



Erasmus+



“R-active-T”

From 1st to 9th of AUGUST of 2018

Key Action 1: Learning Mobility of Individuals

R-active-T Youth exchange

From 1st to 9th of AUGUST of 2018

PROJECT DETAILS

Project name: R-active-T

Project dates: From 1st to 9th of August of 2018

Place: Iscar -Spain -

Organization : KINBALL VALLADOLID **PIC Number:** 923078773

Participants: 40 Participants in the project will belong to 6 different countries from: Spain, Slovakia, Czech Republic, Bulgaria, Portugal and France

THE ORGANIZERS

KINBALL VALLADOLID:

The association of sport promoting and recreation kin-ball Valladolid is a nonprofit organization. Its main purpose is to spread a healthy lifestyle through sports. The practice of kin-ball teaches values such as team work, gender equality, fair play, unity, cooperation, not abuse, effort, reward, fun, etc. The association is formed by voluntary people of all ages, and has a social function in schools, colleges, universities and other social institutions.

Website: <http://kinballvalladolid.wixsite.com/kinballvalladolid>

Facebook: <https://www.facebook.com/kinballvalladol/>
<https://www.facebook.com/KinballValladolid?amp%3Bfref=ts>

Twitter: <https://twitter.com/kinballvalladol>

Youtube channel: <https://www.youtube.com/channel/UCTYQsN2IOB9ZDZCS6LmPHSg>

Mail: ractivetproject@gmail.com

SUMMARY

"R-active-T" has the fundamental objective to combat the depopulation of rural youth, and ultimately, the disappearance of people and traditions of rural areas. In addition to show participants examples of generating self-employment opportunities in rural areas without having to leave their places of origin. Thus, different dynamics and games aimed at raising awareness among young people towards the environment, sports activities and the analysis of the situation of youth unemployment in the activities of the organizations to which they belong develop participants will be made and how from volunteering we actively promote to help communities and governments to alleviate an increasingly obvious and most pervasive problem: the gradual disappearance of our countryside, our origins and multiple consequences that entails for tourism, the economy, boosting the rural life and, first of all, nature itself.

This project aims to be an analysis of how sustainable are our activities and, especially, to draw a number of proposals that allow us to be much more consistent in our actions to preserve the environment and consequently our peoples. From our association, we propose an exchange working in the field of non-formal education. We have considered it as a space to develop some capabilities, expertise, innovation, and example

of fields of entrepreneurship; it seems obvious the need of showing our reaction and, in the present times, encouraging this type of projects

The language of the project will be English.

Working Methods

Our Youth Exchange will be non-formal learning. It means that learning is based on your experience, your motivation and your needs. During the exchange, non-formal education methods and methods that assure balance between theory and practice will be used such as presentations, group works, workshops, games, role plays, exercises, etc.

Participant countries and partner organizations:

COUNTRY	ORGANIZATION	WEB
PORTUGAL	ESN MINHO	www.esnminho.org
SLOVAKIA	A.D.E.L	www.adelslovakia.org
CZECH REPUBLIC	FIND YOUR NATION	https://www.facebook.com/FindYourNation/?fref=ts
BULGARIA	BSDA (Bulgarian Sport Development Association)	www.bulsport.bg
FRANCE	TERA-Maison de l'Europe	http://tera-maison-europe-charente.eu/



NEEDS

- From **Slovakia, Czech Republic, Bulgaria and France**, **TOTAL: 6 participants per country.**
 - 5 young people aged 18-30.
 - + 1 leaders no age limit.
 - Participants need to be aged over 18 years old.
- From **Portugal**, **TOTAL: 7 participants per country.**
 - 6 young people aged 18-30.
 - + 1 leaders no age limit.
 - Participants need to be aged over 18 years old.
- **Your task during the exchange:**
 - Presentation of your country and your organization.
 - Information about the situation of the main topic in your country context.
 - Traditional foods and drinks for cultural night.
 - Flag of each country would be great.

If you find more participants interested in participating in the total number that corresponds to your country, **we invite to that you make a list of participants on hold** according to the criteria that we establish, because not always you can ensure the participation of the total number of participants in the event that any participant has some unexpected last minute.



TRANSPORTATION

Arrival: Madrid Airport, 1st August. (before 14:00, please confirm your flight details).

Departure: Madrid Airport, 9th August. (After 15:00 please confirm your flight details).

You should take a flight to Madrid airport, because it is the main airport near our region and you will find planes from your country easily. About transportation from the airport we will inform you after collecting all participants' flight information, because we normally pick up the participants at the airport and bring them directly to the project site, all together, by a private bus.

- No regular Bus to Iscar at all hours.

- The cost of a private bus is much cheaper for each participant, than a public bus trip. You can check this yourself.

The cost of this private bus per participant is 15 €, this price, including travel go and return to the airport. We believe that is a more than fair price for these trips.



