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C A N D I D A T U R A  
**JEREZ 2031**  
CAPITAL EUROPEA DE LA CULTURA



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# BE KIND ON YOURSELF

## YOUTH EXCHANGE IN ROMANIA

David, Olatz, Gema, Daniel and Laura are now Erasmus+ Youth ambassadors! They enjoyed the experience in the youth exchange Be Kind on Yourself with AJC Deméter. It took place in Sarata Monteoru & Buzău thanks to the coordination of Fundația Pentru Tineret, Buzău in Romania from 10th to 20th March 2025.

This project gathered 44 participants from 8 countries: Latvia, Turkey, Spain, Romania, Czech Republic, Greece, Serbia and Italy, in order to increase awareness on problems created by discrimination against minorities using a variety of methods: games, outdoor activities like land art, intercultural evenings, visits, debates, presentations, forum theatre, storytelling in order to encourage a more tolerant attitude.

*Let's know their experiences !*

**Gema:**

This was the first project of this kind that I have done and I was pleasantly surprised by the great experience I had. At the beginning I was a bit nervous and even though I had no expectations I was afraid of not being able to communicate well with the people or not fitting in with the expectations of the programme. But it has all been a very good experience in which I have learnt above all how the social situation is in other countries, what their main problems are in terms of minorities and the solutions they give. I also took with me the knowledge, the life perspectives and the anecdotes of the colleagues with whom I shared this experience and whom I am very happy to have met.

I could say that the most important thing I take away from this experience is to have met such wonderful and creative people with diverse ways of seeing the world.

Finally I would like to recommend this experience to people who feel stuck or closed in their day to day life, to be able to look at their situation with perspective. And I would also like to recommend it to all those people who are interested in this topic and who want to share their knowledge.



**David:**

I really enjoyed this project, it was my first project in Romania and the location was amazing. The food was one of the best food I could have ever tried and the facilitator activities and participants were amazing. During this Youth Exchange we were doing a lot of group and funny activities such as debate words, Cafe, creating videos, doing theater, creating songs, Forest activities, inclusive activities, talk about minorities. definitely this project gave me a wide idea of how other people think and made me understand a little bit more how this minorities suffer his problems. The host NGO was amazing and I really recommend to do projects with them.

Honestly, I can't think about how can I upgrade or make this experience better so definitely I really recommend this to everyone, especially if you are interested in the topic and you are not afraid about meeting new people abroad.

### Olatz:

It was my first experience in a youth exchange and although I was very nervous, the atmosphere made me feel comfortable from the very beginning. This exchange was about minorities and discrimination, and thanks to it I realised that minorities are the same in many European countries, no matter how far they are from each other. As a consequence, I think that it enforced my identity as a European citizen and encouraged me to be more active in European political elections. Besides, it was a great opportunity to know wonderful people I will always have in my heart, and learn from them and their cultures a little bit more. We did a lot of activities such as role-playings or world-cafes, but the activity I enjoyed the most was the theater of the oppressed. In short words, we played a situation of discrimination with a bad ending, but next we repeated it and the public could change what the characters did or said. I enjoyed this the most because it also involved the public, and I was aware of the power small gestures may have in everyday life.

To finish, I would really recommend this experience to young people. Personally, I met people I wouldn't have known otherwise, and I was encouraged to be more active as an European citizen. It also taught me more attractive methods to work with young people, so it is a great chance to grow professionally.

### Daniel:

This was my second Youth Exchange, and it gave me a deeper understanding of discrimination across Europe. Although I was aware of the issue, experiencing it firsthand in a group setting helped me reflect on its complexity and the many forms it takes. What surprised me most was how similar the challenges faced by minorities are in different countries. Despite cultural differences, the struggles were strikingly similar, which strengthened my sense of being a European citizen and the importance of engaging in social and political matters.

Throughout the exchange, we participated in various activities - discussions, role-plays, and group work - that encouraged us to think critically about discrimination and explore practical solutions. One of the most impactful moments for me was the group discussions, where we didn't just talk about problems, but also explored ways to tackle them.

Most importantly, I had the chance to connect with people from across Europe, each bringing their unique perspectives. It was inspiring to see how we all shared a commitment to addressing these issues together.

I would highly recommend this experience to any young person. It's not only an opportunity to learn about social issues but also to be part of a European community working toward a more inclusive and just society.

Laura:

This Erasmus+ project is my first one. One day a month and a half ago I was having dinner alone in the living room and I saw the infopack and decided to apply, a day or two later they called me to confirm that I could attend. I made arrangements with my work and accepted.

