

INFOPACK

*Slow Life
Rural
Camp*

YOUTH EXCHANGE
28/08 – 08/09 2023
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 (Aragón, 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.

During the 10 days of the exchange, participants will live together in a rural environment where, through non-formal education methods, they will be able to become aware of and put into practice healthier and more sustainable ways of living, friendlier to our health and our environment.

Each day will have ecology workshops, talks and debates guided by a journalist specialized in environmental issues. In addition, every morning and afternoon there will be theoretical and practical workshops in which the participants will learn about organic gardening, sustainable cooking and creative upcycling.



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. There is NO WIFI.

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

The food will be mainly vegetarian. Participants will be involved in cooking.

About the weather

The region where we are located reaches high temperatures in summer and is subject to temperature fluctuations during the day, so we recommend that you bring warm sweatshirts for the evening.

It is also important that you bring mosquito repellent spray and sunscreen.

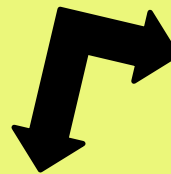
OUR FACILITIES



The House



Training Space



Chiringuito (Kitchen)



Chill out



Rooms



Bathrooms





FREE SHOP

In line with the idea of the project, we have decided to set up a Free Shop, a place where everyone can decide whether to leave their clothes that they don't use anymore or take for free clothes left by other participants.

You can freely choose to participate in this activity, if you want to, don't forget to bring with you clothes that you don't use anymore, maybe they are useful for someone else!

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

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



Swimsuit

Shorts and long Trousers



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: 28/08/23

Departure day: 08/09/23

Travel cost limits:

Italy 275 EURO

Poland 360 EURO

France 180 EURO

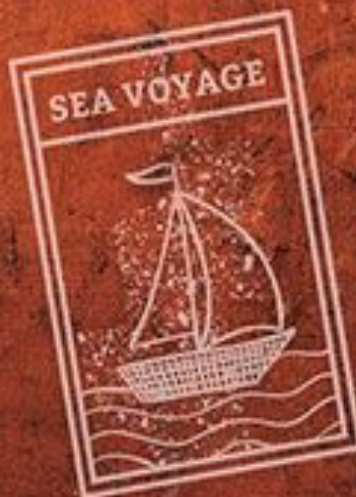
Spain 20 EURO

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.



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!**

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In case of emergency contact
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