

# PRISM

## YOUTH EXCHANGE INFOPACK



### ***SUMMARY***

Prism will explore gender, identity, creating a public self, masculinity and femininity. It will use theatre to help young people explore, explain and express their opinions and viewpoints

8 DAYS

37 PARTICIPANTS

5 COUNTRIES

### ***VENUE***

The project will take place in La Seu d'Urgell. A small city in Catalonia right in the middle of the Pyrenees Mountains.



### ***ACCOMODATION***

We will sleeping in a student residence in shared bedrooms. Participants will be divided according to gender. Full board meals will be provided according to your requirements and following a mediterranean diet. Towels and linen provided. Tap water is drinkable.

### ***FACILITIES***

Activities will be implemented in the highschool facilities in the same building that were we sleep. There is wifi in the hotel. La Seu has all type of facilities such as ATM, grocery stores, bars, pharmacies, hospital, etc.

# PRACTICALITIES

## PRISM YE

### HEALTH INSURANCE

It is mandatory to have a health insurance for the whole project. A private travel insurance or a free European Health Insurance Card are good options.

### DANGERS

In Barcelona, be aware of pickpocketers. In La Seu is safer, but always inform where you plan to go. Also, take sun protection and water. It is going to be hot.

### ROAMING

All participant countries have roaming agreements with Spain. This means you can use your phone data and network like at home.

### SOCKETS

Catalonia uses 230V, 50Hz with sockets and plugs Type C and Type F. If you're coming from Ireland, you will need an adaptor.

### EXPECTED WEATHER

Summer is hot in La Seu d'Urgell. The average weather temperatures are between 15 to 21 for minimum and 27 to 36 degrees for maximum. If there's rain usually it comes with afternoon thunderstorms

### USEFUL LINKS

[ACCOMODATION](#)

[WEATHER FORECAST](#)

[EUROPEAN HEALTH CARD](#)

[CITY](#)

### GROUP AGREEMENTS

Each group should make their own group agreement that helps them understand what behaviour is appropriate during the exchange.

### CONTACT DETAILS

PETER HUSSEY  
Project Manager  
+353 872759420  
[info@crookedhouse.ie](mailto:info@crookedhouse.ie)

JOEL PLA  
Project coordinator  
+34637125689  
[hola@escoladeteatrelaseu.org](mailto:hola@escoladeteatrelaseu.org)

# PRACTICALITIES

## PRISM YE

### SCHEDULE BUS BARCELONA - LA SEU

- 7h
- 10:30h
- 15h
- 19:30h

It takes around 2h and 45 minutes.

### SCHEDULE BUS LA SEU - BARCELONA

- 6:30h
- 11:30h
- 15h
- 19:45h

It takes around 2h and 45 minutes.

### TRANSPORT

The best way to get to La Seu from Barcelona Airport is by bus. Don't buy your bus tickets yet. We will send you the best price after the 30th of June, when discounts will be updated.

**Barcelona Airport T2**

01

Take the train to Sants Estació (runs every 30 minutes)

Change the train for metro L3 (green) to Espanya (2 stops)

02

**Sants Estació**

**Espanya Metro Stop**

03

Change metro line to L1 (green) to Arc de Triomf (6 stops)

Go out and walk to Estació del Nord (Bus station) and take the bus to La Seu d'Urgell (ALSA)

04

**Arc de Triomf**

**Direct buses from  
Barcelona to La Seu**

Be at the bus station minimum 30 minutes before departure



# PRISM TIMETABLE

2025-1-IE01-KA151-YOU-000298136

## SUNDAY, 6TH JULY 2025

ARRIVAL TO BARCELONA AND THEN ONWARDS BY BUS TO LA SEU D'URGELL.  
20.00 DINNER IN THE ACCOMMODATION.  
APPROXIMATE TIME (DEPENDING ON YOUR ARRIVAL)

## MONDAY, 7TH JULY 2025

THE FIRST DAY WILL INVOLVE THE WHOLE GROUP AS ONE GROUP AND BE FACILITATED BY JOEL PLA GARRIGA AND THE CATALAN TEAM. WE BEGIN LATE AFTER THE LONG TRAVEL DAY YESTERDAY.  
BREAKFAST WILL BE IN THE CANTEEN OF THE ACCOMMODATING.

10.30AM WELCOME AND REGISTRATION. INTRODUCTION TO THE PROGRAMME.  
INTRODUCE THE FACILITATORS AND WORKSHOPS; THE VARIOUS GROUPS; AND ANY HOUSEKEEPING ANNOUNCEMENTS FOR THE WEEK.

11.00AM INTEGRATION ACTIVITIES TO HELP THE GROUPS BOND AND TO GET TO KNOW EACH OTHER. THESE WILL BE GAMES AND ACTIVITIES.

