

INFOPACK: YOUTH EXCHANGE: ECOFRIENDS

25th June 2026 - 1st July 2026

5 days activity +2 travel days

ABOUT US

Terres de l'Ebre is one of the most rural areas in Catalonia. It has a population of **182,231**, placing it second to last in terms of population. The region includes the county of Baix Ebre, Montsià, Terra Alta and Ribera d'Ebre. It is located in the lower course of the Ebre river, and its northern coastal limit is marked by the Coll de Balaguer, a natural limit with the Camp de Tarragona region. It is a **UNESCO Biosphere Reserve since 2013** being the second territory in Catalonia to be



awarded with this recognition, the first one being the Montseny Massif. Its capital, following the law of vegueries, is the city of Tortosa

Obre't Ebre (www.obretebre.org) as coordinating organization of the Study Visit is running youth projects at international level since 2005. The organization was created in 2005 by a group of young people. Nowadays the organization is managing projects addressed to young people and women (especially the ones who face greater difficulties).

YOUTH EXCHANGE: ECOFRIENDS

Ecofriends Youth Exchange is an ambitious initiative within the framework of the Erasmus+ program, with the main goal of promoting sustainability and raising awareness of current ecological issues. Through the exchange of ideas and experiences among young people from different European countries, the project aims to foster a deeper understanding of global and local environmental challenges, while inspiring participants to take action for a greener and more sustainable future.

This initiative is designed to engage young people in both educational and practical activities that will help them better understand the effects of pollution, climate change, biodiversity loss, and other environmental concerns.

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AIMS OF THE EXCHANGE

- Promote Environmental Awareness and Education
- Encourage Action for Sustainability
- Develop individual and collective capacity.
- Promote Innovation in Environmental Solutions

LEARNING OUTCOMES

- Meet young people from different places.
- Share culture through the environment.
- Learn Practical Environmental Skills
- Develop a Deeper Understanding of Nature
- Exchange Ideas on Sustainability and the Environment
- Disconnect from Technology and Embrace Sustainable Living

PARTICIPANTS PROFILE

- 6 young people per country from 15 to 19 years.
- 1 leader per country
- Adventurous Spirit: Participants should have a sense of adventure, a passion for the outdoors, and a willingness to engage in challenging activities.
- Cultural Enthusiasm: A genuine interest in sharing and learning about different cultures is essential.
- Interest in Ecology: Participants should possess a genuine and fervent interest in ecological issues, environmental conservation, and sustainability.
- Motivation: We seek individuals who exhibit a strong desire to learn, engage, and actively contribute to eco-friendly initiatives.
- Open-Mindedness: An open-minded attitude is crucial. Participants should be receptive to new experiences, alternative perspectives, and innovative solutions.

METTINGS

The participants and entities need to commit to **2 online meetings** together with other groups.

- 1st online Meeting for leaders: April 21st at 3:30 PM → meet.google.com/ain-zohh-ubm
- 2nd online Meeting for youth: May 21st at 3:30 PM → meet.google.com/fyj-wjsx-vjy



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PARTICIPATING COUNTRIES

Country	Number of participants
Check Republic (6+1)	7
Spain (Murcia) (6+1)	7
Portugal (6+1)	7
Greece(6+1)	7
Spain (Obre't Ebre)	7
TOTAL	35

ACCOMODATION AND FOOD

All the activities will take place at **TORRE SANT ANTONI in Jesús**. To know more about it check this link: <https://apropebre.cat/la-torre-de-sant-antoni-el-punt-de-trobada-de-joves-estrangers-dobret-ebre/>

Important to know:

The Sant Antoni house consists of several rooms, some of which are occupied by long-term volunteers. The group participating in this project will be accommodated in two shared rooms and in tents outside, each with bunk beds for six people. All facilities (including bedrooms, bathrooms, and common areas) are shared by all genders and with anyone else staying in the house (long-term volunteers or other groups).

As the house is located in a natural environment, volunteers should expect the presence of insects and mosquitos.

Participants must bring their own pillow, while the Hosting Organisation will provide bed sheets. The house has four indoor showers and five toilets, plus an additional outdoor shower, all without gender separation.

GENERAL ACTIVITIES

Some of the activities that will be organized are:

- Gincana
- Nature scape room
- Cultural and Environmental Exchange
- Eco-Friendly DIY Projects
- community Clean-Up Projects
- Sustainability Challenges

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TRAVEL REIBURSEMENT

TRAVEL DISTANCE	NON-GREEN TRAVEL
10-99 KM	28 €
100-499 KM	211 €
500-1999 KM	309 €
2000-2999 KM	395 €
3000-3999 KM	580 €

****It's very important to know that the Medical Insurance and repatriation are covered by the participant AND SEND TO THE HOSTING ENTITY***

****Do not buy tickets without approval.***

****If losing a tickets we won't be able to pay you,***

WHAT TO BRING?

