

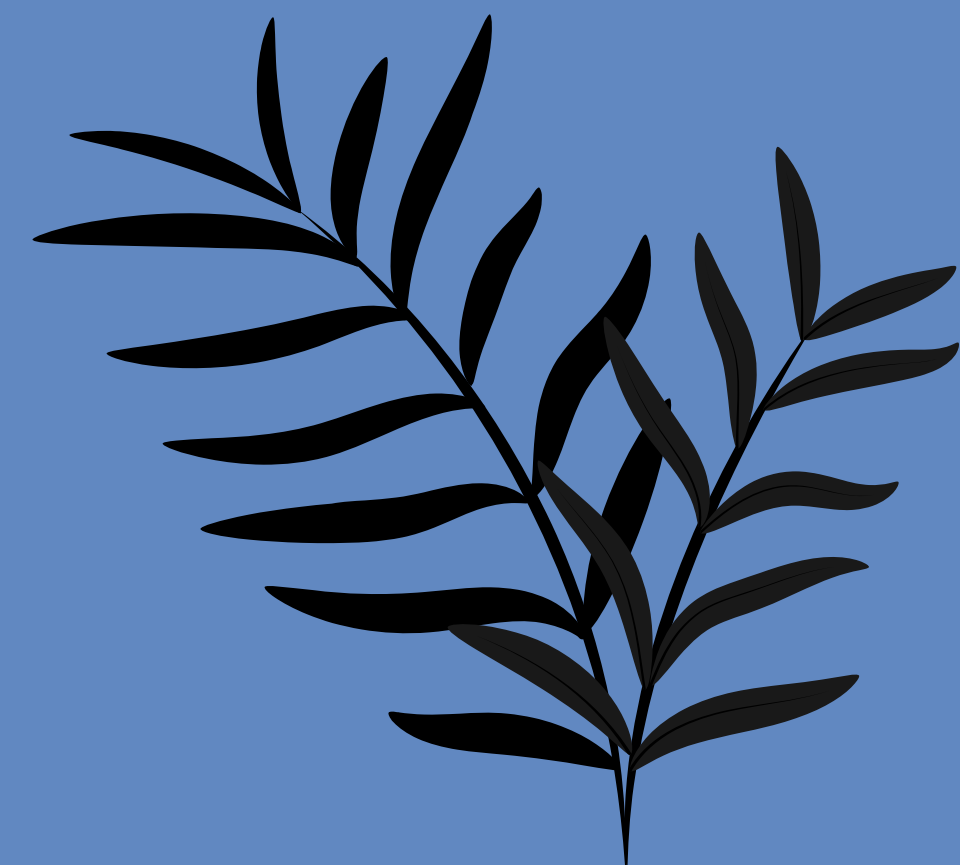


Youth exchange

# ECO FRIENDS

**18th July to 24th July 2024**

Jesús-Tortosa (Catalonia, Spain)

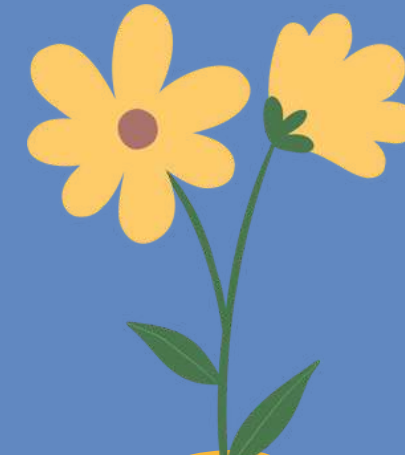
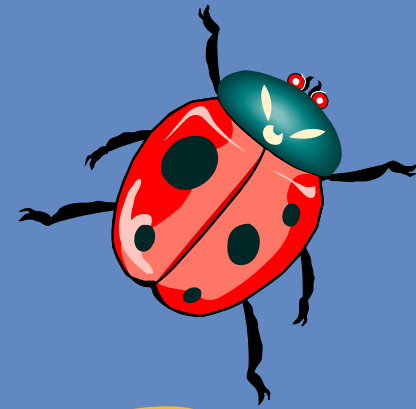
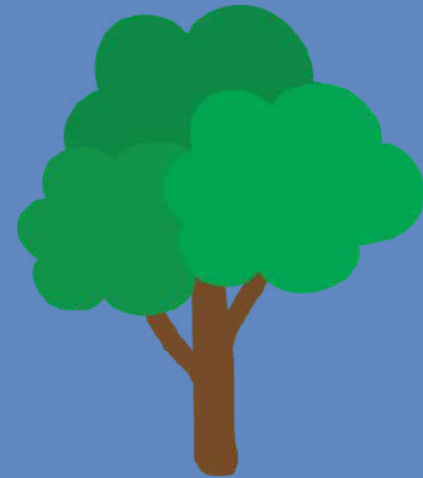




