



**INFOPACK**  
*Slow Life*  
*Rural Camp*

**YOUTH EXCHANGE**  
22 – 31 August 2021  
Grañen, (Huesca), Spain

# ABOUT ARTMOSFERA

ARTmosfera is a cultural organization that develops its main activity in rural areas, particularly in the region of Los Monegros (Aragon, Spain).

With the main objective of dynamizing rural areas, we focus our activities around the world of performing arts, culture and sports through the organization of different activities and events.

Since 2018 we are involved in Erasmus+ projects looking to:

- ◆ Empower young people to engage in making society more sustainable, by promoting environmental and social values;
- ◆ Increase physical activity among young people through sport, green mobility and recreation;
- ◆ Provide opportunities for young people to exchange their experiences in an intercultural environment;
- ◆ Empower young people by strengthening their entrepreneurial capacity;
- ◆ Promote tolerance, intercultural dialogue.



# ABOUT THE PROJECT

Slow Life Rural Camp seeks to provide an opportunity for young participants to spend time in a rural area while promoting awareness towards a more inclusive and sustainable society, through non-formal education and creativity activities.

Likewise, it is intended to demonstrate that a more leisurely, less consumerist and more environmentally friendly life is possible, if we adopt real changes in our habits.

The transition to a more sustainable society requires young people to develop new skills that enhance their abilities and critical thinking about the world in which they live.



## **The main objectives of the youth exchange are:**

- ➡ To promote a healthy and more sustainable lifestyle
- ➡ To awaken interest in rural life by demonstrating that entrepreneurship in these areas is also possible
- ➡ To establish values of respect, equality, and tolerance among participants from different places of origin.
- ➡ To raise awareness on environmental issues, climate change
- ➡ Reconnecting with the earth through nature based methods
- ➡ Know how to give a second life to reusable objects



# WHO IS PARTICIPATING?

The project will last 10 days and it will involve 24 young people (5 participants + group leader) aged 18-30 from Italy, Spain, Poland and France.

The participants will live together in a rural space where through non-formal education methods they will learn and put into practice knowledge about the environment and climate change, organic farming, healthy cooking, creative upcycling and physical routines, in order to become aware and put into practice healthier and sustainable ways of life.

**We are looking for participants who are:**

- ⇒ motivated and interested to live a rural experience
- ⇒ able to speak in English or Spanish (at least at the basic level)
- ⇒ from 18 to 30 years old (according to requirement of Erasmus+)
- ⇒ ready to get out of the comfort zone
- ⇒ interested in sharing the experience afterwards in their communities

# *INTERCULTURAL NIGHTS*

Have you ever heard about intercultural evenings? In order to discover more about our different cultures, we are organising evening events to celebrate our diversity.

The point is to allow people from other cultures to discover yours. We will be able to present our country and culture through food, music, dancing, drinks, images, etc.

You are free to organise games, do a quiz or whatever you feel best! Don't forget to bring food, drinks and music so we can organise unforgettable international nights.





# *PRACTICAL INFO*

## **Accomodation**

ARTmosferas' rural artistic residency is an old agriculture farm transformed in a space to develop artistic and creative projects.

It is an energy self-sufficient space where almost everything is build through upcycling.

Participants are going to stay in shared rooms (4 to 8 beds per room) and will share bathrooms

The food will be mainly vegetarian and part of it will come from our own organic vegetable garden. Participants will be involved in those activities (caring vegetable garden and cooking)

# HOW TO REACH THE VENUE

You can reach Grañen by train from Madrid, Barcelona, Lleida or Zaragoza.  
Please check train times at [www.renfe.com](http://www.renfe.com)

If you are coming from Barcelona or Madrid, you have this **searching option**  
available at Renfe's website:

Madrid to Zaragoza + new search Zaragoza to Grañen / Barcelona to  
Zaragoza or to Lleida + new Search Zaragoza or Lleida to Grañen



# WHAT TO BRING

Valid ID or Passport



Sleeping bag

Sweater

Long and short-sleeved T-shirts



Shorts and long Trousers



Swimsuit



Cap (Hat) and sunglasses



Walking shoes and sandals



Towel and toiletries



Flashlight (Torch)

Mosquito repellent



Suncream

Notebook & pens



National food/drinks for intercultural night

# TRAVEL

**Arrival day:** 22/08/21

**Departure day:** 31/08/21

**Travel cost limits:**

Italy 275 EURO

Poland 360 EURO

France 180 EURO

Spain 20 EURO

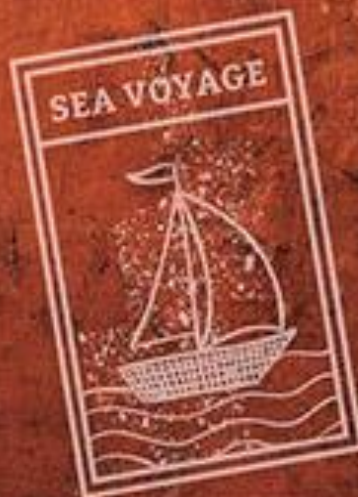


# IMPORTANT

**You must keep all the tickets, invoices and boarding passes of any transport you used to attend the project.**

Otherwise we won't be able to refund any part of your travel costs. You must know that you have to travel not more than 48 hours before and after the project dates to get any refund of your travel expenses!

**Remember: TICKETS WITH LONGER EXTRA STAYS WILL NOT BE REIMBURSED.**





## *COVID - 19*

During the project, a safety protocol will be established, which will be based on the standards dictated by the Ministry of Health in Spain at the time of the project's implementation.

For updated information on rules and conditions for entering Spain please visit the national website: <https://www.spth.gob.es/more>

If the PCR test are NOT covered by the health insurance in your countries, we will reimburse the PCR test cost for participants.

# INFORMATION AND CONTACTS

All participants are going to receive the **Youthpass Certificate** after the implementation of the project (<https://www.youthpass.eu/en/>)

**If you have any questions or doubts,  
contact us!**

**[asociacion@artmosfera.es](mailto:asociacion@artmosfera.es)**  
**In case of emergency contact**  
**610 961 292**