



Erasmus+



Escape from the Net Cave II

15TH-25TH NOVEMBER
Naron, Galicia, Spain



BreGal
Asociación Sociocultural

The project

A new generation of technological advancement has promoted media, through smart devices such as laptops, televisions, and smartphones, to a position of omnipresence in our lives. Alongside these developments, we open up new channels for polarization and manipulation through misinformation and find ourselves more likely to encounter radical ideologies.

"**ESCAPE FROM THE CAVE II**" will involve 36 young people from six different countries in a multicultural experience where they will learn about Media Literacy and Critical Thinking in a modern context.

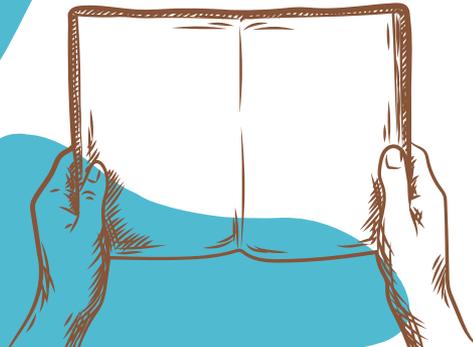
The project will create a safe learning environment where people from different backgrounds, cultures, origins, and traditions can share their ideas and experiences, learn and appreciate the viewpoints of others, leave with a stronger and clearer idea of the subject, and feel more confident navigating the ocean of information we find ourselves surrounded by in the modern era.

"How it is we
have so much
information, but
know so little?"
NOAM CHOMSKY



Objectives of the project

- To develop in the participants a filter for media consumption, and a toolset for verifying and interpreting information presented by the media.
- To educate about the dangers of polarization, presented by social media especially.
- To develop the confidence of each participant in the forming and expressing of their own ideas and points of view.



- To redefine the relationship that participants have with media and media consumption in order to develop a healthier way to maximize the benefits of modern communication technology.
- To build skills in the field of critical thinking, both theoretically and practically



- To cultivate a broader knowledge of the world we live in and encourage both a more active and more effective involvement within it. o redefine the relationship that participants have with media and media consumption in order to develop a healthier way to maximize the benefits of modern communication technology.
- To develop cooperation and teamwork skills.
- To promote self-awareness and soft-skills learning

Participant's profile

- The participants should be preferably between 18 and 30 years old. Younger participants (16+) can also participate if really motivated: in this case be sure to inform BreGal about it, in order to to have an overall age balance.
- The group leader should be aged 18+, preferably under 30 years old. Each national group has to be formed by 1 group leaders + 5 participants.
- Participants with fewer opportunities should have the priority to participate in the project. At least 3 participants should have an English level good enough to actively participate in discussions. They can also act as translators for the ones who have more difficulties with the language.
- In general, participants should be open to learning about critical thinking, participating in practical workshops, learning about new cultures and differences and cooperating with young people. We are looking for energetic, smiling people, eager to feel part of a more intercultural, fair and progressive society.





LIEPAJAS BĒRNU UN
JAUNATNES CENTRS
LATVIA



DREAMING OPENLY
GERMANY



DEMOKRASI VE HUKUK
ÇALIŞMALARI DERNEĞİ
TURKEY

THE PARTNERS



ASOCIACIÓN
SOCIOCULTURAL BREGAL
SPAIN



ASSOCIAZIONE KORA
ITALY



ECOFAIRLY
FRANCE

The location

The participants will be hosted in the [rural school and hostel Aldea Nova](#), located in the village of Monte dos Niños, in the municipality of Sedes, in northwest Galicia, Spain.

Participants will be hosted in shared rooms divided by gender and with mixed nationalities. Please keep in mind that the venue is at least 60 minutes walk from the first shop.

The venue provides both indoor and outdoor spaces perfectly prepared to host activities, and also different spaces for leisure time.

