



Erasmus+



Youth Exchange Project

INFOPACK

“Bet for you”

From 12th to 20th of AUGUST of 2019

Key Action 1

Key Action 1: Learning Mobility of Individuals

“Bet for you”

Youth exchange

From 12th to 20th of AUGUST of 2019

PROJECT DETAILS

Project name: Bet for you

Project dates: From 12th to 20th of AUGUST of 2019

Place: Iscar, Valladolid – Spain

Organization: CLUB DEPORTIVO CHAÑE **Number PIC:** 948154922

Participants: 33 Participants in the project will belong to 6 different countries from: Spain, Portugal, Bulgaria, Turkey, Estonia and Romania.

THE ORGANIZERS

The Sport Club Chañe (Club Deportivo Chañe) is a youth sport club that bases its work in the field of non-formal education and sports. This sport club has several federated teams that play regularly. Also this sport club has organized several youth exchanges: in 2014 related with sports and employability, in 2015 related with alternative sports and employability, in 2017 linked to sports' values and bullying and in 2018 on rugby's value and addictions. Some of our objectives are: to create, develop and promote national and international youth exchanges to promote European partnership in youth and for professional development of the standards and European practices, to organize summer schools and conferences, to promote social initiatives among young people, to create and develop different programs and trainings about vocational counseling.

We will also focus on the creation and carrying out of the projects for participative democracy among young people and promoting the concept of active European citizenship.

Facebook page: <https://www.facebook.com/Club-Deportivo-Cha%C3%B1e-1623269191228489/timeline/>

Website: <http://clubchane.wix.com/clubchane>

E-mail: betforyouproject@gmail.com

SUMMARY

This youth exchange will take place between the 12 to 20 of August of 2019 in the village of Iscar where 33 young people, most of them with fewer opportunities, will be coming from Spain, Portugal, Bulgaria, Turkey, Estonia and Romania.

New technologies have caused a revolution in recent years, and we are currently facing a society with access to a large amount of data that has increased its digital capabilities in terms of information, communication, problem solving and use of software for content manipulation. We have gone from seeing to use, and from being only consumers of digital content to being consumer-producers (prosumers). The digital content has penetrated quickly and decisively in our lives, helped by the use of multiple types of devices, with tablets and smartphones that are the most relevant in their consumption in recent years.

One of the great problems of pathological gambling, recognized as a disease by the World Health Organization (WHO), lies in the lack of external symptoms. Immediately we realize that someone has a problem with alcohol or drugs, but the addiction to the game, video games or the Social Networks takes much longer to be detected. The easyness of access to loans and microloans, often "disguised" with wild interests in lowercase letters, ends up complicating the situation, although it is also possible to develop the game without money in the middle.

Through this exchange, we will try to distinguish between an irresponsible use and a "addictive behaviour". Since the latter responds to the same parameters as addictions to substances: it needs more and more consumption to obtain satisfaction, aggression in abstinence, alteration of sleep and eating habits, isolation and loss of family, professional and educational life . We will also elaborate a complete guide of techniques, resources and addiction prevention dynamics aimed to protect our young people from the digital addictions of the future.

The language of the project will be English.

WORKING METHODS

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

PARTICIPANTS COUNTRIES AND PARTNERS ORGANIZATIONS

COUNTRY	ORGANIZATION	WEB
BULGARIA	BSDA (Bulgarian Sport Development Association)	www.bulsport.bg
ESTONIA	NGO Youth Club Active	http://clubactive.eu/
PORTUGAL	NEAUM	www.arquitectura.uminho.pt/pt/Escola/apresentacao/Paginas/Nucleo-de-Estudantes.aspx
ROMANIA	D.T.C	https://www.facebook.com/pg/daretotakeyourchance
TURKEY	Press Enter	https://twitter.com/presenterngo



NEEDS

- **5 participants per country** From Portugal, Bulgaria, Turkey, Estonia and Romania:
 - 4 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 your country on the main topic.
 - Traditional foods and drinks for the cultural night.
 - Flag of your country would be great.



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

TRANSPORTATION

Arrival: Madrid Airport, 12th of August (before 14:00, please confirm your flight details).

Departure: Madrid Airport, 20th of 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, that a public bus trip. You can check this yourself.

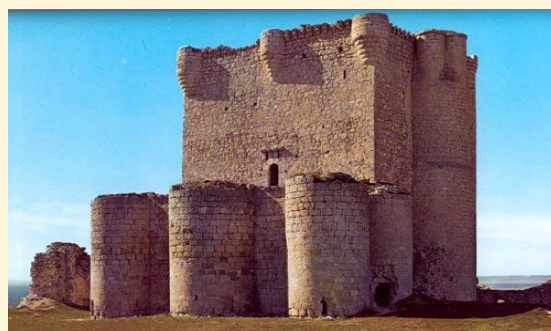
The cost of this private bus per participant is 15 €, this price, including travel go and return to the airport. We believe that is a more than fair price for all these trips.



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

ACCOMMODATION

Iscar is a small town in northwest of Spain. It has about 8 000 inhabitants. It is located just 160 km from Madrid and 45 km from the historical city of Valladolid. It is famous for being one of the most important cities during the Spanish medieval times, has a very well preserved castle from XI century. It is also well known for riding bulls with horses during its festivities.



“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 (the 12th to 20th of AUGUST of 2019).



COSTS AND REIMBURSEMENT

“Bet for you” 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.

Travel expenses will be covered after collecting travel documents on good 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:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

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 email address: betforyouproject@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 **the 8 of JUNE 2019 without authorization from the organization. If this happens, it will not be refund no amount of money to these participants.**



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

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.

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 kilometres from	€ per participant
Portugal	Guimarães - Chañe 396.21 km.	180 EUR
Bulgaria	Sofia – Chañe 2287.25 km.	360 EUR
Turkey	Izmir – Chañe 2698.62 km.	360 EUR
Estonia	Tallin - Chañe 2842.75 km.	360 EUR
Romania	Muntenia – Chañe 2478.16 km.	360 EUR

These are approximate distances in Kilometers.

For the reimbursement of the money, you have to bring us all these 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 to Spain, without having to send it to us by post mail when you will return home. Of course, if for your airline company is not possible to perform it, 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 every person of the team), 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 the 20th of June 2019.

- The arrival and departure details in order to prepare participants transport from airport of Madrid to Iscar.

- One contact person in your home country (just 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 the 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 the 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 GROUP OF THE PROJECT

Facebook page:

<https://www.facebook.com/groups/1576781189124398/>

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

betforyouproject@gmail.com

Thanks for your interest!