



It should receive approval soon
The green light is just around the corner

Youth exchange SPORT

31st August to 6th September 2025

Jesús-Tortosa (Catalonia, Spain)



Erasmus+



DESCRIPTION AND AIMS OF THE PROJECT

- **Promote Physical Health:** encourage active participation in sports to enhance fitness and well-being.
- **Enhance Mental Well-being:** introduce mindfulness and stress management techniques to support mental resilience.
- **Encourage Cultural Exchange:** create a space for young people to share cultural practices related to sports and health.
- **Develop Life Skills:** improve communication, teamwork, leadership, and problem-solving through group activities.
- **Foster International Cooperation:** build lasting connections and a sense of global community among diverse youth.
- **Raise Awareness of Healthy Lifestyles:** educate on the importance of balanced living, healthy eating, and physical and mental care.

● PARTICIPATING COUNTRIES

- SPAIN, ASTURIAS
- SPAIN, TERRES DE L'EBRE
- ITALY
- SLOVAKIA



● WE WILL JOIN

- 5 young people per country
- 1 leader per country
- Age: 15-17
- And possibility of a 2 companions for people with special needs (4 in total)
- Total: 30 people



LOCATION



JESÚS, TERRES DE L'EBRE, TARRAGONA,
CATALONIA, SPAIN



TORRE SANT ANTONI.
CAMÍ DEL TERRER ROIG, 43590
JESÚS -TORTOSA. TARRAGONA



INFORMATION OF THE PLACE

[https://ca.wikipedia.org/wiki/Jes%C3%BAs_\(Tortosa\)](https://ca.wikipedia.org/wiki/Jes%C3%BAs_(Tortosa))

<https://en.wikipedia.org/wiki/Tortosa>



PLACE TO STAY

ACCOMMODATION:

- In "Torre Sant Antoni" (Jesús)
- In TENTS (with matrasses on the floor)
- And SHARED ROOMS (double beds and rooms of 6 -8 people)
- The accommodation is shared with long term volunteers

FOOD:

- You will eat with catering and cook the food yourself together with other people



WHAT WE WANT TO AVOID?



WHAT DO WE EXPECT FROM THE PARTICIPANTS?

- Not flexible, nor cooperative people
- Lack of interest and engagement
- People coming for "holidays".
- The use of alcohol and drugs is not allowed during the camp.
- Do not bring your entire wardrobe, take only the necessary clothes.
- Demanding people.

- Open-minded participants with an interest in sports:
Ready to engage, collaborate, and work together to try new activities.
- Active young people eager to learn and grow:
Looking to develop new skills, improve fitness, and enhance their well-being.
- Positive individuals ready to expand their horizons:
Willing to share their cultural experiences, exchange ideas, and gain new knowledge.
- Committed to preparation:
Be ready to attend all meetings and activities related to the program before your arrival



WHAT TO BRING?

1

PERSONAL CARE

- Cap to cover from the sun.
- Sheets or sleeping bag and pillow.
- Bathing suit, flip-flop, towel, sunscreen, anti-mosquito cream.
- Personal items you need.

2

PERSONAL STUFF

Bring your **re-usable**:

- Bottle to fill with water.

Attention: don't bring all your wardrobe

3

DOCUMENTS

- **European Sanitary Card** (EU) or private medical insurance (non-EU). People with **no** insurance won't be accepted.
- **Social responsibility insurance** for travelling (repatriation)
- **Personal medication** (in case you need it).
- **Required documents, send scanned** (image permission, document of responsibility, sanitary card and ID/passport).

WHAT TO BRING?

4

PREPARE YOURSELF AS A GROUP BEFORE COMING

- **Intercultural presentation:** as a group, you have to prepare an intercultural presentation about your territory, from your country...You can bring **music**, some **food**, **pictures**, **traditional clothes**...be original and DO NOT USE REGULAR PRESENTATIONS
- Prepare **4 energizers per country** (max 15 minutes each). You need to write them on [Google Drive](#).





