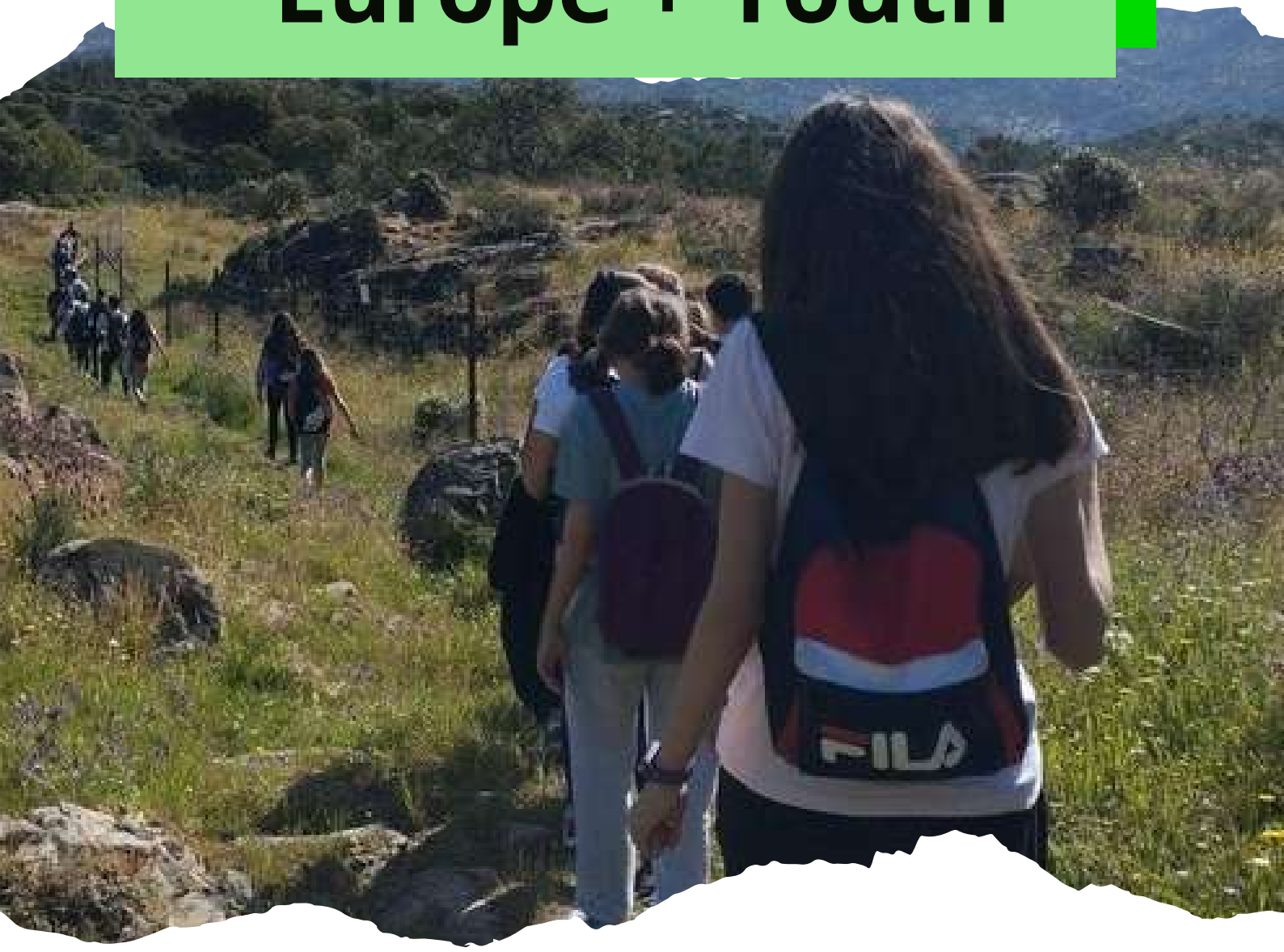
Europe + Youth



Erasmus+ Youth Exchange
22 - 28 June 2026
Andújar, Jaén. Andalusia. Spain

25 participants
(4 participants + 1 group leader)

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1. Discover the Project

¡Welcome to the Europa + Youth Project!

We're excited to have you join us on this incredible adventure. From the AMECO Environmental Association, we've prepared this infopack with all the information you need to take part in the project. Together, we'll make this European experience truly unforgettable!

Before getting started, please make sure you've filled out your personal details in the participant form.

