

Youth Exchange

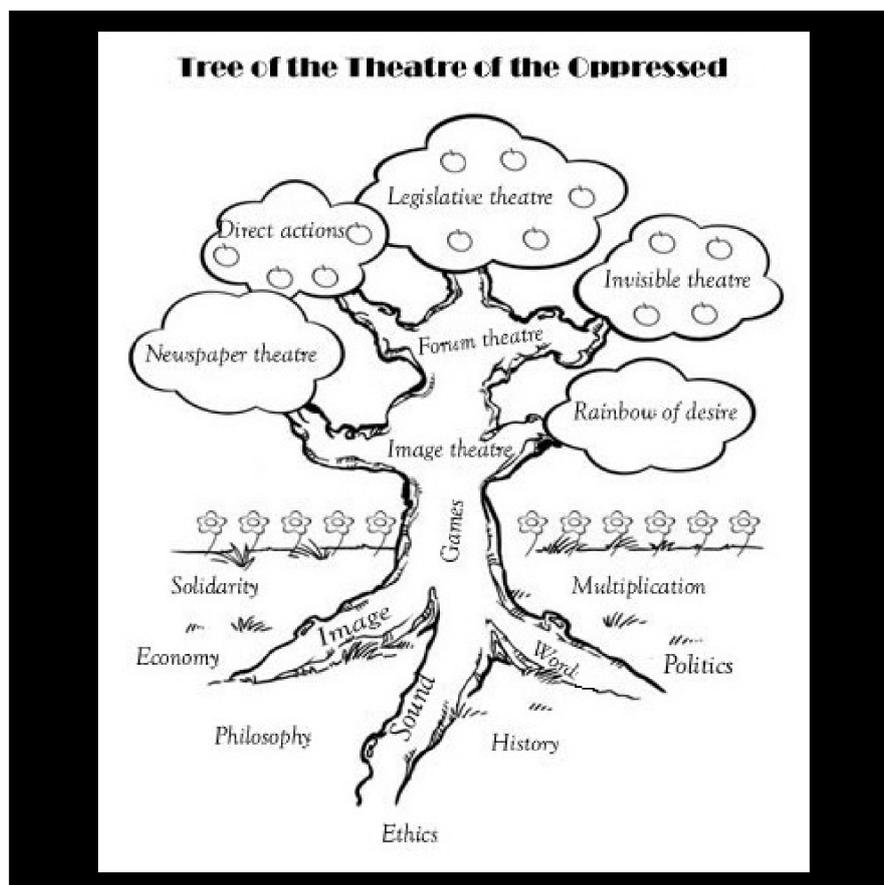
ECO-Theatre of the Oppressed

REFERENCE NUMBER: YE-2020-2-ES02-KA105-015923

DATES OF ACTIVITY: 24th -30th August 2021

DATES OF TRAVELLING: 23rd & 31st August

VENUE: Munebrega (Saragozza) Spain. Hostel: [La Zarandilla | Albergue Municipal](#)



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This guide contains important information about what to expect once you arrive here and what we expect from you, how some activities are going to be organized, how to get here and other practical information.... So, please, read it!

This youth exchange is an opportunity to make something for you and for your community – it will be the experience you make out of it.... So, please, be ready to enjoy it!!

Project Summary

The project “ECO-Theatre of the Oppressed” is a Youth Exchange in the frame of Erasmus+ KA1, is aims to learn how to use Theater of the Oppressed as a tool for youths to get to compromises about sustainability and environmental care. The YE will be completed with workshops about scenography, body language and upcycling. Participants will develop sketches and create the scenography to do a public theater in the village. They will be also invited to suggest and guide a workshop related to the topic.

The course will consist on three sections:

- A) Theater of the Oppressed
 - Technics as a tool for young people to get involved into sustainability and increase the awareness in their communities.
 - Public Theater in Munebrega: attending to your interest about environmental topics, participants will develop sketches in groups for the performance.
- B) Workshops for scenography
 - Creation of masks with plaster;
 - “Your ECO-workshop”: your time to shared your knowledge, suggest and guide workshops using recycled materials for the creation of the scenography like instruments, dresses, furniture, ecc.
- C) Sustainable Development Goals UN
 - Analyzed of the needs of each participant about the SDGs in their community to work on them with Theatre of the Oppressed.

