

YOUTH EXCHANGE

**EMPTY YOUR MIND TO FILL IT WITH CREATIVITY**

Castrelo de Miño and Ribadavia, SPAIN

**AUGUST 1-9, 2016**



## **Who can apply?**

Would you like to learn how to use your words more creatively with whatever you say and write? How to become more mindful and aware with everything you do? How to clear your mind with meditation providing more space for creativity? If your answer is YES, you are between 18 and 30 years old, and you come from Italy, Latvia, Portugal, Slovenia or Spain, this youth exchange is for you. "Empty Your Mind to Fill it with Creativity" is a project that will give you space to clear your mind, look inside, explore creativity and embark on a more beautiful, creative and joyful life journey.

In order to apply for the youth exchange, you need to fill an [online application form](#) until **June 17** (the deadline). You should book your flight tickets and send them to [omix.ribadavia@gmail.com](mailto:omix.ribadavia@gmail.com) until **July 1** (please contact your sending organization for assistance).

## **Who are we?**

[OMIX Ribadavia](#) is a Youth Information Centre established to support young people from Ribadavia and surroundings within the framework of non-formal and informal education. We are organizing this youth exchange "Empty Your Mind to Fill it with Creativity" together with our partners:

[Kulturno izobrazevalno drustvo PiNA](#) (Slovenia) [Radi Vidi Pats](#) (Latvia) [ASSOCIAZIONE AGRADO](#) (Italy)

[Associação CheckIN - Cooperação e Desenvolvimento](#) (Portugal)

## **Aim**

The aim of the exchange is to support young Europeans in their own self-development through establishing a habit of practicing meditation, mindfulness and creativity with a special focus on creative writing. This will help participants to realize that through meditation and regular self-understanding, they can become more confident about their life and dare to design it according to their interests, dreams and goals. Through the activities, like Morning Meditation and Morning Pages, participants will learn to clear their mind in an easy and natural way in order to be ready to create something new through different forms of writing (Facebook messages, blogs, poetry, novels etc.).

## **Objectives**

- Enhance self-awareness, self-esteem and concentration through meditation and mindfulness, which contributes to the self-development;
- Enhance 'learning by doing' through a creative writing approach;
- Improve the sense of initiative by obtaining a focus on own creative / cultural goals (write a novel, open a blog, etc.) and give tools on how to achieve them;
- Raise awareness of diversity in freedom of expression in Europe and outside Europe;
- Create an intercultural dialogue and support future collaboration among participants through social media and blogs;

- Enhance the importance of commitment and habits in the creative process, especially through meditation activities and daily morning pages.
- Raise awareness of European citizenship in the context of self-development and creativity that can be added to participants' local communities and Europe to become a better place.

### **Getting there**

The youth exchange will take place in two little villages in Galicia - [Castrelo de Miño](#) and [Ribadavia](#). Since there is no public transportation to reach the youth hostel in Castrelo de Miño, we will go there altogether by bus from Santiago de Compostela Airport on **August 1** (arrival day) after 19.00 (time will be specified). The bus will take you back to Santiago de Compostela on **August 9** (departure day) after 9.00. Please arrange your travels accordingly to be able to arrive at Santiago de Compostela airport. If you cannot find direct flights, you may also consider Vigo (Spain) and Porto (Portugal) airports. However, the bus will be provided free of charge only from the Santiago de Compostela airport (not Vigo or Porto). If you cannot catch the free bus, you will have to organize your travel to [Castrelo de Miño](#) by yourself. If you need an assistance with booking the flights, please contact us or our partnering travel agency [Entretempos](#).

### **Accommodation**

We will be living in a youth hostel in [Castrelo de Miño](#). Please bring your own towel and a sleeping bag as it may be cold during the night.



## Food

We will provide three meals per day, most of them in [Náutico de Castrelo restaurant](#) in Castrelo de Miño, others – in [Rebusca 46](#) restaurant in Ribadavia. There will be two coffee breaks every day. You are welcome to bring your national sweets to share them with everyone at our coffee breaks.



## Finances

The youth exchanged is financed by the European Commission [Erasmus Plus](#) program. Travel expenses will be reimbursed according to the distance calculator.

**Travel amount per participant** (the maximum amount of money you can spend on your travel expenses): Portugal (80 €), Italy (170 €), Slovenia (170 €), Latvia (270 €)<sup>1</sup>

## Insurance

Participants are requested to be in a possession of the [European Health Insurance Card](#) which is free of charge. It is also recommended to make your own insurance.

## Youthpass

At the end of youth exchange, each participant will receive a [Youthpass](#) which will give an opportunity to list skills and competencies that each participant has acquired and practiced during the youth exchange.

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<sup>1</sup> Total amount for 5 participants: Portugal (400 €), Italy (850 €), Slovenia (850 €), Latvia (1350 €)

## Homework

Prior to the youth exchange participants are kindly invited to prepare a homework. You are encouraged to meet with other participants from your country and prepare one example of an outstanding, inspirational and creative person in your country, not necessarily famous; someone, who has made or is making a difference in his or her local community. We will share these examples in the European night.

## Meet the organizers

The organizers of this youth exchange are two European Voluntary Service (EVS) volunteers - Elisa Emiliani and Agnija Kazuša – and their Coordinator Manuel Araujo Montero.



[Elisa Emiliani](#) graduated in philosophy with a Master's in Semiotics. She's from Bologna but lived in Turin, then following the passion for communication and informal learning she lived and worked in England and now she is in Spain for a year of volunteering. Up to date she published two novels and another one is on its way, on internet there are some short stories of hers, but mostly she takes care of her blog [Maledetta Tastiera](#) and tries out new narrative experiments.

Manuel Araujo Montero is the responsible for local and international activities in the Youth Information Center of the Municipality of Ribadavia. He has experience in executing international projects since 2007 and therefore he is able to guide less experienced participants.

[Agnija Kazuša](#) is a writer, youth worker and meditation and mindfulness trainer at [World Peace Initiative Foundation](#) project [Peace Revolution](#). Originally from Latvia, she has travelled all across Europe and Asia, teaching English in Egypt, acting in movies in India and meditating with Buddhist monks in Thailand. She has written several short stories and published a [novel "Bruno"](#). Though she loves journeying around the world, her most amazing journey is the one that happens inside.



Contacts: [omix.ribadavia@gmail.com](mailto:omix.ribadavia@gmail.com)

We are looking forward to meditating and creating in Castrelo de Miño and Ribadavia! ☺