

CommUnity

ERASMUS +
YOUTH EXCHANGE

CIRAT, CASTELLÓN
5 to 13 of June 2023



GOBIERNO DE ESPAÑA
MINISTERIO DE SANIDAD, SERVICIOS SOCIALES Y IGUALDAD



SECRETARÍA DE ESTADO DE SERVICIOS SOCIALES Y FAMILIARES
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Erasmus+

Co-funded by the
Erasmus+ Programme
of the European Union



ARAM

Asociación por la Resiliencia del Alto Mijares



CommUnity

YOUTH EXCHANGE

Location

Albergue Cirat in Cirat (Castellón- Spain)

A village of 206 habitants, capital of the region of Alto Mijares., surrounded by natural pools and mediterranean crops.

<https://turismocirat.com/>

Participants

30 participants (5 for each country)

Spain, Italy, Greece, Slovakia, Poland, Germany

Dates

5 to 13 of June 2023

(including travel days)

Topic

CommUnity main aim is to explore different forms of sustainability (slow movements, zero waste, permaculture, degrowth) with a special consideration to the role of young people as leaders promoting positive change in their communities.

Requirements

- To be between 18 and 30 y.o. (except group leader).
- To hold the European Health Card (or similar insurance)
- To live in one of the sending countries
- To be active and carry out the tasks assigned to participants
- To consent the use of images in which you appear taken during the mobility with legitimate purposes of the project.
- Prepare a workshop and create dissemination content.





1

Organize your travel with your team trying to promote eco-friendly options. If you come by bus or train be on Castellón train-bus station on the 5th of June.

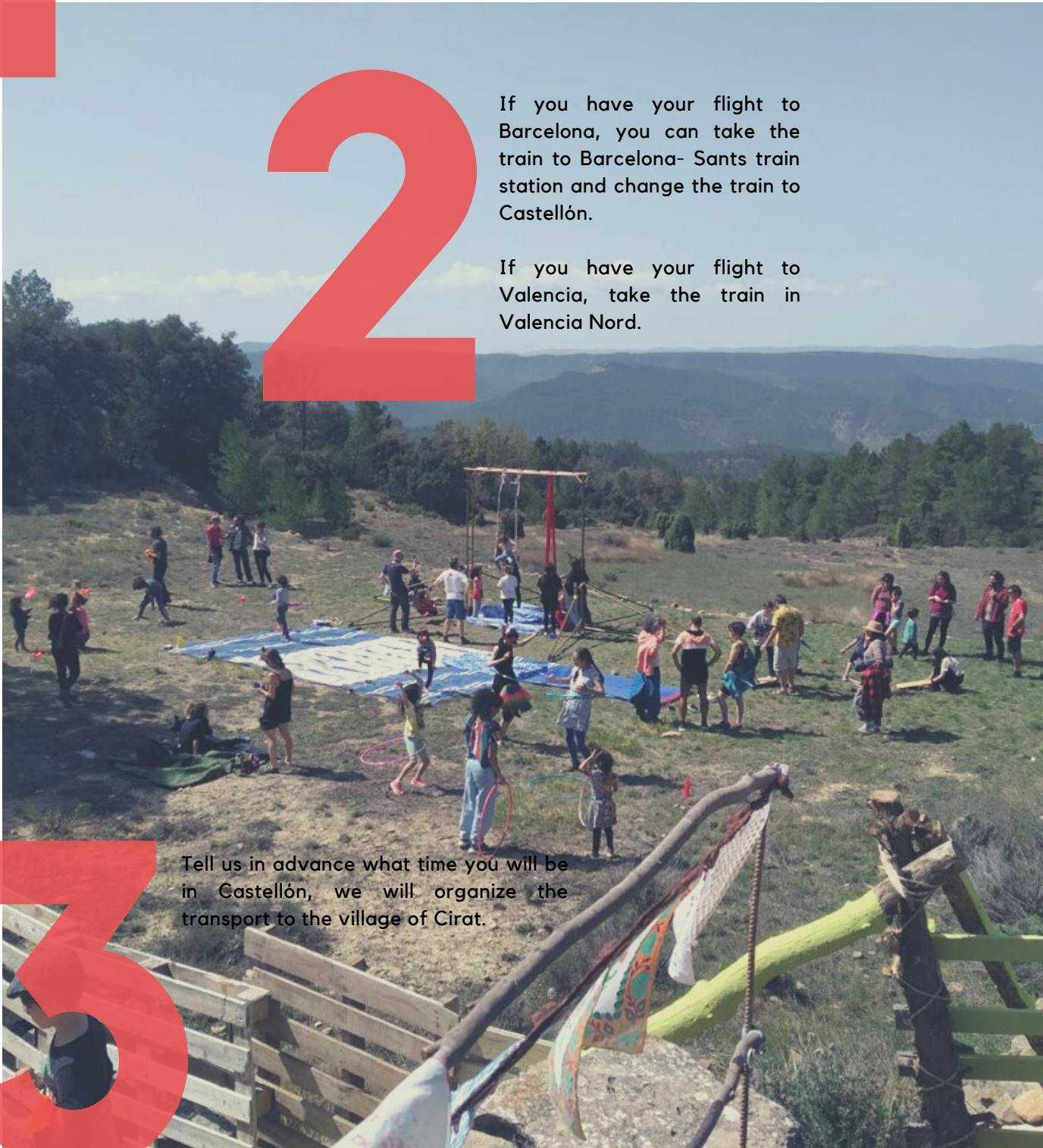
If you come by shared car, come directly on 5th of June to Cirat.

