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INFOPACK

"We matter"

BENICÀSSIM, SPAIN
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Hello there! Welcome to the project “We matter” about the youth participation in democracy, where youngsters from five different countries will learn together how to become an influential part of the decision-making process of their communities in this eight days-long exchange in the beautiful town of Benicàssim, Spain.

This infopack provides all the necessary information about the project and will be a central piece of the project. Read it carefully!

1. THE PROJECT

Democracy is not only the political system of the European Union. It is the very essence of European nations contemporary and the basis of our societies. Support for democracy is precisely one of the few consensuses which has remained unchanged since the foundation of the Union. Today, democracy enjoys support unquestionable throughout Europe. But it is not something we should take for granted. According to Winter 2020/2021 Eurobarometer, 44% of Europeans are dissatisfied with the way democracy works. This fact has serious consequences in real life; data from the Democracy Index compiled by "The Economist" point to two EU member countries, Poland and Hungary, as those that have experienced the greatest decline in democratic practices and values in 2020.

Our democracies have to deal with the rise of extremist political and social movements and with growing interference by foreign powers. All this while we adapt to the opportunities, but also to the risks, presented by long-term developments, such as new information and communication technologies, deep sociodemographic changes and the alteration of traditional value systems. In this context, it becomes imperative to take a moment to reflect on the meaning of democracy and how to preserve and improve it. That is especially necessary for young people, who make up a group that is often underrepresented in the decision-making process and which in many cases suffers additional disadvantages, such as worse conditions economy and high unemployment.

The intention of this project is to create a forum where democracy can be debated from a youth. Its specific objectives are:

- Clarify ideas about democracy, debating its basic concepts.
- Promote debate about the type of democracy that young people want.
- Raise awareness about the dangers that threaten our democracies, especially those derived from the misinformation and populism.
- Provide youth with the knowledge, tools and attitudes necessary to become active actors and effective in their democracies.

2. PARTICIPANT ORGANIZATIONS

Organization	Country	Participants
Creant Europa	Spain	6
PRAXIS	Greece	6
We Go	Lithuania	6
Sciara Progetti	Italy	6
Stowarzyszenie Zmiana Tematu	Poland	6

3. LANGUAGE USED

The activities of the project will have English as the main communication language. It is therefore a participation requisite to have an English level good enough to be able to follow the activities and actively engage on them.

4. WHO CAN PARTICIPATE?

Young people interested learning about participation in the job market. In order to be eligible for participation, you must:

- Be 18- 30 years old.
- Be a resident in one of the partner countries (Spain, Italy, Poland, Lithuania, and Greece).
- Have good English skills.
- Be in possession of a European Health Insurance Card or equivalent.
- Agree to the rules & terms of the project as detailed in the learning contract and sign and send it on time.

5. COSTS AND REIMBURSEMENTS

-Accommodation, food and activities' materials: 100% covered by the EU.

-Travel costs: The travel from your hometown to Benicàssim and back is covered by the project budget up to a limit. This limit is set by the Erasmus+ Programme rules and calculated using the Erasmus+ Distance Calculator tool. Maximum travel budgets are:

Spain	50 euros
Italy	275 euros
Poland	360 euros
Greece	360 euros
Lithuania	360 euros

These are the maximum amounts the project budget will refund you for your displacements from your hometown to Benicàssim and back. If you spend more than the maximum budget, we will not be able to refund you the difference and will be on you. Please note that there are some **important things** about the travel budget:

- **Only actual costs will be refunded.** The project organizers will refund you no greater amount of money than the one you actually spent on the travels. If there is any margin between the costs of your tickets and the maximum travel budget, it will not be refunded.
- **We can only refund travel costs for which original tickets/ invoices/ boarding passes are provided.** We strongly recommend you to keep all the original travel documents with you, since we won't be able to refund them if we don't receive them.
- **Only public transportation will be refunded.** Private cars, taxis and the like will not be refunded.
- **Reimbursement will be done after the exchange and will be conditioned to the compliance with the Erasmus+ Programme rules.** It means that full engagement in the activities of the exchange is a requisite for the reimbursement.
- **You can stay in Spain for up to two extra days before and after the project.** In case you want to visit Spain or if the itinerary suits you better this way, you can come up to two days before the beginning of the exchange (November 13th) and/or stay up to two days after its end (November 21th). Accommodation and food will not be provided by the project organizers on those days, but travels will still be reimbursed.

Don't buy any ticket without confirmation from us! Send us your planned itinerary to galvany.creanteuropa@gmail.com to make sure that everything is alright with it.

6. HOW TO REACH BENICÀSSIM

Benicàssim is quite well connected to major cities and therefore fairly easy to reach. The closest airports are Barcelona (El Prat airport), Valencia (Manises) and Alicante (Alicante-Elche). Other less recommendable options are Madrid (Barajas Adolfo Suárez airport) and Castellón (Castelló-Costa Azahar). Here you can find instructions on how to get to Benicàssim from each of these airports. But first, some important information!

