

An aerial photograph of a lush green landscape. The sun is setting in the center of the frame, casting a warm, golden glow over the scene. The sky is filled with soft, wispy clouds. The ground is covered in dense green trees and fields. In the lower-left corner, there is a small cluster of buildings, possibly a farm or a small village. The overall atmosphere is peaceful and serene.

PHYSICAL AND MENTAL HEALTH

IT ALL STARTS WITH YOU

**Palencia (Spain)
3rd - 13th October 2023**

Youth Exchange



MAIN OBJECTIVES

- Improve their social skills, improving their communication in public and reducing their embarrassment in different social situations.
- Acquire knowledge and skills to address emotional problems and stress resilience.
- Raise young people's awareness of the benefits of increasing physical activity for physical and mental health.
- To impassion young people with nature and with the practice of outdoor activities, thus improving their environmental involvement and active living.
- To develop ecological awareness and promote a green lifestyle and care for nature.
- Stimulate creativity and encourage creative processes as tools for problem solving.



INTROSPECTION WORKSHOPS

WORK ON YOURSELF AND OUTDOOR HIKES

Summer

October

...until December

Rest of our lives

Online meeting with the participants countries and preparation.

Implementation days

Dissemination period

The experience and changes will rest forever in ourselves, take advantage of the experience!





Get ready to live a full experience that will change your life and the way you live.



Reflect, develop yourself, enrich your life, open yourself to all that is to come!



WORKING PROCESS



Summer

3rd - 13th Oct

...until December

Rest of our lives

PREPARATION

Previous to the dates of the project we will have an online meeting with the participants of the country and prepare some topics that we will lead with in the project.

IMPLEMENTATION

When the project takes places and we practise, learn and enjoy together.

We expect a huge desire to receive as to give to the project.

DISEMINATION

Each national team will have to design an activity together related to the project in their country, the coordinator will follow up the activity.

KEEP IMPROVING

The project is done with the purpose to improve ourselves, so the experience and the changes we will life will rest forever in ourself, take advantage of the experience!



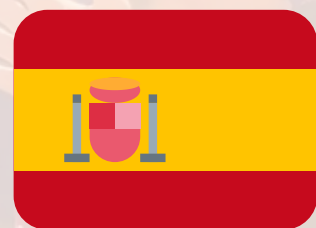
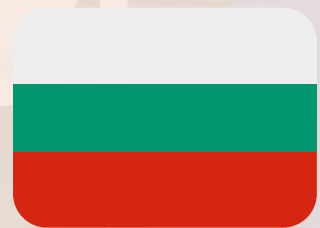
PARTICIPANTS

The project brings together 35 young people from 5 different countries; 6 participants aged 18-30 + 1 team leader (total of 7 person by country).



PORTUGAL, BULGARIA, GREECE, ITALY AND SPAIN

Are you from one of this country and you are highly motivated about getting to know yourself better, introspection activities, outdoor activities, nature, discovering new cultures and sharing your own. Then this is the project for you!



WHAT TO EXPECT?

ADVENTURE



PERSONAL GROWTH

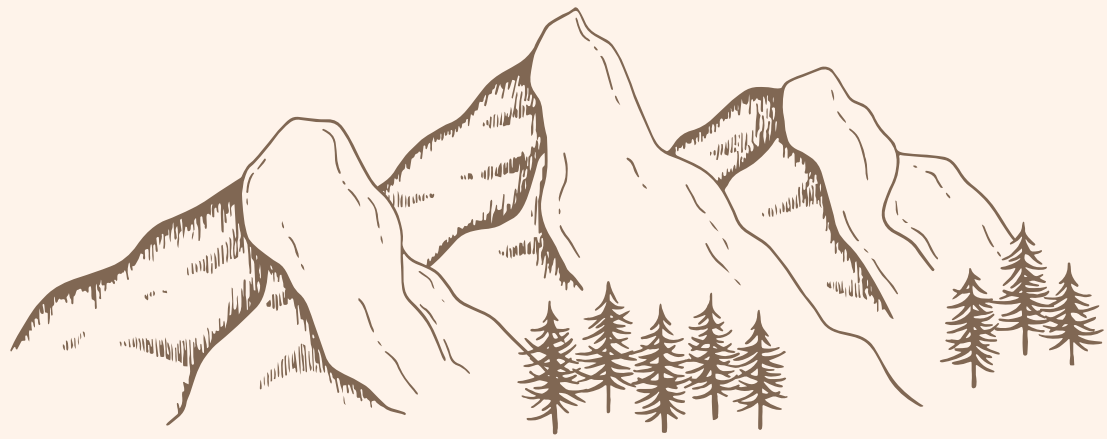


OUTDOOR ACTIVITIES & HIKING



CARE OF YOUR MENTAL & PHYSICAL HEALTH





The project will take place in the region of Palencia, which is located in the north of Spain. It is the cradle of Romanesque architecture. It crosses the Camino de Santiago and the Canal de Castilla.