My best recommendation for people who want to do these projects is to go without any expectations but with all the attitude in the world. I am very grateful to have been able to live this experience and to have shared it with so many cool people from different countries. It doesn't matter so much the topic of the project because in the end what you learn there are other things, you learn to overcome fears like going alone to another country, you learn to interact with many people in a language that is not yours, you learn about other cultures and you become aware of your own.

For me personally, what I learn from this kind of project is the path I want to follow in life. To move around and meet new people.

In short, I recommend all kinds of people to do this kind of project. Whether you are shy or not, everyone will have their own learning experience.



# WELCOMING A NEW INTERN STUDENT IN OUR ORGANISATION



AS EVERY YEAR, ASOCIACIÓN JUVENIL INTER IS ONCE AGAIN HOSTING A SPANISH INTERN.

THIS YEAR, WE ARE HAPPY TO WELCOME LAURA, WHO WILL BE PART OF OUR TEAM DURING HER INTERNSHIP.

THROUGHOUT HER STAY, SHE WILL GAIN INSIGHT INTO THE DAILY FUNCTIONING OF OUR ORGANIZATION AND LEARN HOW YOUTH ACTIVITIES ARE PLANNED AND IMPLEMENTED.

LAURA WILL SUPPORT OUR ONGOING PROJECTS AND TAKE PART IN THE PREPARATION OF BOTH LOCAL AND INTERNATIONAL YOUTH INITIATIVES.



Hi! My name is Laura López, and I'm 20 years old. I'm originally from Ayamonte, a town in the province of Huelva. Currently, I'm living in Jerez de la Frontera, where I moved to continue my studies.

The transition from a small town to a big city has been both exciting and challenging, but it has also been a key part of my growth.

Living on my own and adapting to a new environment has helped me become more independent and confident in myself.

I'm currently in my final year of a Higher Vocational Training program in Sociocultural and Tourism Activities. I'm here in Inter doing my internship from March to June where I hope to learn skills that will help me in my future career.

My favorite place in the world is my hometown, Ayamonte, where I can be with all the most important people in my life: my family and friends.

A fun fact about my town is that we are separated from Portugal by just a 700-meter-long bridge, and we are also lucky to have some of the best beaches.



Regarding my hobbies, my biggest passion is singing, and it's what I would love to do in the future. In my free time, what I enjoy the most is going out to eat with my partner and spending time with my friends.

I hope this information helped you get to know me a little better!

Nice to meet you!

# GENDER E+QUALITY FOR BEGINNERS

## TRAINING COURSE

AJC Demeter organised an Erasmus+ Training course from March 30 to April 5, 2025 a project called gender equality for beginners!

The project brought together participants from 9 European countries to explore key concepts of gender equality. Through workshops, hands-on activities and field interventions, participants strengthened their skills and commitment. This cross-cultural experience fostered exchange, learning and the creation of concrete tools to promote equality

The theoretical part introduced the fundamental concepts of gender and equality, offering an approach accessible to beginners. Major themes were addressed: the historical evolution of feminist movements (4 waves of feminism), new masculinities, as well as gender diversity and LGBTQI+ rights. The link between European values, human rights and gender equality was also highlighted to provide a comprehensive and engaged framework for participants.

The training began with a series of icebreaker activities, knowledge games and rituals such as "Secret Friend", designed to create a caring and relaxed atmosphere. These activities helped to develop trust, listening and a sense of belonging from the very beginning. A Spanish national evening strengthened the cultural exchange and connection between participants.



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## PRACTICAL APPLICATION IN THE FIELD

To strengthen the foundation of learning, participants led activities in local high school, confronting their ideas and tools with the realities on the ground. This practical experience allowed them to adapt their approaches, observe the direct reactions of young people and receive constructive feedback through a collective evaluation

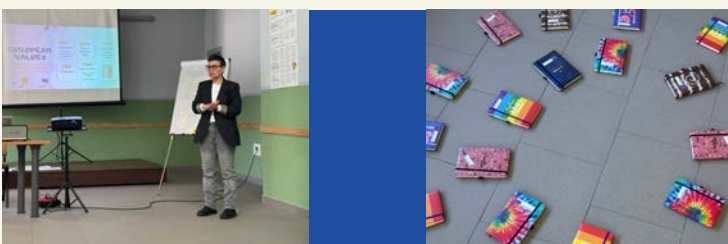
## PRACTICAL AND EXPERIENTIAL ACTIVITIES

Learning was done through fun and immersive activities such as a themed gymkhana and role-playing games. Through practical exercises such as the "River Crossing Dilemma" or workshops to create inclusive labels (labels), participants were able to experience concretely the dilemmas, inequalities and choices related to gender issues, facilitating an emotional and intellectual understanding of the issues.



