



# PARTICIPANT'S BOOK





# SUMMARY OF THE PROJECT

Youth, as the life cycle stage, carries a series of topics due to ignorance, prejudices and stereotypes that emerge from it. These stereotypes can be common, even in different countries or in different cultures. Therefore, with this project, we intend, on the one hand, to disseminate and show the citizens the positive values that are also their own during this stage of life. On the other hand, we also intend to use the dance tool as the engine of dialogue and the expression of messages that make it easier to reserve the stereotypes assigned to youth. In addition, the main activities are aimed at facilitating tools for participants to organize themselves and self-manage, with a critical, reflective and objective spirit in relation to society and more specifically with the results of the project itself. Dance Dialogue aims to fulfill these two lines of work through the design and implementation of a final performance, open to the public. We have the commitment of the City Council of El Prat de Llobregat, which has undertaken to facilitate the use of various municipal facilities in order to develop the programming of activities, with organizational and logistical facilities.

Through talks, workshops and debates, young people will acquire tools and skills, around the debate and analysis of stereotypes, as well as through dance. These sessions will involve professionals who will support the participants and try to reach the objectives and overcome their fears and approach their expectations. In addition, a commission of the group will be responsible for filming the learning and creation process during the week of exchange.

The youth exchange “Dance Dialogue” is held from the 5<sup>th</sup> to the 11<sup>th</sup> of April, 2018 in the municipality of El Prat de Llobregat.



### **GENERAL GOALS**

- To break with the stereotypes and social perception of youth.
- To organize a debate that ends with a large final performance.
- To create links and networks among young Europeans through an intense week of coexistence.

### **SPECIFIC GOALS**

- To facilitate knowledge and skills to promote projects of the magnitude of a youth exchange project.
- To promote the acquisition of knowledge of participants in disciplines of contemporary dance.
- To promote autonomy, organization and self-management.
- To propose new initiatives that will allow us to continue working in the future, around the leading role of youth.

The participants of the project will be between 18 and 30 years old. As it is a debate and dance project, as well as audio-visual, it is understood that most of the participants will have acquired some experience in this field, or they will have interest in these disciplines.

Finally, another objective of this youth exchange is also to give visibility to the Erasmus+ program, among the young population of the proposed municipality, El Prat de Llobregat.

In terms of dissemination, the participants themselves will be the vehicle to transfer and disseminate the Erasmus+ program among the local community, and also through social networks and the audiovisual material created.



# LOGISTICAL ASPECTS

## YOUTH EXCHANGE ACTIVITY

**FROM the 5<sup>th</sup> to the 11<sup>th</sup> of APRIL, 2018 (5<sup>th</sup> and 11<sup>th</sup> as travelling days).**

**It is allowed to arrive/leave the country 2-3 days before/after the youth exchange. During the program of the YE **we will not visit Barcelona!****

The project will take place in the municipality of El Prat de Llobregat, 40min by train from Barcelona-Plaza Catalunya.

**Each country will participate with 1 leader + 6 participants.**



## FLIGHT FEES

The flight fees, for each participant on the youth exchange, are as follows:

Estonia: 360.00€
Greece: 275.00€
Czech Republic: 275.00€
France: 275.00€
Spain: 20.00€

**In order not to have problems after the ending of the project:**

- **If the participants need information about the reimbursements, the group leader will contact the coordination of the project (TACCbcn).**



# FROM BARCELONA EL PRAT- AIRPORT TO PLAÇA CATALUNYA

## 1) From Barcelona - El Prat airport to PLAÇA CATALUNYA

TRAIN (+or- 6€): From Barcelona- El Prat, airport (there are trains with stops in both terminals) to Plaça Catalunya square, is 45 min.

**Stop called "PLAÇA CATALUNYA", meeting point.**

BUS (6'40€): From Barcelona- El Prat to Plaça Catalunya directly. 30min. This option is much comfortable and easy in our opinion. (but up to you, of course).

**Stop called "PLAÇA CATALUNYA", meeting point.**

## 2) From Plaça Catalunya to El Prat de Llobregat. We will go TOGETHER

In Plaça Catalunya train station (RENFE), train number R3 or R4 until the stop Barcelona Sants. Then we take the train R2 or R2S of R2N until the stop El Prat de Llobregat.

