

RISE REACHING INCLUSION THROUGH SHARED EXPERIENCES

YOUTH EXCHANGE

 **LLINARS DEL VALLES,
BARCELONA, SPAIN**

**25TH OF JULY
2ND AUG 2025**

PARTNER ASSOCIATIONS:

INCA CATALUNYA (SPAIN)

POV (ROMANIA)

ASSOCIAZIONE LINK APS (ITALIA)

REACH (SERBIA)

MOVE (FRANCE)

CROOKED HOUSE THEATRE COMPANY (IRELAND)

EXPERIMENTACULO (PORTUGAL)

YOUNG FOLKS (LATVIA)



RISE

DAY 1



GET TO KNOW EACH OTHER

During the first day of RISE the activities carried out gradually fostered group knowledge and cooperation, beginning with games to know each name, to energize the body and to collaborate and mix with each other.

In the afternoon we did a world café where the theme of this Youth Exchange was treated, which being related to topic of INCLUSION, EXCLUSION AND ART.



World café

RISE

DAY 2 AND 3

WORKSHOP AND DYNAMICS PER COUNTRY

The second and the third day of this Youth Exchange was dedicated to develop skills and to built a group identity.

The participants were lead through eighth dirrefent workshops related with theatre, acrobatics, teamworks, inclusion and art.



WORKSHOPS

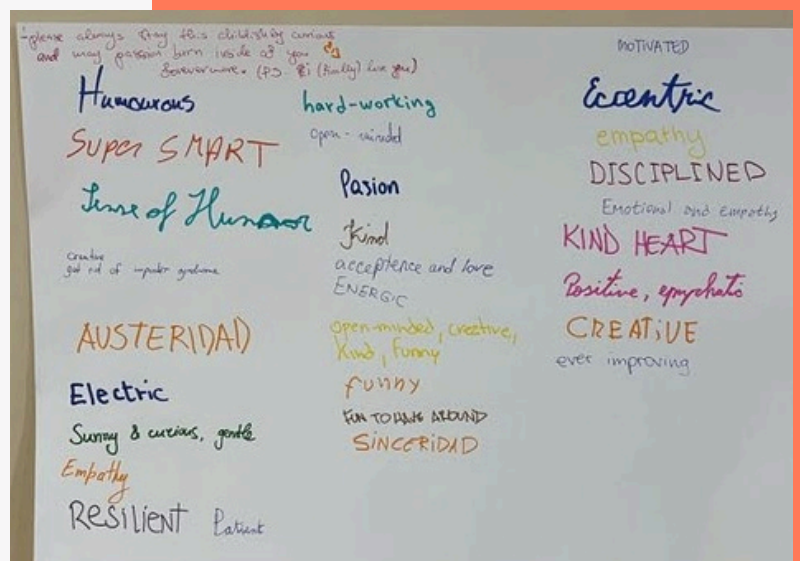
- TOWER OF BABEL
- IMAGE THEATRE
- PARTNER ACROBATICS
- INCLUSION HUNT
- CULTURE IN DANCE
- MOVING TOGETHER. IMMERSIVE TOOLS
- CREATING POETRY
- I CAN SEE CLEARLY NOW



RISE

DAY 2 AND 3

INTERNATIONAL WORKSHOPS



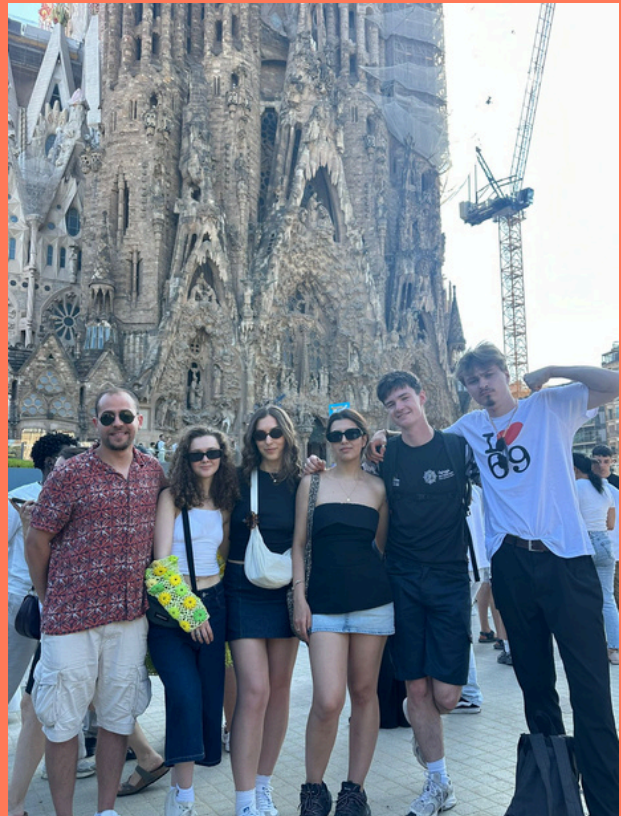
Before the day end, the participants reflected about the importance of cooperation between the people who take part in a group.

