



AYUNTAMIENTO DE CUENCA



Youth Exchange on Participation and European Policies for Youths CUENCA, 8th-14th July 2022



Activities & methods used

During the five days of this meeting we will meet different youth groups, involved in the community with participatory projects, whether from social, cultural, environmental or sports movements.

likewise, the participants in the meeting should show others their good practices in youth participation, so that we can compare and find meeting points for the future.

The program aims to be dynamic and participatory, where we find many spaces for personal and professional exchange.

Participating countries

Spain
Italy
Croacia
Portugal

Participants

The total number of the participants is 52. Each country group is composed by 12 participants (6 girls and 6 boys) + 1 group leader.

Participants should be between 18 and 30 years old . The group leader must be over 30 years old and can be either male or female.



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Date

Arrival day: 8/07/2022

Departure day: 14/07/2022

Venue

About Cuenca

Cuenca, capital of Cuenca province, is situated in the autonomous community of Castile–La Mancha, eastcentral Spain. It lies on a pyramid-like hill above the confluence of the Júcar and Huécar rivers.

The origins of the city of Cuenca and its consolidation as an important population center can be traced to the Moslem domination following the year 711 AD.

Located on a high unconquerable hill and encircled by the Júcar and Huécar Rivers, the city had great strategic value. For this reason, the city was captured from the Moors in 1177 by Alfonso VIII of Castile, who made it an episcopal see in 1182. It served as a cultural and textile centre in the Middle Ages. During the 19th century the city expanded onto nearby lowland and in fact became two cities: the upper, old city and the lower, modern one close to the railway from Madrid. Viewed from below, the Casas Colgantes (“Hanging Houses”) of the old city appear to be suspended.

The old city was designated a UNESCO World Heritage site in 1996. The Romanesque-Gothic cathedral (13th century) is notable, and the city is the site of the Provincial Archaeological and Spanish Abstract Art museums.

<https://www.descubrecuenca.com/en/rutas/la-capital/la-capital-7#ficha>

<https://visitacuenca.es/>

Climate

In the city of Cuenca and in the area in general, an interior or continental Mediterranean climate prevails. This is the largest area in Spain that enjoys a Mediterranean climate, in this case interior, not influenced by the sea. Local temperatures and precipitation conditions follow patterns influenced by the mountains. In summer, city weather is determined by the anticyclone of the Azores, but without excessive average temperatures, resulting in a climate which is quite pleasant.

For the daily weather forecast see the website:

<http://www.aemet.es/es/eltiempo/prediccion/municipios/cuenca-id16078>

Contacts details during Youth Exchange

Project Coordinator - Technician of the Department of Youth: Julio Pareja Cariñana, mail. juventud@cuenca.es - 0034 669872053



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During these five days, the youth of Cuenca will be your hosts.

For any question one of them will be dedicated to the hospitality of each one of you:

Dario will host the group **from Croatia**. Contact: 0034 691634 227

Beatriz will be the hostess of **the Italian** Group. Contact: 0034 690687842

Ines will be the host **of the Portuguese** Group. Contact 0034 618827126

Accommodations

For accommodation in Cuenca there are several possibilities, hotels, pensions, hostels, tourist accommodation, etc...

- https://visitacuenca.es/es/touristic-resources?field_type_tid=1319&field_zone_tid=All&field_theme_tid=All&field_node_id=
- https://visitacuenca.es/es/touristic-resources?field_type_tid=1320&field_zone_tid=All&field_theme_tid=All&field_node_id=

The spanish times for meal are:

Breakfast: 7:30 to 9:00 p.m.

Lunch and siesta!: 14:00 to 16:00 p.m.

Dinner: 21:00 p.m.

How to get from Madrid airport to Cuenca city

By bus

Estación Sur de Autobuses (or Méndez Alvaro) is in the south of Madrid. The exact address is c/ Méndez Álvaro, 83. To go there from the airport, you can take [Metro](#), [city buses](#) and [Cercanías](#) trains.

The [Avanza](#) bus company runs frequent buses to Cuenca from the Mendez Alvaro bus station. The journey takes two to two-and-a-half hours. It is possible buy your ticket online or, on your arrival, at the bus station (opened every day from 8 a.m to 00.30 p.m.). The ticket price is € 16.00, the round-trip ticket costs € 30. The bus station is close to the center city..