- Pillow
- Earplugs
- Toiletry bag
- Sunscreen
- Mosquito repellent
- Reusable plate, fork, knife, spoon, glass, and napkin
- Reusable water bottle
- Bathing suit
- Sandals
- Towels
- Long-sleeved clothing for cleaning days
- Closed shoes to protect your feet
- Sun hat and work gloves


HEALTH AND SAFETY

- **EU sanitary card (for EU citizens) or Private medical insurance (for non EU citizens)**
- Repatriation insurance
- **Required documents**, send scanned (image permission, document of responsibility, sanitary card and ID/passport).

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-  Tip: Pack light! Avoid bringing your entire wardrobe. IN TENTS you can not fit with all your wardrobe!

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 dresses...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 on environmental topics** (about 1,30h): Each country will work on a topic that will be agreed upon in the previous online meeting.

WHAT WE WANT TO AVOID

- 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.

WHAT DO WE EXPECT FROM THE PARTICIPANTS

- Open-minded participants interested in the environment.
- Ready to work, collaborate, and create something new together.
- Active young people who want to learn new skills and develop.
- Positive people willing to broaden their perspectives, share their culture, and acquire new knowledge.
- Prepare yourself before your arrival date and attend all meetings and activities related to the project.

HOW TO GET TO TORTOSA AND JESÚS

a) **BY BUS FROM BARCELONA AIRPORT:**

FROM THE AIRPORT - TERMINAL 1

If you arrive at Terminal 2 and you need to get to Terminal 1, just use the (green) shuttle bus which runs every 6-7 minutes, 24 hours a day and is free. It will take you 10-15 minutes.

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BUS DIRECT TO TORTOSA

From Terminal 1 | Barcelona there is a bus **to Tortosa (Tortosa Estació d'Autobusos - carrer Adrià d'Utrecht 1)**.

You will find it near to the parking **exit C**, close to where you will exit the airport building.

This bus is operated by local bus provider - **HIFE**. It takes about 2 hours, and you can check the exact departures on **website www.hife.es** (Barcelona airport to Tortosa).

You can buy the **ticket in advance (online)**, it will be cheaper - but be careful that your flight arrives on time)

Or in a **vending machine** which you will find close to parking.

Be prepared (you might Change the bus 3 times! But do not worry it's always on the same company and bus driver will inform you!). You will only spend about **15 minutes** on this bus from the airport because it will only take you to the edge of Barcelona. There, you will get on **another bus** (Hife bus) which will only take you directly to Tortosa ´s main bus station. This bus stop is approximately 10 minutes away from Tortosa itself, where you will have **to get on another bus again**. Listen to the BUS DRIVER!!



Hife bus

b) BY TRAIN FROM BARCELONA AIRPORT:

FROM THE AIRPORT TO BARCELONA TRAIN STATION (Estació Barcelona Sants)

To travel between the airport and the train station you can :

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

b) 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. For more information visit this site.

FROM TRAIN STATION TO TORTOSA

There is a national train operator : **RENFE**. You can search for connections to Tortosa directly on their website <https://www.renfe.com/es/en>

This Journey takes about 2h 30 min and costs around 15 EUR



Renfe tren

HOW TO GET THE TO TORRE SANT ANTONI

The accommodation is located in Jesús, at 10 minutes by bus and 30 by foot.

<https://share.google/RmPC3vF3VwA2mFFO>

Address: Camí del Terrer Roig, 18 43590 Jesús (Tortosa) - Polígon 98 - Parcela 42. Jesús (Tortosa)

Jesús is a decentralized municipal entity that belongs to the municipality of Tortosa and is next to Roquetes village. Please, note that you will be responsible of getting to the house, so before arrival you must check how to get to the house.

You will arrive to the bus station or the train station of Tortosa. Then to get to the house in Jesús: you could walk (around 3,5 km); catch a **bus L1** (Tortosa centre - Ferreries - Jesús - Roquetes) and get to the **bus stop Plaça de la Creu in Jesús** and walk to the house around 10 minutes more; or get a taxi. Here you can find some contacts:

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- <https://www.serveisactius.cat/es/baixebre/taxi-tortosa>
- <https://www.taxis24h.com/taxis-en-tortosa/>

Taxi's phone number: +34 618 55 21 49 (write them in Spanish or English by WhatsApp)



Hife Bus L1

IMPORTANT!

Kindly retain all your travel tickets, receipts, and boarding passes, and upload them to our Shared Drive folder :

<https://drive.google.com/drive/folders/13J2cDXC1zDKMarQeeEP4TgAVnKibcqZg?usp=sharing>

You'll also find a guide for the travel reimbursement in the folder.

Maximum time to pay your travel expenses, if you upload everything correctly, will be 1,5 months.

And, we will pay after you have done the evaluation! Do not forget about it! 😊

PARTICIPANTS, PLEASE ENROLL THIS GOOGLE FORMS:

<https://forms.gle/whknKBziBSou769Z7>

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CONTACT

For logistics please write us:

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obretebre@sinergia.org

Or call us:

+34 657 28 84 85/ +34 673 48 69 81

Join watsup group : <https://chat.whatsapp.com/FjXaMxYYIf670hdyiHpxjs>



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