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CREAMOS EUROPA

5TH-12TH SEPTEMBER 2026

REGION OF CÁDIZ
SPAIN

ERASMUS+
YOUTH EXCHANGE

INFOPACK

youth on the EuroVelo 8

CYCLING SOUTH

REV8

MAIN GOAL

REV8 was born from the desire to offer young people the opportunity to cycle a section of the EuroVelo 8 route. Specifically, the section from Cádiz to Algeciras.

Through this, we will reconnect young people with nature and physical activity, promote a sustainable tourism model and the EuroVelo network, and foster gender equality in sport.

Participants will experience an activity program that includes cycling routes, non-formal education workshops, and awareness-raising activities with local community organizations.



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OBJECTIVES

To strengthen personal values such as confidence and self-improvement, and to foster outdoor sports through a challenging 200km route on bike.

Explore different ways of responsible tourism, pushing forward the use of biking as an ecological mean of transport and as an alternative to conventional model of tourism.



To raise awareness about gender gap on sports as well as to make visible the role of women on ciclying disciplines.

Disseminate Erasmus+, Eurovelo programs and European values among participants and local community, involving local entities we will pass by on our way.

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TRAVEL INFO

Arrival to Cádiz - Saturday 5th of September
Departure from Algeciras - Saturday 12th of September

For a better travel plan, you can arrive a couple of days earlier than 5th of September or depart a couple of days later than 12th of September.

The expenses of accommodation and food of those extra days are not covered.

There is no possibility to arrive or depart in another day than the mentioned before.



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TRAVEL INFO

AIRPORTS

- Jerez de la Frontera: small, few connections, the closest one.

Bigger airports and most of the connections:

- Sevilla: very easy to arrive to Cádiz.
- Málaga: better flight connections, but a bit far from Cádiz.







You can also come from Madrid by train/bus to Cádiz. Most frequent and usual lines can be found in these websites:

- https://www.renfe.com/es/es (connects Madrid, Sevilla and Málaga to Cádiz)
- https://iryo.eu/en/home (cheaper and faster, but only from Madrid to Sevilla)
- https://socibusventas.es/es/index.php (direct buses Madrid – Jerez)
- https://www.blablacar.es/ (carpooling can be an option if you can't find a train)

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TRAVEL INFO

The budget is allocated according to the Erasmus+ calculator. The travel is granted up to a calculated amount based on your place of residence.

All the reimbursements will be done after the youth exchange and through your sending organisation. Please, consult the conditions and travel plan beforehand with them.

Maximum per person:

Spain	**56€***
Romania	**580€**
Hungary	**395€**
Slovenia	**395€**
Italy	**309€**

*Spanish participants only green travel options, no flight.

The travel will be reimbursed for the actual cost that you have spent duly justified with the tickets, invoices and boarding passes. The table shows the maximum that will be reimbursed per person on return tickets. If you spend less than the maximum, you will be reimbursed the actual amount spent, not more.



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ACCOMMODATION

Since we will be cycling, we will be accommodated in different locations:
Chiclana: camping La Rana Verde https://www.campinglaranaverde.com/
Los Caños: Kampaoh https://es.kampaoh.com/trafalgar-los-canos-zahora-cadiz-andalucia/
Tarifa: Wake up in Tarifa https://maps.app.goo.gl/Xrk17xhbVXBBtZZ87
Algeciras: Albergue Inturjoven https://www.inturjoven.com/portfolio/inturjoven-algeciras/







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ACCOMMODATION

The locations will provide an opportunity to enjoy nature while living in the campings, but also to explore villages when staying in the urban setting. Depending on the accommodation, you will share room with different amount of people, in between 5 and 10. Be ready for community life!. Since we will be crossing cities, there will be all the necessary places around: supermarket, pharmacy, etc. You need to bring your own bed linen or sleeping bag. Most of the accommodations have WiFi connection, but we cannot ensure its availability.