This 15 euros **are not include** in the travel cost because it is private (National Agency rules).

ACCOMMODATION

Iscar is a Spanish town and municipality in the province of Valladolid and the autonomous community of Castile and León. It has about 6000 inhabitants, although in the summer season the population can grow up to 10500 persons.

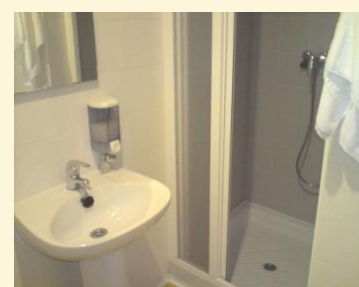
It has a wonderful castle with year of creation in 939 which can be visited with a guide and you can see medieval representations.

Iscar's economy is based on agriculture and especially in the production of doors for homes and factories. Iscar at the time became the producer of 80% of doors throughout Spain.



“RESIDENCIA DEPORTIVA DE ISCAR” Youth Hostel. Iscar, Valladolid. SPAIN. www.alberguesvalladolid.com

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project’s dates (1st to 9th of August of 2018).



COSTS AND REIMBURSEMENT

“ R-active-T ” Youth Exchange Project is implemented with financial support from the European Commission and the ERASMUS + Programme. Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

All participants must consult with the organizers on prices & routes (please contact ractivetproject@gmail.com), before buying any tickets.

Travel expenses will be covered after collecting travel documents on condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, Taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check in as well. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase

Reimbursement will be done in **EURO**, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_es

Note!!! Please make the copies (better scan or take photographs) of your tickets and invoices before coming to Spain and send us all your travel documents to this address Email: ractivetproject@gmail.com , as soon as you buy them. If you have tickets and invoice, make sure that you e-mailed copies of both.

You can't buy any air ticket or any travel cost **before of 1 JUNE without authorization from the organization. If this happens, do not refund no amount of money to these participants.**



TRAVEL COST

This amount is different for each country and shouldn't be exceed. in case of exceeding the maximum allowed, the refund will be made with the maximum amount fixed for each person by country, never larger.

We will inform you about your travel limit costs once the Project is approved and the countries will be participants. Mileage calculated with the official program tool.

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

These are the cost official the new program detailing the maximum cost per participant, but the **obligation of the participating associations according to the criteria of the program is to find the cheapest flight at the right time.**

Country	Distance in kilometers from		€ per participant
Slovakia	Stropkov – Villanubla	2214.36 km.	360 EUR
Czech Republic	Nový Malín - Villanubla	1916.92 km.	275 EUR
Bulgaria	Sofia – Villanubla	2312.10 km.	360 EUR
Portugal	Braga –Villanubla	297.87 km.	180 EUR
France	Grenoble - Villanubla	934,44 km.	275 EUR

These are approximate distances in Kilometers.

For the reimbursement of the money, you have to bring us all original documents:

- **invoices,**
- **e-tickets,**
- **proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)**
- **Original boarding passes**

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming Spain, without having to send it to us by post when you return home. Of course, if for your airline is not possible, you still need to send us the boarding passes by post mail after the project.

It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is NOT possible!



No Visa is required for EU citizens, participants will need to have only valid ID card(for some countries only) or international passport.

Please, check the VALIDITY of the passports before the departure – Passport must be valid at least for 6 (six) months.

Of course, if you want you can stay 1-2 days before/after the project in order to visit us, our Capital city, but you have to pay by yourself for those extra days.

INFORMATION NEEDED

- List of participants and Personal application of each participant (APP) **until 20th of JUNE 2018.**

- The arrival and departure details in order to prepare his transport from airport of Madrid to Iscar.
- One contact person in your home country (for in case) (e.g. family member); full name and telephone.

If any participant have any special diet that affects your health or have a different alimentary option, must communicate in the personal application before coming to Spain.

HEALTH AND TRAVEL INSURANCE

Health insurance will NOT be provided or reimbursed by the organizers. All participants are required to purchase health insurance individually, or get the free of charge formulary E-111 from your national social security that covers medical costs around EU member states (European Health Insurance Card).

RULES



You are expected to participate fully in all activities. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation.

Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

CULTURAL NIGHT

Don't forget to bring some traditional music for the intercultural evenings. We will have one cultural night per country where you can expose your customs, traditional dances and culture, please !!! all teams must prepare some presentation of your country in a creative way (try to avoid PowerPoint and movies from tourist agencies). We hope, that your culture means you something more than national food and drinks. Also bring flag or your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

Here are a few examples from our past projects to trigger your imagination:



CONTACT AND OFFICIAL FACEBOOK GROUP OF THE PROJECT

Facebook page:

<https://www.facebook.com/groups/214494046021045/>

Contact

If you need help, have questions or need further information please contact via e-mail:

ractivetproject@gmail.com

Thanks for your interest!!!!