# DESCRIPTION AND AIMS OF THE PROJECT

- To meet young people from different places.
- To share culture through the environment.
- To learn about eco practices.
- To learn about our ecosystem and be respectful.
- To learn to live without new technologies and mobile.

# TIMELINE



1

2

3

4

5

6

June

18 July

19 July

23 July

24 July

Until August 30

Before we meet we start preparing for the project.

You will arrange your travel plans, together with us, and prepare workshops and energizers.

Arrival day

Program starts

Program ends

Departure day

Follow up: After the YE, the connections continue as you apply what you learned back in your own community. All participants are asked to create a follow-up activity, organise it, dissemination and report it back within 1 month after the Youth Exchange.

## ● PARTICIPATING COUNTRIES

- *TERRES DE L'EBRE (CATALONIA)*
- VALENCIA (SPAIN)
- FRANCE
- ARMENIA



## ● WE WILL JOIN

- 5 young people per country
- 1 leader per country
- Age: 18-29
- And possibility of a companion for people with special needs (2 in total)
- Total: 27 people



# LOCATION



[HTTPS://GOO.GL/MAPS/FRUJB53HGGX42NRZ7](https://goo.gl/maps/frujb53hggx42nrz7)



## INFORMATION OF THE PLACE

- <https://terresdelebre.travel/es>
- <https://www.tortosaturisme.cat/es/>



**TORRE SANT ANTONI**  
CAMÍ DEL TERRER ROIG,  
43590 JESÚS -TORTOSA  
TARRAGONA  
PROVINCE





# PLACE TO STAY

## ACCOMMODATION:

- In TENTS (with mattresses on the floor)
- And SHARED ROOMS (double beds and rooms of 6-8 people)
- The accommodation is shared with long term volunteers

## FOOD:

You will eat with catering and cook the food yourself together with other people



## WHAT WE WANT TO AVOID?



## WHAT DO WE EXPECT FROM THE PARTICIPANTS?

- Not flexible, nor cooperative people.
- Lack of interest and engagement.
- People coming for "holidays".
- The use of alcohol and drugs is not allowed during the camp.
- Do not bring your entire wardrobe, take only the necessary clothes.
- Demanding people.

- Open-minded participants interested in the environment.
- Ready to work, collaborate, and create something new together.
- Active young people who want to learn new skills and develop.
- Positive people willing to broaden their perspectives, share their culture, and acquire new knowledge.
- Prepare yourself before your arrival date and attend all meetings and activities related to the project.



# WHAT TO BRING?

1

## PERSONAL CARE

- Cap to cover from the sun.
- Sheets or sleeping bag and pillow.
- Bathing suit, flip-flop, towel, sunscreen, anti-mosquito cream.
- Personal items you need.

2

## PERSONAL STUFF

Bring your **re-usable**:

- dish
- glass
- cutlery
- and Bottle to fill with water.

**Attention:** don't bring all your wardrobe but remember to bring some dark clothes...(they always help in case of performance).

3

## DOCUMENTS

- European Sanitary Card (EU) or private medical insurance (non-EU). People with **no** insurance won't be accepted.
- All participants: Social responsibility insurance for travelling (Insurance with repatriation clause )
- Personal medication (in case you need it).
- Required documents, send scanned (image permission, document of responsibility, sanitary card and ID/passport).