The meals will be provided in different locations for logistical convenience of the activities arranged during the day. The breakfasts will be served by us before starting the route. Lunch will be picnics provided half-way to the destination, so we will eat outdoors in parks or beach. The dinner will be cooked all together. It will be possible to provide diets and alternative options due to allergies and intolerances, always when certified justification (medical prescription).

The first meal provided will be the dinner of 5th of September, and the last meal provided will be the breakfast of 12th of September.

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ACTIVITIES

The timetable of sessions will be similar to this one. It might be subject to changes due to logistical arrangements and weather conditions. It will also depend on the pace of the group when cycling.

Be aware that this is not going to be only sportive as a race, or as chill as a touristic ride. It is an educational project that will involve mental and physically demanding effort from your side. It is a great opportunity to experience an intercultural exchange in a different way.

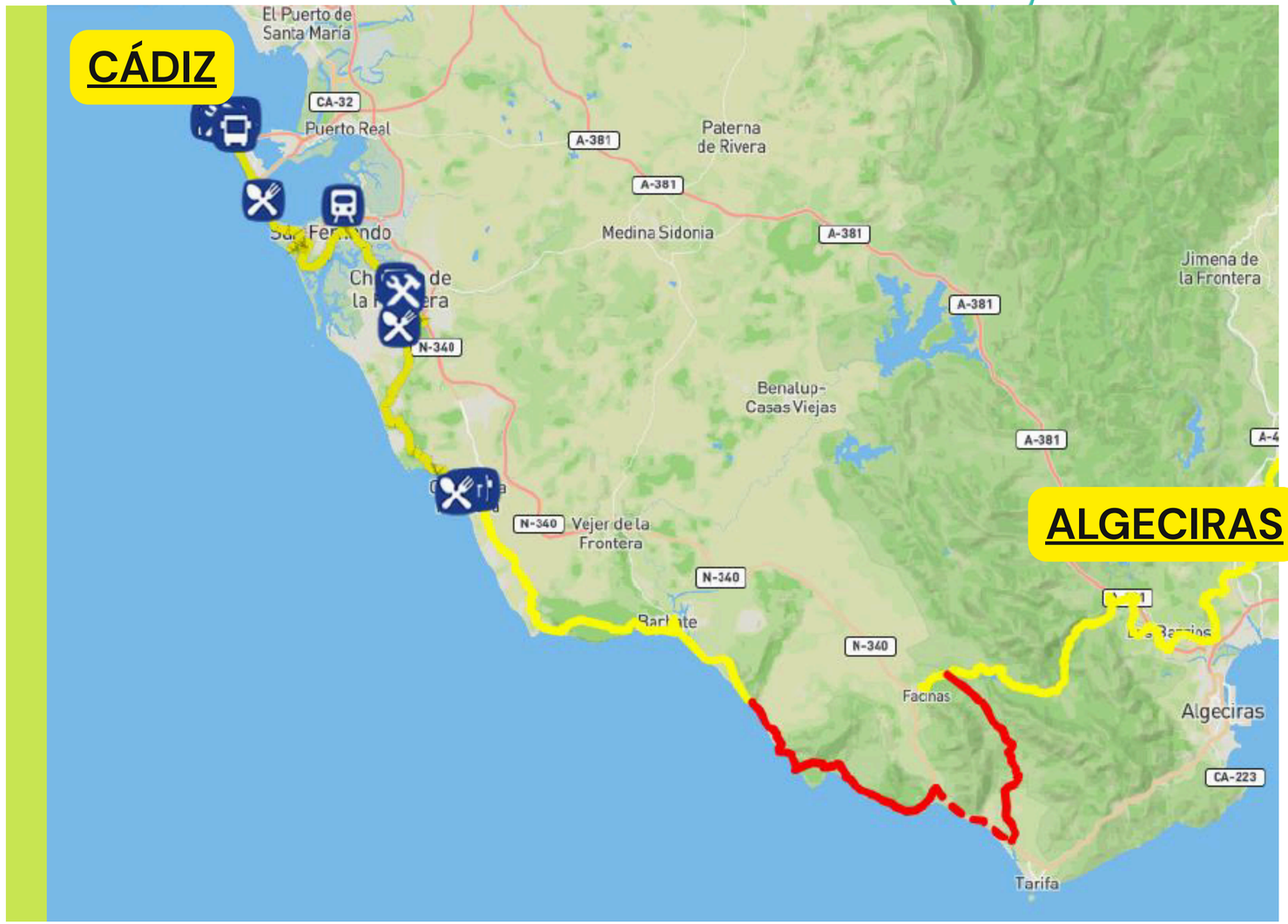
CYCLING SOUTH: YOUTH ON THE EUROVELO 8 ERASMUS+ YOUTH EXCHANGE

	Saturday 5/9	Sunday 6/9	Monday 7/9	Tuesday 8/9	Wednesday 9/9	Thursday 10/9	Friday 11/9	Saturday 12/9
	Arrival day	Group development	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Future plans
8:30-9:30	ARRIVAL	BREAKFAST						DEPARTURE
10:00-11:30		Getting to know each other	Preparing for cycling STAGE 1 Cádiz - Chiclana 28km	STAGE 2 Chiclana - Los Caños 35km	STAGE 3 Los Caños - Tarifa 56km	STAGE 4 Tarifa - Facinas 24km	STAGE 5 Facinas - Algeciras 40km	
11:30-12:00		BREAK						
12:00-14:00		Team building games						
14:00-16:00		LUNCH BREAK		Fostering sustainable mobility		Gender gap in sports		
16:00-17:30		Safety measures	REV8 digital guide		Relaxing recovery		Final evaluation Official closing	
17:30-18:00		BREAK		Active recovery	REV8 digital guide	BREAK		
18:00-18:30		RECAP!	Preparing intercultural evening			REV8 digital guide		
18:30-19:30				Euro Masterchef	Youthpass review			
19:30-20:00	Welcome!	Leaders meeting	Leaders meeting	Leaders meeting	Leaders meeting	Leaders meeting		
20:00-21:00	Dinner & chill	DINNER BREAK						
21:00		Welcoming evening by Spain	Intercultural evening	Beach vibes	Exploring Tarifa	Free evening	Youthpass ceremony	