Europa + Youth is an Erasmus+ Youth Exchange designed to connect young Europeans from diverse cultural backgrounds, encouraging active participation and promoting European values. Through shared living, reconnecting with nature, and raising environmental awareness, we aim to explore our common values and learn from our cultural differences, all while strengthening our European intercultural identity.

The main goal of this project is to address the challenges faced by European youth, promoting their engagement in the European community. At the same time, it aims to support the educational, professional, and personal development of young people by creating hands-on learning opportunities, enhancing social and emotional skills, promoting mental and physical well-being, and encouraging creativity and critical thinking.

We hope that this Youth Exchange, funded by the Erasmus+ programme, will help increase your knowledge, respect, and tolerance towards people from other cultures, as well as support you in developing the skills and competences needed to grow in all areas of your life.

Your active participation and commitment will be key to making this exchange a truly enriching experience for everyone. Make the most of every moment and turn this experience into something truly unforgettable!

2. Hosting Organization: AMECO

- **Name:** AMECO (Environmental Association for the Conservation of Plants and Animals)
- **Address:** Plaza Incio, SN, Andújar (Jaén), Spain
- **Website:** www.asociacionameco.org

AMECO is the Environmental Association for the Conservation of Plants and Animals, founded in 2012 by a group of young people concerned about the current serious environmental situation. Since its foundation, AMECO has carried out a wide variety of activities focused on the care and conservation of the natural environment, while also actively participating in youth-related initiatives in the province of Jaén (Spain).

Among its main activities are environmental awareness initiatives related to species conservation, climate change, recycling, natural parks, pollution, and more.

Since then, the organization has also carried out projects involving people with functional diversity, as well as activities with children, youth, and adults.

3. Location: Andújar

The Youth Exchange will take place in **Andújar (Jaén)**, a town located in the autonomous community of **Andalusia**, in the **south of Spain.**

Andújar is a unique place that combines a rich cultural heritage with stunning natural surroundings. It is also a location of great artisanal, gastronomic, and folkloric value, thanks to its **ancestral ceramics, traditional cuisine** and tapas culture, and vibrant popular religiosity, as seen in its **Holy Week celebrations** and the **pilgrimage of the Virgen de la Cabeza.**

Andújar is also located in a privileged area, as it borders to the north with the **Sierra de Andújar Natural Park**, a natural space of great ecological value. This park is known for its **rich biodiversity** and for being home to some of the most emblematic species of **Iberian wildlife.**

In the Sierra de Andújar Natural Park, you can find a wide variety of animal species, including the **Iberian lynx** and the **imperial eagle.** The park also hosts other significant species such as the **fallow deer**, **red deer**, **mouflon**, **Spanish ibex**, **otter**, **black vulture**, **kingfisher**, a**zure-winged magpie**, and the **oriole**, among many others.

The park is especially important for birdlife, as **it hosts around 45% of the bird species found in Spain.** This includes both year-round resident birds and migratory species that use the park as a resting and feeding stop during their journeys. This extraordinary diversity makes the Sierra de Andújar Natural Park a key place for nature conservation and an excellent opportunity for **wildlife observation.**

