



Co-funded by
the European Union



Erasmus+

YOUTH EXCHANGE PROJECT

NO BOXES JUST PEOPLE

INFOPACK



JEREZ DE LE FRONTERA

19.05.2026 - 27.05.2026

PROJECT IDEA

This Youth Exchange aims to bring together young people from diverse cultural and social backgrounds to explore and challenge gender stereotypes, promote inclusion, and foster respect for diversity.

The project focuses on empowering young people, especially those with fewer opportunities, by providing a safe and inclusive space for learning and self-expression.

Through non-formal education methods such as workshops, role-plays, simulations, group discussions, and creative activities, participants will critically reflect on gender roles, social norms, and discrimination.

They will also develop practical skills to promote equality and actively contribute to more inclusive communities. Discover our own cultures and enjoy the diversity.

TARGET GROUP

Participants per country:

5 (18 to 26 years old)+

1 group leader (+18)

This project is open to every young person, regardless of background. We are looking for open-minded, active, and motivated participants who are ready to learn, share, and make new friendships in an international environment.

OBJECTIVES

- To raise awareness about gender equality & feminism.
- Show the process of discrimination (how it is constructed linked to stereotypes and prejudices).
- To motivate participants to take initiative and create positive social change in their local communities.
- To develop key competences of participants, including communication skills, critical thinking, empathy, teamwork, and intercultural understanding.
- To strengthen access to Erasmus+ opportunities of young people from different backgrounds, including youth with fewer opportunities.

EXPECTED RESULTS

At participant level:

- Increased awareness of gender equality, diversity, and inclusion.
- More positive and inclusive attitudes towards differences.
- Improved communication, social, and intercultural skills.
- Greater self-confidence and sense of belonging.
- Promote the awareness of the cultural diversity in Europe.
- Be aware of our own culture and getting skills of culture expression.
- Develop leadership skills leading groups

Learning outcomes:

- Ability to identify and challenge stereotypes and discrimination based on gender.
- Development of critical thinking and empathy.

At organizational level:

- Strengthened cooperation between partner organizations.
- Improved inclusion and diversity strategies.
- Exchange of good practices and new methodologies.

Project outputs:

- Social media awareness campaigns.
- Youth-led workshops and presentations.
- Educational materials and tools.
- Increased visibility of Erasmus+ opportunities among disadvantaged youth.

REIMBURSEMENT

We will send the money by bank transfer to the NGOs account about 25 days after the project (The payment will be made via bank transfer to the NGO's account approximately 25 days after the project, provided that the group leader has completed the EU evaluation form and the sending organisation has carried out the project's dissemination on social media.) Pls also consider that project has 20 euro fee. Group leaders will not pay the fee.

PLEASE NOTE: Tickets for less than 5 euros will not be considered for reimbursement!

