

Manresa | 29 June -7 July 2026

## INFOPACK YOUTH EXCHANGE

# MAKE IT ACT



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Cofinançat per  
la Unió Europea

# MAKE IT ACT

Theatre offers a powerful space for reflection, dialogue, and social transformation. Through stories, emotions, and collective creation, performing arts can help us question stereotypes, challenge injustice, and imagine more inclusive ways of living together. But how can theatre become a tool to explore racism and promote social change? How can artistic expression help young people raise their voices and create impact in their communities?

The Youth Exchange *Make It Act: Exploration of Racism in Theater* brings together 33 young people and 5 group leaders from 5 different countries in **Manresa** (Barcelona, Spain) from **30 June to 6 July 2026**, with travel days on 29 June and 7 July.

During this intercultural experience, participants will explore how theatre and storytelling can be used to understand, challenge, and deconstruct racism in its many forms.

Through **non-formal education** methods, creative workshops, group discussions, artistic experimentation, and collaborative activities, participants will share experiences and discover different theatrical approaches to addressing discrimination, representation, stereotypes, and the power of narratives. The exchange will create a safe and dynamic space where young people can reflect on social realities, build empathy, and learn from one another through artistic expression.

Beyond the artistic dimension, the project is also an opportunity for personal growth, **intercultural learning**, and active participation. Through this process, the exchange aims to empower participants to become active changemakers, using creativity and theatre as tools for advocacy, inclusion, and social transformation within their own communities.

# OBJECTIVES

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## OBJECTIVES:

- Explore how theatre can be used to challenge racism and promote inclusion.
- Foster intercultural learning through artistic and anti-racist perspectives.
- Understand the link between artistic expression and social inclusion.
- Create practical ideas and actions to promote anti-racist values through theatre.
- Reflect on discrimination, representation, and inclusion in different contexts.
- Encourage critical thinking about stereotypes and social justice.
- Promote young people's active participation in their communities through art.
- Inspire personal growth, self-reflection, and future engagement in her home countries.

# ACTIVITIES

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## **A GLIMPSE INTO THE ACTIVITIES:**

The main thematic contents explored during this Youth Exchange will focus on the relationship between theatre, racism, and artistic expression. Key topics will include intersectionality, stereotypes and prejudice, storytelling and representation, and how theatre and art can be used as tools for social inclusion and social change.

To explore these themes, the activities will be based on non-formal education methods, including theatre workshops, group dynamics, debates, video forums, and creative activities that encourage participation, reflection, and intercultural learning.

Each national group will prepare and facilitate:

- One workshop relevant to the topic.
- One Cultural Night, sharing food, music, dances, games, and traditions from their country.

# LOGISTICAL ASPECTS

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## APV

The Advance Planning Visit (APV) will take place on **Tuesday 9 June 2026** in Manresa (with 8 and 10 as travel days).

Each partner country will participate with **one representative from the organisation**, preferably the **group leader** who will also take part in the Youth Exchange (no age limit applies).

The person attending the APV will be responsible for transmitting all the information, agreements, and practical details discussed during the meeting to both the participants and the partner organisation.

## YOUTH EXCHANGE

Each partner country will participate with:

- 1 Group Leader (no age limit)
- 5 Participants aged 18–30. Among them, 2–3 participants should be young people with fewer opportunities.

The Youth Exchange will take place from **Tuesday 30 June to Monday 6 July 2026** in **Manresa** (with 29 June and 7 July as travel days).

Participants are allowed to arrive in or leave Spain 2 days before or after the official travel dates at their own expenses.

# LOCATION

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The Youth Exchange (and the APV) will take place in **Manresa**.

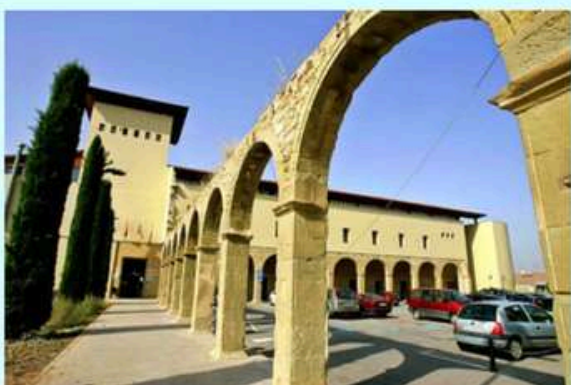
Manresa is a municipality located in the Catalan region of Spain, approximately 60 km from Barcelona (around 1 hour and 30 minutes by train from Barcelona city).

The accommodation and main venue for the activities will be:

## **MANRESA XANASCAT ALBERG**

Carrer Mil Centenari, 08240 Manresa, Barcelona

 <https://maps.app.goo.gl/WARLdctpEmotzNK96>



# MEETING POINT

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The meeting point will be on the **29th of June at 19:00** at the accommodation/venue.