**The travel, from the airport to Plaça Catalunya is +/- 30 min.**

**Remember to keep all the bills (train/bus/flight) for the reimbursements and the justification of the project. TACC will take everything the first day of the APV/Y.E.**

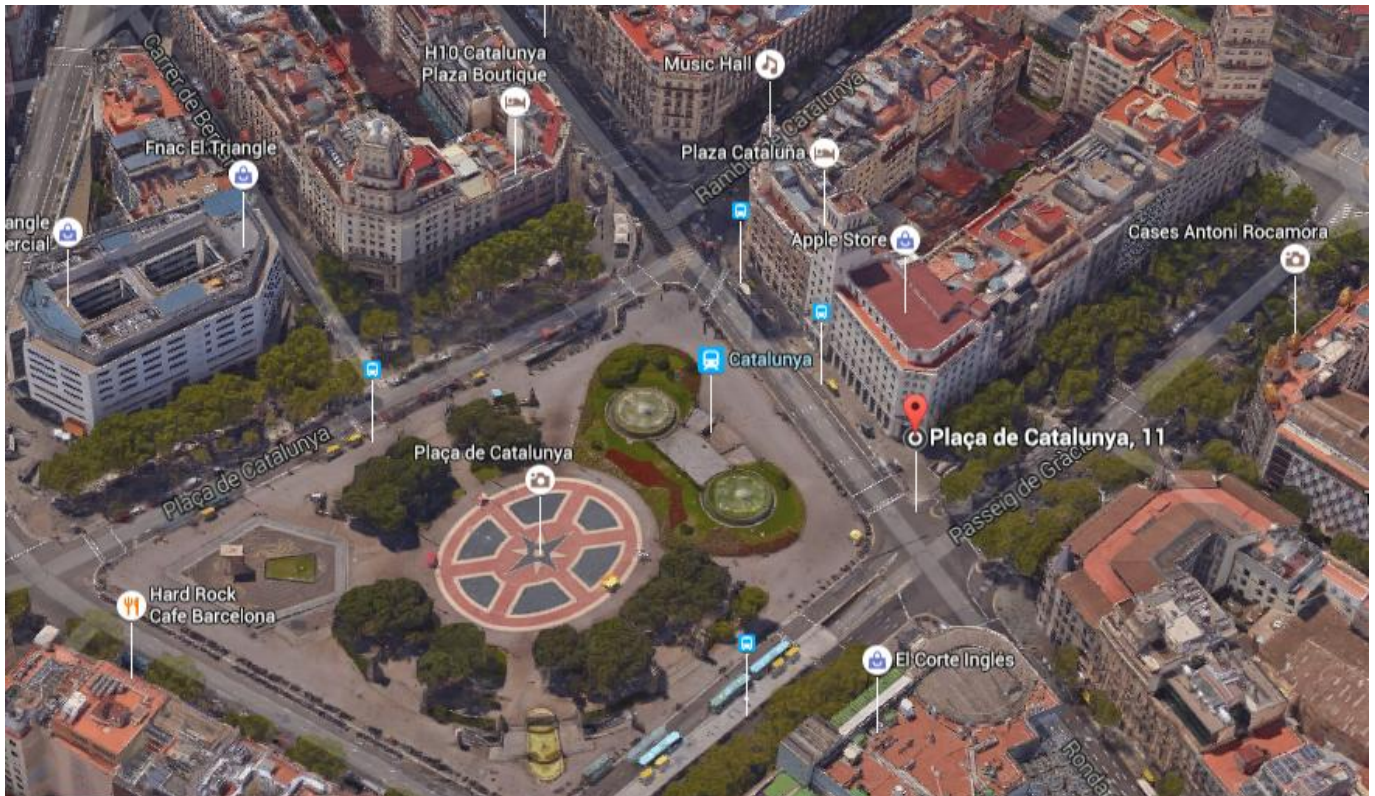


# MEETING POINT

5<sup>th</sup> of April, 18.00h

@Plaça Catalunya, Barcelona.

Next to Apple store



**April 5<sup>th</sup>:** The leaders and participants will arrive at Barcelona- El Prat before than 16h (in order to stay in the meeting point at 18h).

**April 11<sup>th</sup>:** The leaders and participants will buy flight tickets which departure will be after 9-10h from Barcelona- El Prat.



## **BAGGAGE CLAIM**

If you would like to see Barcelona before the meeting point, but don't want to carry excessive luggage with you, it is possible to leave it in a baggage claim next to Plaça Catalunya.

### **Locker Barcelona**

Carrer Estruc, 36

Barcelona, 08002

Espanya

Tel: +34 93 302 8796

Website: Locker Barcelona

Email: [info@lockerbarcelona.com](mailto:info@lockerbarcelona.com)

**4 euros for 1 day**, you can pay in cash or by credit card (Visa, MasterCard) for 1 cabin suitcase.





# RULES FOR THE CORRECT DEVELOPMENT of the PROJECT

- Every YE leader and participant **MUST HAVE** and **BRING** his/her personal European Health Insurance Card (EHIC).
- Every participant country group must prepare 3 energizers.
- Under working commissions, every participant country group will collaborate with dining basic tasks (preparation of the tables, sweeping the dining room, etc).
- Every country will organize one International Night. For every night, there is a **budget up to 30€** to buy food, soft drinks, materials, etc. that will be paid back by giving in valid receipts.