ACCOMODATION



We will stay in Astudillo (Palencia) at "**Albergue Santa Maria**".

But we will also get to know the mountains of Palencia



PROJECT COSTS

Accommodation, breakfast, lunch, dinner, activities and the transportation to them it is all covered by the project. Travel expenses are covered up to a certain amount depending on the origin (more information in the next slide).

Other costs are at your own expense.

We have insurance for the days in which the project is implemented, valid for all participants.



How to arrive?

1. Airplane to Madrid
2. A bus will pick you up in Madrid and take you to your accommodation.

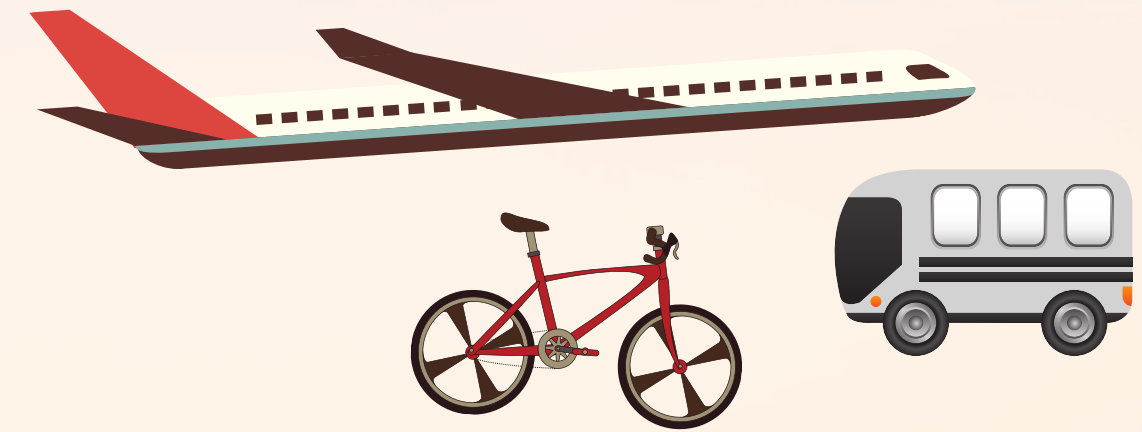
The meeting point is at 18:30h in the airport of Madrid, plan your trip to make sure to arrive on time (is the only way to arrived).

Further details will be provided to selected participants.



Think green when you travel, try to avoid air travel, if necessary opt for direct flights.

Check more info: <https://flygrn.com/page/sustainable-air-travel>



Travel expenses

The amount we cover for travel expenses depends on the country, here the info:

50 €



180 €



275 €



360 €



No airplanes are allow for spanish participants, only green transport like bus, train or carpooling.

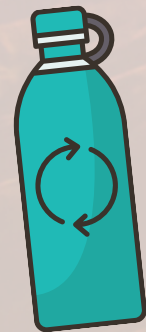


NATIONAL TEAM

One **laptop** per national team is required. We will also hold cultural nights for which each team has to prepare a **creative presentation** about the country and bring a generous **gastronomic** dishes.

EQUIPMENT

It is necessary and **IMPORTANT** to bring:



Hiking boots, comfortable and hiking clothes, backpack, towel, personal care products and reusable water bottle.



FULL MOTIVATION AND PARTICIPATION

To apply to participate in the project you need to have the **highest motivation**, as well as the desire to learn and teach others.

Is **required a 100% commitment** to participate in all the stages of the project: preparation, implementation and dissemination.

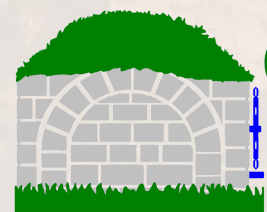
- Come only if you are truly interested in an active project, full of sports activities, personal growth, achieving the best version of yourself and pushing your limits.



PARTNERS



PROJECT CARRIED OUT AND FINANCED BY



Asociación Cultural y Cívica
Fuentevieja
Boadilla del Camino



Cofinanciado por
la Unión Europea

injuve

We are delighted and excited about this project, we thank you for having come this far, if you have the necessary motivation, sign up, we are sure it will be a memorable time!

**May every day of
your life be the day
you were waiting for**