**29TH OF JUNE, AT 7PM**

## TRANSPORT

The maximum travel reimbursement per participant is determined according to the official Erasmus+ Distance Calculator, based on the distance between your hometown and Manresa.

The travel budget per participant for each partner country is:

Lithuania: 395.00 €

Poland: 275.00 €

Bulgaria: 309.00 €

Romania: 309.00 €

Italy: 309.00 €

Spain: 23.00 €

However, we kindly ask you to send us the proposal of flights once you find the flights you would like to take and before buying them, for our approval by email.



Remember to **keep all the bills** (train/bus/flight) for the reimbursements and the justification of the project



# REQUIREMENTS

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- Each country group must prepare **3 energizers** to be used during the programme.
- Each country group must prepare and facilitate **one session/workshop** during the Youth Exchange relevant to the topic.
- Each country will organise an **International Night**, including typical food and drinks, quizzes, dances, games, or other cultural activities.
- Under the working commissions, all country groups will collaborate in basic **daily tasks** such as preparing tables, cleaning the dining room, and other shared responsibilities.
- We will create a **WhatsApp group** to stay in touch, share updates, and exchange photos during the project. Please avoid using the group chat for logistical questions or organisational matters. For these topics, you can contact the organising team directly via email.
- Every participant and group leader must have and bring their personal **European Health Insurance Card (EHIC)**.

# RULES FOR LEADERS

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- Every group leader must ensure that their national group prepares and delivers: the energizers, the workshop/session and the Intercultural Night activity.
- Every group leader must forward all the information and agreements discussed during the APV to their own group. This should be done both by email and during the meetings before the Youth Exchange.
- Group leaders are responsible for managing and collecting all travel documents for their group (boarding passes, train tickets, bus tickets, invoices, etc.) and providing them to the project coordination during and after the Youth Exchange.
- Each group leader is directly responsible for their national group and must ensure the safety, wellbeing, and active participation of all participants.
- All group leaders are expected to actively participate in the activities, supporting the facilitation process, supervising the group, and helping whenever needed.
- Every day, 30 minutes before dinner, all group leaders will attend a 30-minute coordination briefing with the organising team.

The organisation reserves the right to expel the participant in case your choice is not to participate actively during the project

# RULES FOR PARTICIPANTS

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- Every participant is expected to have a **proactive, respectful, and participative** attitude throughout the Youth Exchange and to actively engage in all activities.
- Participants must respect the timetable, **be punctual**, and arrive prepared for each session.
- It is mandatory to keep common spaces tidy and to collaborate in maintaining private rooms clean. Any damage caused by inappropriate behaviour must be reimbursed by the responsible participant(s).
- Smoking is not allowed inside the accommodation or working spaces.
- Participants must respect the hostel's quiet hours from **00:00**, and everyone must return to the accommodation before **01:00 a.m.**
- Bringing and consuming food inside the living and working rooms is not allowed.
- Participants must bring their **own towel and personal hygiene products**. Bed sheets and blankets will be provided by the accommodation.

The organisation reserves the right to expel the participant in case your choice is not to participate actively during the project

# USEFUL VOCABULARY

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Hello (English) | Hola (Catalan) | Hola (Spanish)

Goodbye | Adéu | Adiós

Good morning | Bon dia | Buenos días

Good night | Bona nit | Buenas noches

How are you? | Com estàs? | ¿Cómo estás?

I'm fine | Estic bé | Estoy bien

Nice to meet you | Encantat/ada de coneixe't | Encantado/a de conocerte

Do you speak English? | Parles anglès? | ¿Hablas inglés?

I don't understand | No t'entenc | No te entiendo

Please | Si us plau | Por favor

Thank you | Gràcies | Gracias

Excuse me / Sorry | Perdó | Perdón

Sorry, I got lost | Perdó, m'he perdut | Perdón, me he perdido

Excuse me, could you help me? | Perdó, em podries ajudar? | Perdón, ¿me podrías ayudar?

Could you tell me how to get to (place) | Em podries dir com arribar a (place) | ¿Podrías decirme cómo llegar a (place)?

Do you know where the (place) is? | Em pots indicar on està (place)? | ¿Me podrías indicar como llegar a (place)?

How much does it/this cost? | Quant costa això? | ¿Cuánto cuesta esto?

May I pay with credit card/by cash? | Puc pagar amb targeta/en efectiu? | ¿Puedo pagar con tarjeta/en efectivo?

Could I have the receipt? | Em pots donar el tiquet, si us plau? | ¿Me puedes dar el tiquet, por favor?

# EMERGENCY CONTACTS

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**ALICIA AND MERITXELL**  
**+34 623 55 01 12**



**Emergencies number**

**112**

# Contact Us!



## **Project Coordinator in Lithuania**

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# Join with Tavo Europa

Educator 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:**

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



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