



Erasmus+



Ciudad Autónoma
de Ceuta

Infopack

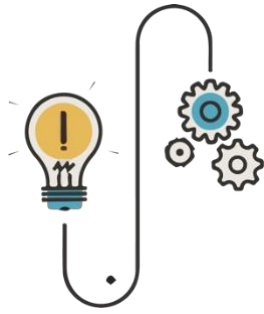
DREAM BIG



Youth Exchange

11th - 18th Nov 2023
Ceuta, Spain





ABOUT US

We are a group of Young people active in youth work called **Asociación K'MON** from Spain with the aim of promoting non-formal education and to help students and young people to participate in intercultural exchanges and volunteer projects.

You can check us in Facebook or Instagram for more information and photos. Who exactly you can look forward to?

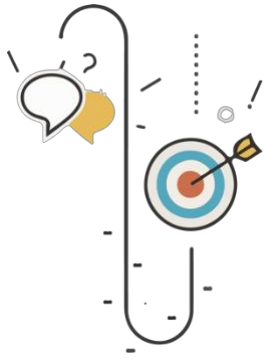
Damjan

From North Macedonia, representing CET Platform Skopje. He will be your facilitator in the workshops about entrepreneurship and sports. He is our Erasmus+ experts, who will provide you all information about non-formal education and Erasmus+.



Ludo and Karol

They will be the ones who makes sure that you eat and sleep well. They will take care of everything you need. Responsible of logistics and reimbursements. If you have any concerns about the upcoming project, direct your questions to us (see contacts).



THE PROJECT

DATE AND LOCATION

The project will take place in Ceuta, Spain between **11th Oct and 18th Nov 2023**.

DESCRIPTION OF THE PROJECT

The main aim of the youth exchange "Dream big" is to introduce the participants to the world of entrepreneurship as a solution for the unemployment.

We would like to achieve this goal through sports. Our strong believe is that if youngsters accept the right attitude to be successful in sports, the same attitude will serve them to be successful in the business world. Actually, the similarities between entrepreneurs and athletes are striking.

OBJECTIVES

- Raising awareness about entrepreneurship education.
- Exchange of best practices between the participants.
- Foster future cooperation among organizations.
- Raising awareness about Erasmus+ program.
- Fighting youth unemployment as a common problem in Europe using non-formal learning tools.



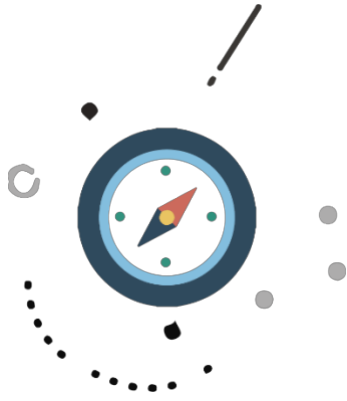
PARTNERS & PARTICIPANTS

Who you'll meet

5 youngsters from Spain, Netherlands, Lithuania, The Republic of North Macedonia, Armenia and Romania, in total 31 participants age: 18-30 years old Interested in the topic Available to participate in all the activities English speaking skills needed

For application, contact your local NGO

Partners	NGO	Contact
Netherlands	INTERNATIONALE ARBEIDSVERENIGING	mehmet@ila
Lithuania	Tarptautinis bendradarbiavimo centras	kikutism@g
North Macedonia	CET PLATFORMA SKOPJE	macedonia
Armenia	Creative Youth	creativeyout
Romania	ASOCIATIA BEYOND	anamaria.pa
Spain	Asociación K'MON	kmon.asoc@



THE VENUE

The mobility will take place in the Spanish autonomous city in the north coast of Africa, **CEUTA**.



Situated beside a bay, the fortified city of Ceuta has watched over the strait of Gibraltar since long ago. The walled area presides over the old quarter of this Cosmopolitan Mediterranean city. Since ancient times, Ceuta's strategic location has encouraged the settlement of different civilizations.

Ceuta has a population of 82,376 habitants. Its population consists of Christians, Muslims and small minorities of Sephardic Jews and ethnic Sindhi Hindus.

Spanish is the official language, while Darija Arabic is also spoken by 40-50% of the population, which is of Moroccan origin.

TRAVELLING TO THE VENUE

The best way to reach Ceuta is going to Algeciras and then taking a ferry from there. There are several ways to get into Algeciras as stated below:

MEETING POINT → Port of ALGECIRAS
ALL PARTICIPANTS MUST BE THERE BEFORE 15:00



- Málaga
- Jerez de la Frontera, Cadiz
- Sevilla
- You can also fly to Madrid or Barcelona and then to connect with one of the Andalusian cities



A) From Malaga:

If your intention is to travel from Malaga to Algeciras by bus, you could take one of the many buses of the company PORTILLO, which makes this distance every day. The price for this trip vary between 15 and 18 Euros, being the time of the trip 1 hour and 45 minutes (direct service), and 3 hours and 15 minutes (regular service).

For more information, consult the schedules in the bus company website, doing click [here](#).