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ACTIVITIES



Etapa 1: Cádiz - Chiclana, 28 km, ~3 hours, the easy one.

Etapa 2: Chiclana - Los Caños, 35 km, ~4 hours, a bit longer than the first one.

Etapa 3: Los Caños - Tarifa, 56 kilometros, ~6 hours, the toughest stage, you must be ready for this.

Etapa 4: Tarifa - Facinas, 24 kilometros, ~3 hours, still hard but very short.

Etapa 5: Facinas - Algeciras, 40 kilometros, ~5 hours, the last one.

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ACTIVITIES

We will provide the bicycle for you. It will be important that you share your height with your group leader or sending organization in order to arrange the equipment for you. There will also be sessions for team building, digital work, debating, cultural visits, etc. Some of these sessions will be arranged involving the local community (young people, other sport clubs, decision makers and Youth Delegation).

DAMAGE POLICY

*Any damage that may occur in the rooms of the accommodation, activity locations, restaurants or materials of the project will be the sole responsibility of the participants who are staying in those rooms or found as responsibles of the damage. Check-ups of the rooms can be done before departure of the accommodations. If it is determined that there is damage in a room, the amount needed for covering the cost will be deducted from the travel budget.



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PREPARATION



We expect from you, as a participant, to be ready before coming to Spain. There will be preparatory tasks before the youth exchange. It is not homework, nothing hard, but important.

- We strongly suggest to train yourself before coming. It will be 5 days straight of cycling. Please, do not underestimate it.
- We will have two online meetings on Zoom platform:
  - One month before the youth exchange only with the group leaders
  - One week before the youth exchange where all the participants will have to attend.
- Each country will prepare their intercultural evening to show a bit of their culture. We won't have projection or screen. You can prepare traditional dances, games, sketches, whatever that can show your culture in a fun way.
- After the exchange, you will have to meet with a group of people in your local community to share the results.

