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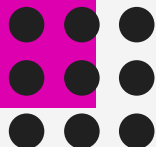


**YOUTH  
BCN**

# An Erasmus+ seminar



Vic, Barcelona 20-26 March 2023





# Who are we?

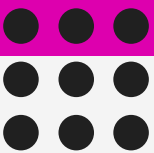
**Youth BCN** is an organization based in Barcelona, Spain. We work as an incubator for young entrepreneurs and a coworking space. We also provide advisory and consultancy services regarding European funds and entrepreneurship activities. We develop our local youth work in the district of Sant Martí implementing **Erasmus+ and ESC projects**.

We have several years of experience in implementing successfully Erasmus+ projects with youth exchanges and mobility of youth workers' activities. During these years we have gathered enough knowledge in the non-formal education sector to train new youth workers, volunteers, facilitators and trainers who are starting to take the first steps in this field.



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# What is a seminar on Erasmus+?

Seminars are the ideal type of mobility for those who have already participated in youth exchanges or training courses and would like to share their experiences, and their expertise, but also to learn more about a specific topic.

If you have never participated in a youth exchange, or have experience in the field of youth, facilitation or non-formal education, seminars can be a bit challenging to take the first steps in the world of Erasmus+ youth mobilities.

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# About the project

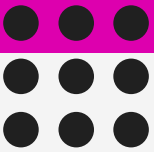
The "**Youth Exchanges for Youth**" (**YOU4YOU**) project's main objective is to improve the knowledge and experience of the partners in the field of non-formal education and international youth mobility in the field of youth, in particular with regard to youth exchange projects (KA152-YOU).

The aim of the seminar is to share good practices, tools and methods that improve the quality when helping to design, implement, manage and justify a project with the necessary quality standards within the KA1 of the Erasmus+ programme.



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# Goals of the seminar

**Empower** youth workers with key competences related to the ideation, coordination and implementation of a youth exchange project using non-formal education methods.

**Provide** tools to create a safe space for young people working with methods based on the values of the European Union.

**Collect** a set of methods and tools based on non-formal education for working in youth exchanges and other youth work settings.

**Review** participants' knowledge about the functioning of the Erasmus+ program, its objectives and project management.



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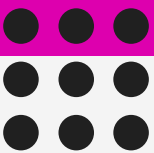
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# Who can participate?

- We are looking for participants with no age limit (from 18 y.o.)
- Youth workers with some experience in the field of youth work, facilitation, non-formal education and/or international youth mobilities.
- Motivated, proactive and open-minded people who are willing to take advantage of participating in a full program of activities
- Has participated in youth exchanges or other Erasmus+ mobilities and wants to start designing and implementing youth exchange projects.



# How can you participate?

If you reside in **Serbia** (IUVENTA) **Italy** (AKIRA) **Estonia** (Youth Senate Tallinn) **Spain** (Youth BCN) **Denmark** (Ways) **Bulgaria** (AGORA) **Hungary** (Puentes) **Ukraine** (Development and initiative) **North Macedonia** (BRIGHT)

We will host **3 participants** (+18 y.o) per country. You need to be selected by one of the partner organizations in agreement with Youth BCN.

This is a learning opportunity for those who would like to take further steps and responsibilities in facilitating activities in the field of youth and non-formal education. We will have a preparatory online meeting. Please, have this in mind if you apply to be a participant.

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# The venue

The accommodation for the youth exchange is the youth hostel Xanascat located in Avinguda d'Olimpia, 4, Vic, Barcelona, Spain. Vic is a town located around 1:30 hours away from the city of Barcelona, nestled between the mountains and green fields of Catalonia.

Here you can check them out! <https://bit.ly/AlbergVicXanascat>

The rooms are equipped with WiFi, lockers, bunk beds & private bathrooms. Participants will be placed in rooms of mixing nationalities and always according to the official safety measures, keeping the lowest ratio possible per room.



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# The venue

The hostel provides vegetarian and vegan options for food, as well as other dietary restrictions. Just make sure to ask for that option once you are selected as a participant.

During the youth exchange, costs for board and lodging are covered by the project. This includes breakfast, lunch, and dinner (Extra expenses, such as drinks in the venue, lodgement, or food during extra days have to be covered by the participants).

The venue is located in a great area near many services such as a pharmacy, supermarket, cafés, bazaar, etc. Within a walking distance of 20 min to the city center of Vic!

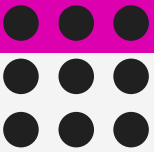


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# The venue

You can find different ways of arriving at **Vic** if you search on Google Maps, however, depending on what terminal you land at, we advise these:

**1)** From **BCN Terminal 1** take bus A1 to Pl. Catalunya. From there take the train R3\* to the stop VIC, and then walk 15 minutes to the hostel.

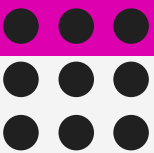
**2)** From **BCN Terminal 2** take bus A2 to Pl. Catalunya. From there take the train R3\* to the stop VIC, and then walk 15 minutes to the hostel.

Buy tickets for buses A1 & A2 directly at the bus stop. Buy a round trip train ticket Barcelona-Vic-Barcelona at the train station. When searching for flight tickets, bear in mind that the latest you should arrive in Barcelona is at **20h on the 20th**, and the earliest leaving from Barcelona is **10 am on the 26th**.

\*R3 train timetable:  
<https://bit.ly/trainR3>

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# Travel costs reimbursement

We will reimburse your travel costs according to the rules of the Erasmus + Program. The reimbursement process of the pertinent travel costs will start upon presenting original tickets, receipts/invoices/boarding passes, & the points of dissemination have been accomplished.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt, or invoice. We will reimburse each sending organization or one representative per country.

**275€** Hungary, Denmark, Italy, MKD, Bulgaria, Serbia

**360€** Ukraine, Estonia



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# Travel costs reimbursement

**IMPORTANT NOTE:** Please, do not buy any transportation ticket without consulting us at [afrias@youthbcn.com](mailto:afrias@youthbcn.com) / Any ticket purchased without consulting might be not reimbursed.

**IMPORTANT NOTE 2:** It is possible to travel 2 days (in total) out of the program, but the PROJECT is NOT covering the costs for accommodation & food outside the Youth Exchange dates.

**IMPORTANT NOTE 3:** There is a contribution fee of 35€ that will be collected from each participant. A modest contribution to the overall cost of the project. This fee will be taken from your travel costs reimbursement.

**IMPORTANT NOTE 4:** Full participation in this youth exchange is required to get the reimbursement.



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# What to bring with you?

- Positive attitude and willingness to contribute to the experience :)
- Bring something that represents your country or culture. We will have an intercultural evening where you will have the space to present your country; we suggest that you bring some food, drinks, flags, etc. You will have a limited time & space to represent your country, bear in mind that pre-made videos won't be allowed!
- Toiletry products, towels, flip-flops for the shower. Iron, hairdryer and similar aren't provided by the accommodation.
- EU member healthcare card or any other equivalent health insurance (this is not covered by the project)



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