B) From Seville:

In case to travel from Seville to Algeciras by bus you have to pick up one of the buses of the company COMES. The bus station in Seville from where you need to take the bus is called 'El Prado de San Sebastian" bus station. Approximate duration of the trip is 3 hours and 30 minutes. You can consult the schedules [here](#). Approximate price of the trip Seville – Algeciras is 21 Euros.

C) From Cádiz

If you prefer to travel from Cadiz, you have to take one of the COMES company buses that circulate among these two cities every day. The duration of the trip ranges between 1 hour and 45 minutes and 2 hours and 15 minutes (depending on the selected schedule). You can check the schedules clicking [here](#).

Price of this trip is around 16 Euros.

BEST OPTION



To **Malaga**



To **Algeciras**



All together to **Ceuta**.

All means of transport during the project will be ORGANISED by Asociación K'MON, so we demand absolute punctuality.

To check all options:

<https://www.rome2rio.com>

<https://www.goeuro.es>

Airplane:

<https://www.skyscanner.es>

Bus:

<https://www.alsa.es/>

Car:

<https://amovens.com/>

<https://www.blablacar.com/>

Ferry:

<https://www.balearia.com/es>

To buy tickets in the local transportation websites you may need a Spanish phone number, in that case you can use one of these: 675 45 23 21 or 622 29 85 98 - don't worry, no code confirmation is sent



PLEASE, DO NOT BUY TICKETS WITHOUT OUR APPROVAL ¡!



COSTS, TRAVEL & HEALTH







FINANCE & REIMBURSEMENT OF TRAVEL COSTS

Financial support is from the Spanish National Agency, under the European Commission's "Erasmus+" – programme.

All costs will be covered, except for excessive budget of the international travel.

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and **provide all ORIGINAL tickets, boarding passes and email relating to their travel.**

The maximum reimbursement per participant from each country is up to as follows.

FROM	BUDGET	
Lithuania 	310 €	for we it f
Macedonia 		
Netherlands 		
Romania 		
Armenia 	470 €	
Spain 	20 €	

TRAVEL & HEALTH INSURANCE

It is mandatory requirement for all participants to provide their own health insurance. This should cover you for the full duration of your time in Spain. You can use the free **European Health Insurance Card (EHIC)** to allow you access to public hospital treatment.

Please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs or being flown back to you home country. To learn more, please go to:

<http://ec.europa.eu/social/main.jsp?catId=559>

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT mandatory requirement, but it is advisable.



DIETARY, HEALTH & OTHER SPECIAL REQUIREMENTS

Please inform us as soon as possible if you have any food allergies or you have special dietary requirements so that we can inform the caterers and so that they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Spain (for example bug spray, headache tablets, travel sickness, pills, etc.) please arrange these yourself as we are unable to provide them for you. Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the youth exchanges activities, then please let us know what they are and how best to assist you.

REIMBURSEMENTS

When booking your tickets, please contact your sending organization or us in order to find the best and cheapest transport for you. Only approved tickets will be reimbursed on the basis of the cheapest tickets available, according to the rules of the Erasmus+.

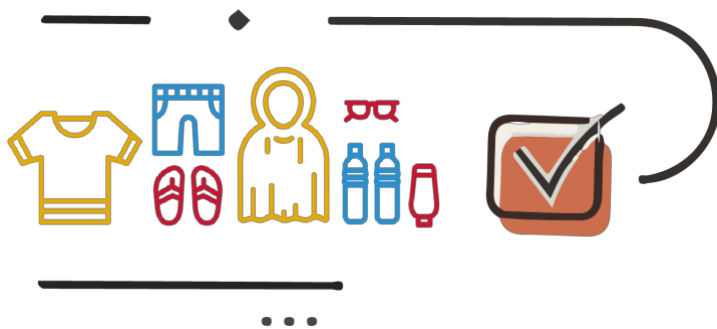
For more information, please visit:

<https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator>

The reimbursement will be transferred to the bank accounts of the leader of the national team or the account of the sending organization. For the exchange rates, we are using the official exchange rates issued by the European Central Bank. The day of the exchange rates is the day of the signature of the financial agreement with the Spanish National Agency. We kindly ask you for patience when expecting the reimbursement. **After handing all of your original tickets and payment confirmations, please, give us at least 2 months to process everything.**

Please note, that we are able to reimburse your travel expenses only after you help us with the dissemination of the outcomes of the project activities (photos, videos, reports, etc.). We will kindly ask you to help us with a report about our project, sharing it on social media and providing us links and print screens to those activities.

The travel costs will not be reimbursed to people who are not taking part in all the activities or not respecting the rules of the project.



WHAT TO BRING

We have a general tip what to bring to this project! Don't forget a towel and things for a shower, comfortable clothes, slippers, shoes, warm clothes, some repellent against insect and raincoats. Please, keep in mind that we are in near to the sea.

Make sure that each national group will have at least one laptop. In case you have camera or GoPro, do not hesitate to bring it.

