



Tolerance Over the Borders

Erasmus+ Youth Mobility Event

LUGO, SPAIN

9-17 March 2023





COORDINATOR ORGANIZATION

We are Horizon Experiences, an NGO for Development Cooperation registered in the National Register of Associations by the royal decree 949/2015 with the national number 621862. We are the answer to the search of a different way of traveling, a way of extending your horizons and discovering the world through ethical, real and sustainable projects.

Over the years we have found many travelers needing to know in deep the culture of the different countries where they travel, becoming part of the day by day of the local population. However, they find many troubles finding a reliable organization, so we have decided to put our experience, contacts and knowledge together to ease the way of the International Cooperation to hundreds of dreamers like us. Our mission is to touch lives, to create a real impact in the communities where we work and to spread that indelible experience through each volunteer who travel with us.

PARTNER ORGANIZATIONS



Avrasya Gençlik Gelişim Derneği



European Social Innovation Institute



Asociatia Euroactive NGO



Shelter International E.V.

PROJECT INTRODUCTION



The promotion of equality and diversity is of great importance to the European Commission. To combat discrimination and achieve greater equality, the Commission has taken proactive steps through targeted action plans and measures. To promote tolerance and fight against prejudice, changing negative opinions about other cultures is crucial.

The most effective tools for promoting tolerance are media and other promotional means, both online and offline. That's why the "Tolerance Over the Borders" project was developed, which uses different types of online and offline promotion to increase tolerance between people from different cultures and fight discrimination.

The main objectives of the project are:

- Demonstrating to participants the potential of media to influence people's opinions and finding ways to leverage it to promote tolerance and combat discrimination.
- Empowering participants to take action in promoting tolerance using various forms of online and offline promotion in the media space.
- Increasing awareness among 60 young people directly about discrimination through a range of online and offline promotional actions.
- Facilitating networking and partnerships between young people, youth workers, and organizations in partner countries.
- Enhancing mutual understanding, engagement, solidarity, and tolerance among young people from diverse cultural backgrounds by working in a multicultural environment.
- Promoting opportunities for young people to participate in the Erasmus+ program and non-formal education and motivating them to engage in future projects.

PARTICIPANT PROFILE

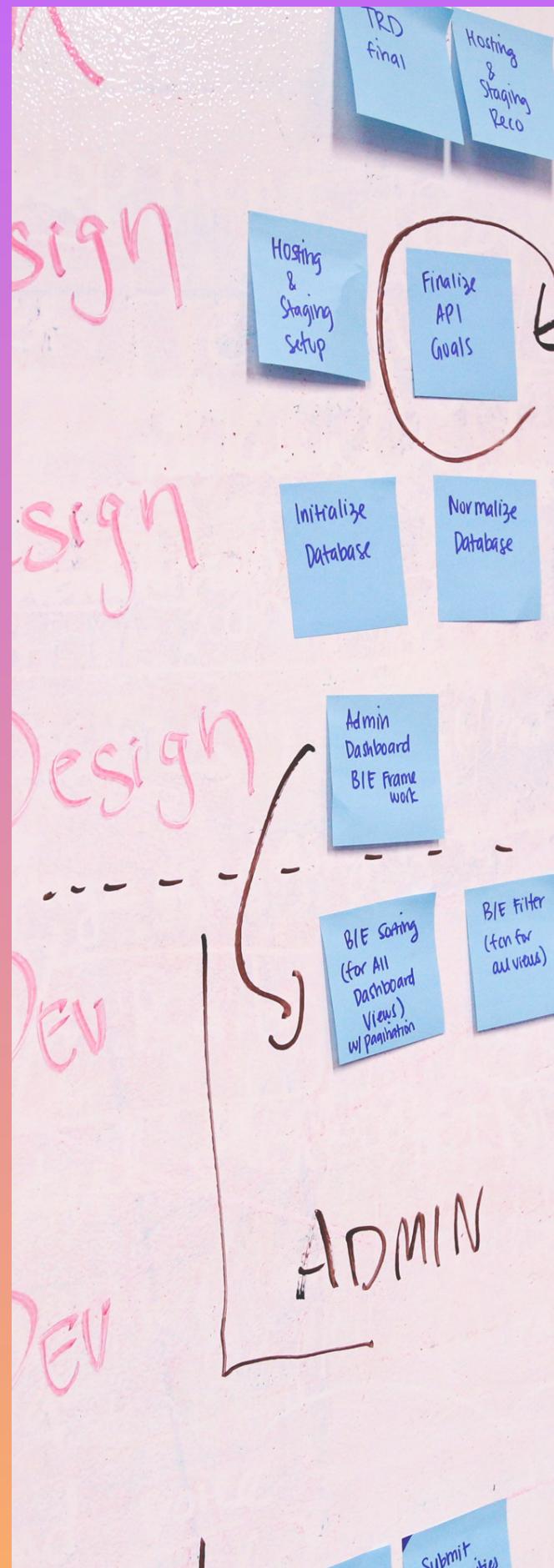
Each national team consists of 5 participants and 1 group leader, totaling 6 members.

- 18-29 years old
- Having residence in partner countries
- No age limit for group leaders
- The project welcomes participants with fewer opportunities and those who are newcomers to Erasmus+ projects
- Interested in intercultural communication, cultures ,art and photography
- Having interest to lead follow-up activities in local level after the mobility event
- Project language is English, participants expected to be able to create communication and express themselves in English.
- The project is in search of young individuals who possess a keen interest in the project's subject matter and are motivated to engage in creating photo exhibitions, art-collage, and media campaigns that promote tolerance while also sharing their cultural heritage and traditions with local communities and international peers through a variety of online and offline initiatives.