HOW TO REACH THE ACCOMODATION

2

If you have your flight to Barcelona, you can take the train to Barcelona- Sants train station and change the train to Castellón.

If you have your flight to Valencia, take the train in Valencia Nord.



3

Tell us in advance what time you will be in Castellón, we will organize the transport to the village of Cirat.



Travel instructions

KEEP YOUR INVOICES, TICKETS AND BOARDING PASSES.

We will need it to reimburse your travel costs. Download your boarding pass once you have it!

Electronic documents are preferred (you don't have to print anything).

Transfer by Taxi/Uber (or similar) is not eligible for reimbursement.

We encourage you to use eco-friendly and sustainable ways of travel where possible. So all countries, except Greece can increase their budget to **320 €** in case they use public transport or shared car.

Budget available



23 €



275 €
320 € (Green travel)



275 €
320 € (Green travel)



275 €
320 € (Green travel)



275 €
320 € (Green travel)



275 €



THE VENUE

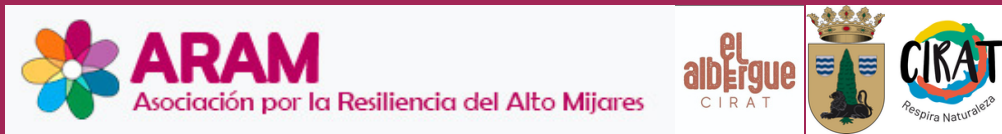
Albergue de Cirat

- Food, acomodation and travel covered
- Shared rooms in bunkbeds
- Natural pools and hiking areas



Promoting organisation

Promoting organisation: ARAM (Asociación for the resilience of Alto Mijares region)
With the support of the council of Cirat, the tourism board of Cirat and the Albergue.



In a context of necessary economic and social recovery, in ARAM we look at the concept of resilience as the ability to adapt and take advantage of the continuous changes. A concept that we want to put at the service of economic, social and environmental regeneration activities in the rural area of Alto Mijares.

Project manager: Saul Nebot (+34 657 31 34 62)
asociacion.aram@gmail.com

The partnership

ITALY	GREECE	POLONIA	SLOVAKIA	GERMANY
WeSound	Tetra Mara	Stowarzyszenie Rozprawy o Europie	INNOVATION AND ENTREPRENEURSHIP DEVELOPMENT ASSOCIATION OF SLOVAKIA	BUND DER DEUTSCHEN LANDJUGEND E.V.