

Manresa | 10 July - 18 July 2026

# INFOPACK YOUTH EXCHANGE



**Rethink, Reuse,  
Reconnect**

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Cofinançat per  
la Unió Europea

# Rethink, Reuse, Reconnect

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This youth exchange brings together young people from different countries to explore how sustainable lifestyles, responsible consumption, and community participation are connected.

Through intercultural learning, participants will share experiences, ideas, and practical methods to promote sustainability and active citizenship in their communities.

The main topics will be **sustainable urban practices, community-building, environmental awareness, and responsible consumption in everyday life**. Participants will learn how public spaces and community initiatives can encourage positive social and environmental change, while also discussing the visible and invisible barriers that affect sustainable behaviour.

During the exchange in Manresa, participants will take part in workshops, group activities, and community-based actions involving local young people and the wider community. The exchange gives participants the opportunity to develop innovative ideas and small-scale initiatives that address sustainability challenges in their own contexts.

Overall, the exchange aims to inspire young people to become active promoters of sustainability and responsible consumption in their communities.



# Objectives

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## General Objective:

1. Empower young people to promote sustainable lifestyles and responsible consumption through intercultural learning, community engagement, and active participation.

## Specific Objectives:

2. Explore the connections between sustainability, responsible consumption, and community participation in everyday life.
3. Foster intercultural learning and exchange of sustainable practices among young people from different countries.
4. Raise awareness and encourage critical reflection on the environmental and social impacts of consumer habits.
5. Develop practical ideas and community-based initiatives that promote sustainable behaviours and active citizenship.
6. Motivate young people to actively participate in local and youth European opportunities related to sustainability, engagement, and international cooperation.



# A glimpse into the activities

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The youth exchange activities will be based on non-formal education methods such as workshops, group dynamics, debates, simulations, and intercultural activities.

Participants will share experiences and good practices related to sustainability, responsible consumption, and community engagement, while also taking part in activities with the local community in Manresa.

The programme will promote teamwork, intercultural learning, active participation, and personal reflection through the Youthpass process and personal diaries. Main topics include sustainable lifestyles, environmental awareness, circular economy, and community participation.

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.

More details in the APV infopack.

## **Youth exchange:**

**Dates:** From Saturday 11th July to Friday 17th July 2026. Travel days 10th July and 18th July\*

Each partner country will participate with: 1 Group Leader (no age limit) and 5 Participants aged 18–30. Among them, 2–3 participants should be young people with fewer opportunities.

\*It is allowed to arrive/leave the country 2 days before/after the youth exchange, at your own expenses. During the program of the YE we will NOT visit Barcelona.



# 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 **10th of July at 19:00** at the accommodation/venue.



# Travel information



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There are several ways to go from the airport to Manresa:

The maximum travel budget per participant is determined by the official Erasmus+ distance calculator, based on the distance between your hometown and Sant Adrià del Besòs:

You can calculate the distance using the official distance calculator:

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

Lithuania: 395.00 €

Belgium: 309.00€

Romania: 309.00 €

Italy: 309.00 €

Greece: 309.00 €

Spain: 28.00€

**Remember to keep all the tickets and boarding passes (train, bus, flight...) for the reimbursements.**

# 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 Youth 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 in Catalan and Spanish

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## Hello (EN) | Hola (CAT) | Hola (SP)

Goodbye | Adeu | Adios

Good morning | Bon dia | Buenos dias

Good night | Bona nit | Buenas noches

How are you? | Com estas? | ¿Como estas?

I'm fine | Estic be | Estoy bien

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

Do you speak English? | Parles angles? | ¿Hablas ingles?

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

Please | Si us plau | Por favor

Thank you | Gracies | Gracias

Excuse me / Sorry | Perdo | Perdon

Sorry, I got lost | Perdo, m'he perdut | Perdon, me he perdido

Excuse me, could you help me? | Perdo, em podries ajudar? | Perdon, ¿me podries ajudar?

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

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

How much does it/this cost? | Quant costa això? | ¿Cuanto 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?

# Participants

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TDM 2000  
(Belgium)



United Societies of Balkans  
(Greece)



ASOCIAȚIA SĂNĂTATE PENTRU  
VIAȚĂ (Romania)



Abruzzo (Italy)



Asociacija Tavo Europa  
(Lithuania)



Taller d'Art, Cultura i  
Creació (Spain)

# Contact Us!



## Project Coordinator in Lithuania

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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:**

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



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