# WHAT TO BRING?

4

## PREPARE YOURSELF AS A GROUP BEFORE COMING

- **Intercultural presentation:** as a group, you have to prepare an intercultural presentation about your territory, from your country...You can bring **music**, some **food**, pictures, traditional dresses...be original and DO NOT USE REGULAR PRESENTATIONS
- Prepare **4 energizers per country** (max 15 minutes each). You need to write them on **Google Drive**.
- **Workshop on environmental topics** (about 1,30h): Each country will work on a topic that will be agreed upon in the previous online meeting.



# HOW TO GET TORTOSA BY TRAIN (renfe)

Here you can find full road from Barcelona Airport to "Torre Sant Antoni" in Jesús



## STEP 1

From Barcelona's airport "Aeroport el Prat" T1 to T2 you need to take the shuttle bus



15 MIN



## STEP 2

From Barcelona's airport "Aeroport el Prat" T2 to "Estació de Sants" (Barcelona Sants train station)

renfe

TERMINAL 2 (T 2)  
TO CHECK THE SCHEDULE



www.renfe.es



3 STOPS. 20 MIN



## STEP 3

From "Estació de Sants" (Barcelona Sants train station) to "Tortosa" train Station

renfe

TRAIN STATION

BARCELONA SANTS



11 STOPS. 2H 32 MIN



## STEP 4



12 MIN

From "Tortosa train station" to "Jesús" by BUS interurban L-1.

Check nearest bus

TO CHECK THE SCHEDULE



<https://www.hife.es/media/urban-services/horaris-tortosa-l1-web-a4-cat-1686828832-24237.pdf>

OR

From "Tortosa train station" to "Jesús" by foot



46 MIN



the end

## STEP 5

From "Bus stop in Jesús" to "Torre sant Antoni" by foot



10 MIN




the end

# HOW TO GET TORTOSA BY BUS ()

FROM BCN EL PRAT AEROPUERTO T1 (TERMINAL1) TO TORTOSA  
(DIRECT WAY)



 **2:15H MIN**

**WHEN ARRIVING IN TORTOSA, FOLLOW STEPS 4 AND 5  
FROM THE PREVIOUS PAGE TO GET TO THE HOUSE**



To check the schedule :

[www.hife.es](http://www.hife.es)

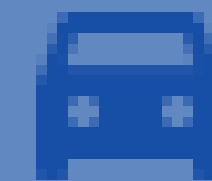


**Servicios de viajes en autobús**  
Empresa especializada en transportes en autobús.  
Ofrecemos alquiler de autobuses para todo tipo de  
eventos, transportes escolares en bus, líneas...

hife.es



# TAXI IN TORTOSA



- +34 618 17 23 43
- <https://www.serveisactius.cat/es/baixebre/taxi-tortosa>
- More taxis in Tortosa:  
<https://www.paginasamarillas.es/a/taxis/tarragona/tortosa/>



# TRAVEL GRANT

*ACCORDING TO ERASMUS+ ACREDITATION GRANT*

- CATALONIA
- VALENCIA (SPAIN)
- FRANCE
- ARMENIA



*IMPORTANT: JUST SELECTED PARTICIPANTS BY  
SENDING OR HOSTING ORGANIZATIONS. INDEPENDENT  
CANDIDATES NOT ALLOWED.*

# CONTACTS



 **Associació Obretebre**

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 **@obretebre**

 **obretebre@sinergia.org**

 **Canal Street (Carrer del Canal) , 11 - 1r pis  
43520 Roquetes, Tarragona**

- **Obre't Ebre: Laura and Mariami**

Phone number and WhatsApp:

**+34 657 28 84 85**

E-mail: [mobilitat.obretebre@sinergia.org](mailto:mobilitat.obretebre@sinergia.org)

- **The emergency number** in Catalonia: 112

- **Police address**

In Tortosa: Plaça de la Immaculada, 16,  
43500 Tortosa, Tarragona

Phone number: **+34 977 44 86 22**



# FINANCED BY



THANK YOU FOR  
YOUR  
PARTICIPATION

