

Body & Soul



Hosting organization: La VÍbria Intercultural

Venue: Terrassa, Catalonia, Spain

Youth Exchange dates: 26th of June - 5th of July 2018 (26/06 arrival – 05/07 departure)

Number of Participants: 32

Participant countries: France, Slovakia, Greece, Romania, Lithuania, Spain

Language: English

Participants profile: Youngsters between 18 and 30 years old

BODY & SOUL

Body & Soul is a youth exchange which gathers 32 participants in Terrassa, Catalonia between 26th of June and 5th of July 2018. Nowadays, when many young people feel lost, because they have no job, they don't study or simply do not know which way chose to go, so during this exchange we will focus on working on their limits and exploring their potential, reinforcing self-esteem and transforming bad habits through active participation, personal reflexion and body expression.

Through activities of body expression, yoga, theatre, dance, body painting, laughter therapy and personal reflection activities, the participants will make an interior journey, in which their vehicle will be their bodies and their mind and where they can feel stronger to break the barriers that stop their personal development.

It's a project dedicated to NEET youngsters. With this youth exchange they will have the opportunity to get to know themselves better, reinvent themselves and establish new connections between their minds and their bodies, causing an internal transformation. Thanks to that, participants achieve their goals, acquiring new tools to face the challenges of the present and the future.

Body & Soul is very connected to the needs of the community. In fact the part of the Spanish group is selected from "*En Trajecte*", a project of the youth department of the City of Terrassa, which aims to improve the employability of young people.

Body & Soul will happen during the "Fiesta Mayor" of Terrassa, that will allow to know the local traditions and the collectives and associations that work to make it possible: the group of "castellers", the one of "diables", etc. will invite participants to have an active and participatory role in their local community.

VENUE

The participants will be accommodated in a local school situated in the city centre of Terrassa. They will sleep in different classrooms (5-7 airbeds in each classroom). In the school there are showers and toilets.

PLAN YOUR TRIP

Please don't buy your tickets before 1st May!

The closest airport is **Barcelona-El Prat**, you can also check other airports as Girona or Reus, which are well connected with Barcelona (1 hour bus).

Please **try to arrive to the school before dinner (20:30)**. If you arrive earlier you can enjoy your time visiting Barcelona or Terrassa.

Notice that lunch of the 5th July is not included.

FROM BARCELONA AIRPORT TO TERRASSA

• FIRST OPTION

The best option to come to Terrassa from Airport of Barcelona: a bus called **express line e2.2** goes directly from the airport to Terrassa Center, six times a day (85 minutes). The ticket costs 7€, you can buy it in the bus but you have to take some pocket money with you.

| Terrassa - Aeroport Barcelona | | | | | | | |
|-------------------------------|---|-------|-------|-------|-------|-------|-------|
| Terrassa | Parc Vallès (C. Colom - Pl. Tecnologia) | 06.30 | 07.00 | 12.35 | 14.00 | 17.30 | 19.00 |
| Terrassa | Estació de Rodalies Terrassa - Nord | 06.42 | 07.12 | 12.47 | 14.12 | 17.42 | 19.12 |
| Terrassa | Estació d'FGC Rambla | 06.50 | 07.20 | 12.55 | 14.20 | 17.50 | 19.20 |
| Aeroport Barcelona - Terrassa | | | | | | | |
| El Prat | Aeroport Terminal 2 - AB | 08.15 | 08.45 | 14.20 | 15.45 | 19.15 | 20.45 |
| El Prat | Aeroport Terminal 1 | 08.25 | 08.55 | 14.30 | 15.55 | 19.25 | 20.55 |

Here you can see the time table: **Please notice the last bus goes at 19:20 so if it is not possible for you to buy the fly ticket within this time, use the second option.**

• SECOND OPTION

Please check if your destination is terminal **T1** or **T2**.

-From Terminal 1 (T1)

You have to move to T2 by free shuttle bus, where the train station is (don't worry it goes regularly throughout the day and lasts for 5 minutes).

-From Terminal 2 (T2)

Take the **R2N to Barcelona Sants** (approx. 20 minutes), once there check for the train lines Rodalies and take the line **R4 to Terrassa**. **Be careful there are two stations in Terrassa, you have to get off the train in stop Terrassa** and not Terrassa Est. (50 minutes)

Here, someone will be waiting for you.

You can book your flight a maximum of 2 days before OR after the project. Notice that accommodation and food for **extra days will not be covered by the project**.

REIMBURSEMENT

Your travel expenses will be reimbursed **3 months after the end of the project**. There are few rules to follow:

- You must travel in the most cost efficient way available for you.
- You must provide details of your travel plans to us for verification and approval:
info@vibria.org
- You must supply all the original travel documents (receipts, invoices, tickets and boarding passes) for BOTH your journeys.
- Digital copies of travel documents are also useful, so please send them by email to us. After going back home, you should send the **original** remaining boarding passes and any other documents from return journey by post to:

La VÍbria Intercultural
Av. Jacquard 1 08222
Terrassa, Spain

MAXIMUM TRAVEL COSTS TO BE REIMBURSED

| ORGANISATION | COUNTRY | PARTICIPANT NUMBER | TRAVEL COST LIMIT |
|---|-----------|--------------------|-------------------|
| SYTEV | SLOVAKIA | 5 | 275 |
| INTERCULTURA | FRANCE | 5 | 275 |
| SOCIAL YOUTH DEVELOPMENT CIVIL NON PROFIT SOCIETY | GREECE | 5 | 275 |
| ASOCIATIA COMUNITATI PENTRU TINERET | ROMANIA | 5 | 275 |
| TAVO EUROPA | LITHUANIA | 5 | 275 |

WHAT TO BRING AND PREPARE

We are going to sleep in a school, so if you want to keep warm during the night bring a **sleeping bag**.

Gym clothes: During the week, every morning we will practice yoga so don't forget to take with you some gym clothes like leggings or light and loose clothing, in order to feel comfortable.

The intercultural nights: During the Youth Exchange we will have intercultural evenings, so think some activities for all the group, funny and interesting in order to share your culture. It can be whatever you want to share: food, drinks, games, songs, legends, dances,... Just one thing: **BE CREATIVE** 😊

A mug to exchange: Yes, yes, a mug to drink tea or coffee, you can buy it or take it from home and that you will exchange in a certain moment with someone else.

Remember that we have **sunny and hot weather** in that period here, in Spain, so remember to take sunblock, swimsuit and light clothing with you.

During the week, we are gonna organize a **FLUO PARTY**, so take the more colourful clothes you have, don't be afraid to shine by your spirit but also by your clothes during this night ;-)

You better be careful, take your **European Health Insurance Card** with you.

Positive energy and good mood!

CONTACTS

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