Please, do not forget to take these following documents:

- ID or Passport
- Blue health insurance card "EHIC" (if applicable)
- Documents of your insurance valid in Spain
- Signed participant contract (last pages of this infopack)

WHAT TO PREPARE

Intercultural night: One of the significant parts of Erasmus Projects are the intercultural nights – and we love them! National groups usually bring some traditional food and beverages. Intercultural nights also aim to present your country. Be creative, it is gonna be fun!

Dissemination: Because we will create some catchy outcomes of the project, we would like to share with others to see what we have done and created.



CONTACT US

In case of any questions, please contact your sending organization. If you want, you can also directly approach us via e-mail kmon.asoc@gmail.com



For ticket proposal, please contact us at kmon.asoc@gmail.com

If you have a Facebook account, please join us in **FB group**
<https://www.facebook.com/groups/1337682926952452>



We will share there all important information and it is the place where you can easily meet the others and us before the project.



Asociación K'MON

Paseo de la marina española
CEUTA, Spain



Karol: +44 792 308 12 62
Ludo: +39 327 639 35 74
or +34 622 29 85 98

Timetable

Hours/Days	Day 0 - Arrival Day Sat 11th	Day 1 - Sun 12th	Day 2 - Mon 13th	Day 3 - Tue 14th	Day 4 - Wed 15th	Day 5 - Thu 16th	Day 6 - Fri 17th	Day 7 - Sat Departure 18th	
07:00 - 09:00	A R R I V A L	BREAKFAST							D E P A R T U R E
		Getting to know each other / ice breakers	The connection between sport ethic and entrepreneurship	Example of successful business	Exploring your own opportunities:	Presenting the project	What is Erasmus + programme ?		
11:30 - 11:45		COFFEE BREAK							
		Introduction of the Programme; expectations, fears and contribution	Market of NGOs	Local visit	starting from zero and ending... well who knows	Discussion panel	Presenting project Ideas & future plans		
13:00- 14:30		LUNCH							
		Team building game	The philosophy of Football	The philosophy of basketball	Visiting local match	Tournament	Secret friends reveal		
17:30 - 17:45		COFFEE BREAK							
		Erasmus+ and Youthpass	Playing football	Playing basketball	Visiting local match	Tournament	YOUTHPASS CERTIFICATE CEREMONY		
		Daily reflection			Midterm evaluation	Daily reflection		Final evaluation	
19:30 - 20:30		DINNER							
20:30	WELCOME and introduction session	Intercultural night Spain and Macedonia	Intercultural night Netherlands and Armenia	Karaoke	Intercultural night Lithuania and Romania	Boardgames night	Goodbye party		



Contract for participation in the
EC Number 2022-1-ES02-KA152-YOU-000099420
Ceuta, Spain

For Asociación K'MON is important to point out values and rules during this project, to contribute significantly to the personal and professional development of the people who participate in our mobility actions.

Between organizations and the people who collaborate on our projects is of particular importance this type of positive relationship. To achieve this we want to be sure that everybody agree on the following:

- I am of legal age (if minor, I have the legal permission of my parents/tutor) and I agree to participate in the project for which I have been selected and to be punctual to all the activities. I will attend all Program sessions. I understand that I may not skip any sessions.
- I know and I give my authorization for my image to appear in reports, news, social networks and project websites, because during the activities of the event, photos and/or videos will be taken.
- I will pay in advance the total price of my round trip (airplanes, bus, trains, metro). I agree that the host entity will refund me the whole amount after returning to my country of origin, and only if I have provided all the relevant supporting documents (boarding passes, invoices and tickets).

I'm also aware that I can travel 2 days before and 2 days after the project in order to find the best solution for coming back home; in this case food and accommodation during the days out of the project will be on my own expenses.

The reimbursement will be done only after the dissemination of the project.

- I am aware that these activities are conducted in English, so a minimum level of this language is required.
- I will actively participate in all the parts of this project: preparation, implementation, evaluation and dissemination and eventual follow up activities.
I will respect the different levels of language ability of other participants, encourage participation from everybody and will not exclude people.



- Obtaining the European Health Insurance Card for EU countries, as well as travel insurance, is under my responsibility. The necessary travel documents (passport, visa) are issued by me and I undertake to check in advance the necessary documents and their validity.
- I will respect the environments in which the activities will take place and all the objects and devices provided. I will take care of the spaces in which I will stay and respect the ownership of the place and the ownership of others participants.

I am aware that if I damage the property of others I will have to refund it, even with the reimbursement of my trip.

- I will share my ideas and opinions and respect the ideas and opinions of others, as well as any cultural differences.
I will help with any preparation and set-up needs during the Program.
- I understand that this is a **working Erasmus+ project** and not a tourist trip.
- I will avoid any conflicts with the police and I will not break local laws.

By signing this contract, I agree that I will participate in the activities for the duration of the program. I also agree that I will be available at least 2 days before and two days after the dates of the Program as it might be needed for the trip.

I understand that I am making a commitment to participate and that I will not be allowed to cancel my participation once I have committed.

.....
Person responsible for the project management

.....
Participant