## EVALUATIONS AND CLOSING

Each day ended with an assessment to collect feelings, identify strengths and areas for improvement. The training concluded with a final assessment and the Youthpass ceremony, which highlighted the skills acquired. This closing moment was also an opportunity to celebrate the progress made by each and to reinforce the commitment for equality beyond training





Youth Exchange

# FOODY



Šibenik, Croatia  
08.04 - 16.04 | 2025



ARGONAUTA

Erasmus+

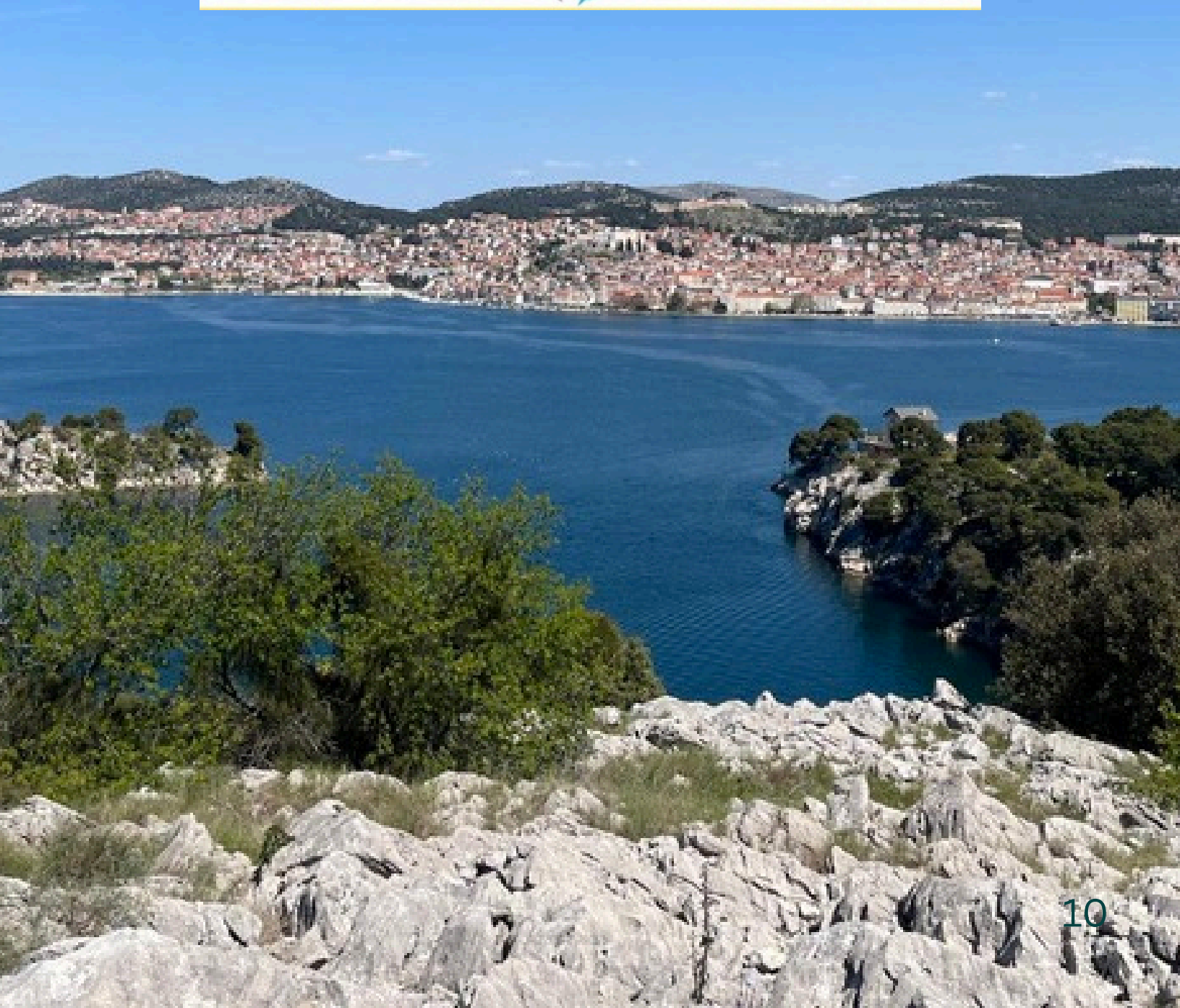
Enriching lives, opening minds.



