

OUTDOOR ACTIVITIES & NATURE

I'M POSSIBLE

5th- 15th September 2026

Youth Exchange



MAIN OBJECTIVES

- REACH YOUR LIMITS.
- Get yourself into the **adventure!**
- To raise awareness about the benefits of a **healthy lifestyle.**
- To practice and to enjoy **outdoor activities.**
- **Personal development.**
- Improving **soft skills** and create amazing connections.
- To develop an **eco-conscious** and promote a green lifestyle.
- Increase your chances of achieving whatever you want!



*KEEP READING ONLY IF YOU ARE WHILLING TO FACE
DISCONFORT IN ORDER TO IMPROVE YOURSELF*



FROM
IMPOSSIBLE
TO
I'M POSSIBLE





OUTDOOR HIKES & CAMPING IN NATURE



WORKSHOPS & DEBATES



★
★
★
★
★
★
**TOGETHER WE ARE
STRONGER**

Summer



September

...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!



NO LIMITS



MAKE IT POSSIBLE



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!



SOULFIT

WORKING PROCESS



Summer

5th - 15th sept

...until December

Rest of our lifes

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 42 young people from 6 different countries; 6 participants aged 18–30 + 1 team leader without age limit from each country.



**PORTUGAL, CROATIA, GREECE,
ROMANIA, ITALY AND SPAIN**



Are you from one of this country and you are highly motivated about outdoor activities, nature, discovering new cultures and sharing yours. Then, this is your project!



How does Asturias
look like?

LOCATION

The project will take place in the north of Spain: Asturias



We will move around Asturias to enjoy the diverse natural places: National Park of Picos de Europa, northern coast of Spain, natural park, outdoor nature, etc.



ACCOMODATION

We will stay in Campamento Nhorte. The place is surrounded by nature, very close to the national park picos de europa and the coast, an incredible place.





WHAT TO EXPECT?

ADVENTURE

Go wild in nature. We plan to sleep in a tent in front of the Cantabric Sea. As well as an adventurous activities to expand our limits ;) such as kayaking, canyoning or climbing.

OUTDOOR ACTIVITIES

Different mountain routes in the natural parks of Asturias, approximately 15 - 20 km long with 900 m difference in altitude, ready?



WORKSHOPS & DEBATES

We aim to discuss and learn through non-formal education the importance of maintaining a healthy and environmentally friendly lifestyle. Be prepared to share ideas, motivation and debate.

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.

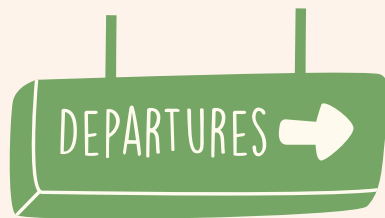
Health insurance is required for the days in which the project is implemented.

How to arrive?

You need to arrive to **Oviedo, Asturias**.



5th September at 19:00h in Oviedo

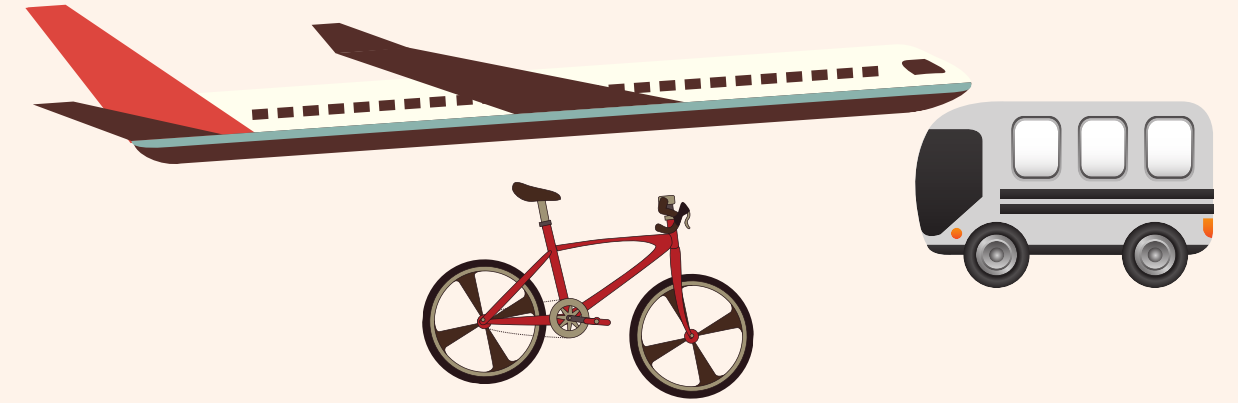


15th September at 9:00h in Oviedo

Read carefully all the info and conditions related to the travel plan: [link](#)



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



Travel expenses

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

23 €



191 €



289 €



375 €



No airplanes are allowed for Spanish or Portuguese participants, only green transport like bus, train or carpooling.

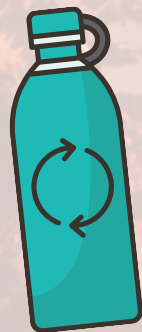


NATIONAL TEAM

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 have **clothes for hiking**, remember to bring:



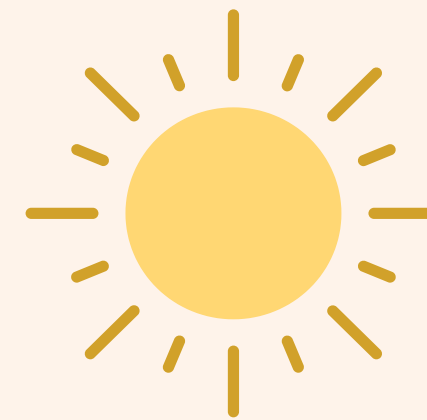
Hiking boots, sleeping bag, raincoat, comfortable clothes, backpack, towel, swimwear, reusable water bottle.



BEST ENERGY

Might sound simple, but... are you ready?





Mobile phones can not be used during the first days of the project, halfway through the project their use will be optional.
Alcohol is restricted to specific moments during the exchange, some nights are for resting and recover energy. Drugs totally forbidden.

**We are aiming for a connection in order to
live the present to the fullest.**



FULL MOTIVATION AND PARTICIPATION

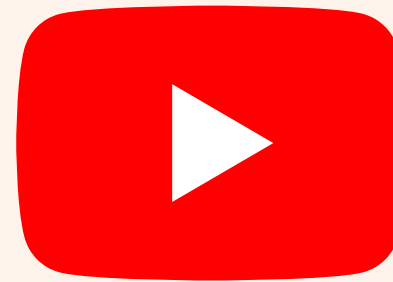
To apply to participate in the project you need to have the **highest motivation**, as well as the desire to learn and teach others.

Is **requiered 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.

LEARN MORE ABOUT PREVIOUS PROJECTS' ACTIVITIES



Follow us for more info and future opportunities and projects:
[@proactivefuture_eu](https://www.instagram.com/proactivefuture_eu)



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!

INTO THE WILD

**"Happiness is only
real when shared"**

ALEXANDER SUPERTRAMP

More info in the instagram @proactivefuture_eu
or general@proactivefuture.eu