13.00 LUNCH  
IN THE CANTEEN OF THE ACCOMMODATION.

14.30 CONTINUE WITH THE WHOLE GROUP INVOLVED IN ACTIVITIES AND CHALLENGES TO INTEGRATE AND BUILD CONNECTIONS.

17.00 BREAK.

17.30 IN COUNTRY GROUPS LEADERS MEET THEIR PARTICIPANTS FOR A CHECK IN.

18.00 ANY GROUP WHO WISHES TO REHEARSE THEIR CREATIVE PIECE CAN DO SO NOW. OR ELSE THEY CAN HAVE FREE TIME.

20.00 DINNER  
IN THE CANTEEN OF THE ACCOMMODATION.

## TUESDAY, 8TH JULY 2025

10.00 WARM UP GAMES AND ENERGIZERS. OFFERED TODAY BY MEMBERS OF ONE OF THE GROUPS (VOLUNTEER FOR THIS ACTIVITY)

10.30 SKILLS WORKSHOPS (MAX 12 PEOPLE PER WORKSHOP). THESE ARE REPEATED THROUGHOUT THE WEEK. THEY ARE TWO-HOUR WORKSHOPS WITH A LIMIT OF 12 PARTICIPANTS EACH DAY. THEY AIM TO INTRODUCE PARTICIPANTS TO SOME ELEMENTS OF THEATRE THAT CAN HELP EXPLORE IDENTITY. DESCRIPTIONS AND SIGN-UP SHEETS AVAILABLE IN THE MAIN WORKSHOPS SPACE. 3 WORKSHOPS IN DIFFERENT ROOMS.

12.30 GATHER AS A WHOLE GROUP FOR CREATIVE REFLECTION. THIS IS FACILITATED BY DIFFERENT PARTNERS EACH DAY. TODAY WE REFLECT ON WHAT WE HOPE TO LEARN, WHAT CHALLENGES WE MIGHT HAVE, AND HOW WE MIGHT OVERCOME THEM.

13.00 LUNCH (IN THE CANTEEN)



Funded by  
the European Union

# PRISM TIMETABLE

2025-1-IE01-KA151-YOU-000298136

**14.30 DEVISING SESSION. THE GROUP IS DIVIDED INTO 3 SMALLER GROUPS OF EQUAL NUMBER. THIS WILL HAVE BEEN DONE BEFORE YOU ARRIVE IN LA SEU. EACH GROUP WORKS WITH AN ARTIST FOR THE REMAINDER OF THE WEEK. WE TAKE THE GROUP THROUGH THE STEPS IN CREATING A PERFORMANCE WITH YOUNG PEOPLE THAT EXPLORED THE TOPIC OF THE EXCHANGE. THIS IS A PROCESS OF USING SPECIFIC DRAMA METHODS TO ENGAGE PARTICIPANTS AND TO EXPLORE WHAT THEY HAVE TO SAY ABOUT THEMSELVES AND THE WORLD. WE WILL SHOW THE PARTICIPANTS HOW THEIR IDEAS, OPINIONS AND EXPERIENCES CAN BE SHAPED INTO PERFORMANCE MATERIAL, AND GUIDE THE GROUP INTO PERFORMING THEM. THESE PERFORMANCES WILL BE SHOWN AT THE END OF THE WEEK. 3 GROUPS IN DIFFERENT ROOMS.**

**17.00 BREAK (COFFEE, FRUIT, SNACKS, ETC)**

**17.30 CHECK IN TIME WITH EACH GROUP AND THEIR LEADER. FACILITATORS MEET TO SHARE ANY ISSUES THEY SEE EMERGING.**

**18.30 ONE GROUP PREPARES THEIR CREATIVE PRESENTATION THAT WILL BE SHOWN TO THE REST. THE OTHER GROUPS HAVE FREE TIME UNTIL THE PERFORMANCE.**

**19.00 CREATIVE PRESENTATIONS FROM ONE GROUP. TONIGHT ONE GROUP PRESENTS THEIR PERFORMANCE AND WE WILL HAVE A DISCUSSION AFTER IT.**

**20.00 DINNER.**

## WEDNESDAY, 9TH JULY 2025

**10.00 WARM UP GAMES AND ENERGIZERS. OFFERED TODAY BY MEMBERS OF ONE OF THE GROUPS (VOLUNTEER FOR THIS ACTIVITY)**

**10.30 SKILLS WORKSHOPS (MAX 12 PEOPLE PER WORKSHOP). THESE ARE THE SAME AS YESTERDAY. YOU SIGN UP FOR A NEW WORKSHOP TODAY. THESE ARE REPEATED THROUGHOUT THE WEEK. THEY ARE TWO-HOUR WORKSHOPS WITH A LIMIT OF 12 PARTICIPANTS EACH DAY. THEY AIM TO INTRODUCE PARTICIPANTS TO SOME ELEMENTS OF THEATRE THAT CAN HELP EXPLORE IDENTITY. DESCRIPTIONS AND SIGN-UP SHEETS AVAILABLE IN THE MAIN WORKSHOPS SPACE. 3 WORKSHOPS IN DIFFERENT ROOMS.**

