

BOOST YOUR IMPACT!

Level up climate and social change through
the power of social media

6–14 February 2025 **SPAIN** 

YOUTH EXCHANGE – ERASMUS+

Hondarribia – Gipuzkoa – Spain



Who we are

Cohope is a Spanish organization which promotes and connects social impact between people, organizations and territories.

We lead different projects which bring people together from different parts of the world, in order to generate a positive footprint in the region where it takes place, its inhabitants and participants. The integration of knowledge related to social entrepreneurship is the engine of change and evolution towards a society strengthened by the collaboration, connection and learning that collective experiences provide.

We create proposals, holistically, to promote the common good through the resolution of obstacles and the development of good practices.



WWW.COHOPE.INFO

About the project

Boost Your Impact! is a hands-on project designed to give you the tools, skills, and strategies to drive climate and social change using the power of social media. Dive into an action-packed week with workshops, interactive sessions, and team projects **focused on content creation, community engagement, and making your message heard.**

You'll learn from each other, exchange ideas, and share experiences.

Connect with like-minded people, discover best practices, and become an impactful advocate for positive change.

Digital competencies
and skills

Youth digital work

Contents,
technologies and
digital practices

Partners



Bulgaria

SAMANDAG ENVIRONMENT
PROTECTION AND
TOURISM ASSOCIATION

Turkey



Georgia



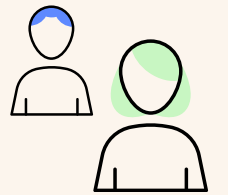
Italy

Boost Your Impact! aims to inspire a new wave of socially conscious, digitally savvy individuals ready to make a real difference in tackling today's biggest challenges.



KEY ACTIVITIES

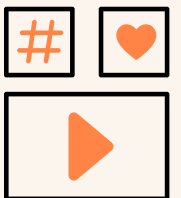
Reflection and debate on the social challenges of the 21st century



Review of the basics of communication and content creation



Creation of audiovisual pieces with social impact in different social networks



Participant's profile

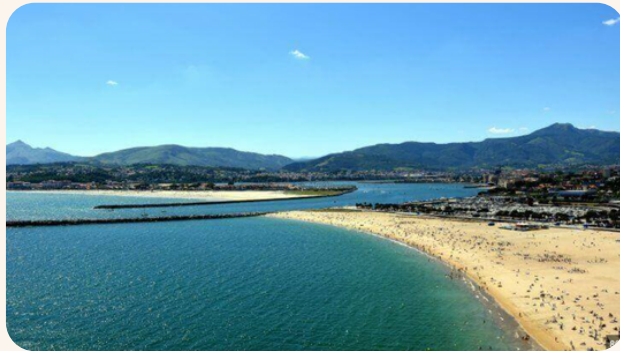
- ★ The project will bring together **32 young people between the ages of 18 and 24** (except for the group leader of each national group, for whom there is no age limit) and It will include **6 participants per country**. Ideally, participants will be young people who have faced inequality and/or social exclusion or have fewer opportunities due to personal, economic, cultural, social or geographic barriers.
- ★ Participants do not need to have any previous experience in the topic or international programs. However, **it is very important they are motivated to know more, to create and get involved as active citizens in their territories**.
- ★ **Participants must to be involved and active in all the activities**, we will require the participants to help in the good development of the project.
- ★ Participants are expected to have a good level of English to enable fluent communication.
- ★ We expect **commitment to respect deadlines and concluding the requested preparatory tasks**.
- ★ Partner organizations are encouraged to maintain gender balance to the extent possible when selecting participants.

Group Leader's Profile

We would like to prepare and carry out a very participative youth exchange where the Group Leaders actively participate in the design of the activities and/or get involved with their sending organizations.

