



Youth Exchange

# WE CAN DO IT!

Infopack

5-14 December 2022  
Trasmulas, Granada, SPAIN



Erasmus+





# ABOUT 'WE CAN DO IT!'

We can do it! - Empowerment Camp for Young Women through experiential outdoor education is a Youth Exchange in the framework of Erasmus+.

In this youth exchange we are going to use the tool of **experiential outdoor education** in order to increase the young women's self-esteem and in this way we will promote **gender equality** in our society.

Experiential outdoor education offers to the young women the opportunity to experiment challenges through a series of cooperative activities which are stimulating the social and personal growth. We will apply methods of experiential outdoor education like **interactive games, cooperative activities in mobile rope courses, orienteering or climbing**, always with the reflection section afterwards.

We want to gather young women from **4 different countries** to share their experiences related to be 'a young woman' in their countries. Young women will work in different groups throughout the week to create promotional videos based on how experiential outdoor activities affected them. At the end of the project, the participants will present their videos on a public event called **'We can do it!'**

# OUR GOALS

- Bring together young women from different realities, promoting **interculturality** and the exchange of experiences.
- Promote **inclusion**, working on diversity from different perspectives (age, experience, abilities, socioeconomic disadvantages.)
- Show the **inner power** of young women to achieve the goals they set for themselves.
- Reflect on **gender equality** and inclusion.
- Share good practices of **experiential learning** and **non-formal education** for social and personal transformation, promoting work in international networks.
- Generate, through the experiences lived in the exchange, a multiplier effect that reverberates in the **local** realities of the participants and in their lives.
- Expand the cultural and leisure offer of the **rural environment** and the possibilities of the young people of the same.



# DATE AND VENUE

**5 December** (day of arrival) - **14 December** (day of departure) 2022 in Trasmulas (Granada).

The accommodation will take place in the ecological hostel and center for lifelong learning “**La Choza de Trasmulas**” ([www.lachozadetrasmulas.com](http://www.lachozadetrasmulas.com)) in the small village Trasmulas (around 150 inhabitants), 23km from Granada city. La Choza de Trasmulas is a social project build with natural materials (wood, straw and clay) in an ecological way. The accommodation will be in shared rooms (**2-4 people**) with bathroom.

## HOW TO GET HERE?

Nearest airports are **Granada** or **Málaga**. We can pick you up in Granada airport or bus station. When you arrive in Málaga, please take a bus to Láchar and we will pick you up there. You can buy your bus tickets here: <https://www.alsa.es/en/> or here: <https://www.movelia.es/en/index.html>

## MEALS

We will have full board in the hostel. Please tell us in advance about special needs concerning food (**vegetarian, vegan, halal, allergies, etc.**)!

## LANGUAGE

The main language of this training course will be **English**.



# ABOUT US



**Intercultural Life Association** is active in the field of non-formal education in Spain. With our projects and seminars we offer a frame for creative and permanent learning experiences, which allow the individual to develop his abilities of interaction, reflection and social action. We promote intercultural learning, participation and democratic citizenship, tolerance and respect, gender equality, integration of marginal groups (ethnic minorities, young people with fewer opportunities, persons with a disability etc.), environmental awareness and learning of new social and personal abilities.



**İnci Donusum Derneği (PEARL Association)** is a non-profit organisation in Türkiye that creates and executes different projects to build a society and a world where gender inequality does not exist, and there is environmental justice.

We have expertise on organizing women empowerment camps through experiential outdoor learning. We are inspired from the PEARLS, and use empowerment camps as a tool for young women to discover their inner power with the help of nature. Furthermore, by designing, producing and selling ecological products, the association achieve a vision change towards gender roles in society.

## Partners

**Free Sight Association- Tunisia**  
**Friedenskreis Halle E.V.-Germany**



# WHO ARE WE LOOKING FOR?

- 6 participants from each partner organisation (Turkiye, Spain, Tunisia, Germany)
- This Youth Exchange is designed for people who identify as **women**
- **Age 18-30**;
- Young women who are interested in this area (**gender equality**, non-formal education) and want to make their voice heard.
- Motivation to experience **outdoor activities** like orienteering, climbing, low rope, hiking, etc.
- Young women with interest in **intercultural learning** and active life style.
- Participants that would like to improve their **self-expression** competences.
- Young women with **fewer opportunities or special needs**.
- Having at least **basic level of English** language;
- Readiness and availability to **involve** in the project actively and dedicate time and effort to it;
- **Newcomers** in Erasmus+ programme are highly welcomed.



# REIMBURSEMENT OF TRAVEL COSTS

STEPS for reimbursement:

1. After selection, you can start looking for travel options.
2. Send your travel proposal to the Group Leader.
3. **Wait for our confirmation before you buy the tickets!**
4. You will receive a link where to upload your tickets.
5. Keep **ALL** paper boarding passes and tickets with you and hand them over during the project.
6. Participants will be reimbursed during the project.

**100%** of accomodation, food and transportation during the project will be covered with the support of ERASMUS+.

Participants can use **maximum up to 2 extra travel days**. These days are NOT covered by the project regarding food and accomodation.

Only the most economical transportation will be reimbursed and only under the condition that the participant will take part in the whole project! Travel must be economy/2nd class for a plane, train or bus ticket. No taxi costs will be refunded unless there is no public transport that covers your journey.

## TRAVEL LIMITS

Spain	Intercultural life Association	23€	Green travel
Turkye	Inci Donusum Dernegi	360€	-
Tunisia	Free Sight Association	275€	530€
Germany	Friedenskreis Halle e.V.	360€	320€
			410€

## PARTICIPATION FEE

50 Euros (30,- reduced fee for participants who can't afford the full amount) Please contact [wecandoityouthexchange@gmail.com](mailto:wecandoityouthexchange@gmail.com)



# WHAT TO BRING?

- Towels
- Slippers (upstairs in the hostel outdoor shoes are not allowed)
- Suitable clothes for outdoor activities (sneakers and raincoat)
- European insurance card (for participants from EU)
- Information/leaflets/fotos from your organization and women empowerment activities.
- Some delicacy, music, photos, dances, games, etc. from your region for the intercultural night.

# OTHER PRACTICAL INFORMATION

Use of alcohol (or other drugs) during the project is not allowed!

Please note that inci and i-life may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you DO NOT wish to appear in these digital materials, please inform us.





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## Contact

For more information or any questions about the project,  
do not hesitate to contact us on the project e-mail:

[wecandoityouthexchange@gmail.com](mailto:wecandoityouthexchange@gmail.com)

We are looking forward  
to receiving you in  
Trasmulas!

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