



# **Inclusive Minds, Healthy Communities**

**YOUTH EXCHANGE**

**16/11/2024-24/11/2024**

**HONDARRIBIA, BASQUE COUNTRY, SPAIN**



**kaebnai**

[WWW.KAEBNAI.NET](http://WWW.KAEBNAI.NET)



Cofinanciado por  
la Unión Europea

# PROJECT BACKGROUND

“Inclusive Minds, Healthy communities” is a Youth Exchange to promote the creation of networks between people from diverse countries, to create and share a safe space and to work on these main topics: Inclusion, new technologies, mental health and wellness. Sharing common values and making them feel aware about creating a future inclusive society. This will last 8 days; and will be held from November 16th to 24th, 2024 in the city of Hondarribia (Basque Country, Spain).

Through this project, participants will have the opportunity to discuss, reflect and raise awareness about mental health in our society and will also have the opportunity to develop their communication and social skills, their creativity and create small projects with the intention of raising awareness about the subject. In this way, the participants will feel empowered, with initiative and with the opportunity to reflect and exchange different ideas to deal with the problems related to this topic in our society, becoming a more competent youth collective.

During the week, we will work with a non-formal methodology, with dynamics, debates, working in small groups, creative presentations, theater and expression exercises and artistic creations.

Topics such as stereotypes and prejudices, social inclusion, new technologies and mental health, equality, communication and emotional intelligence will also be discussed.

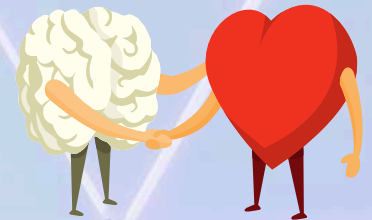
Cultural diversity also will be celebrated through presentations from different cultures, with gastronomic tastings, music, dances, games and cultural sports.



# The objectives of this experiential project



- Raise awareness about the EU youth goals
- Raise awareness about the importance of promoting a more inclusive and equal society.
- Promote and sensitize citizens about new technologies, equality and mental health diversity.
- Promote new networks to create more mobility projects for the present and future young people.
- Analyze different tools for awareness campaigns, promoting the use of new technologies.
- Develop different skills and abilities such as: creativity, initiative, autonomy, communication and social skills.
- Empower to be active participants in citizenship and agents of social change.
- Exchange experiences among young participants.



## ELIGIBILITY AND EXPENSES OF PARTICIPANTS



- Each organization will bring 5 participants + 1 an experienced leader.
- All participants must be between the ages of 18 and 30 on the dates of the activity. There is no age limit for leaders.
- The language used will be English.
- Subsistence, accommodation and other expenses related to the participation in the exchange are 100% covered by the EC grant.

# HOW TO ARRIVE TO JUAN SEBASTIAN ELCANO (HONDARRIBIA)



In case you are coming by plane, the best way is landing at Bilbao's airport (Loiu Airport).

Once you leave the airport, there is a bus stop for direct bus to Donostia - San Sebastian.

The bus company is PESA and it costs 17 Euros.

[Below timetable](#) 

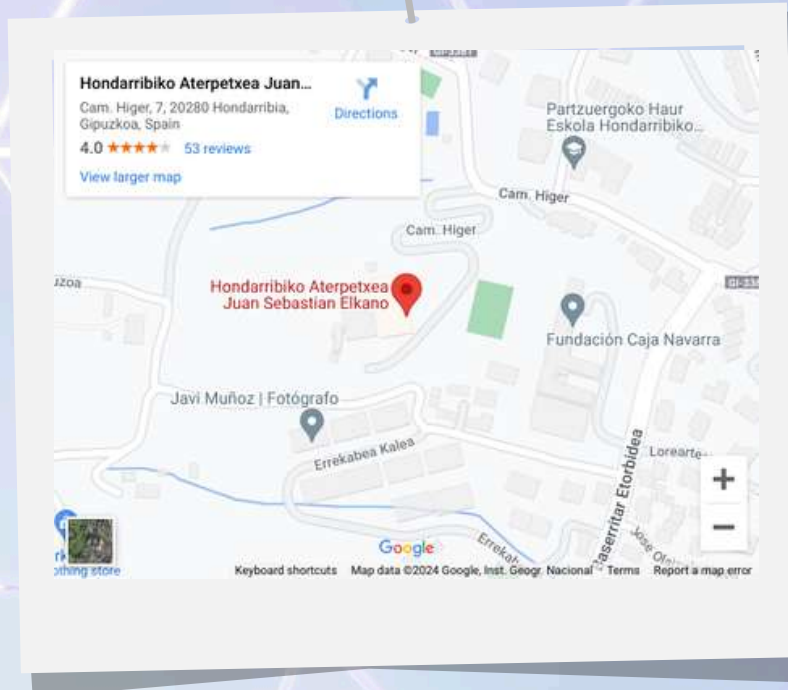
In San Sebastián-Donostia you will have to take any of the following lines E20, E21, E23 (which leave from [Plaza Gipuzkoa](#) in Donostia ). Bus costs 3.5€.

<https://www.dbus.eus/es/>





## ”Juan Sebastian Elcano”, last stop in Hondarribia



You can also travel to Biarritz, Barcelona or Madrid international airports and then take a bus or train to San Sebastian.



Mind that you cannot arrive after the project starting date and departure earlier than project departure date.



