



**Erasmus+**

## **Mirrors Youth Exchange Project**

**INFOPACK**

**Madrid, España, from the June 28<sup>th</sup> to July 09<sup>th</sup> 2018**

# MIRRORS – YOUTH EXCHANGE

## INTRODUCTION:

MIRRORS - Youth Exchange, is a project for a group of young people between the ages of 18 and 25 years old from Italy, Portugal, Estonia, Slovakia, Czech Republic and Spain. With this project we seek to learn and educate ourselves more about the sexism and gender-based violence so present in our society, whilst raising awareness and building up positive attitudes regarding this delicate issue.

The topic will be addressed from a constructive criticism, focusing on the role that we, the younger generations, should play. We'll work the subject through diverse dynamics making use of resources such as VIDEO AND PLENTY OF NETWORKS.



The exchange will take place in San Lorenzo de El Escorial this early summer from 28th June to 09 July. We'll have two cultural visits to the cities of Madrid and Segovia. The group of participants taking part in this Project will be formed by six younger participants and a leader per contry.

Our goal is that some of the learnings each individual obtains result in:

- Networking, cooperation and teamwork
- Confidence to take action in fighting this everyday problem
- pointing and finding solutions to different situations using the tools learned from the project

## CONTENTS:

### General Information

#### Themes:

- a) *Sexism*
- b) *Gender-based violence*
- c) *Feminism*



#### Aims:

- Create awareness about the reality of our society and the reality of each country regarding gender-based violence and the importance of overcoming this issue.
- uncover sexist behaviors, analyse them and work them out.
- Learn and develop skills to work in partnership with others
- Create an multicultural environment where participants may exchange their country's different singularities as well as learn from one another. Ex: dances, music, food, traditions...
- Establish a forum for exchange of views, open to debate and the proposal, both physical (during exchange) and digital (after exchange), leveraging social networks.
- gain and develop critical thought and strengthen everybody's personalities by working tolerance, respect, teamwork ability...

#### Activities

##### Games:

- Integration
- Icebreakers
- Night games



##### Presentations:

- **General presentation** of the project
- Presentation of **each association** (about **your entities**)
- **The current situation of sexism** in each country (prepared by each country)
- Presentation of cultures (during typical nights)

### Teamwork:

- Making videos
- Street Interviews (in Madrid and Segovia)
- City game in Madrid



### Individual and collective activities:

- Discussion about sexism
- Partial and final evaluation
- Future activities brainstorming
- Erasmus+ and Youthpass working

### Places:

This youth exchange will take place in **Fuentenueva Youth Hostel**, located in San Lorenzo de El Escorial. Also, we'll make some activities in other places: **San Lorenzo de El Escorial Town; Segovia city and Madrid City.**

### Fuentenueva Youth Hostel:

This is a very nice place, comfortable and with all the needs for the project's optimal development. It should be noted, that it isn't a hotel. We must keep the spaces clean and respect the standards. **It's also important to make clear that we will be sleeping in two common bedrooms.** You can visit the website of the youth hostel and their Facebook page; there are photos of the internal and external spaces:

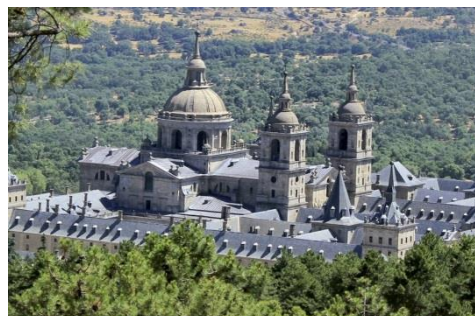


- <https://alberguefuentenueva.wordpress.com/>
- [https://www.facebook.com/alberguefuentenueva/photos\\_stream?tab=photos\\_albums](https://www.facebook.com/alberguefuentenueva/photos_stream?tab=photos_albums)



### San Lorenzo de El Escorial:

Right in the heart of the Sierra of Guadarrama and only 50 Km from Madrid, this lively city opens itself to the world offering the visitor an exclusive architectonic heritage, a privileged natural environment and an unbeatable cultural proposal in the Madrid region.



San Lorenzo de El Escorial offers the climate, tranquillity, and services necessary to enjoy the leisure and days off that we all deserve. Its accessibility and connection to Madrid have turned it into a tourist destination for the Madrid residents as well as the numerous national and international visitors that feel attracted by the patrimonial, cultural and natural attractions of the city.

San Lorenzo de El Escorial has a valuable Architectonic Heritage that justifies to a great extent the city's tourist appeal.

The most emblematic and significant building is the Monastery of San Lorenzo de El Escorial that because of its unique character was declared Monument of Worldwide Interest by the UNESCO in 1984.



### Segovia

It is the capital of Province of Segovia. Is a city in the regions of Castilla y León. The city is famous for its historical buildings and for three main landmarks: its magnificent Roman aqueduct, its cathedral, one of the last Gothic temples to be built in Europe, and the castle. The city center of Segovia was declared World Heritage by the Unesco in 1985.



Segovia is located on the plains of Old Castile, near Valladolid and the Spanish capital, Madrid. The town lies on the main route of the Camino de Santiago de Madrid.

Segovia has a typical continental climate, **cold in winter and hot in summer**, although slightly tempered by the presence of the Tajo river flowing around its historic centre. Although the city is small in size, it is a leading political, economic and social center, oriented primarily towards the production of its characteristic crafts and the promotion and care of its great historical, artistic, and cultural heritage.

**Madrid City:**

**Madrid** is the capital of Spain since the year 1562 and is located right in the heart of the Iberian Peninsula. It is in the center of the Castilian plain 646 meters above sea level. Madrid occupies third position in the list of largest cities of Europe. Madrid and its suburbs are based on the banks of the River Manzanares that flows through the centre of the country and Madrid community. In Spain, a community comprises of the main city and the immediate suburbs and villages.



Dates: ***from the 28<sup>th</sup> June to 09<sup>th</sup> July 2018***

Participant countries: ***Italy, Portugal, Estonia, Slovakia, Czech Republic and Spain***

**Participant group profiles**

Compose of groups: ***6 young + 1 leader per country***

Ages: ***For youth between 18 and 25 years old***  
***Leader: no age limit***

## LOGISTIC INFORMATION FOR GROUPS

### Grant coverage:

This project is financed by **Erasmus+ Programme** meaning that you'll have travel coverage according to the rules for the cities where your organizations are based.

Origin	Travel coverage per participant
Estonia	360€
Italia	275€
Czech Republic	275€
Slovakia	360€
Portugal	180€

Each organization must manage everything related with travel of participants. We will pay the money during the exchange. For this, you have to bring us the original bills and boarding passes.

### Important Information about Program for groups

Each group has to prepare some activities to develop during the exchange:

- **Icebreaker** games. This activity will be in charge of one country group each day
- Presentation of **your association**
- Presentation about **your country** (to develop during typical night)
- Typical night (you have to teach something about your region: dance, music, games, etc. as you prefer)
- **Gender-based violence and sexism** in each country (you must bring at least two pictures that show how both of this topics are seen in your country)
- During the visits, we'll take picnic food. This will be provided before leaving the Youth hostel

## PARTICIPANT LIST MIRRORS YOUTH EXCHANGE

*You can modify this table in order to adjust to your needs. For example, maybe not all the participants will need special requirements. So you can use more space for other who needs it. When you complete the information, please send us this list in an email.*

<b>Country</b>	
<b>Association</b>	

#	Name/surname	Special food needs	Other important information (medical condition, allergies, disability, etc)	T-shirt size
Leader				
2				
3				
4				
5				
6				
7				