

"COLORS OF WELLBEING"

YOUTH EXCHANGE

BARCELONA, SPAIN
9.01 - 14.01. 2025

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YOUTH POWER
Germany



Co-funded by
the European Union

Mental health is a cornerstone of youth empowerment, yet stigma, lack of resources, and societal pressures often prevent open conversations. The Youth Exchange “Colors of Wellbeing” uses colors, a universal and creative medium to spark dialogue, self-reflection, and action towards improving mental wellbeing.

Trough interactive activities, participants will explore how colors influence emotions, behaviors and overall mental health, fostering a deeper understanding of themselves and their peers.

WHAT WILL THE YE LOOK LIKE?

Blending creative expression with wellbeing practices provides young people with the opportunity to connect, reflect, and take actionable steps toward fostering well-being for themselves and their communities.

This Youth exchange recognizes the vital importance of empowering young people to prioritize their mental health, reduce stigma, and build resilience through creativity and dialogue taking a holistic approach to dive into this topic.

Participants will explore the connection between colors and emotions, using color as a lens to better understand and express their experiences, feelings, emotions and future goals.

Through hands-on workshops, collaborative art projects, and meaningful discussions, the program will create a supportive space to:

- Raise awareness about mental health challenges and solutions.
- Break down stigmas surrounding mental health issues.
- Equip young people with tools for self-care, emotional regulation, and peer support.
- Encourage collective action to create healthier and more inclusive environments.

Participants are expected to attend the full duration of the TC
(9th – 14th January 2025)

All participants will be accommodated at **Alberg Barcelona Xanascat**

Passeig de la Mare de Déu del Coll, 41, 51
08023 | Barcelona
Tel. +34 93 210 51 51

Email: barcelona.xanascat@gencat.cat

WEB: <https://xanascat.gencat.cat/ca/albergs/albergs/barcelona-xanascat>



We are expecting you on the 9th of January 2025 in the afternoon. The start of the welcome Program will be announced based on arrival time of the participants (usually after dinner) and dinner will be served at 19:00. The departure is envisioned for the morning of the 14th of January 2025 after breakfast.

All participants will be accommodated in **Alberg Barcelona Xanascat**. The hostel is near the Metro station Penitents (L3- green line) and bus line 22.

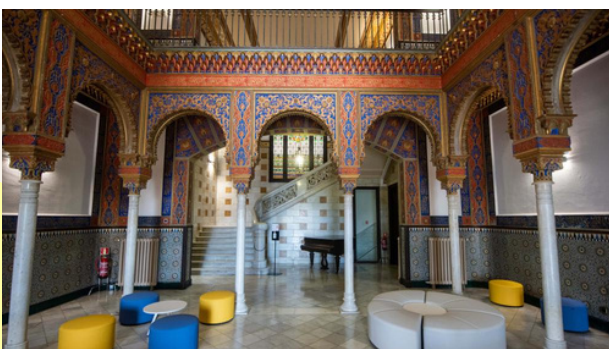
The hostel is located in one of the quietest areas of Barcelona, between the neighborhoods of Gràcia and Horta, in an environment privileged by the wealth of nature and green spaces. It is very well connected to the city center by metro and day and night buses, so it is easily accessible for everyone.

Participants will be placed in renovated rooms of 3 to 4 beds (in rooms there are bunk beds) with shared bathrooms. Please note that you should bring your own towels (bed sheets are included).

Breakfast, lunch and dinner will be served daily at the residence and the schedule will be agreed with the trainers.

The Course will be held at the residence and outdoor.

Check-in from 13:30h (it is possible to leave the luggage in a storage room)



For all information about booking your tickets and coming to **Barcelona**, you should be in contact with Veronica Braccini – in charge of project logistics, by using the official project e-mail (you can find all contacts below). We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.*

Travel costs will be reimbursed **only for the cheapest way of transport** and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

Please don't buy your tickets before we approve them! When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 9th - 14th January, please inform us in advance, so we can approve your tickets and travel costs.

P.S. AT PURCHASING YOUR TRAVEL TICKET, PLEASE ASK FOR THE INVOICE!

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents! A detailed guide to reimbursement will be provi

***Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.**



Travel budget calculation is based on the distance between your starting point and the venue of the Program:

10 -99	KM	28€ / 56€ green option
100 - 499	KM	211€ / 285€ green option
500 - 1999	KM	309€ / 417€ green option
2000 - 2999	KM	395€ / 535€ green option
3000 - 3999	KM	580€ / 785€ green option
4000 - 7999	KM	1.188€
8000 - more	KM	1.735€

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

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

Further Rules regarding the booking of the tickets and reimbursement:

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- Extra hand luggage can be covered if within budget (make sure you send a plan before purchasing, as some extra fees might be applied by some airlines).
- We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- We can't reimburse taxi; only public transport and carpooling will be covered.
- You can arrive maximum 1 day before the activity or depart maximum 1 day after if you want to spend more time in Berlin on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.

The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



For planning your travel you are directed to contact the project team by using the mail address.

Veronica Bracaccini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!

PROJECT E-MAIL

project15@yp-de.org

LOGISTIC COORDINATOR

Veronica Bracaccini

PARTNERS



 **Youth Power Austria**



 **Fucina Salentina**



 **MED13 NGO**



 **Contextos**



 **Jarrón Club**



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