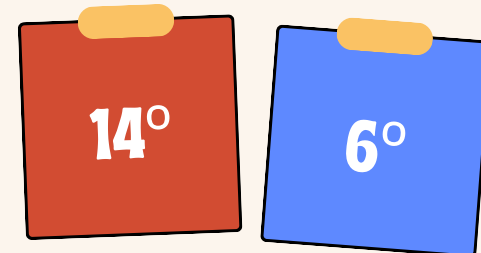


The area



Hondarribia is a town and municipality in the Basque Country, Spain, located in the northeastern corner of the province of Guipúzcoa, about 20 km East of the capital, San Sebastián. It is a tourist and residential town.

Average temperature
February



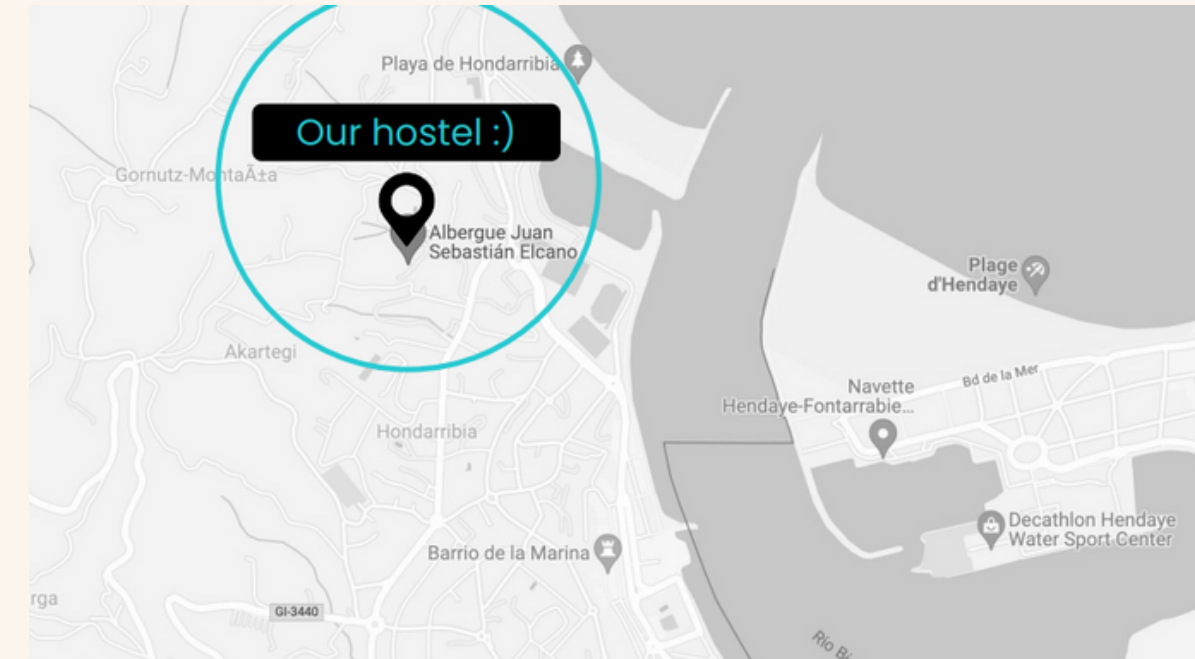
BOOST YOUR IMPACT!

THE VENUE

The project will take place at **Juan Sebastián Elkano** Hostel, located 800 meters from the town of Hondarribia. Sheets will be provided. You must bring your own towel and personal hygiene items.

The arrival day to the project is February 6, the meeting point will be at the hostel at 6 pm.

The departure day will be February 14, not later than 10 am.





HOW TO GET THERE

We recommend traveling to **Madrid or **Barcelona** and from there taking a domestic flight to San Sebastian airport.**

From the airport to the hostel you can take the public bus E20 or E25, which will drop you off within a 10 minute walk.

The time from the airport to the hostel, including the bus and the walk, is approximately 25 minutes.

The cost of the flight from Madrid or Barcelona to San Sebastian varies between 55 and 100 euros with Vueling or Iberia.

On the E20 and E25 buses, cash fare payment is allowed, please have a few euros in hand for payment.

