



Youth Exchange “Green SOSlutions”

When: 21th – 30th July 2021

Where: Santibañez-Zarzaguda, Burgos, Spain

Who: 6 people from 6 countries (18-25) + 1 group leader from each country

Partners

- Brújula Intercultural (Spain)
- Associazione Kora (Italy)
- AKSELS (Bulgaria)
- ADCH (France)
- K.A.NE (Greece)
- NGO LINK (Estonia)

SUMMARY OF THE PROJECT

The Youth Exchange “Green SOSlutions” aspires to make youngsters discover how a responsible food consumption can help in the fight against climate change. The project aims to answer the following questions: are the different gastronomic traditions sustainable? Is it possible to find solutions that gather taste and ethics, while the different customs and traditions are respected?

Therefore, “Green SOSlutions” will deepen in the effect that our habits have in the environment. The causes of climate change has always been said to be transport industry and the waste of water and other resources. However, in the last years the topic of food waste and livestock industry has risen as a big problem as well. In this sense, this Youth Exchange aims to switch the focus to the consequences that our food habits have for the planet.

Main goals

- raise awareness about the possibilities of individual actions and their implementation;
- promote a healthy life: eat healthy foods and eat a balanced diet;
- emphasize how a union between culinary tradition and ethics is possible;
- promote the rural world as a space where a better quality of life can be developed;



- teach participants to grow an organic garden;
- offer the opportunity to try a diet with low animal consumption during the project;
- motivate participants to develop values of respect and protection of the environment;
- empower young people as agents of change by giving them useful and practical tools through which to develop awareness actions;
- favor the exchange of traditions and customs among the participating communities and countries;
- promote the opportunities offered by the Erasmus + program among young people and increase knowledge of non-formal education methods and tools.

Participants Profile

Participants should have:

- interest in taking part in a multicultural experience;
- interest on food, traditions or/and about the environment and its safeguarding;
- basic level of English;
- **IMPORTANT:** the group leaders (or someone else from each national group) need to be able to guide a group in the preparation of a traditional receipt.

Accommodation

The Youth exchange will be held in the province of Burgos, in Santibañez-Zarzaguda. The venue is just 20 minutes far from Burgos city centre, and it is essential and adequate to host the entire group and to respect sanitary advices regarding the COVID19. The selected venue is in a little village and it has different activity rooms with all the necessary facilities which we can use. The beds are equipped with bottom sheet and we have blankets; however, a **SHEET OR SLEEPING BAG IS NEEDED**. There will be different rooms (divided by gender).





What to bring

We suggest you to bring the necessary for the toilet, like towels, flip-flops, shampoo, gel, and so on. Also, according to the activities, we recommend you to bring warm clothes and comfortable shoes. You must bring sportive clothes and shoes, there will be some activities in the gardens.

Someone from each national group should bring a laptop and a camera (if it's possible!). Please, talk about it in your group.

Remember! SHEETS OR SLEEPING BAG ARE NEEDED.

What to prepare

For the involvement of the participants, before the project each group, together with the leader, will prepare:

- Two warm ups;
- Intercultural evening: presenting your country through typical food, games, dances;
- Presentation: Presentation about how your country deals with the issue of sustainability, especially regarding environmental sustainability and how this affects traditions and habits.

TRAVEL AND TRANSPORTATION

Participants will not be allowed to travel before the arrival date. We need to avoid people going around Spain and then coming to the project. Participants are allowed to travel back home up to 1 day after the departure date . Food and accommodation, for this day, is on them. We will provide the participants with a bus from Madrid airport to the accommodation on 21th. The bus will leave from Madrid Airport Terminal 1 around 17:00 (to confirm depending on your arrival). We will also provide the participants with a bus from the accommodation to Madrid airport on 30th. The bus will leave from the venue around 7:00 (to confirm depending on your departure). Using a private bus for all the groups will help us to avoid other contacts before the exchange.

Travel Cost and Participation Fee

The travel costs will be covered up to the amount based on distance calculator. Food and accommodation will be 100% covered. Please note we will deduct 36 € from the travel amount of each participant in order to cover the travel by bus from Madrid airport till the venue of the Youth Exchange and back.

COVID19 – Special measures

At the moment, to enter in Spain you need to present in the airport a negative PCR done maximum 48 hours before the arrival time of the flight. It seems that from the next days it will also be possible to enter by presenting the antigen test



or the full vaccination certificate. COVID tests are refundable as travel costs, so they can be included in the travel documents and will be reimbursed until the maximum established per person.

SPAIN	20 €
ITALY	275 €
BULGARIA	360 €
FRANCE	275 €
GREECE	360 €
ESTONIA	360 €

The staff of the exchange will be tested 1 or 2 days before the starting of the project, to create a covid safe bubble here at the accommodation. For the same reason, participants will not be allowed to go to town during the project. We will change the activity in the city with a trekking in the nature.

DEADLINES

We would like to complete the selection of participants as soon as possible so that we can quickly proceed with the purchase of the trips, as this will enable us to save enough money to cover all the covid tests required.

For these reasons we invite you to form the group in the next two weeks and to send us possible travel solutions.

Deadline to send possible travel solutions: 22nd June 2021

Travel purchase deadline: 30th June 2021

CONTACTS

Brújula Intercultural: +34 687129516

Email: beatriz@asociacionbrujula.es – exchanges@asociacionbrujula.es