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EXPRESS, DON'T IMPRESS!



YOUTH EXCHANGE
COMARRUGA, SPAIN
16-23 AUGUST 2026

globers

 FUNDACJA
ATALAYA

 TAVOEUROPA

ABOUT THE PROJECT

We invite you to join our youth exchange “Express, Don’t Impress” - a week of creative self-expression through a variety of methods. You’ll learn how to present yourself to others through art and other interesting activities, and we’ll also look at what influences how others perceive us, how we want to be perceived, and how we can achieve that.

All this will take place on the sunny Spanish coast, and most of the activities will be held outdoors. It will also be a great opportunity to meet people from other countries, and exchange ideas between each other about how we can show up better in the world.

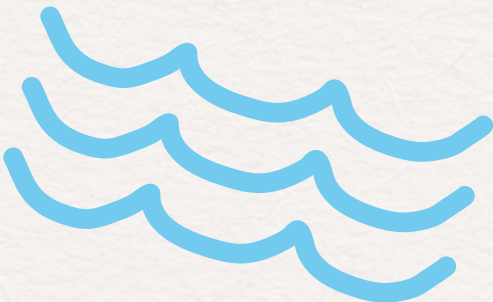
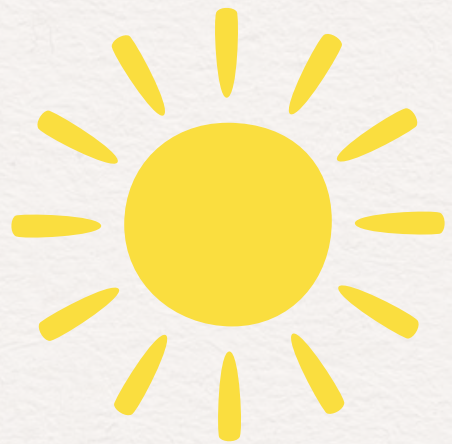


EACH COUNTRY WILL SEND:

10 PARTICIPANTS AGED **18 - 24** YEARS OLD
1 GROUP LEADER AGED **18+** YEARS OLD

JOIN US IF YOU:

- ◆ Are a legal resident of **Lithuania, Spain** or **Poland**
- ◆ Want to learn how to express yourself in authentic ways
- ◆ Are keen to spend a lot of time outdoors
- ◆ Want to improve your English skills in practice
- ◆ Are open to forming relationships with new people from different cultures and experiencing a team-work spirit



VENUE & GETTING THERE

The Journey from the closest airport (**El Prat Barcelona**) is:

- If you land in terminal 1, there is a free bus shuttle to terminal 2.
Airport TERMINAL 2 to **Barcelona Sans** train station
(Any train will take you there, it's 2 stops).
- At Barcelona Sans change train to **Saint Vicent's del Calders** - Line numbers R2 (standard) R14 ,R15 and R16 (express train). Trains run every 30 min and the ride takes 1-1,5 hours) - <https://rodalies.gencat.cat/en/horaris/>
- From Saint Vicent's del Calders station it's just a 15 minute walk to the hotel.

We will be staying at **Alberg Coma-Ruga Xanascat**
Avenida Palfuriana, 104, Comarruga, in shared rooms divided by gender.

All participants are kindly asked to arrive at the venue on the 16th for dinner at 20:30pm. Departure will be organized after breakfast on the 23rd.



COSTS REIMBURSEMENT

Accommodation, meals (breakfast, lunch, dinner), workshops, and activities during the project dates are fully covered from the EU grant.

Your travel expenses will be reimbursed up to:

309 EUR for participants from **LITHUANIA**

285 EUR for participants from **SPAIN**

309 EUR for participants from **POLAND**

Requirements for reimbursement:

You must get approval from the hosting organization before purchasing your tickets (contacts on the last page of the infopack) and participate actively in the entire exchange.

Once you have bought your tickets please upload them [here](#), in a folder with your name.



Remember also to keep all the invoices



WHAT TO BRING?

APPROPRIATE CLOTHES

August in Comarruga is extremely hot, and we will be spending time outdoors a lot. Please bring **sunscreen**, sunglasses, a hat, a swimsuit, flip-flops and comfortable shoes for outdoor walks.

HEALTH INSURANCE

Travel & health insurance is **MANDATORY** for each visitor. It has to cover for the entire duration of the project. Make sure you have your European Health Card.

CURRENCY

The official currency is Euro (€). We suggest you exchange your money once you arrive at the airport/station for your personal expenses. Most places accept cards.

INTERCULTURAL NIGHT

Each country will have a night to present their culture to the rest of the group through food, music, history, etc. Think of something creative to share with the rest of the group ahead of time.

TOILETRIES & MEDICATION

We will stay at a hostel in shared rooms - so earplugs might be needed 😊 Towels & bedsheets will be provided, so you just need to bring your personal medication and hygiene items, as well as a water bottle to keep hydrated.



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CONTACT US



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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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