



Youth Exchange
Adolescent Health

YOUTH EXCHANGE IN CASPE (SPAIN)

1 - 10 JULY 2023
FOR 30 YOUNGSTERS 15-17 YEARS OLD
FROM POLAND AND SPAIN



INFOPACK

the project

- ✔ Youth exchange in the frame of Erasmus+ Program
- ✔ Develop a positive and empowering relationship with yourself
- ✔ Discover the power of self-care and self-acceptance
- ✔ Find new ways to prioritize your mental health and well-being

venue



The stay will take place in Caspe (Spain) from 1 to 10 of July 2023. The Polish team will arrive and leave at Barcelona and a private bus will be there to pick up you. You will be staying at the families of Spanish participants. For us, the involving of local community is very important.

priorities and themes for activities

- ✔ During the stay, we will take various tours and activities to meet the locals and discover the Spanish way of life. This exchange will maximize the active participation of youth, cultural diversity, and European citizenship. The thematic of Youth Participation in rural areas, Health and Wellness, and develop of key competences, will be our principal activities

preparation

The only activity that you should prepare in advance is the intercultural evening. You can prepare some presentation about your country, your town, songs, dances, games... Also you can bring some traditional food, or typical clothes... whatever you want! Also, as preparation for the exchange, you can use social media to contact all participants.

what to bring?

- ✔ Casual clothing.
- ✔ Sunglasses
- ✔ Swimsuit and towel for water activities and swimming pool
- ✔ A raincoat (for summer storms)
- ✔ Sun cream (here is really hot, believe me ;)
- ✔ The European Health Card.
- ✔ Lots of smiles, good mood, energy, you (and as you are!!! :-)
- ✔ and everything that seems useful for our youth exchange

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