**12.30 GATHER AS A WHOLE GROUP FOR CREATIVE REFLECTION. THIS IS FACILITATED BY DIFFERENT PARTNERS EACH DAY. TODAY WE REFLECT ON WHAT WE HOPE TO LEARN, WHAT CHALLENGES WE MIGHT HAVE, AND HOW WE MIGHT OVERCOME THEM.**

**13.00 LUNCH (IN THE CANTEEN)**

**14.30 THE GROUP GOES TO THEIR 'DEVISING' SESSION – THE SAME GROUP AS YESTERDAY. 3 GROUPS IN DIFFERENT ROOMS.**

**17.00 BREAK (COFFEE, FRUIT, SNACKS, ETC)**

**17.30 CHECK IN TIME WITH EACH GROUP AND THEIR LEADER. FACILITATORS MEET TO SHARE ANY ISSUES THEY SEE EMERGING.**

**18.30 ONE GROUP PREPARES THEIR CREATIVE PRESENTATION THAT WILL BE SHOWN TO THE REST. THE OTHER GROUPS HAVE FREE TIME UNTIL THE PERFORMANCE.**



Funded by  
the European Union

# PRISM TIMETABLE

2025-1-IE01-KA151-YOU-000298136

**18.30 ONE GROUP PREPARES THEIR CREATIVE PRESENTATION THAT WILL BE SHOWN TO THE REST. THE OTHER GROUPS HAVE FREE TIME UNTIL THE PERFORMANCE.**

**19.00 CREATIVE PRESENTATIONS FROM TWO GROUPS. TONIGHT TWO GROUPS PRESENTS THEIR PERFORMANCES AND WE WILL HAVE A DISCUSSION AFTER IT.**

**20.00 DINNER.**

## THURSDAY, 10TH JULY 2025

**10.00 ACTIVITIES ROUND LA SEU. TODAY'S TIMETABLE WILL BE DEFERENT AND WILL BE POSTED LATER. IT SERVES AS A 'BREAK' FROM THE USUAL ACTIVITIES. SOME OF TODAY'S ACTIVITIES WILL BE SPORTING, OTHERS CULTURAL, OTHERS LARGE GROUP GAMES OUTDOORS.**

**13.00 LUNCH**

**14.30 CONTINUATION.**

**20.00 DINNER**

## FRIDAY, 11TH JULY 2025

**10.30 WARM UP GAMES AND ENERGIZERS.**

**11.00 SKILLS WORKSHOPS (MAX 12 PEOPLE PER WORKSHOP).**

**12.30 CREATIVE REFLECTION AND EVALUATION**

**13.00 LUNCH**

**14.30 DEVISING WORKSHOPS (THE SAME GROUP AS WEDNESDAY)**

**17.00 BREAK.**

**17.30 CHECK IN TIME WITH EACH GROUP AND THEIR LEADER. FACILITATORS MEET TO SHARE ANY ISSUES THEY SEE EMERGING.**

**18.30 ONE GROUP PREPARES THEIR CREATIVE PRESENTATION THAT WILL BE SHOWN TO THE REST. THE OTHER GROUPS HAVE FREE TIME UNTIL THE PERFORMANCE.**

**19.00 CREATIVE PRESENTATIONS FROM TWO GROUPS. TONIGHT TWO GROUPS PRESENTS THEIR PERFORMANCES AND WE WILL HAVE A DISCUSSION AFTER IT.**

**20.00 DINNER.**



Funded by  
the European Union

# PRISM TIMETABLE

2025-1-IE01-KA151-YOU-000298136

## SATURDAY, 12TH JULY

10.00 PRESENTATION OF THE DAY, AND ONE WHOLE GROUP ENERGISER ACTIVITY.

11.00 REHEARSALS OF THE DEVISED PIECES (SAME GROUPS AS THE AFTERNOONS)

13.00 LUNCH

15.00 PERFORM EACH OF THE 3 PIECES AND HAVE A SHORT DISCUSSION AFTER EACH ONE.

17.00 SHORT BREAK 17.30 FINAL EVALUATION EXERCISE AND PRESENTATION OF YOUTH PASS CERTIFICATES

18.30 FREE TIME

20.00 DINNER

## SUNDAY, 13TH JULY

DEPARTURE



Funded by  
the European Union

# Contacts



**Project Coordinator in Lithuania**  
**Julija Staniulytė : [julija@tavo-europa.eu](mailto:julija@tavo-europa.eu)**



**Funded by  
the European Union**



# Join now with Tavo Europa!

**Explorer Pass 2025** You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

**For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:**

**<https://www.facebook.com/groups/186132221744993>**



Funded by  
the European Union