Traveling Budget

Estonia-Türkiye: Up to 580 euro

Romania-North Macedonia : 395 euro

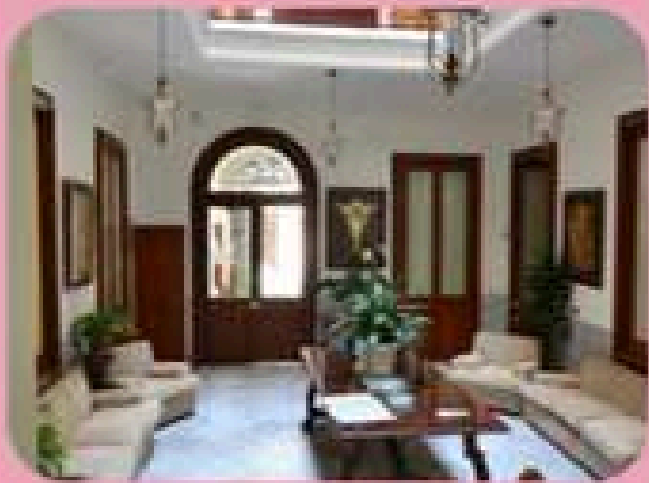
NO BOXES JUST PEOPLE YOUTH EXCHANGE

Start walking from hotel 9:00	19.03.2026 Welcome & Arrival	20.03.2026 Breaking the Ice, Building the Team	21.03.2026 Active Citizenship & EU Values	22.03.2026 Challenging Stereotypes Through Art	23.05.2026 Discovering Culture sharing experiences	&	24.05.2026 Learning through exploration	25.05.2026 Self Expression, Inclusion & Creativity	26.05.2026 Future Opportunities & Project Reflection	27.05.2026 Going back				
		Ice breaker & Name Games	Energizer	Energizer	Energizer		Energizer	Energizer	Energizer	Energizer				
		Secret friend	Review of yesterday	Review of yesterday			Mid-term feedback	Evaluation	Review of yesterday	Last Conclusions				
9:30 - 11:30	Arrivals	Official Welcome & Introduction of Project	European Union A101	Triangule Prejudices and Stereotypes	Trip to Cádiz	Gymkhana in Jerez and learning about Andalucian history		Labels	Erasmus + ESC opportunities					
		Needs & Rules												
11:30 - 11:45		Break Time	Break Time	Break Time										
11:45 - 13:45		Contributions Expectations Fears	Equality Dictionary	Albatros							Archaeological museum	Small tour on the oldest town in Western Europe	Everyday Sexism	Social Media Visibility Campaign on diversity-equality and inclusion
14:00		Lunch	Lunch	Lunch							Sandwich Lunch	Lunch	Sandwich Lunch	Lunch
15:30		Energizer	Energizer	Energizer							Energizer	Energizer	Energizer	Energizer
	Welcoming participants	Team Building	Youthpass awareness	EU Perspectives, puzzle	Time in the beach, swimming together, sports	Free Time		Collaborative painting	Youthpass Ceremony	DEPARTURES				
17:30 - 17:45		Break Time	Break Time	Break Time										
17:45 - 19:15		Evaluation	Evaluation	Evaluation	Mid-term Evaluation			Evaluation	Secret Friend					
		Group leaders Meeting	Group leaders Meeting	Group leaders Meeting	Going back to Jerez			Romanian National Evening	Final Evaluation					
		Welcoming Evening by the Spanish Team	Turkish - Estonian National Evening	North Macedonian National Evening					Free Time					
20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner, Going out together							

LOGISTICS



The project will be in **Jerez de la Frontera**, a city with around 200.000 inhabitants in the western part of Andalusia, close to Cádiz and about one hour away from Seville.



The participants will stay with 2 to 3 people of mixed nationalities in "**Nuevo Hotel**" in the city centre (address: Calle (Caballeros, 23, 11403 Jerez de la Frontera.).

The activities will take place in the **Centro Social Blas Infante** (Av. de Nazaret, S/N, 11406 Jerez de la Frontera, Cádiz)



Food



We collect information on special needs, allergies, and dietary preferences in the application form. If anything is missing, please let us know **before** the project starts, as changes may not be possible once the project has begun. Spanish breakfast typically includes a cup of coffee and sliced toasted bread with olive oil. If you prefer a stronger breakfast, consider bringing extra snacks.



Weather

In May, the weather in Jerez de la Frontera is usually hot. Daytime temperatures are around **25-30°C**, while evenings and nights can drop to **12-15°C**, so bring a jacket or hoodie and hat. We will share an updated weather note shortly before the project starts in our project WhatsApp group.



Recycling

Plastic + cans:

- water bottles
- soda cans
- milk/juice cartons

Paper + cardboard:

- newspapers
- cereal boxes
- delivery boxes

Organic waste:

- fruit peels
- leftover food

Glass bottles + jars:

- wine bottles
- jam jars



Expected tasks from participants

1-Please fill the application form to register the project

2-Please inform us about your selected itinerary. Do not buy any ticket without our confirmation.

3-Please bring your EU health insurance card, in case of emergencies. There will be a first aid kit available on the spot during the project in case of need. However, each participant should have their own individual travel insurance that covers illness. Travel insurance is not covered by the project. Participants coming from EU are advised to have their EHIC card with them during the project.

4-Prepare 2 energizers as a team, during the project you will be implementing it in different days.

5-Each team should select 1 workshop from the activity planning (indicated with red colour in activity plan). In next page you can find more information about it.

6-Bring some typical local products from your country (food and beverages) for the cultural evenings and prepare a 30-minute interesting and fun presentation of your country.

7-Please bring your reusable bottle, swimsuits & sun cream.



Do not forget your ID, your smile and positive energy :)

Description

of

Workshops

The workshops marked in red are designed to be prepared and delivered by each national team. Each country must choose only one activity to prepare. Once your group decides which activity you want to take responsibility for, please email me as soon as possible so I can reserve it for you.

Each workshop should last approximately 1 hour.

You are encouraged to design your session in a creative, educational, and engaging way!

Short Descriptions of the Activities

1. Contribution - Expectations - Fears -

In this activity, participants will reflect on what they hope to gain from the project (expectations), what they are worried about (fears), and what they can contribute. Your task is to design and lead this session using creative tools like posters, theatre, discussion cards, or any other interactive format.

2. Equality Dictionary -

Your group will prepare an activity to teach important concepts such as Equality, Equity, Gender roles, Gender identity, Non-binary, Stereotypes, Patriarchy, Feminism...

The session should help participants understand these terms through games, role play, storytelling, or interactive presentations.

3. Youthpass -

Your task is to explain the eight key competences of the Youthpass (e.g. multilingual competence, digital competence, learning to learn, etc.) in an engaging way. You can organize group work, simulations, or other methods to make the competences understandable and relevant.

4. Social Media and Visibility Campaign -

In this task, your team will be responsible to divide participants in small teams for creating a Reel video for Instagram. In small groups and mix groups each team will create 1 reel for Instagram. The video should highlight the project's atmosphere, activities, and messages in a creative and engaging way to boost visibility.

Contact Us!



Project Coordinator in Lithuania

Austeja Amankaviciute

austeja@tavo-europa.eu



Co-funded by
the European Union



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>



Co-funded by
the European Union