RISE

DAY 4

DAY OFF

During the forth day of **Rise**, the participants had a free day, so each one choose different activities. Some of them stayed at the swimming pool, other prefer to spend time exploring Barcelona on their own.

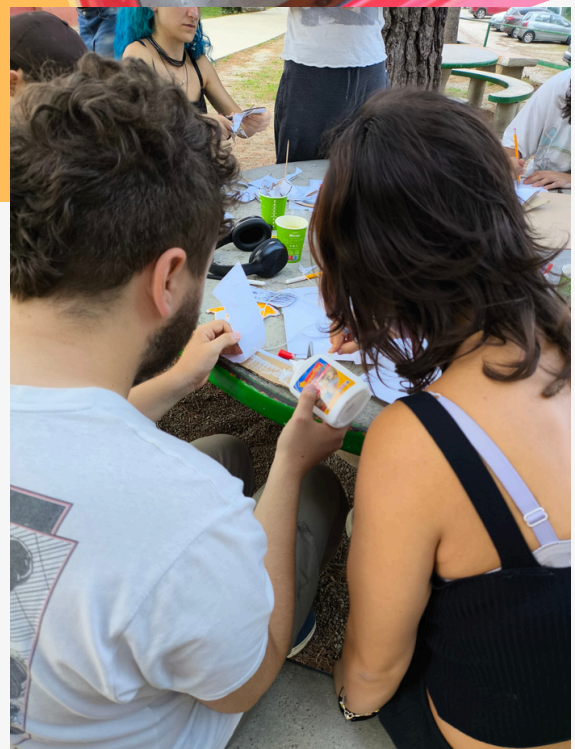


RISE

DAY 5

WORKING GROUPS:

The final event was presented to the participants and they brainstorm about which artistic languages will use in order to develop this final task.



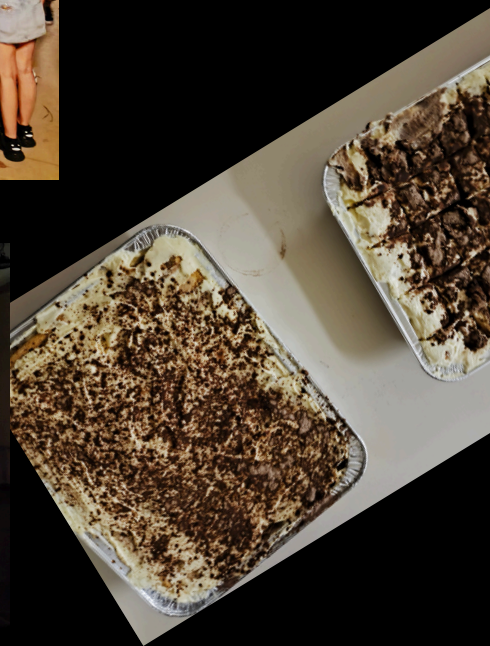
RISE

INTERCULTURAL

NIGHTS

Each night the group went through some activities like the *intercultural nights* where they had to share something about their culture. They learn about dances, typical foods and political situation of each country.

Also they enjoyed Karaoke night, and a Free night for relaxing also.



RISE

DAY 6



This day was for sharing group projects and activities that they create together, such as a performance, the Treasure Hunt, Cultural music in Nature and a game of craft and drawing



RISE

DAY 7

WEEK RECAP

The last day was devoted to summarise of all the activities carried out during the week through different dynamics like barometer.

FINAL EVALUATION

Before lunch, all the participants evaluated and gave feedback on the activities, accommodation, food, welcome and skills developed during the week.



The project ended with an open cabaret carried out by INCA team and where each one could share what they wanted, there were songs, stories, circus abilities and performance)



A collective hug ♥



AND A BIG THANKS TO ALL OF THEM