This project will have as main final work a Booklet that will be published on a public online platform. It will gather the theatre of the Oppressed technics used and a guide to reproduce the workshops done

You will get a Youthpass, which is a European recognition diploma for non-formal and informal learning in youth work. Youthpass is for projects funded by Erasmus+ Youth in Action.

We kindly invite you to:

- **Get involved:** We need everyone active and participative!
- **Self-reliance:** You are responsible for yourself and to make a positive impact on the event.
- **Respect each other:** Be patient, respectful and cooperative.
- **Learn and share:** Share what you know, absorb everything and spread it back home!

“Your ECO- Workshop”, *your time!!*

To exchange our knowledge participants will have the opportunity to suggest and guide workshops using recycled materials for the creation of the scenography like instruments, dresses, furniture, ecc. We have schedule 2 afternoons for it. It's no require experience organizing workshops.

We want have time to do all activities suggested, but we will select the ones more adapted to this project, your needs and expectations. If your activity is selected the organization will support you to prepare in details your workshop. You will meet online a person from the staff of the organization to program the activity, provide the list of materials you need, number of participants attending your workshop, timing, ecc.

Practicalities

Local services in Calatayud: Here you can find anything you need on the arrival day. You will not come back to Calatayud until the departure day.

We will be in a Youth hostel called “La Zarandilla” in Munébrega, follow this link for more info about the place: [La Zarandilla Hostel](#), is it 10 mins walk to the small village Munebrega, (check the link for the location [here](#)), there, you will find couple bars and stores with the basic things that you could need during the project, you don't need to bring everything for the 8 days, if you forget something you could get it there.

The hostel is in a Natural center with fruit trees and aromatic herbs, around the hostel there are few trails that participants could do during the free time.

Weather: Munebrega is 750 meters above sea level, it means days are hot and nights are colder. Temperature range in August is between 30° and 15°C, so please bring clothes accordingly. The weather is usually sunny with some thunderstorms. It is dry and often windy.

Laundry and bathing: No washing machines or dryers are available; participants should bring enough clothes. Small items can be hand-washed.

Mobile phone and outside contacts: During the activities we will leave the mobile phone at the hostel, although you can use it at the free time. For emergencies, you may want to be contacted on organization number: *Marta (+34 651480153)*.



To bring or not to bring...

To Bring...

- National ID or **Passport** (must be valid 6 months after you travel)
- **Personal medicines** for allergies or medical issues (we will provide the general & basics ones)
- Comfortable clothes and shoes, also for basic trekking.
- Long and short-sleeved T-shirts
- Long and shorts trousers
- Sweater & Jacket (Windbreaker or raincoat)
- Cap (Hat), sunglasses & Sunscreen
- Flashlight (Torch)
- Towel, toiletries & Earplugs (keep in mind that you will share the bedroom)
- No need to bring a sleeping bag (there are sheet bed and thin blankets).
- We will provide mask during the project

Bring if possible...

- Musical instrument
- Some local food for the “**Intercultural Nights**” (see details below)

**** COVID- 19, measures and logistics**

Follow this link to get the updated information about Spanish Travel Health measures:

[Ministerio de Sanidad, Consumo y Bienestar Social - Professionals - Spain Travel Health \(mcsbcs.gob.es\)](https://mcsbcs.gob.es/)

-If at the moment of the project, for any participant is mandatory to do any test to enter in Spain, the costs could be taken from the travel budget for each participant. It will be coordinated and approved by the sending and hosting organization. We will try our best to avoid any extra cost for participants.

-If any participant needs to do a test before the entrance in Spain and the result is positive and can NOT assist, Erasmus + National Agency has confirmed that could reimburse the travel cost as long as the participant can show the positive result and the travel tickets cannot be reimbursed by the travel company.

-In case a participant who is already in Spain and show any symptom of Covid-19 we will provide a separate room to rest till the end of the project if needed, where will be able to stay for the whole quarantine needed.

-During the exchange we will follow the relevant security measures and controls require at that moment. We hope to be able to do the project without wearing a mask, as we are going to be in an isolated rural place with no one around. With the exception during the public event in the village, where we will wear the mask just in the essential moments, therefore the performance will be outside, keeping the security distance and relevant measures.