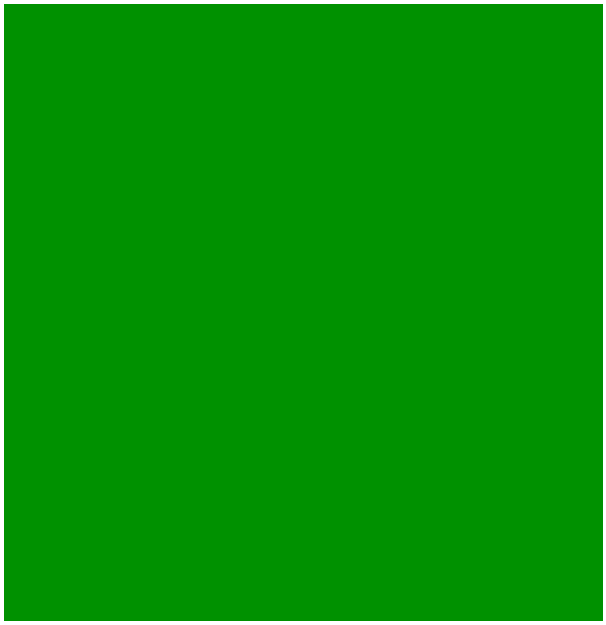
4. Accommodation

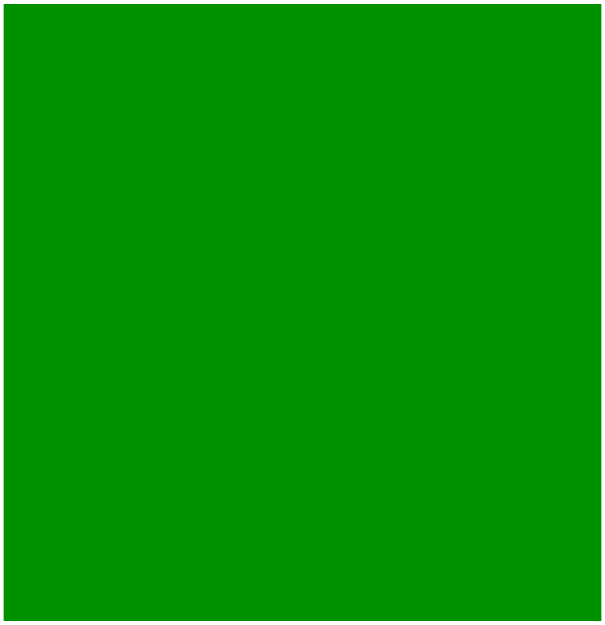
During the project, we will be staying at the **Andújar Municipal Hostel**, which is fully equipped to meet our needs throughout the exchange. The hostel has suitable facilities for our stay and will be the place where most of the project-covered meals will take place. However, please note that there is no Wi-Fi service available.

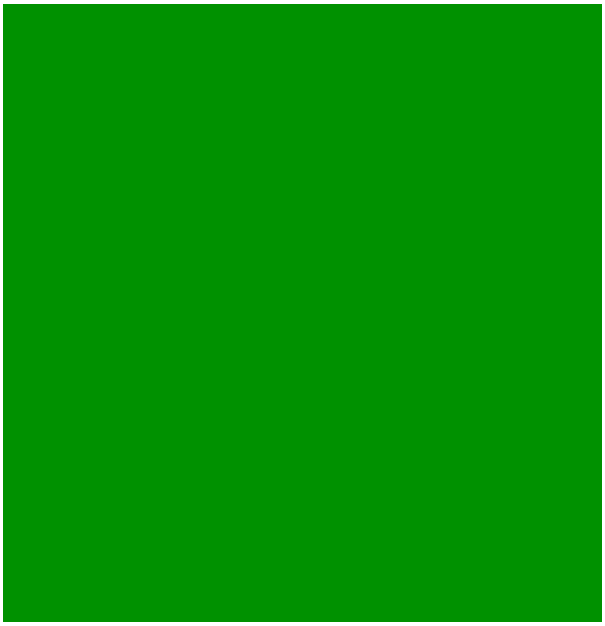
Hostel Rules: Upon arrival, we will provide you with a detailed explanation of the basic and essential rules you must follow to ensure the smooth running of the activities. Some of the most important rules include:

- **No smoking or drinking alcohol inside the hostel premises.**
- **Respect for the facilities and adherence to the established schedules.**

These rules are designed to ensure a safe and pleasant environment for all participants.







The hostel is located in a suburban area of Andújar. Although it is not situated in the town center, the distance is short enough to reach it easily on foot. This location provides a quiet environment for our activities, without being too far from the services and points of interest in the town center.

5. Meals

During the exchange, most of the meals covered by the project will take place at the municipal hostel. The menus will be prepared by an experienced cook, but we will take turns sharing tasks such as helping with cleaning and serving food to the whole group.

Flamenquín

We will strive to provide both vegetarian and vegan options, but it is essential that you communicate your preferences as well as any food allergies so that we can take them into account.

In Andújar's cuisine, everything revolves around **extra virgin olive oil** and the wide variety of local products.

The typical dish is **"carne de monte"** a marinated venison stew, and generally game meats like wild boar, rabbit, and partridge, all seasoned with spices from the surrounding mountains and enriched with the unmistakable flavor of its extraordinary olive oil. Additionally, we can't forget local specialties such as "flamenquín," which originated in Andújar.

Other typical dishes you can enjoy in this town include migas, salmorejo, ajoblanco, alboronía (a type of ratatouille made with eggplants, tomatoes, peppers, carrots, onions, peas, zucchini, etc.), asparagus in sauce, and Andújar's famous seasoned olives known as aceitunas aliñás.

On some occasions, meals will be held at local bars or restaurants. In these cases, the hosting organization will cover the cost of the menu and one drink per person. Any additional expenses (such as extra dishes or additional drinks) will be the responsibility of the participants.