WORKSHOP PREPARATION

 **EACH UPCOMING GROUP WILL HAVE A DESIGNATED DAY TO PRESENT THEIR WORKSHOP.**

 **WORKSHOPS ARE INTERACTIVE SESSIONS WHERE TEAMS WILL SHOWCASE THEIR TOPIC THROUGH DISCUSSIONS, ACTIVITIES, OR DEMONSTRATIONS.**

 **THE PURPOSE IS TO ENGAGE PARTICIPANTS, SHARE KNOWLEDGE, AND DEVELOP PRACTICAL SKILLS.**

 **PREPARATION INCLUDES CHOOSING A TOPIC, PLANNING ACTIVITIES, AND ORGANIZING MATERIALS.**

 **ATTENDANCE OF ONLINE MEETINGS IS COMPULSORY** 

 **THESE MEETINGS WILL COVER IMPORTANT DISCUSSIONS ON SCHEDULING AND ACTIVITIES FOR YOUR PERSONAL WORKSHOPS.**



HOW TO GET TO JESÚS BY TRAIN (*renfe*)

To check the schedule :

www.renfe.es

STEP 1

Take the **R2Nord train** from **Terminal 2**, which operates every 30 minutes, it costs around 4,20 EUR and it takes about 30 minutes.

OR

Go by metro (orange line) **L9Sud** from **Airport T1 or Airport T2** and go to **Collblanc station**, where you will **change to the (blue line) L5** which goes to **Sants Estación** (**L9S** goes approximately every 7 minutes, total duration is around 40 minutes, and the price for single way from airport is around 4,60 EUR.



30 MIN



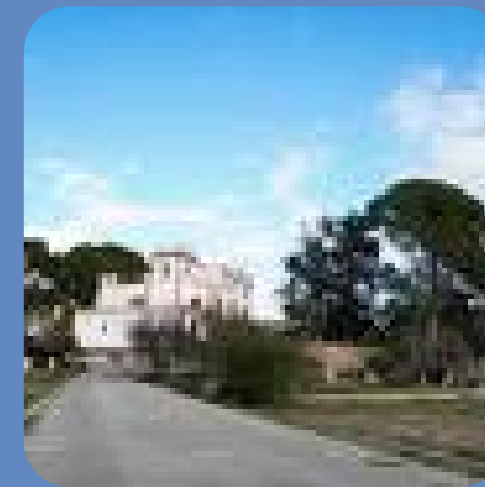
40 MIN



2 H 30 MIN



25 MIN



**Torre Sant Antoni
Location**

<https://maps.app.goo.gl/M9PFEZBxfF6xeRzA9>

HOW TO GET TO JESÚS BY BUS ()

To check the schedule :

www.hife.es

Torre Sant Antoni
Location

<https://maps.app.goo.gl/M9PFEZBxfF6xeRzA9>

1.FROM BCN EL PRAT AEROPUERTO T1 (TERMINAL1) TO TORTOSA (DIRECT WAY) BY HIFE BUS



2:30 H

Hife bus direction -
BARCELONA AIRPORT,
Terminal 1 (Platforms 7-12)



TORTOSA, Bus Station -
Adrià d'Utrecht Street, 1

2.The closest **bus station** is located near the HIFE station, and you can find the exact location here:
<https://maps.app.goo.gl/8MF6GpjNnuiZMXAL9>.
From this stop, you should take the **L1 bus** to **Jesús**.



Bus service

Company specialized in bus transport. We offer bus rental for all kinds of events, school bus transport, regular bus lines, urban transport... We have office...

www.hife.es



TAXI IN TORTOSA

FROM **TORTOSA** HIFE OR TRAIN STATION TO **TORRE SANT ANTONI** IN JESÚS

- +34 669 85 53 41
- +34 618 17 23 43
- +34 617 30 01 35
- Find more details about transportation options in Tortosa here:
<https://www.tortosaturisme.cat/en/how-to-move/>



TRAVEL GRANT

- **SPAIN (ASTURIAS)-275 EUROS**
- **ITALY-275 EUROS**
- **SLOVAKIA-275 EUROS**



CONTACTS



 **Associació Obretebre**

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- **Obre't Ebre: Iryna/Laura**
- **Phone number and WhatsApp:**
- **+34 657 28 84 85**
- **E-mail:obretebre@sinergia.org**

- **The emergency number in Catalonia: 112**

- **Police address**
In Tortosa: Plaça de la Immaculada, 16, 43500
Tortosa, Tarragona
Phone number:+34 977 44 86 22

FINANCED BY



Erasmus+



THANK YOU FOR
YOUR
PARTICIPATION