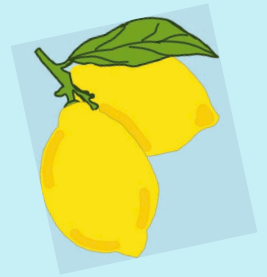
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# Foody Youth Exchange



*From the 8<sup>th</sup> to the 16<sup>th</sup> of April, Francesco, Patricia, Laura, Marta, and Maria participated in the Foody Youth Exchange in Šibenik, Croatia, hosted by Argonauta.*

*This Youth Exchange reunited participants from 6 different countries - Croatia, Greece, Italy, Macedonia, Spain and Turkey - to discuss the Mediterranean diet and actions to take for more sustainable food production and consumption.*



*It was a great occasion to learn about different food habits and culinary culture from all around the Mediterranean, and to share ideas and opinions on the importance of a healthy and high-quality diet.*

*Moreover, the participants could explore and reflect on such topics through interactive and fun workshops during the week.*

*For instance, they conducted interviews with locals about the Croatian diet; they visited a food center focused on local food production, in which they also cooked personally; and they had to come up with their own sustainable start-up idea. Moreover, each nationality shared with the others some of its traditional food and recipes.*

*Some other topics discussed were the problem of food waste, the role of social media campaigns to effectively raise awareness about food sustainability, and the relationship between food tradition and innovation.*



*On top of that, the participants had the chance to visit the beautiful scenery of Croatia and the charming city of Šibenik, and to spend a great time in a friendly environment, creating many new connections.*

*In conclusion, it was an incredible experience. An opportunity to meet and discuss with energetic young people from all over Europe, and to reflect on the importance of what and how to eat in our daily life.*

# The Comments of our Participants



**Patricia**

*I have loved the experience of the FOODY Project, I have met many people from different countries and their cultures. In addition, I have learned about food, sustainability and the carbon footprint we consume. I have loved this experience and I highly recommend it, it helps you go out from your comfort zone, make new friends and improve your English!*

*The experience at the FOODY youth exchange in Croatia was amazing. I had the opportunity to live with people from different countries, share ideas, get to know different cultures and learn together about healthy eating, wellness and sustainability. In addition to all that I learned, I will keep the good connection in the group and how enriching it is to get out of your environment to see new ways of thinking and living.*



**Maria**

# JEREZ

## EUROPEAN CAPITAL OF CULTURE 2031

### What does it mean to be a European Capital of Culture?

European Capital of Culture is a prestigious title awarded annually by the European Union to cities that demonstrate a strong commitment to culture, creativity, enhance tourism and foster a sense of European identity.

### Jerez's candidacy for European Capital of Culture:

Jerez de la Frontera, located in the province of Cádiz has officially submitted its candidacy for the European Capital of Culture 2031. By supporting Jerez's candidacy for European Capital of Culture 2031, we commit to:



# JEREZ

## EUROPEAN CAPITAL OF CULTURE 2031

### - Empowering local artists and creatives.

Because we recognize the value of artistic expression as a catalyst for social change, reflection, and dialogue. We are committed to supporting artists and cultural professionals in their creative efforts.



### - Celebrating our cultural identity and connection with Europe.

Because we value the unique cultural traditions, heritage, and identity of Jerez de la Frontera and its province, and we are dedicated to celebrating and preserving our cultural legacy for future generations.

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# JEREZ

## EUROPEAN CAPITAL OF CULTURE 2031

### **- Promoting innovation**

Because we embrace innovation and creativity as drivers of cultural development and are committed to supporting initiatives that leverage new technologies and approaches to enrich the cultural landscape, ensuring that Jerez de la Frontera remains at the forefront of cultural innovation.

### **- Promoting cultural diversity and inclusion.**

Because we embrace the diversity of our community and are committed to fostering inclusion, tolerance, and dialogue among people of all backgrounds. We believe that cultural exchange and collaboration enrich the cultural landscape of our city and foster greater understanding and appreciation among its residents.

### **- Engaging our commitment and promoting cultural exchange**

Because we are committed to encouraging citizen participation in cultural activities, initiatives, and events that promote social cohesion, civic pride, and a sense of belonging. By fostering a culture of engagement and involvement, we aim to strengthen our community and build a brighter future for Jerez de la Frontera. We believe in the power of cultural exchange to build bridges between communities, promote mutual respect, and encourage peace and understanding.

# JEREZ

## EUROPEAN CAPITAL OF CULTURE 2031

### How to vote:

Individuals can show their support for Jerez's candidacy by signing the official manifesto available on the city's dedicated website.

