

“City Re:Frame - Exploring Well-being Through Performance”



INFOPACK

YOUTH EXCHANGE

MALAGA
23.4 - 28.4.2025

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City Re:Frame – Exploring Well-being Through Performance

This YE is for those who love to move, create, and share their energy in an open environment. In a fast-paced urban world, we explore how public spaces can become places of well-being, creativity, and resilience. Through movement, storytelling, and artistic interventions, participants will reimagine the city as a space for empowerment and connection.

By stepping beyond conventional spaces, young people from diverse backgrounds will collaborate, learn, and co-create performances that transform how we experience urban life.

What is it about?

This youth exchange is for those who love to move, think creatively, embrace new perspectives, and share their energy in an open and dynamic environment.

In an era where urban life is increasingly fast-paced and demanding, young people often find themselves overwhelmed by stress. This youth exchange aims to explore how public spaces in the city can be transformed into places of well-being, creativity, and resilience. Through performance-based activities, participants will engage with the urban environment in new ways, discovering possibilities for self-expression, connection, and stress management. By using movement, storytelling, and artistic interventions, we will reimagine the city not as a source of pressure, but as a stage for empowerment and emotional balance.

This exchange brings together young people from different backgrounds to share experiences, learn from each other, and co-create performances that interact with the urban landscape. By stepping outside conventional indoor spaces, we challenge the way we relate to our surroundings and uncover new ways to foster mental well-being in daily city life.

Objectives:

- Explore urban spaces as tools for stress management by engaging with the environment through artistic expression and physical movement.
- Encourage self-awareness and emotional regulation by using performance-based methods to address personal and collective stress.
- Promote intercultural dialogue and collaboration by creating shared experiences that highlight diverse perspectives on urban life and well-being.
- Empower young people to take ownership of public spaces and reimagine them as inclusive, supportive, and creative environments.
- Develop practical skills in performance, mindfulness, and creative adaptation that can be applied beyond the exchange into everyday urban life.
- Foster resilience and a positive relationship with city life by transforming stress-inducing environments into opportunities for artistic exploration and personal growth.

Participants are expected to attend the full duration of the YE
(23rd April – 28th April 2025)

All participants will be accommodated at **Inturjovent Malaga**

Plaza Pio XII, nº 6. 29007 - Málaga | Malaga, Spain

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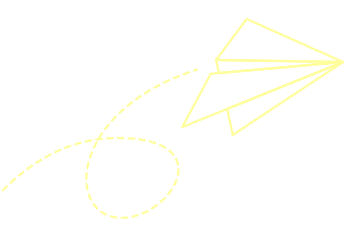
WEB: <https://www.inturjovent.com/albergues/malaga/albergue-inturjovent-malaga>

We are expecting you on the 23rd of April 2025 in the afternoon (between 15:00 and 18:00 o'clock). The start of the welcome Program will be announced based on arrival time of the participants (usually after dinner) and dinner will be served at 19:30. The departure is envisioned for the morning of the 28th of April 2025 after breakfast.

All participants will be accommodated in **Inturjovent Malaga**, situated in a quiet and nice area well connected to the city centre by transport. Participants will be placed in 3/4-bed rooms (bunk beds).

Breakfast, lunch and dinner will be served daily at the residence and the time will be scheduled with the group on arrival. The Exchange will be held at the residence and outdoor.





For all information about booking your tickets and coming to **Malaga**, you should be in contact with Veronica Braccini – in charge of project logistics, by using the official project e-mail (you can find all contacts below). We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.*

Travel costs will be reimbursed **only for the cheapest way of transport** and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

Please don't buy your tickets before we approve them! When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 23rd - 28th April, please inform us in advance, so we can approve your tickets and travel costs.

P.S. AT PURCHASING YOUR TRAVEL TICKET, PLEASE ASK FOR THE INVOICE!

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents! A detailed guide to reimbursement will be provi

***Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.**



Travel budget calculation is based on the distance between your starting point and the venue of the Program:

10 -99	km	28€ / 56€ green option
100 - 499	km	211€ / 285€ green option
500 - 1999	km	309€ / 417€ green option
2000 - 2999	km	395€ / 535€ green option
3000 - 3999	km	580€ / 785€ green option
4000 - 7999	km	1.188€
8000 - more	km	1.735€

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Further Rules regarding the booking of the tickets and reimbursement:

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- We can't reimburse taxi; only public transport and carpooling will be covered.
- You can arrive maximum 1 day before the activity and depart maximum 1 day after if you want to spend more time in Malaga on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.

The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



YOUTH POWER
Germany

For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!

**PROJECT E-MAIL
LOGISTIC COORDINATOR**

**project17@yp-de.org
Veronica Braccacini**

PARTNERS



YOUTH POWER
Austria



Youth Power Austria



Idee in
Movimento



Idee in Movimento



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ASOCIACIÓN JUVENIL
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Jarron Club



Co-funded by
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