



Co-funded by
the European Union



HOW TO SAVE A REFU-LIVES

Youth Exchange



Manjirón, Madrid (Spain)

From June 8th to June 15th

ABOUT THE PROJECT



"How to save a refu-lives" focuses on equipping young Europeans with educational tools and **digital skills** to better understand the situation of **refugees** and actively contribute to their **integration**. It promotes an **inclusive approach** where integration is not a one-way process, but a meaningful exchange that strengthens communities, **builds empathy**, and creates more cohesive and supportive societies.

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From June 8th to June 15th

(Application date for partners until April 24th)



	SPAIN	23€/PAX
	ROMANIA	395€/PAX
	GERMANY	309€/PAX
	POLAND	395€/PAX
	BULGARIA	395€/PAX
	CROATIA	309€/PAX
	FRANCE	309€/PAX

GOALS



Prepare young Europeans to be **agents of integration in their communities**. By empowering them to help other refugees in host countries.



Improving key skills (digital, linguistic, and social), with a focus on **non-formal education** that complements any formal education they may already have.



Connecting youth, civil society, and European institutions, strengthening the **international** dimension and **cooperation** between youth organizations.



Fostering **intercultural** dialogue and active European citizenship by creating spaces where local youth and refugees can learn from each other and **build shared community identities**.

PARTICIPANTS' PROFILE

- 5 participants (18-30 years old) + 1 group leader (no age limit) per country.
(6 people per country)
- **Motivation** to work on **social integration** issues
- Good level of **english**
- We encourage people from **multicultural** and transnational backgrounds to come!
- No experience in Erasmus+ is needed, **newcomers** are welcome!
- **Gender balance** guaranteed

HOW TO GET TO THE VENUE

Hostel Sierra Norte, Manjirón, Madrid (Spain)

AVENIDA DEL VILLAR, 48 -
MANJIRON - MADRID

T4 MADRID AIRPORT (ADOLFO SUÁREZ)

Bus number: 827. From "Av.Hispanidad-Aeropuerto T4" to "Av.España-M.Sebastián Izuel" (direction: ADRID (Canillejas)-ALCOBENDAS-UNIVERSIDAD AUTÓNOMA-TRES CANTOS)



Bus number: 191. From "Pl. Europa-Av.Juncal" to "Av.Madrid-Real" (Direction: Madrid (Plaza De Castilla)-Buitrago)



Bus number: 191D. From "Av.Madrid-Real" to "Manjirón-Iglesia" (Direction: Buitrago-Robledillo De La Jara)



**ARRIVAL:
JUNE 8TH**



**DEPARTURE:
JUNE 15TH**

¡IMPORTANT! you need to be in the bus station before **18:55!** because the **last bus for 191D** is at this time



WHAT TO BRING WITH YOU



**HEALTH INSURANCE
OR VALID EUROPEAN
HEALTH INSURANCE
CARD!**

- Towel
- Comfortable clothes
- Comfortable shoes
- Personal toiletries (soap, shampoo, lotion, hairdryer...)
- Water bottle
- 1 laptop per country



Typical from your country:

- Flag
- Traditional clothing from your country
- Typical food
- Snacks
- Drinks

FROM YOUR COUNTRY

Weather is going to be between **14°C to 26°C (aridity)**, meaning that during early in the morning and the night is going to be a little bit cold, we encourage you to bring a **hoodie** or **jacket** with you.



INTERCULTURAL NIGHT EXAMPLE



About the association

MadUP was born as an association based in the Spanish capital, Madrid, to focus on current and **future youth**, to empower them and give them facilities to have a **good integration at local and European level**, train them in different areas and provide new opportunities.

We create and carry out activities locally, focused on leisure and education as well as on the generation of new ideas, to value them and to **promote this quality of young people**, which in the long run is usually lost because it is not given the necessary work and importance. So we want to take our activities to a European level, generating these opportunities at a European level and that the young people of the present and future can establish links. The members of MadUP are mainly between 18 and 30 years old, and the main members take on the role of organizers of our activities, as well as recipients at the same level.

We work on different themes to activate young people and provide **spaces for participation** in which we hope the results will reflect on them, addressing creative processes, active learning methods, community building, and current **global issues**, with a special thematic focus on the **self-development needs and creative expression** of its beneficiaries, including various **marginalized groups** of young people. Ultimately, we aim to cover **entrepreneurship, creative expression, youth unemployment, and environmental challenges**.

ACTIVITIES

Daily activities will take place every day, between 10:00 and 18:30. **Presence to the activities is compulsory on the full duration of the youth exchange.** Detailed activities schedule will be made available 14 days before the start of the youth exchange.

A project **WhatsApp group** will be created to share information with participants about the exchange

9:00-9:45 Breakfast

10:00-11:15 Workshop 1

11:15-11:30 Coffee break

11:30-13:00 Workshop 2

13:00-15:00 lunch & free time

15:00-16:15 Workshop 3

16:15-16:30 Coffee break

16:30-17:45 Workshop 4

17:45-18:30 Team Leader's Meeting

20:00 Dinner



TRAVEL COSTS



SPAIN

-----> **23€/PAX**



ROMANIA

-----> **395€/PAX**



GERMANY

-----> **309€/PAX**



POLAND

-----> **395€/PAX**



BULGARIA

-----> **395€/PAX**



CROATIA

-----> **309€/PAX**



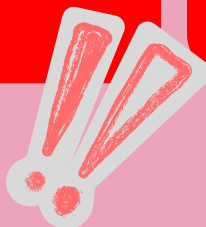
FRANCE

-----> **309€/PAX**

For the plane transport, the **mandatory documents are:**

1. **FLIGHT TICKET/INVOICE** (in .pdf)
2. **PROOF OF PAYMENT** (from online banking)
3. **BOARDING PASSES**

Selected participants can buy the plane tickets **ONLY AFTER** they receive our APPROVAL for the flight itineraries. For validation of travel itineraries, follow the instructions of your sending organization.



ABOUT THE FACILITATORS



Ricky Cardona

Has been actively involved in the **youth field** for more than 14 years, working in the design, coordination and implementation of European projects within the Erasmus+ Programme. Ricky has led several **Youth Exchanges** and cooperation projects, focusing on **non-formal education**, sustainability and youth empowerment. He strongly believes in learning by doing and creating safe, **inclusive spaces** where young people can develop their competences, intercultural understanding and sense of active citizenship. Through his experience in **international partnerships**, he supports participants in turning ideas into concrete actions and becoming confident **agents of change** in their communities.



Marta Leiva

She has **over a decade** of experience in youth work, starting as a volunteer and participating in numerous youth exchanges and courses across Europe. A European **project manager** passionate about non-formal education, she designs workshops using writing, theatre, and sports as tools for transformation. With a background in **international cooperation**, she focuses on working with diverse groups and those with **fewer opportunities**, creating safe spaces where human connection thrives and participants discover their **power to create change**.