

Youth exchange

Speak Up - Youth

Empowerment against hate

speech



13th to 21st December 2025

SPAIN



Co-funded by the
Erasmus+ Programme
of the European Union



SUMMARY

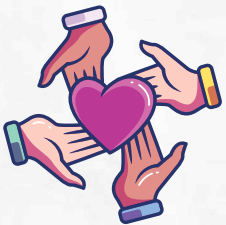
- **Location:** Rascafría, Madrid (SPAIN)
- **Specific topic:** tolerance, fighting hate speech, gaining values.
- **Cross topic:** creating bonds, intercultural exchange, connect with others.
- **Participants:** 6 (5+ 1 leader) per country
- **Dates:** 13th to 21st December 2025
- **Participation fee:** 4 EUR
in order to cover the bank transfer fee that E+ guide says is not eligible as expenses.

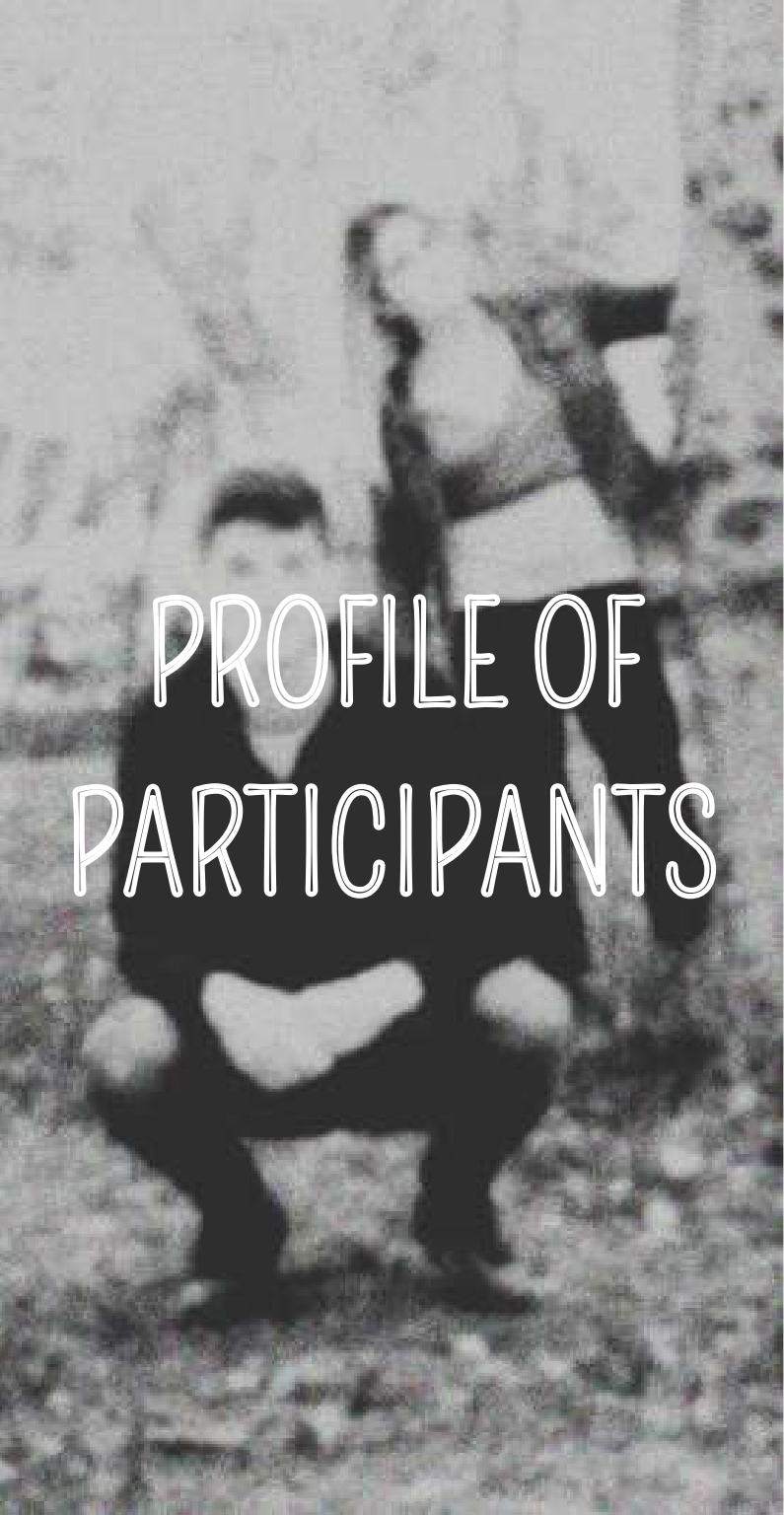


OVERVIEW

We will implement sessions where we will talk about hate speech and how to fight it, altogether with non-violent communication sessions. Participants will be expected to increase their tolerance and reflect about their moral values throughout the activities.