There is also a planned cultural activity that includes a local gastronomic tour. The cost of this activity is not covered by the project and must be paid by participants if they choose to join.

6. Activities

During the 5 days of the exchange (excluding the two travel days), we will have the opportunity to get to know each other better, learn about our cultures, reconnect with nature, and discover Andújar, a place rich in cultural and natural heritage.

The activity program is not yet finalized, as we want to involve you, the participants, and adapt it based on suggestions from the sending organizations and local conditions such as the weather. Therefore, some planned activities may change.

Throughout the exchange, we propose cultural visits around the town and its surroundings, a day trip to the Sierra de Andújar Natural Park, and various activities focused on getting to know each other and learning more about the different cultures of the participating countries.

Each group is asked to prepare a cultural evening to present their country and traditions to the other participants. This can include sharing food, music, dances, or any other tradition representative of your culture.

As a dissemination activity, after the Youth Exchange, each group will be required to prepare a video for social media sharing what they have learned, what they enjoyed the most, or what they found most interesting about the exchange.

The list of proposed activities is just a draft and can be adapted according to your needs and suggestions.

The Europe + Youth project primarily aims to address various challenges affecting European youth by promoting their participation and involvement in the European community. The activities consist of dynamic workshops focused on different key areas:

- **Inclusion:** We will work on this area through activities that encourage inclusion within the group, as well as exchange activities with local youth and participants from other cultures.
- **Equality:** We will hold workshops and talks on the importance and role of rural women in society.
- **Democracy:** We will visit the local Town Hall to learn about its functioning and the role of local administration, followed by a debate session about the European elections and the role of youth in the current European democratic system. Environment: Activities will include guided tours of the Natural Park, workshops on building birdhouses, tree reforestation, recycling and t-shirt decoration, and a visit to the honey interpretation center.
- **Technology and Digitalization:** We will cover topics such as cybersecurity and other internet-related issues through specialized workshops.

Additionally, at the end of each day, we will hold dynamic assemblies to evaluate the participants' level of satisfaction and learning.

Once the activity schedule is finalized, it will be shared with you via email.

7. Language

Throughout all activities and during the Exchange, we will communicate in English. With the help of the group leaders, we will facilitate and translate whenever possible.

8. What to Bring?

The exchange will take place in **June**. Andújar is a town located in the province of Jaén, in the autonomous community of Andalusia, in southern Spain. The climate in Andújar is **typically Mediterranean**, and June is usually **very hot**, so don't forget to bring **light and suitable clothing for high temperatures.**

For this exchange, you might need:

👕 Clothing:

- Underwear.
- Short-sleeved shirts and light clothing (it will be hot).
- Shorts and at least one pair of lightweight long pants.
- A light jacket or sweatshirt (in case it gets cooler at night or in air-conditioned spaces).
- Comfortable clothes for daily activities and workshops.
- Sportswear (for outdoor activities or excursions).
- Casual clothes for evening outings or dinners.
- Pajamas.
- Swimsuit.
- Comfortable walking shoes.
- Sandals or flip-flops.
- Hat or cap for sun protection.

🧳 Other items:

- Sunscreen (very important).
- Basic medication (e.g., for headaches).
- Toiletry bag (with your personal items: shower gel, shampoo, toothbrush, deodorant, etc.).
- Bath towel and/or towel for pool/beach.
- Phone charger.
- Plug adapter (if applicable for your country).
- Identification documents (ID card or passport).
- European Health Insurance Card or medical insurance (if applicable).
- Travel tickets (preferably printed).

HEALTH AND SAFETY RECOMMENDATIONS

Erasmus+ Insurance:

All participants are covered by the insurance arranged by their coordinating organization, as provided within the Erasmus+ Program framework. This insurance complements the coverage of national social security systems and covers the entire duration of the project. The insurance application must be completed before departure and is offered free of charge to participants thanks to Erasmus+.

It is important that Erasmus+ volunteers complete and sign the collective insurance enrollment form together with their sending or hosting organization, or with the project coordinator, especially in European and multilateral projects involving third countries. This insurance will facilitate contact and administrative procedures at hospitals if necessary.