Here are some other options:

1. **From Bilbao to Irún.** You can also travel to Bilbao airport.

- By bus: ALSA – 14 euros approximately
- By train: Renfe – 35 euros approximately

2. **From Barcelona to Irún**

- By bus: ALSA or Flixbus – between 30 and 40 euros
- By train: Renfe – between 40 and 50 euros

3. **From Madrid to Irún**

- By bus: ALSA or Flixbus – between 20 and 35 euros
- By train: Renfe – 35 euros approximately

Once in Irun you can get to Hondarribia by local bus E25/E27

MANDATORY

1. Before purchasing the ticket send to the host organization the information to check and confirm.

2. Send us by email and bring with you:

- Booking confirmation/E-ticket
- Boarding Pass of the flights
- Proof of payment/invoice
- All kind of tickets used (train, bus, etc.)



Reimbursement

Project budget covers: 100% costs for accommodation, 100% costs for 3 meals (breakfast, lunch, dinner) & 2 coffee break per day.
Travel costs (from your house to the venue)

We encourage you to get organized to have everything you need, **you must bring ORIGINAL flight tickets and invoices to the project**, otherwise we will not be able to refund the tickets.



We will refund all the amount once we have all the documentation and dissemination has been carried out, the process can take up to a month.

When purchasing the tickets, please note that there is a fixed maximum amount reimbursable for your individual travel expenses. This amount is set by the European distance calculator, travel costs from your home city to the venue and back. Travel expenses in excess of the maximum reimbursable amount will not be covered. You should arrange your travel with the most economical route possible. We will only be able to reimburse for public transportation (no travel by own car, cabs, etc.). Insurances and commissions of intermediary companies (i.e.: Omio) are non-refundable.

The maximum amount for travel costs is:

visa						green travel	
580€	110€	395€	309€	580€	180€	210€	
Turkey		Bulgaria	Italy	Georgia	Spain		

Tickets Guidelines

The following guidelines are very important. Please make sure to read them carefully, and if you have any doubt please ask us!

ARRIVAL
February 6

DEPARTURE
February 14

Eligible extra days accepted from the National Agency for extending your stay in Spain and receive your reimbursement for your travel fully by our organization are up to 2 extra days. Please remember that **during those extra days food, accommodation and transportation will be NOT provided/covered.** Travel route must be approved by us, so before booking your flights ask us and wait for our approval.

Accepted travel days are:

February 6 – February 14

February 5 – February 14

February 4 – February 14

February 6 – February 15

February 6 – February 16

- **Flight tickets** – choose second class, cheaper flights. For flight tickets you will have to provide: Tickets, invoices, (you receive it online after you buy your flight, on which you find the cost of the ticket) & Boarding passes (round trip).
- **Train, Bus and Shuttle tickets** – make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is better.

Important: If you get your boarding pass in a digital way, remember to make a screenshot from the app, as it will disappear after your trip, so you need to save the proof.

WHAT TO BRING TO THE PROJECT?

Cultural activity

During the project we will be able to **discover more about the cultures of the participants**. Organize with your national team and bring traditional **foods and/or drinks from your region to share with the group. As well as local stories, dances and songs** (keep in mind that there will be no kitchen available to cook something on spot, so bring only ready food & drinks...!). Alcohol is not allowed.

Personal Towels and hygiene items

Comfortable, warm clothes

All tickets and travel documents that we have requested from you

Participation fee

There will be a **30 EUR participation fee** to be brought in cash at the beginning of the project. The money will be spent on the benefit of the activity to provide extra materials, activities and more fun times.

Insurance

It is mandatory to have a valid travel and medical insurance (i.e. European Health Insurance Card) during your travel. The host organization will not cover any personal health costs. If you need help with this, please contact your sending organization.

BOOST YOUR IMPACT!

Join us and **live an unforgettable experience**. Become an impactful citizen together with other young people from Europe.

Interested? **Fill in the application form** and send it to us

Feel free to contact us!
anadelvallecouto@gmail.com



Co-funded by
the European Union