The farm gives great importance to self-responsibility and respect of nature. Some ground rules will be given during the stay, in order to respect the place, inside and outside, to control the environmental impact (water, electricity...) and to create a safe and enjoyable environment for the whole duration of the project.



Before the project...

What to prepare?

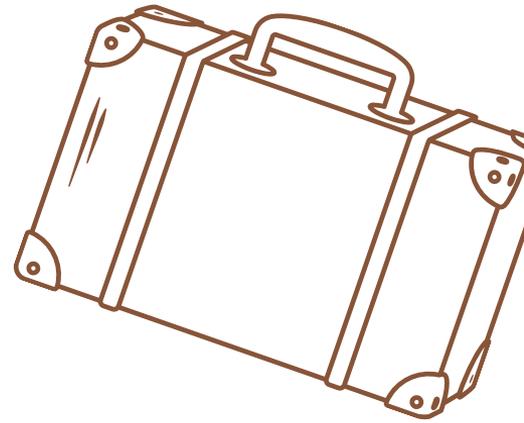
- Each national group should prepare a presentation about their country for the Intercultural Night. It can include theatre sketches, traditional dances, songs, quiz about national culture and history or/and local food... Be creative!
- Each national group should also bring a presentation regarding the situation of media in their countries, namely: the main topics on which the media focuses, the main problems, and also good practices.
- Participants should take clothes for any type of weather condition and activity. Keep in mind that during the youth exchange we will be in the countryside, relatively close to the Atlantic ocean. It's going to be cold!
- Take your ID documents and keep your travel documents like tickets, boarding pass etc. Take really care about travel documents, without them, it will **NOT** be possible to get the reimbursement of travel costs.



Before the project...

What to bring?

- Bed sheets or sleeping bag (blankets will be provided)
- Towels
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Comfortable shoes and clothes (keep in mind that you will live in a rural area)
- Warm & rainproof clothes. In November in Galicia is pretty cold
- Torch (if you want to go explore the surroundings at night!)
- Slippers (or indoor shoes)
- Personal drinking bottle (less plastic, more fun)
- Whatever you feel you would need for any time spent away from home (cigarettes, medicines, chocolate... Consider that we are going to be in the countryside!)
- If possible: traditional clothes, typical objects, food or drink from your country.
- Good vibes!

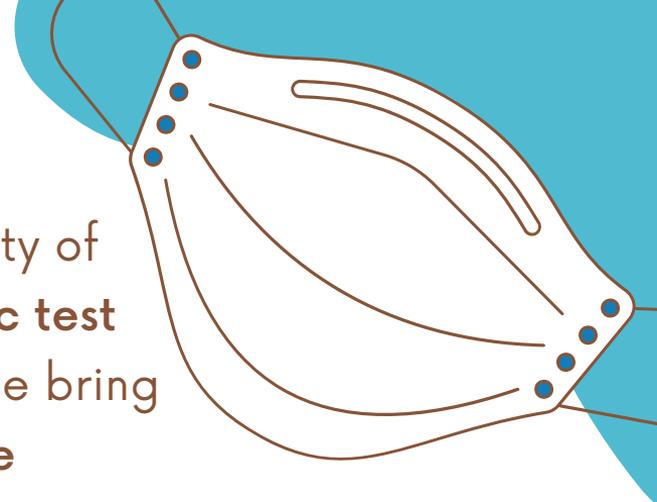


COVID-19 measures

Because of the current situation, to ensure the security of everyone, we ask all participants to do an antigenic test in an official testing station before travelling. Please bring your negative test result to the project. The costs are reimbursable!

We also ask you to be extra careful the days before your trip, to avoid big groups of people and wear an FFP2 Mask.

Please also check the measures in your residing country as well as eventual transition countries. Click [here](#) for checking the Spanish legislation!



Travel dates

Participants are expected to arrive on the 15th of November 2022 before 8 pm. It is possible to arrive later if transportations are cheaper, but BreGal should be informed in advance. Departure day is the 25th of November 2022. The project activities will start on the 16th of November after breakfast and will end on the 24th of November after dinner.