## RULES FOR LEADERS

- Every group leader MUST forward (send to an e-mail and tell in leader meetings) all information gathered in APV to their own group.
- Every group leader has to take care about the procedure of the documents on Erasmus+ Program (save boarding passes, intercultural night receipts, etc.) in order to give them to the coordination of the project during the YE.
- Every group leader is directly responsible for his/her group and he/she must watch over for every participant's safety and wellbeing.
- All group leaders must be involved in all activities (supervising, giving help if needed, etc.).
- 10 minutes before dinner the group leader will participate in a 10 minutes briefing.
- After breakfast 1 group leader (taking turns) will lead a talk with the group of all participants to explain the daily plan.
- Every morning every leader will work with his/her own group on participants' Youth Pass.
- If you are old enough to drink, you are mature enough to be on time and to work the next day. BE RESPONSIBLE AND CONSEQUENT WITH YOUR ACTIONS.

**The organization reserves the right to expel the participant in case your choice is not to participate actively during the project.**



## RULES FOR PARTICIPANTS

- Every participant is requested to respect timetable and to be on time and ready to actively participate in every activity.
- It is mandatory to keep in order common rooms and to collaborate to keep private rooms clean. Guests will be expected to reimburse for any damage caused by inappropriate behavior during their stay.
- Smoking inside the living and working places is not allowed.
- Bringing food and eating inside the living and working places are not allowed.
- **Every participant must bring his/her own bed sheets, towel and hygienic products.**
- Every participant must respect the silence time at the hostel from 00:00 and **MUST** be back at the building before 1:30 a.m.
- If you are old enough to drink, you are mature enough to be on time and to work the next day. **BE RESPONSIBLE AND CONSEQUENT WITH YOUR ACTIONS.**

**The organization reserves the right to expel the participant in case your choice is not to participate actively during the project.**



# BASIC YE SCHEDULE

TIMES	5 APRIL	6 APRIL	7 APRIL	8 APRIL	9 APRIL	10 APRIL	11 APRIL	
<b>WORKING PLACE</b>	<b>ARRIVALS</b>	EL PRAT					<b>DEPARTURES</b>	
8.30-9.15		<b>BREAKFAST</b>						
9.15- 9.45		<b>GO TO THE VILLAGE</b>						
9.45-10.00		<b>ENERGISER</b> Spain	<b>ENERGISER</b>	<b>ENERGISER</b>	<b>ENERGISER</b>	<b>ENERGISER</b>		
10:00-10:30		WORKING ON <b>YOUTHPASS</b> WITH GROUP LEADERS						
10.30-12:00		<b>PRESENTATION</b> ERASMUS+ , the exchange	THE SITUATION IN MY COUNTRY IS...	WORLD CAFE METHOD	<b>FIRST STEP: START TALKING</b>	FINAL PRE- PARATIONS		
		Name games						
12.00-12.15		<b>BREAK</b>						
12.15-13.30		Hopes and expectations	WHAT DOES IT MEAN?	WORLD CAFE METHOD	<b>SECOND STEP: DANCE</b>	FINAL PRE- PARATIONS		
13.30-16.00		<b>LUNCH</b>						
16.00-18.00		<b>GYMKHANA/ TEAM BUILDING</b>	CONTEMPO- RARY DANCE (El Prat – El Lloro)	MOVE IT!	GROUP BRAIN- STORMING	<b>FINAL PERFOR- MANCE</b>		
18.00- 18.15		<b>BREAK</b>						
18.15-20.00		<b>GYMKHANA/ TEAM BUILDING</b>	URBAN DANCE (El Prat – El Lloro)	Intermediate evaluation	Work on the FINAL PER- FORMANCE	Final evaluation		
20.00- 21.30		<b>DINNER</b>						
22.00		Get to know each other	<b>Intercult. night</b> Spain	<b>Intercult. night</b>	<b>Intercult. Night</b>	<b>Intercult. Night</b>		<b>Farewell party</b>
00.00		<b>SILENCE</b>						
1.30		<b>EVERYONE MUST BE BACK AT THE HOSTEL</b>						



**Taller d'Art, Cultura i Creació  
(Spain)**



**ICM Jindřichuv Hradec z.s.  
(Czech Republic)**



**Parcours Le Monde – IDF  
(France)**



**YOUTHphoria  
(Greece)**



**MTÜ NOORTEVAHETUSE ARENGU ÜHING ESTYES  
(Estonia)**



# EMERGENCY CONTACT

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**EMERGENCIES TELEPHONE NUMBER**  
**112**











**SEE YOU SOON!**



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Instagram  
Twitter/taccbcn  
[www.taccbcn.com](http://www.taccbcn.com)