



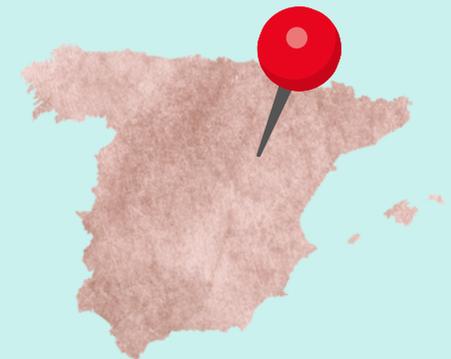
CAMINO

ERASMUS+ TRAINING COURSE

15TH - 22ND MAY 2026

(ARRIVAL AND DEPARTURE DAY)

MUNEBREGA
(ZARAGOZA, SPAIN)



Participating
Countries:

Lithuania, Denmark,
France, Portugal,
Greece,
Italy and Spain

Training youth workers to support young people to work on their
EMOTIONAL management, connecting and learning from
NATURE on a botanical path.

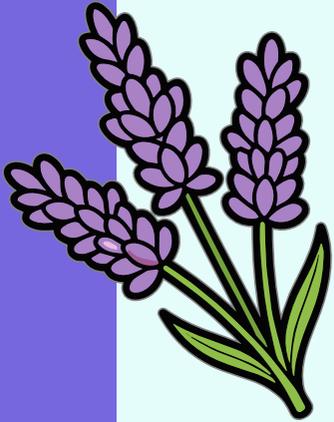


Co-funded by the
Erasmus+ Programme
of the European Union



Equipo
MANDRÁGORA

Context



- The need for practical and quality training in outdoor activities for volunteers, youth workers in different countries.
- Better support for young people in their relationships with themselves, in particular with regard to the management of emotions and stress.
- Help youths in their life transitions, especially those coming from an urban environment that can often be destabilising and hostile.

Content

UNDERSTAND THE BENEFITS FOR THEIR LOCAL COMMUNITY :
WHY AND HOW TO BE MOTORS OF CHANGE & DEVELOP
LOCAL INITIATIVES

- Natural Cosmetic workshops
- Learn to prepare a self-guided BOTANICAL Itinerary with Aromatic herbs
- Recognize our emotions, how to relax and release stress
- Introduction to Aromatherapy and Mindfulness
- Sensitisation to Nature, through Visits and Eco-responsible hiking
- Visit the "Monasterio de Piedra" Natural reserve



Participants Profile

3 participants from each country:
over 20 years old with no age limit

From Greece, France, Portugal, Lithuania, Italy,
Denmark and Spain

We favor the participation of youth workers, volunteers, monitors, planning to carry out rural projects, initiatives related to the topic (outdoor activities with local young people, well-being activities...) and with interest in being involved with the youth in your community.

Feel free and welcome to participate if you faced any difficult barrier such as economically, socially, culturally...
Contact us, if there is something that we need to know to welcome you how you deserve to be!



BEFORE COMING

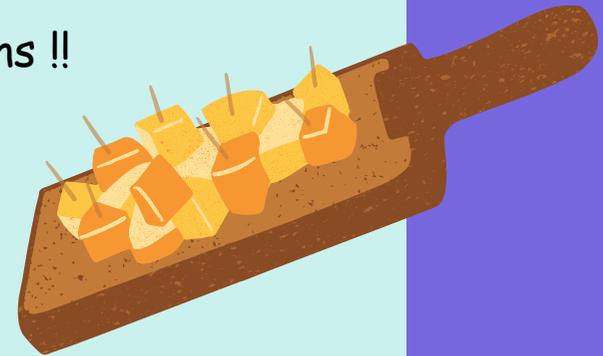
INTERCULTURAL NIGHT

This is about giving each other an insight into the most authentic part of your region through sharing some typical food and culture ;-)

Put your place on the menu in our "**Tapas Night**", where all participants gather with local and traditional appetizers brought from each other's country.