By signing, supporters commit to celebrating the city's cultural identity, promoting diversity and inclusion, and engaging in cultural activities that strengthen the community's bond.



[www.jerez2031.com](http://www.jerez2031.com)

VOTE HERE!



In addition, awareness and citizen participation campaigns are organized. These activities aim to give visibility to the candidacy and foster a sense of belonging among the population.



Finally, the project encourages dissemination on social media through the use of the hashtag #Jerez2031 and interaction with the official accounts. Digital participation is key to expanding the reach of the message and demonstrating the local community's interest.



# SEMANA SANTA

Semana Santa is a celebration in the Christian calendar that commemorates the passion, death, and resurrection of Jesus. Each day of this week has a special meaning: it begins with Domingo de Ramos, which marks the start of Semana Santa by representing Jesus' triumphant entry into Jerusalem, where he was welcomed with olive branches and palms. Throughout the week, Jesus is seen teaching about justice and humility while the plots against his life intensify, leading to Judas' betrayal.

Jueves Santo is one of the most important days of Semana Santa: it commemorates the Last Supper during which Jesus shared bread and wine with his disciples, establishing the sacrament of the Eucharist, before being arrested. Viernes Santo is a day of mourning for the crucifixion and death of Jesus.

For that reason many churches commemorate this day with floats that portray the most painful moments of his suffering.



Sábado Santo is a day for waiting and reflection, as Christians anticipate Jesus' resurrection. Finally, Domingo de Resurrección celebrates the resurrection of Jesus, who, according to Christian tradition, rose on the third day after his crucifixion: this day symbolizes hope and victory over death and the end of Semana Santa.

In Spain, Semana Santa is celebrated with various traditions that differ depending on the region.



# SEMANA SANTA



The floats are parades in which brotherhoods and religious fraternities carry religious images through the streets, representing scenes from the passion of Christ.

The participants, known as “nazarenos”, wear robes and pointed hoods of different colors that identify their brotherhood, and are usually accompanied by sacred music.

This celebration has been declared an Event of International Tourist Interest and attracts a large number of spectators from all over the world each year.

In summary, Semana Santa is much more than a religious tradition: it is a time to pause, look inward, and reconnect with what truly matters.

It invites us to remember the love, sacrifice, and devotion of Jesus, but also to reflect on how we live out those values in our daily lives.

Amid the noise of the world, Semana Santa offers us silence, stillness, and depth—an opportunity to reflect on our actions, to forgive, to give thanks, and to renew our faith, whether from a spiritual or human perspective.

In the end, it reminds us that after difficult moments, there is always room for hope and rebirth while preserving and enriching the cultural heritage of each region.



# SEMANA SANTA



Semana Santa is very important for me because it's when I get together with my family and friends, and when I remember the ones that are no longer with us the most. I really enjoy Semana Santa for many reasons: the "procesiones", the way the "costaleros" move the floats with such grace, the faith, the smell of incense, the springtime, the music bands, the holidays...

## Personal opinion

This is one of the times of the year when I can go back to my hometown and reunite with family and friends. My grandmother is the one who taught me about Semana Santa since I was a little girl and I've never stopped watching the "procesiones" or taking part as a "nazareno". I think it's hard to understand this week from the outside, but it's easy to appreciate the sculptures that depict Christ's life,

the decoration of the floats, the architecture of the churches and even the cathedrals. But to truly understand it, you need to live it from within and soak up the tradition that runs through all of Andalusia, especially in my hometown. We live this week with a lot of faith and emotion, but we are also open to others coming to see it and enjoy it always with respect and admiration.



# SEMANA SANTA



## Djayson - Personal opinion

Semana Santa was very special for me because in France we do not have this kind of party, religious affiliation remains in the private sphere. On an artistic side, it was nice for me to discover the elements set up by each church. There is a real atmosphere specific to this party but I really enjoyed seeing the intergenerational mix.

## Panna - Personal opinion

This special week was very interesting to witness for me, because it is a one of a kind event for many reasons. While my country, Hungary, is also a catholic country, we don't have anything similar, so it was definitely a culture shock experience for me. I am also not religious myself, so it was a new and different perspective I gained after experiencing such devotion and faith from the outside, from the people participating.



## Giorgia - Personal opinion

Semana Santa was something completely new for me, since in Italy we don't have this type of celebrations (at least in Milano, where I am from). It was very interesting seeing all the carriages and learning about the history behind it all and the figures that were in the parade!

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## Ask any questions!



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