

Xàtiva, Valencia, Spain

27th April to 4th May

NEVER
WALK
ALONE



Co-funded by
the European Union



Erasmus+

NEVER WALK ALONE

"Never Walk Alone" is an Erasmus+ initiative designed to raise awareness about mental health among young people and provide them with tools to improve their emotional well-being. Developed by the Ataronjats association in collaboration with six partner countries, the **project promotes open discussions, practical workshops, and interactive activities** that equip participants with strategies to manage stress, anxiety, and other mental health challenges. By fostering a supportive and inclusive environment, the initiative **aims to encourage young people to prioritize their mental well-being and seek help when needed.**

One of the **main objectives of the project is to empower young people with the knowledge and skills to recognize early signs of mental health issues in themselves and those around them.** Through expert-led sessions and peer-to-peer exchanges, participants will learn effective coping mechanisms, mindfulness techniques, and methods to maintain a balanced mental state in their daily lives. Additionally, the project will focus on combating the stigma surrounding mental health, promoting a culture of understanding, empathy, and proactive support within communities.

As part of the Erasmus+ 2021-2027 priorities, "Never Walk Alone" aligns with the goals of inclusion and well-being by creating a space where young people can openly discuss mental health without fear of judgment.

The project not only provides valuable interpersonal and emotional resilience skills but also **strengthens connections between youth from different backgrounds**, fostering a network of support across Europe. By equipping young people with the necessary tools and awareness, this initiative aspires to contribute to a healthier and more conscious society where mental well-being is prioritized.

Youth Exchange

30 participants

5 participants per country

SPAIN | 0€

PORTUGAL | 417€*

BULGARY | 395€

ROMANIA | 309€

LITHUANIA | 395€

ITALY | 309€

*Green Travel: To be considered Green Travel, the itinerary needs to be more than 50% of the kms done by Green Transportation



@ATARONJATS

Our objective is to **motivate young Valencians through non-formal education**, training courses, learning initiatives, participation in physical and mental well-being activities, through different methods and activities among young people in conjunction with the environment and the importance of a healthy life in all its aspects. To contribute to strengthening the bonds of friendship, respect and tolerance among Europeans. To promote social inclusion and the training of young people.

These actions take place from the centre of Valencia itself to the Valencian Community, Spain and other countries, and include dialogue platforms, forums, cultural exchanges, events and training that reinforce cross-border civil society, solidarity and civic awareness.

Our association provides learning opportunities for the development of its members through non-formal education and informal learning. By participating in training courses, workshops and active participation in the organisation, our members improve their skills (such as leadership skills, mental and physical care, communication skills and team management) that will be useful for their future.

Our inspiring **team includes young people from different countries with different experiences and backgrounds.** All team members share a common work ethic and perception of social and environmental impact.

Our work is based on the values that underpin youth associations: **justice, solidarity, responsibility, cooperation, social awareness and a space to exercise and demand rights: environment, mobility, culture, sport, leisure.** The association aims to contribute to the consolidation and promotion of the social fabric and to be an important factor of social transformation and innovation.

HOW TO GET TO XÀTIVA, VALENCIA, SPAIN

1. Valencia Airport (VLC) – 70 km from Xàtiva

This is the closest and most convenient airport. From here, you can reach Xàtiva in the following ways:

- **Metro + Train:**

- a. Take Metro Line 3 or 5 from the airport to Xàtiva metro station in Valencia. Duration: 25 min.
- b. Walk to València Nord Train Station (right next to the metro station).
- c. Take a Cercanías (commuter train) C2 line to Xàtiva city. Duration: 45 min.

2. Alicante-Elche Airport (ALC) – 140 km from Xàtiva

This airport has good international connections. To reach Xàtiva:

- **Bus + Train:**

- a. Take the C6 bus from the airport to Alicante-Terminal Train Station. Duration: 20 min.
- b. From Alicante, take a medium-distance train (MD) or high-speed AVE/Euromed train to València Joaquín Sorolla. Duration: 1h 30 min.
- c. From València Nord Train Station, take the C2 commuter train to Xàtiva city. Duration: 45 min.

3. Madrid-Barajas Airport (MAD) – 360 km from Xàtiva

If you arrive in Madrid, the best option is to take a high-speed train to Valencia and then continue to Xàtiva:

- **High-Speed Train (AVE):**

- a. From the airport, take the metro or commuter train to Madrid-Puerta de Atocha Station.
- b. From Atocha, take an AVE or Alvia train to València Joaquín Sorolla (Duration: 1h 45 min).
- c. From València Nord Train Station, take the C2 commuter train to Xàtiva city. Duration: 45 min.

Tasks for the Youth Exchange

- Presentation of your country and your sending organisation.
- Information about the situation of your country on the main topic.
- Traditional foods and drinks for the cultural night.
- Flag of your country would be great.