It will also be a good opportunity to share your traditional music and dances.

Be Creative, no power point presentations !!



We aim to build a feminist, **LGTBI+**, anti-racist **safe space** in a temporary community.

We will not tolerate any inappropriate behaviour, reserving the right to act accordingly if these were to occur (potentially including expulsion).

We believe this will be a great experience for you, giving you an opportunity to grow.



Because of this, we expect you to have an **active** participation in all activities. The lack of willingness to contribute positively to the project could potentially lead to the travel tickets **NOT** being reimbursed.



PRATICALITIES



The project will take place in the Youth Hostel "La Zarandilla".

(www.lazarandilla.es/albergue-municipal/)

10 minutes walk to the small village of Munebrega, surrounded by Nature (750 masl), the nearest town is Calatayud (the meeting point).

In Munebrega there are a couple of shops with basic things and bars.

The hostel is located in a Natural center with fruit trees and aromatic herbs.

Next to few hiking trails.



GETTING THERE

For the travels, there is a flexibility of 2-3 days before and after the project dates. But make sure to be there for the whole duration of the project.



In order to reach Calatayud,
The closest cities are Zaragoza
or Madrid, then Barcelona.
There are airports in all of
them and are well connected via
trains and buses to Calatayud.

MEETING POINT

We will pick you up either at the bus or train station after your arrival in Calatayud (they are in different parts of the town) and take you to Munebrega (Hostel).

Transport links to Saragozza:

By BUS: www.alsa.com/en/web/bus/home

By TRAIN: www.thetrainline.com/

Last minute high speed trains (1h30mins)
could be very expensive and
might not be fully reimbursable.
Check with us before booking it!



TRAVEL BUDGET / REIMBURSEMENT

Green Travel

by land, NOT flights !
(bus, train, shared car,....)



- Lithuania & Greece
-> 535 €
- France, Portugal,
Denmark & Italy -> 417 €
- Spanish -> 150 € 



Regular Travel

travelling by plane

- Lithuania & Greece
->395 €
- France, Portugal,
Denmark & Italy -> 309 €
- Spanish -> 150 €

REIMBURSEMENT

It is important to KEEP the tickets/boarding passes of each trip you take.

*Travelling green, please KEEP all receipts of accommodation & meals on your way too.

*Reimbursement will be made AFTER the project.

*Conditions:
Dissemination activity and evaluation forms

THE TEAM

**Marta
Galvo**



Project coordinator and facilitator/ trainer.

Engineer working in the field of clean energy systems in the Italian Alps. She has extensive experience in the development of environmental and leisure activities with children, youth and adults. She has organized monthly Festivals in Turin about Natural Food & Music. Since 2016 she is the coordinator of Erasmus + projects for Equipo Mandragora.

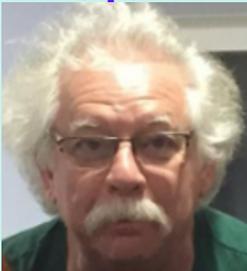
**Manon
Lapasset**



Project technician, facilitator/ trainer.

Social worker and project technician working in the field of European youth projects. She has various experiences in workshops and activities about social and local participation with young people. Since 2019 she has participated in Erasmus + projects of Equipo Mandragora and then decided to join efforts to work together in Erasmus+ project.

JM Galvo



President of Equipo Mandragora association/ trainer.

He has extensive experience in non-formal education for adults, leisure monitors and animators for youth activities. He has received courses of Environment and Sustainability. Author of several publications on itineraries in natural and urban environments.

Director of several exhibitions to increase the environmental awareness of clean energy, ecology, toys made with wasted materials, etc..

we kindly invite you to...

Get Involved

we need everyone active and participative

Self-Reliance

You are responsible for yourself and for making a positive impact on the event

Respect each other

Be patient, respectful and cooperative

Learn and Share

Share what you know, absorb everything and spread it back home!



Contact people:

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