SCHEDULE

- 09:30 - 10:15 Breakfast
- 10:30 - 11:30 Workshop
- 11:30 - 12:00 Coffee Break
- 12:00- 13:30 Workshop
- 13:30 - 14:30 Lunch
- 14:30 - 16:30 Freetime
- 16:30 - 17:15 Workshop
- 17:45 - 18:45 Coffee Break
- 17:15 - 17:45 Workshop
- 19:00 - 20:00 Dinner
- 21:00 - 22:00 International Night



CONTENT OF ACTIVITIES



Name Games



Ice breaking events



Erasmus+ and Youthpass



Presentations on discrimination and media



Stereotypes and countries

CONTENT OF ACTIVITIES



Photography and discrimination



Discrimination based on race, religion, disabilities



Art activities as a tool for tolerance



Outdoor activities and sports



Online media communication



TO DO LIST & REQUIREMENTS

- Selected participants must join to the Zoom meeting that will be organized before arrivals to Spain. (20 days prior to mobility)
- Preparing workshop ideas addressing to discrimination based on race, religion, disabilities and different aspects.
- Preparation of the cultural night of your country (foods, drinks, games, dances).
- Equal number of genders in each national team.
- Bring your own towels, slippers, personal hygiene items, warm clothes, and raincoat.
- The leaders are expected to bring laptop
- Consent to carry out follow-up activities in home country after the mobility event
- Costumes , accessories, flags , food , snacks , arts that represent your countries .
- Selected participants must fill the online form. Once you are

THE VENUE

Place: Albergue Lugo2

Location: Rúa Pintor

Corredoira, 4, 27002 Lugo. It's located 5 minutes away from the bus station.



Nearest airport: Santiago de Compostela (like 40 minutes by bus away).

Albergue Hostel Lug II - Reaj

The hostel consists of 32 rooms distributed as follows:

- single rooms with private bathroom
- triple rooms with private bathroom
- quadruple rooms with private bathroom
- triple rooms with shared bathroom (every two rooms)
- double rooms with shared bathroom (every two rooms)

It also has an assembly hall, two rest areas and Wi-Fi, billiards, table football, television in the games room, garden areas, meeting rooms, dining room, laundry area and its own kitchen.

You will only share the bathroom with your companion. You have sheets and a previously disinfected blanket for every bed.



- Once your stay is over, leave the window open and the sheets on the floor in front of your own bed. While you are staying, we will check and clean the bathroom and bedroom on every two or three days.
- Breakfast consists of: milk, coffee and infusions, juice and fruit, toast, butter, jam, biscuits and cereal.
- Lunch and dinner consist in: first course, second course, after dinner, bread and water.
- Payment by credit card is accepted for extra expenses.
- Alcohol and tobacco are not allowed inside the facility.
- The hostel has its own free parking. In case you arrive by car, you must give at the reception license plate number and car model
- Pets are not allowed.



TRAVEL INSTRUCTIONS



The cheapest option would be to take a flight to Santiago de compostela airport then catch a bus from the airport directly to Lugo .

The buses from Santiago de compostela airport depart frequently to Lugo . There are many companies and the bus ticket price varies (from 9 to 12 euros) it takes directly to Lugo city center with a walking distance to the venue .

This is one of the bus companies that you can check while there are several for online or instant booking .
<https://www.monbus.es/en>

- A second option would be flying to A coruna . However the connection from A coruna airport to Lugo is not direct .

- For the people flying internationally you will have transits in Madrid , Barcelona or Malaga most probably . Some destinations have direct flights to Santiago De compostela airport . You have to check the best connections

- For the internal participants buses , trains or internal flights would be available from different cities .

Departures



Check-in



The hostel is in the center of Lugo, just 200 meters from the Roman Wall and the bus station, you can walk everywhere, and there are urban bus lines with a stop 10 meters away
www.buslugo.com.

- Send their WhatsApp number to be able to put all on WhatsApp group
- Send us their facebook profile link to be able to add them on the project Facebook group
- Bring all the material requested (clothes , laptop , hygiene material)





CONTACT

NGO CONTACT AND ADDRESS

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VISIT US ONLINE

- <https://instagram.com/horizonexperience>
s?igshid=OGQ5ZDc2ODk2ZA==
- <http://www.horizonexperiences.com>
- https://www.tiktok.com/@horizon.experience?_t=8i7zwePv1Ht&_r=1

CONTACTS

Ramón Couto Castro: The founder and the president of Horizon experiences . Ramon has a Certified degree in humanities and psychology with more than 12 years of experience in international cooperation. He travelled over 90 country around the world to implement his vision , support and leave an impact wherever the cooperation is possible. He is the founder of Horizon experiences through which he aims to bring a remarkable change and aid into local communities where Horizon takes part.

Louiza Nigro : Projects Coordinator of Horizon experiences. Louiza works actively in the education sector. She studied applied linguistics then started her profession by focusing on teaching and education pedagogies. She participated in several Erasmus programs including youth exchanges , training courses , youth exchanges and EU conferences as well . She has been a facilitator and trainer in many trainings around the EU countries . Her aim is to improve the quality of youth projects in the EU and create more opportunities for international cooperations where people with fewer opportunities can take part . She is currently managing the projects coordination task with Horizon .