Cultural Night

- We will have a dedicated time where you can expose your customs, traditional dances and culture.
- All the teams must prepare some presentations from their countries in a creative way.
- We hope that your culture means something more than national food and drinks. Also bring the flag of your country. It would be nice if you also bring some small souvenirs with you (costs are not covered).
- And don't forget to bring some traditional music for the intercultural nights.

What to bring?

- Towels (bath and beach towels)
- Warm clothes (The nights can be cold)
- Sports clothes and comfortable shoes.
- Personal Hygienic Products (Shower gel, shampoo,...)

Costs And Reimbursement

Accommodation and Food:

These costs, along with activity expenses, are fully covered by the project budget.

Insurances:

Activity insurance is covered by the hosting entity.

Travel insurance is recommended but will not be covered by the project.

Travel Reimbursement:

Travel expenses will be reimbursed based on actual costs provided.

Participants need to submit original invoices, tickets, and boarding passes. The cheapest route of transportation should be preferred using plane, train, bus, metro, local transportation, etc.

Private cars, taxis, uber/bolt/cabify and first-class tickets will not be reimbursed.

Itinerary Approval:

Participants must get approval from the hosting entity before purchasing tickets, or else they will not be reimbursed.

Currency and Exchange Rates:

Reimbursements will be made in euros, with exchange rates calculated based on the European Commission's official rates on the purchase month.

https://commission.europa.eu/funding-tenders/procedures-guidelines-tenders/information-contractors-and-beneficiaries/exchange-rate-infoeuro_en

Document Submission:

Keep all the digital travel documents (invoices, tickets, boarding passes) and bring all physical travel documents to the mobility and upload them to a shared folder during the mobility period. (the project team will provide to each participant a shared folder on Google Drive.)

Submit physical tickets either in person or by post office after returning home if needed.

Travel Expenses Registration:

During the project, participants will need to fill out an Excel Sheet with their travel expenses, which will be reviewed by the organising team. This should match the documents uploaded in the shared folder on Google Drive.

Online Check-in:

It's encouraged to book flights allowing online check-in so that return boarding passes can be uploaded before leaving the project.

Travel days:

Participants can extend their stay by 1-2 days considered as travel days, before or after the mobility at their own expense.

Participants' Profile

- To be open to learn more about the topic
- Aged between 18-30 years old
- To have fluent level of English
- Each organisation will have to ensure the gender balance of their team

Leaders' Profile

- To be highly interested in the topic and to participate actively
- No age limit
- Have experience in Erasmus+ projects
- To have fluent level of English

Accommodation

Farm School "Casablanca"

Located just outside Xàtiva, **Farm School "Casablanca"** offers a **comfortable and welcoming** space for groups. The accommodation consists of **shared rooms with bunk beds**, all equipped with **air conditioning and heating** to ensure a pleasant stay at any time of the year.

There are **two separate lodging areas**, each with **its own bathrooms and showers**, and **hot water available 24/7** for maximum comfort.

To make your stay both enjoyable and well-organized, **Farm School "Casablanca"** provides a range of facilities designed for relaxation, learning, and group activities:

- **Two large dining halls**, perfect for shared meals and socializing
- **WiFi** available throughout the premises
- **Swimming pool**, ideal for unwinding
- **Audiovisual room** with space for up to 100 people, equipped with a **sound system, projector, and screen**
- **Picnic area**, great for outdoor gatherings
- **Sports facilities**, including a futsal field, volleyball court, and basketball court
- **Amphitheater with a sound system**, perfect for performances, games, storytelling, and evening activities
- **Green spaces**, featuring **gardens, a vegetable garden, and a greenhouse**

With **great facilities, a welcoming atmosphere, and a beautiful setting**, **Farm School "Casablanca"** is the perfect place to enjoy an unforgettable experience in Xàtiva!



Participant Agreement

As a participant in the project, you are expected to actively engage and contribute to the overall success of the activities.

Your behavior, attitude, and level of participation are essential in creating a positive and inclusive environment for everyone involved, and you commit to upholding these standards throughout the project.

Respect and Inclusion

Treat everyone with kindness, respect, and empathy. Embrace diversity and ensure all participants feel welcome, regardless of background.

Active Participation

Engage fully in all activities with enthusiasm, sharing ideas and experiences, and be open to learning from others.

Punctuality and Commitment

Be on time for all activities and meetings. Stick to the schedule and inform organizers of any issues affecting your participation.

Responsibility and Accountability

Take responsibility for your actions, follow all rules, and contribute meaningfully to the project.

Collaboration and Team Spirit

Work well with others, respect group dynamics, and support your peers during team tasks and discussions.

Health and Well-being

Take care of your physical and mental health. Inform organizers of any health concerns to ensure your comfort.