Altogether with this, there will be a big amount of complementary activities much more fun approached, either related with the main topic or unrelated (visits, intercultural exchange, hiking, teambuilding, knowing each other, E+ knowledge, building connections, energizers, etc.). Do not worry, you will have a lot of fun.





PROFILE OF PARTICIPANTS

General profile

Interest & Motivation

Most of the workshops will be related with hate speech, tolerance and developing values from the youth perspective. Therefore, if you are not interested in those topics, you will probably dislike the sessions and it would be better for you to skip this project.

Requirements

- To be between 18 and 30 y.o. (except group leader)
- To hold the European Health Card (or similar insurance)
- To live in one of the sending countries
- To be active and carry out the tasks assigned to participants
- To consent the use of images in which you appear taken during the mobility with legitimate purposes of the project (dissemination, publication of results, etc.).



THE VENUE

The accommodation will be the rural youth hostel "Albergue los Batanes" located in Rascafría, a village located at the mountains of Madrid region.



[Click here to see more photos](#)

TRAVEL REIMBURSEMENT

Budget available per country is set according to distance bands provided by Erasmus+.

30 eur are deducted to pay the private buses to cover the round trip Madrid - Rascafría.

To be entitled for reimbursement you must: 25 

- Take part in the whole project 279 
- Follow the travel instructions
- Execute tasks assigned to participants 279 
- Follow basic rules of coexistence

580 

Travel costs will be reimbursed through a bank transfer and individually once the participant delivered properly their tickets and invoices.

* Green travel: flights are not allowed.





KEEP YOUR INVOICES, TICKETS AND BOARDING PASSES

- We will require these documents for the reimbursement of your travel costs.
- During the mobility we will explain how to deliver them to us. Don't send them to us yet.
- Electronic documents are preferred.
- We need Boarding Passes of the flights. Be careful because they expire from your phone app after the flight. Screen shots for are valid for BP. Also PDF or physical formats.



TRAVEL RULES

- 2nd class is mandatory.
- Transfer by Taxi/Uber (or similar) is not eligible for reimbursement unless there is no other option by public transportation. Check it with us in advance if you need it.
- Only one hand baggage per person (besides the backpack) is eligible for reimbursement.
- Seat allocation is not eligible for reimbursement. Make sure you don't pay for this.
- Blablacar (or similar) is allowed as means of transport. Just keep the invoice.

TRAVEL INSTRUCTIONS





YOU HAVE A WINDOW OF TWO DAYS FOR YOUR TRIP BOTH IN ARRIVAL AND DEPARTURE

- This means that tickets will be eligible to be reimbursed if their dates are between 11th and 23th December (both days included as well).
- Expenses during those extra days are on your own.



YOU DO NOT NEED OUR APPROVAL TO PURCHASE TICKETS, BUT...

- Your flight can't arrive to Madrid on the 13th December later than 19h 30.
- Your departure flight shouldn't leave Madrid earlier than 9h 00 on the 21st December.
- You can contact us in case you have doubts about your transportations options.
- You do need our approval in case you want to use a different airport than Madrid or if you make long stops in a third airport.

TRAVEL INSTRUCTIONS



HOW TO REACH RASCAFRÍA?

1

MADRID

Your flight must arrive to Madrid

(there are no other airports near Madrid)

2

RASCAFRÍA

We will go in a private bus on the 13th

WHEN?

WHERE?

**Meeting
point 1:**

At 20h

Madrid (Atocha area).
We will send you the
exact spot.

**Meeting
point 2:**

At 20h 30

Airport. We will tell
you which terminal
and which spot.



Airport to Madrid city
transportation options

Madrid airport has two areas. So it
will depend on where your flight
lands and where you go:

- From Terminal 1,2,3:
 - Bus 200 and 203.
- From Terminal 4:
 - Bus 203
 - Metro (line 8, pink)
 - Cercanias (C1 and C10)

You can use the free shuttle bus
from Terminals 1,2,3 to T4. It takes
around 25-30 min from 1 to 4.

**The departure day (21st Dec) the bus will leave
Rascafría at 7h 00 or earlier if needed. It will stop in the
airport and then in Madrid city center.**



TO BRING

PRACTICAL INSTRUCTIONS

- Typical food from your country for the intercultural food.
Coordinate with your country-mates to bring varied things.
One thing per person is fine. Nothing that needs fridge!
Things for coffee break or snack that will not perish.
- A reusable bottle of water. This is very important.
- A towel for the shower.
- Mostly comfortable clothes. At least one set of sport clothes as we will do a hiking.
- Bring tobacco if you smoke, or other things you might need.
The town is 35 min walking.

OTHER

- Do you have knowledge on the topic? Contact us so you can lead a session if you want!!
- When you buy flights, click on basic fare. Add the baggage afterwards. It's usually cheaper than adding it from the first moment in a better fare.



LOOKING FORWARD TO
SEEING YOU
SOON