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By train

Two options are available: high-speed train (AVE, 1 hour of travel) or slow train (4:30 minutes of travel) both included on the same railway operator of Spain (RENFE). Cuenca has two train stations - the one for the high-speed trains (called Estación de Cuenca-Fernando Zóbel) and the station for the slower trains, (simply called Estación de Cuenca). For AVE, Fernando Zóbel station is 5km outside the city center. To go to city center (there is only one bus stop: Línea 1, € 2,15) outside the train station or take a taxi (€ 10 to any place from train station to Cuenca).

if you can (both are similar price if you buy the tickets in advance):

<http://www.renfe.com/>

Here, you will find all information to go to the airport by metro from the Atocha Train Station:

<https://www.madrid-tourist-guide.com/en/airport/madrid-airport-transfer-cuenca.html>



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✓ Essential Spanish words and phrases for travelers

Spanish	English
¡Bienvenido!	Welcome!
¿Háblas inglés?	Do you speak English?
Gracias	Thank You
De nada	You are welcome
Por favor	Please
Buenos días	Good Morning - Good Afternoon
Buenas tardes (after lunch- 16:00)	Good Evening
Buenas noches	Good Night
¿Cómo estás? (singular)	How are you?
¿Cómo estáis? (plural)	How are you?
Disculpa	Excuse me
Hola/ Adiós	Hello / Goodbye
¿Cuánto cuesta?	How much does it cost?
Hasta luego	Goodbye
¿Dónde está...?	Where is ...?
Cómo puedo ir a....	How can I go to....
Cuál es la dirección para ir a...	Which way for...
¿Aceptas tarjetas de crédito?	Do you accept credit cards?
¿Puedo pagar por adelantado?	May I pay in advance?
¿Puedo a la salida?	May I pay at check-out?
La cuenta, por favor.	Check please.
¿Hay conexión internet en la habitación, entrada, hotel?	Is there internet connection in the room/lobby/hotel
Parada de autobús	Bus stop
Aeropuerto	Airport
Estación de autobuses	Train station
Farmacia	Pharmacy
No, gracias.	No thanks
Yes, gracias.	Yes thanks



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PROGRAMA

1st Friday, July 8. Day trip. Arrival in Cuenca and accommodation

2. Saturday July 9. "Good practices for youth participation, groups related to creativity and urban sports."

Where? Cuenca Youth Center <https://centrojoventucuenca.es/contacto/>

- 9:30 am Welcome and presentation of the program and participants.
- 10:30 am. Simultaneous workshops: Aerial silks, Slackline, Circus, African percussion, artistic intervention.
- 1:30 p.m. Buffet
- 2:30 p.m. – 6:00 p.m. Free. Internet area, relaxation area, coffee time.
- 6:00 p.m. Simultaneous workshops Part II. Animation with DJ.
- 8:00 p.m. End of the day.
- 10:00 p.m. European Year of Youth Festival.

3. Sunday July 10. "Good practices of youth participation, Presentation of good practices of the participating countries."

Donde? Natura Cuenca (Museo Paleontológico de CLM)

<https://naturarestaurante.com/>

- 12:00. Presentations of good practices of youth participation from the participating countries:
or Basin. The Eyes of Jucar.
or Italy.
or Croatia.
or Portugal.
- 14:00. Meal
- 4:00 p.m. Visit Paleontological Museum.

4. Monday July 11. "Good practices of youth participation, looking for common points looking to the future"

Donde? Teatro Auditorio de Cuenca

https://www.auditoriodecuenca.es/portal/lang_es-ES/tabid_12574/default.aspx



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10:00 a.m. Mixed work groups. What do we have in common? Why do young people participate in their countries? What joint proposals can we develop???

12:00 p.m. Plenary. Presentation of conclusions and debate.

1:00 p.m. Local gastronomy workshop. tasting

Free afternoon

4. Tuesday, July 12. "Good practices of youth participation, tools and channels of participation in the Local administration"

Donde? Ayuntamiento de Cuenca. <https://www.cuenca.es/>

10:00 a.m. Presentation of the municipal councils of participation, Social Council, commission of complaints and claims, that the City Council of Cuenca has at the disposal of the citizens to participate.

12:00 p.m. Reception of the Mayor of the City.

1:30 p.m. Lunch in Plaza Mayor.

4:00 p.m. Visit the Science Museum and Planetarium.

6:00 p.m. Gymkhana "Discover Cuenca"

5. Wednesday, July 13. "Good practices of youth participation, Groups related to the Environment"

Donde? Ribera del Rio Jucar. <https://www.laplayacuenca.com/>

10:00 a.m. Hiking route along the banks of the rivers led by environmental groups.

12:00 p.m. Swimming in Jucar River (Artificial Beach)

2:00 p.m. Food in Artificial Beach

Afternoon Free bath.

End of program.