Arrival and departure dates are flexible if participants want to visit Spain after the official dates. If this is the case please read carefully: participants have the possibility to travel up to 2 days extra before or after the official dates of the project and still get the travel reimbursement. Meaning: participants can arrive in Spain on the 13th of November and leave on the 25th or arrive on the 15th and leave on the 27th. For the extra days, BreGal does not provide food and accommodation. Contact us for any doubt: we will support you planning your trip.



Transports

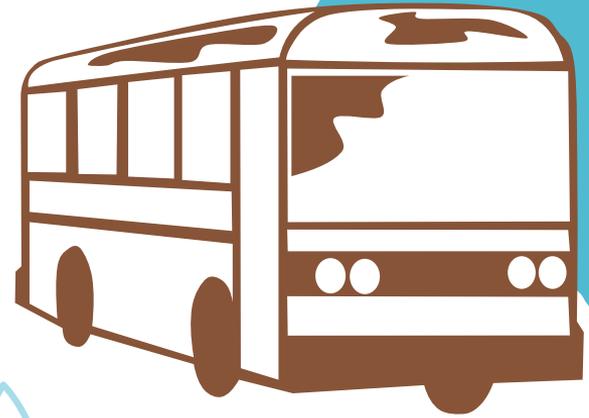
Arrival point: Train station of [Sedes \(A Borallada\)](#).

The closest international airports are:

- A Coruña Airport
- Santiago de Compostela Airport

From the airport of **Coruña**, the fastest option is to go from the Airport to the Coruña Bus Station (A4 Line, one each 30min). Then, you can take a bus to Ferrol (a 50min trip). You can find the timetables and buy your ticket [here](#) (A Coruña-Ferrol)

From the airport of **Santiago**, the fastest option is to go from the Airport to the Santiago Bus Station (you can buy the tickets in the airport or [here](#)). Then, you can take a bus to Ferrol (a 1h20min trip). You can find the timetables and buy your ticket [here](#) (Santiago de Compostela-Ferrol).

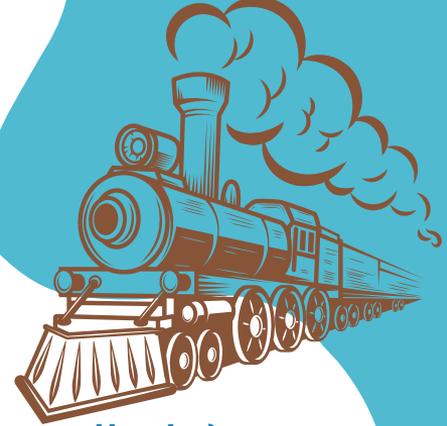


Transports

In both cases, you are going to arrive at the **Ferrol Bus-Train Station**. We are closer and closer to our final destination!

Now, you need to take a train from Ferrol to [Sedes Station \(A Borallada\)](#), a 20 min trip. You can check the timetable [here](#) (Ferrol-Sedes). Tickets can be purchased at the ticket offices in the Ferrol station and self-service machines.

Finally, once in Sedes train station we will come and pick you up by car/van, and we will drive you to the hostel (5 minutes by car). Keep in mind that **the last train to Sedes departs from Ferrol Train Station at 21:20**.



Travel reimbursement

It is fundamental that you keep all your original travel documents: bus and train tickets, invoices, boarding passes... The reimbursement cannot be done without these documents. Participants will be reimbursed up until a maximum amount granted by the European Commission.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

Spain - 23€

Italy - 275€

France - 275€

Germany - 275€

Turkey - 530€ (plus 100€ for VISA)

Latvia -360€

Participants will be reimbursed after the end of the youth exchange, once they provided all the original travel documents, including the train, bus and shuttle tickets of the return trip, which have to be sent by post. Further and detailed instructions will be given during the YE.



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