Contact us for further information!

Intercultural nights:

Have you ever heard about them?

In order to discover more about our different cultures, each country will count with an evening to celebrate our diversity. The point is to allow people from other cultures to discover yours. We will be able to present our country, culture, ecc. through appetizers, music, dancing, drinks, challenges, performance, images, etc. But please, no youtube, no power points! Find a creative way to share it!

We will invite you to present also the **environmental situation of your place**, positive&negative practices/aspects that you would like to share. You are free to organize games, do a quiz or whatever you feel best! You are welcome to bring some traditional appetizers (participants will not be able to use the kitchen or cook), drinks and music so we can organize an unforgettable international night. Make sure you will be coordinated with your group before coming.



Getting there & meeting point

In Calatayud there are a bus and a train station in different places. We will be organized to pick you up from both by groups and bring you to the hostel. You can arrive directly to Calatayud from Madrid, Barcelona and Saragossa with the public transportation, another option is to share a car with “Blablacar” or any other net you know.

Please if you are arriving later than we expect you, let us know as soon as possible to:

From Madrid

By bus: You can arrive directly from Madrid Avenida América, Madrid Sur or Madrid airport for 12,16€. Check timetables and tickets at www.alsa.es. If you don't find the time you need, you should go first to Saragossa and then to Calatayud. Check the buses option from Saragossa below.

By train: You can arrive from Madrid Chamartín in the regional train. There are high-speeds trains which are much more expensive. You can take one of these but we will only reimburse the price of the regional train. Check schedules and tickets at www.renfe.com.

----> Remember to check how arrive from the Airport to the city depending on the station in case you don't leave from Airport directly.

From Barcelona

From the Airport to the city there are several buses and a train every 30 min.

By bus: There are some buses directly to from Barcelona to Calatayud but not many! If you need other times, you need to go first to Saragossa by bus or train. Check schedules and tickets at www.alsa.es. And then Saragossa to Calatayud. Check the buses option from Zaragoza below.

By train: There are high-speeds trains which are much more expensive. You can take one of these but we will only reimburse the price of the bus. Check train timetables and tickets at www.renfe.com.

From Saragossa

If you arrive by plane to Saragossa, from the airport you have to go to the main station: Intermodal to take the bus to Calatayud.

Check schedules to the main station: [Bus Saragossa Airport- Saragossa Intermodal](#)

By bus: You can arrive by bus from Zaragoza Delicias for around 8,50€. Check schedules and tickets here: [Bus Zaragoza- Calatayud](#). You need to buy tickets at the counter number 5 or 6 in Delicias station before you leave.

By train: You can arrive by train from Zaragoza Delicias. Check timetables and tickets at www.renfe.com.

Travel costs reimbursement

Travel costs will be reimbursed up to:

- 360€ for participants from Lithuania;
- 275€ from France, Italy, Denmark,
- 100€ from Spain.

You must keep the tickets of all your travels. Only the cheapest means of transport will be reimbursed, unless you can justify it and agree that with us. For example, if you can not catch a cheap bus to arrive on time and the only option is to take a high speed train, that costs much more.

We will ask for the following documentation for each mean of transport after the Youth Exchange. It will be managed with your sending association.

1. **Flight:** email with the price showing payment method (and invoice if possible) and Boarding pass (both ways). Bank documents showing the charge of the credit card may be required too.
2. **Train/bus:** Ticket and invoice in case it is possible too.
3. **Taxi.** Invoice/ticket and signed statement saying that was the only possible transportation.
4. **Car:** gas bills (better if you share it)

We will share an excel form to your sending association to complete all your travel costs, we can calculate how much you are entitled to be reimbursed. You will be paid through your sending association (once we receive all the documents of the participants from the same country). Then your sending association will spread the amount for each of you.