- **Activities will begin on November 13th at 09:00 and finish at 19:00, November 20th.** You must be on Benicàssim between these two hours. Accommodation and food will be provided at Hostel Argentina from November 14th till the end of the exchange.
- **The easiest way to go to Benicàssim is by train.** Once you get to Benicàssim, the hostel is 2.2km away from the train station. You can either go by foot (about 30 minutes walk) or by taxi, though this option will not be reimbursed.
- **Ask us!** If you have any doubt or problem or need any advice, don't hesitate to contact us (galvany.creanteuropa@gmail.com).

And now back to the important stuff!

Option 1: From Manises (València Airport) for 14-25€

1. Take the metro line 3 or 5 from Airport to Xàtiva metro station (10 stops, 25 minutes). A ticket costs 4,9€ (3.9€ ticket + 1€ card). (More information: <https://www.metrovalencia.es/page.php>)

Once you arrived to Xàtiva metro station, the train station (Estació del Nord) is just in front of the metro stop.

2. Buy tickets here: <http://www.renfe.com/EN/viajeros/horarios.html> or at the station with the same price.

Departing: Valencia (ALL)

Destination: Benicassim

There are 2 types of trains:

- Regional/Express: around 90 min for less than 10€
- Talgo: less than 60 min for 18 - 20€

We highly recommend taking regional or express, depending the hour, as the best time/price option.

Option 2. From Barcelona airport:

1. Train from the Airport to Barcelona-Sants (train station). Duration: 20 min.
Price: 5-7€ (Buy your ticket here:
<http://www.renfe.com/EN/viajeros/horarios.html> or at the station.)
2. From Sants train station, catch a train to Benicàssim. You can buy the tickets at the station or online (<http://www.renfe.com/EN/viajeros/horarios.html>).
Departing: Barcelona (All)
Destination: Benicàssim
3. There are two types of trains:
 - Express (not very express, to be honest): 4h 15min, 25 euros.
 - Talgo: 2h 30min, 35 euros.

Option 3. From Alicante airport:

1. Get to Alicante train station by bus (Vectalia - Grupo SuBús, line C-6). Bus costs about 4 euros and take ~30 mins. Tickets are bought at the bus.
2. From Alicante train station, catch a train to Benicàssim. It's a direct trip, without layovers. It costs about 40 euros and take +/- 2h 45 mins. You can buy the tickets at the station or at <http://www.renfe.com/EN/viajeros/index.html>.



7. VENUE.

The exchange will be held in the Argentina hostel, located in the middle of Benicàssim. The participants will stay in non-mixed, 2-5 people bedrooms. Among the facilities there are basketball and tennis yards and a swimming pool, in addition to being right next to the beach. Temperatures in November can reach 30°, so you may need your swimsuit!



Adress: Av. Ferrandis Salvador, 40, 12560 Benicasim, Castellón



For more information about [Hostel Argentina](#).

About Benicàssim/Benicassim

Benicassim is a seaside town in the province of Castellón. Given its ideal location on the Mediterranean coast, it is the perfect spot for stunning views, pleasant sunshine and good music. Benicassim has a 6-kilometre coastline, divided into five beaches. In addition to the sea views, you can admire the breathtaking scenery of the natural park called Desierto de las Palmas, which shows the perfect harmonious environment between the sea and the mountain and offers an incomparable panoramic view of the coastal area of Benicàssim.

For more information: [Benicàssim](#)

Close to Benicassim is Peñíscola, another seaside town which has one of the loveliest views of Spain. It is surrounded by the sea and overlooked by the emblematic Castillo del Papa Luna.

For more information: [Peñíscola](#)

8. COVID-19 MEASURES

Currently, it is possible to travel to Spain from all EU countries without additional documents.

You can check the entry requirements here:

<https://travelsafe.spain.info/en/>

During the exchange, we will celebrate outdoors as many activities as possible and ensure proper ventilation whenever we can't. Thankfully, the weather will likely help with it. The organizers will provide all the necessary sanitation material, such as hand sanitizer and masks.

9. WEATHER

Weather in Benicàssim in November uses to be mild. Expect day temperatures to rise way above 20 degrees and night temperatures to be around 10 degrees. You can check the forecast on:

<http://www.aemet.es/es/eltiempo/prediccion/municipios/benicassim-benicassim-id12028>

10. WHAT TO PREPARE IN ADVANCE?

- During the cultural night each national team will make a brief presentation about their countries. It would be wonderful if you brought some traditional food & drinks to try!
- Though it's not mandatory, we strongly invite you to prepare some energizers!

Other than that, remember to bring your good mood and enthusiasm!

CONTACTS

For any enquiries about the project, please contact project coordinator Carlos Galvany

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