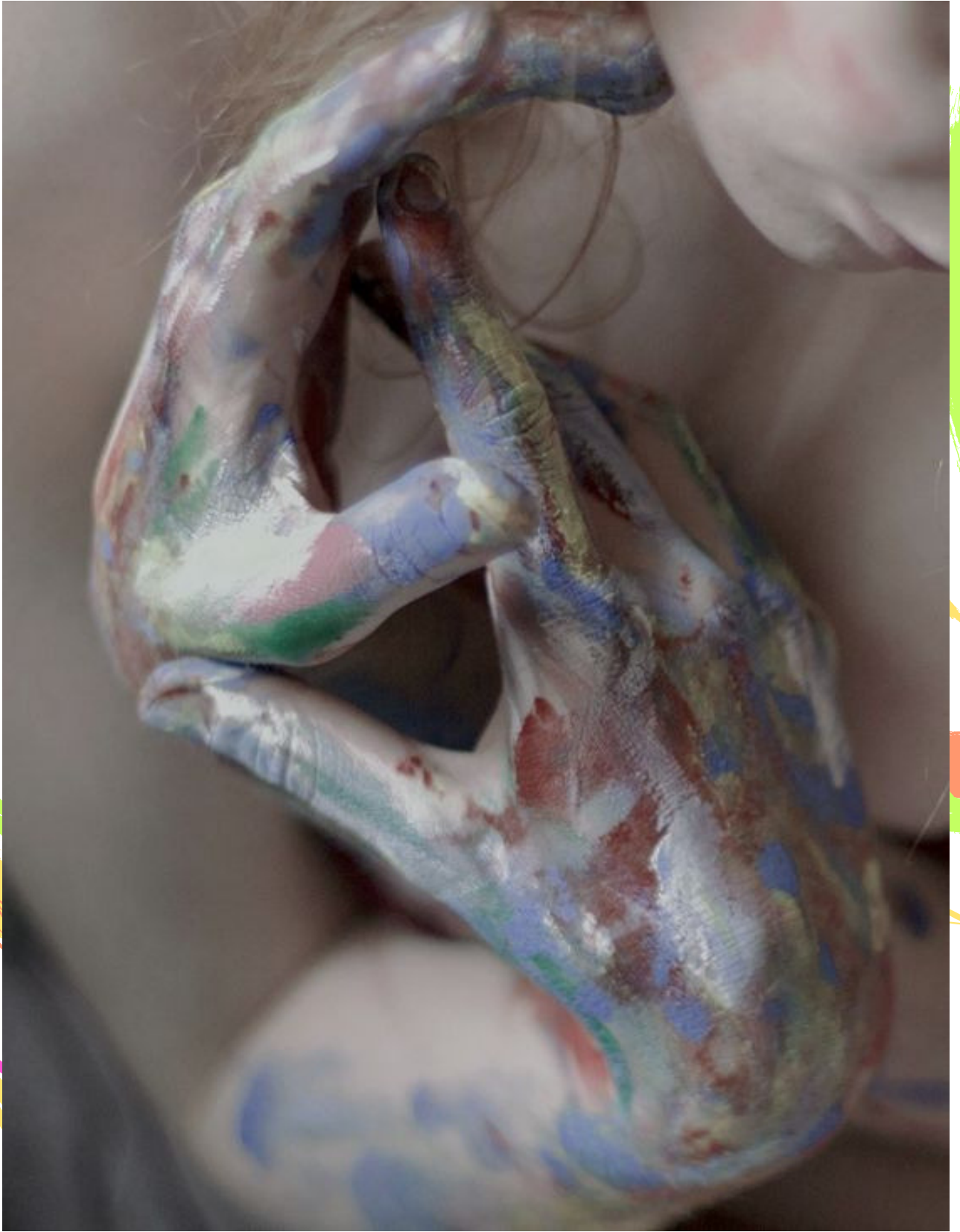
# More

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 socialize or play games in the second house where a living room is foreseen for your 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.





**LOOKING FORWARD TO SEE YOU**