**Check connections with local transport and fill in the travel form!**



Please email the travel form to [kaebnaieuropa@gmail.com](mailto:kaebnaieuropa@gmail.com)



**Do not buy tickets before we confirm your arrangements!**



**ACCOMODATION PLACE:  
JUAN SEBASTIAN ELKANO**

<https://www.gipuzkoa.eus/eu/web/gazteria/ekipamenduak/aterpetxeak/hondarribiko-aterpetxea>

Higer bidea

20280 Hondarribia (Gipuzkoa, SPAIN) Tel: (+34) 943 415 164



[elkano@gipuzkoa.eus](mailto:elkano@gipuzkoa.eus)

**In one of the most beautiful seaside towns in Euskadi**

**Schedule**



**9:00 - 21:00**

**Breakfast 9:00**

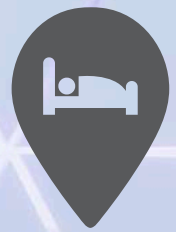
**Lunch 13:30**

**Dinner 20:30**

**Closing and silence 24:00**



# JUAN SEBASTIAN ELKANO



Showers and toilets will be differentiated by gender.



Mind that you cannot arrive after the project starting date and departure earlier than project departure date.



Does not have laundry service but there are 2 washing machines for all the building that could be used.



Is the water drinkable



Check in: We should be there at the reception to meet you on your arrival, so please confirm with us the time of your arrival.



Breakfast: 9:00 / Lunch: 1:30 p.m. / Dinner: 20:30



Silence: 24:00



## FOOD ARRANGEMENTS



Please, let us know in advance (in the application form attached) whether you have any special dietary such as vegetarian, no meat requirements but ok with fish, allergic to something etc.!!!

If so, you must send your medical certificate to the email [kaebnaieuropa@gmail.com](mailto:kaebnaieuropa@gmail.com) so that the hostel can attend to your requests, 10 days before arrival. After that it is not possible.



**DON'T  
FORGET**

## WHAT TO BRING WITH YOU:



**Your Passport, and valid on the dates of the activity**



**Your European Health Card (the old E-111), if applicable.**



**Some typical (tinned) dish / cheese / sweet from your country or region for the intercultural evening.**



**Swimsuit and towel**



**If you're taking any medicines, DON'T FORGET THEM. It might also be useful to bring a prescription for those medicines along.**



**Your ISIC card, your >26 card and similar documents (if have any)**

## PRACTICALITIES AND RULES AT THE VENUE, HOSTEL AND PUBLIC PLACES IN GENERAL



**The hostel and its facilities are a non-smoking and non-drinking zones. This means that smoking and drinking of alcohol are prohibited in all public places and are allowed in specially designated areas only.**



**Northern rainy Spain has few things to do with the better known Southern sunny Spain. The maximum temperatures in summer are on average between 23 and 27°C, except in very specific heat waves. Average temperatures are close to 20°C on the coast. The minimum temperatures range from 12 to 16 degrees, but we would advise you to check the weather forecast before coming to Hondarribia/San Sebastian and make sure you have enough clothing to wear during warm, mild or cold days.**



**CONTACT DETAILS: Email: [kaebnaieuropa@gmail.com](mailto:kaebnaieuropa@gmail.com)**





# REIMBURSEMENTS

**ATTENTION  
PLEASE!**







**IMPORTANT**

We will refund the amount according to the amount allocated by the Spanish National Agency, subject to participation in all activities and presentation of original travel forms and travel documents, INVOICES, including boarding passes, receipts and ALL return documents. Photographs or scanned versions of travel documents will not be accepted.

Maximum on the third day of the activity, all digital and physical travel documents will be collected, as well as the excel-Reimbursements info in DRIVE.

Maximum 10 days after the activity, has to be sent all return documents, ONLY DIGITAL return documents such as: boarding passes, bus and train tickets, etc. and the participants complete the online evaluation forms (Mobility Tool) received in their e-mails after the project.

It will be reimbursed by transfer as decided by the group of each partner country to the account of the organization or to the account of a person from the group, with the consensus of the entire group.

-  Mind that you cannot arrive after the project programme starting date and departure earlier than project departure date!
-  You can not come later or leave earlier than the project activity dates
-  You will be reimbursed only in case you participate in all activities of the programme.
-  Check connections with local transport before buying tickets!
-  Fill in the travel form and contact organizers if there are any concerns!
-  Don't forget to bring original travel documents with you and send all the original travel documents (tickets, invoices) as soon as you get back to your country! **MAXIMUM 10 DAYS AFTER THE ACTIVITY**



Apply Now

Participant Application Link:

<https://forms.gle/tB6ipMja8gCxnFaL8>

deadline

to fill in the form: 28 of July, 2024

TRAVEL

TIME



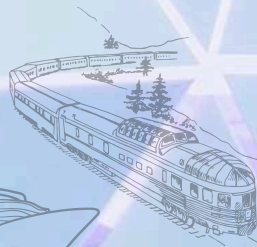
TRAVEL EXPENSES PER PARTICIPANT

**Travel Costs:** are based on unit cost and are calculated with the distance calculator provided by the EC.

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

Please provide your organisation's departure city so we can calculate the amount.

We will try to balance the grant received, with all the real costs of all participants' travel expenses, in order to make sure that every participant pays a fair amount of co-financing.



**KAEBNAI PEDAGOGICAL TEAM**



**kaebnai**