Remember that the working language thorughout all the project will be English!

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PREPARATION



What to bring?

- Summer clothing. Including swimsuit. It is expected to be hot weather.
- A hat or cap, to cover your head from the sun.
- Cycling gadgets. You won't need technical stuff, but please bring the basics: **reusable water bottle, sunglasses,** and **shorts with padding**.
- **Your own helmet**. It is mandatory to wear it when cycling.
- **Sportive shoes**. No technical cycling shoes.
- One laptop per country. We will work digitally in our EuroVelo 8 guide of the project.
- Snacks and drinks to share in the intercultural evening.
- **Sunscreen** and anti insect protection.
- **Sleeping bag/bed linen**.
- Towel and flip flops.
- Positive mood and will to be challenged!

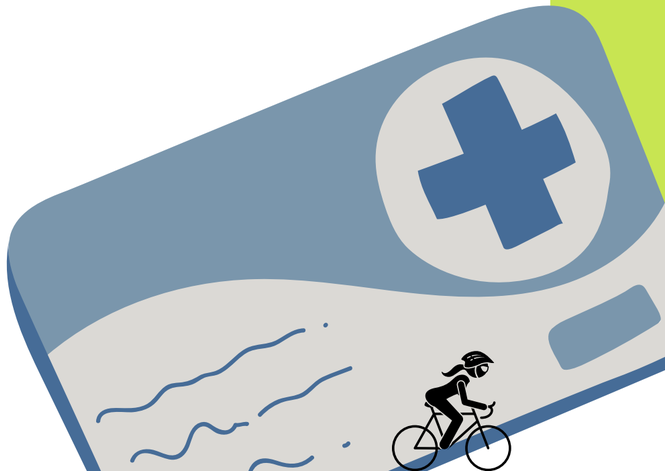
You can pay by card almost everywhere here. But just in case, bring some cash.

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INSURANCE

There will be a first aid kit available with us during the whole exchange in case of need as well as a person with medical knowledge. However, each participant must have their own individual health insurance that covers illness (ask your sending organization for details). Travel insurance is not covered by the project. Participants coming from European Union are advised to have their European Health Insurance Card with them during the whole duration of the mobility, including travel days and extra days.





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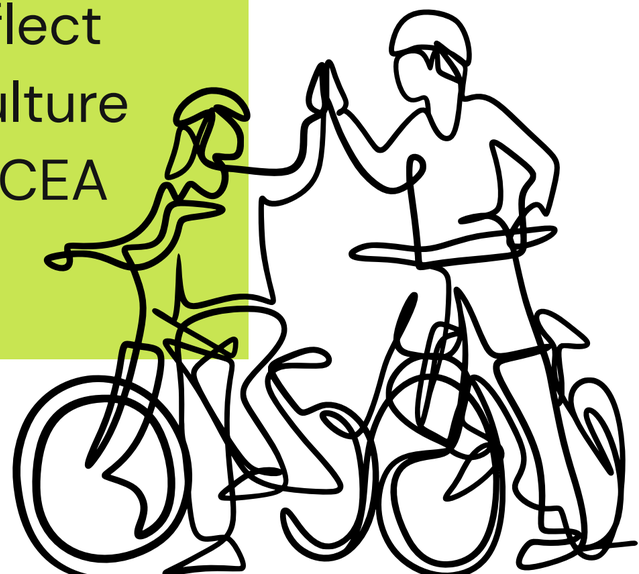
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PARTNER ORGANIZATIONS

Asociación Creamos Europa - Spain
Ad astra Ljubljana - Slovenia
UVSAR AID - Romania
Puentes Hungary - Hungary
Associazione Scienze Naturali Unite aps - Italy

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Almost 200 kilometres to challeng yourself...
Cycling together with people from 5 different countries...
Share your culture with young people from around Europe...
Swimming in the same day in the Atlantic Ocean and the Mediterranean Sea...
See you soon!







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