Partner Organizations

Country	Partner Organization	Contact
Spain	La Zarandilla	marta.calvo.lopez@gmail.com
Italy	Associazione Kora	simone@associazionekora.it
Denmark	Danish Youth Team	andreea@danishyouthteam.com
France	Via Brachy	clemence.bizon@viabrachy.org
Lithuania	Vsl "Gyvenk be ribu"	vika.strenakova@gmail.com

The organization

ATCD "La Zarandilla" was created on 17th September 2007

Some of our most important goals:

- Organize and promote courses, excursions, camps or trips for children and youths under twenty-five years of age, as well as providing meals, accommodation or transportation linked to the above activities.
- Improve the quality of life, the promotion of equal opportunities and the integration of the disabled, through courses, camps, etc.
- Contribute to attend to the conservation and defense of the landscape, architecture and the purity, healthiness and beauty of the environment.
- To foment and improve awareness of the respect for the Environment.

Since its creation, it has been increasing the number of activities carried out year after year and currently has a large team of monitors and directors of free time.

A few years ago we created our own Leisure School, having already completed four courses since its beginning.

Some of the activities to date have been the following:

- Since the creation of the new Youth Hostel in Munébrega in 2015, summer camps in which more than 700 children have participated, most of them from the same region of Calatayud.
- For five years, activities have been carried out with schools in the province of Zaragoza, throughout the months of March to June.
- Two work camps, in 2015 and 2017.
- Other training courses on aspects related to Free Time.
- Has organized 3 Erasmus + YE and 2 TC in the last 2 years.

The team



• Elena Sanchez:

Theatre trainer: She is a social educator & musician. She has also studied different types of theater, also played in a theater company in Saragossa, Spain. With a proposal to expand her training and experience she has made exchanges and professional internships in several countries such as Argentina, Chile, Belgium, India.... She currently works as a teacher in Spain.

• Marta Calvo:

Project coordinator and facilitator.

She has extensive experience in the development of environmental and leisure activities and work camps with children, youth and adults. She has recently followed courses in the province of Zaragoza in "Team and Leadership Coaching"; "Gender Equity and Youth Participation". She has collaborated in different social inclusion collectives while living in Canada, Germany and Italy until today.

Since 2016 she is the coordinator of Erasmus + projects for Equipo Mandragora, with whom she works as a facilitator and trainer in the field of environmental sustainability.

She has been a trainer in mobilities for youth workers in ecology in Slovenia and France.



• José Manuel Calvo:



Logistic person & trainer: He has extensive experience in non-formal education for adults, leisure monitors and animators for youth activities. Since 1986 is the coordinator of activities of Mandragora Team association and director of the Leisure School “Zauril” since 2012, director of 6 working camps with IAJ and numerous summer camps, youth colonies, green weeks and nature lessons. He has received research courses of Environment, guided by the Heritage with Sodemasa. Actually works in the Camping of Alcañiz as environmental Manager and environmental activities.

Author of several publications on itineraries in natural and urban environments ("A treasure in my trash": MEC 1993 and 1995 University of Zaragoza prize). Director of several exhibitions to increase the environmental awareness of clean energy, ecology, toys made with wasted materials, etc..

**** The team is waiting to meet you soon!!**

Program “ECO-Theatre of the Oppressed”

Timing	Day 1 Monday 23	Day 2 Tuesday 24	Day 3 Wed 25	Day 4 Thurs 26	Day 5 Friday 27	Day 6 Sat 28	Day 7 Sunday 29	Day 8 Mon 30	Day 9 Tues 31		
8:30- 9h	Breakfast										
9:30h	Arrival	-Ice breaking games Presentations	-Theatre session I: Introduction	-Theatre session III: Exercises & technics	Preparation for theater	Preparation for theater	Preparation scenography	- Report activities -Pictures	Departure		
11- 11:15h		Break									
11:30		- Walk in Munebrega	-Theatre session II: Body expression	-Theatre session IV: Musical expression	Preparation for theater	Preparation for theater	Preparation scenography	Final discussion by groups			
13:30h		Lunch									
16h		- How to organize a workshop? - SDGs	Mask Workshop	“Your ECO-Workshop”	“Your ECO-Workshop”	Pupper workshop	Preparation scenography	-Final evaluation - Youth passes			
18- 18:15h	Break										
18: 30- 19h	Ice breaking games	Reflection Time	Reflection Time	Reflection Time	“Arborism activity”	Reflection Time	Public theater Munebrega	Last meeting			
21-22h	Dinner										
22h	Stars Workshop	I.N. Spain	I.N. Lithuania	I.N. France	Public language Night	I.N. Denmark	I.N. Italy	Going away party			