General recommendations:

- Save the phone numbers of your project leaders and tutors.
- Communicate any needs, problems, or feelings to the host association.
- Maintain a positive and participative attitude; this project is for and by you, the participants.
- Complete satisfaction surveys honestly; it is important to evaluate the achievement of the project's goals.
- Always follow the instructions of your leaders and the host association to avoid incidents.
- Always use English when you are with other participants or members of the host association.
- Come ready to learn, enjoy, and make friends.
- Keep an open mind; you will be with people from different countries and customs, allowing you to enjoy a mix of cultures. It's a great life experience.

Travel Recommendations:

- Check your travel itinerary carefully to avoid any unexpected issues: departure times, departure location, bus numbers, etc.
- Keep your phone charged and have your ID documents and tickets handy.
- Your plane ticket does not include checked baggage. Please contact us if you need to check luggage.

9. Insurance

All participants will be covered by liability insurance in case of an accident, as well as medical insurance throughout the entire Youth Exchange period.

We strongly recommend that you bring your European Health Insurance Card (also known as the "Blue Card"). This card, which you can usually request for free at your local health center, guarantees you access to medical care under the same conditions as local citizens.

If any participant wishes to have additional travel insurance, they must arrange and cover it themselves.

10. Travel and Travel Costs

Participants will be responsible for organizing their own transportation from their countries of origin to Andújar (Jaén, Spain), where the youth exchange will take place.

🛡️ Recommendations:

- Consult with your group leader and try to coordinate your travel with the other participants.
- Purchase tickets with options for changes or refunds, in case something unexpected happens.
- Choose the most economical means of transport (economy class or 2nd class), as only these expenses will be reimbursed.
- Keep all original travel documents: invoices, e-tickets, and boarding passes (screenshots will not be accepted).

It is essential that you communicate your travel plan to us as early as possible so we can evaluate it and confirm whether it can be carried out. This will allow us to help you better organize your transfers and ensure your trip meets the reimbursement requirements.

🗺️ How to get to Andújar?

AMECO recommends using Adolfo Suárez Madrid-Barajas Airport as the main airport, as connections from there to Andújar are more direct and convenient. We have included an annex with this infopack containing detailed instructions on how to travel from Madrid to Andújar.

If you decide to choose a different route, please inform us well in advance so we can assist you with the travel arrangements and verify that it meets the reimbursement criteria.

Travel Costs and Reimbursements:

The Erasmus+ programme provides a reimbursement system for participants' travel costs in youth exchanges and related activities, based on the distance between the place of origin and the destination.

This project is co-funded by Erasmus+, which means your transport from your hometown to Andújar will be reimbursed up to the maximum amount allowed according to the Erasmus+ Distance Calculator.

Below are the distance bands and the corresponding reimbursement amounts:

Distance (km)	Money per person (€)
0 – 99 km	23 €
100 – 499 km	180 €
500 – 1.999 km	275 €
2.000 – 2.999 km	360 €
3.000 – 3.999 km	530 €
4.000 – 7.999 km	820 €
8.000 km o más	1.500 €

You can find out the distance from your hometown to the location of the exchange—Andújar (Jaén)—using the following link:

https://erasmus-plus.ec.europa.eu/es/resources-and-tools/distance-calculator

This amount covers transportation from your hometown to the airport, as well as your flight or train to Andújar. In other words, AMECO will reimburse long-distance travel expenses, including the journey from your city to the airport in Spain and onward to the town where the exchange will take place. Any additional travel-related costs must be covered by the participant.

Regarding luggage, each participant may check in the suitcase they consider necessary for their stay during the exchange. However, the association will only reimburse the baggage check-in cost if it is included within the financial limit assigned for travel per person.

For example, if the total travel cost based on the distance is €180, but with checked baggage it amounts to €200, only €180 will be reimbursed.

Conditions for Reimbursement:

- Only the cheapest available mode of transport will be reimbursed (economy class or 2nd class).
- Taxis, Uber, BlaBlaCar, and private transport will not be reimbursed.
- Please keep and submit all original travel documents:
    - Invoices showing name, amount, date, and route.
    - Electronic tickets.
    - Boarding passes (printed or digital).
- Screenshots will not be accepted.

📢 All participants must attend all activities carried out during the exchange and follow the common rules in order to receive reimbursement. Unauthorized absence from activities and workshops is not allowed. The association may deny part or all of the reimbursement if it considers that the participant has not fulfilled their responsibilities during the exchange.

📄 Reimbursement will be made via bank transfer once the project is completed, and after submitting all required documents and completing reports and dissemination activities.

Contact Us!

Project Coordinator in Lithuania
Julija Staniulyte:

julija@tavo-europa.eu

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TAVOEUROPA

Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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

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