

WILD & RURAL

Erasmus + Youth Exchange
DEPOPULATION AND SUSTAINIBILITY

30th August - 7th September
📍 **ASTUDILLO (PALENCIA)**
SPAIN



GOALS:

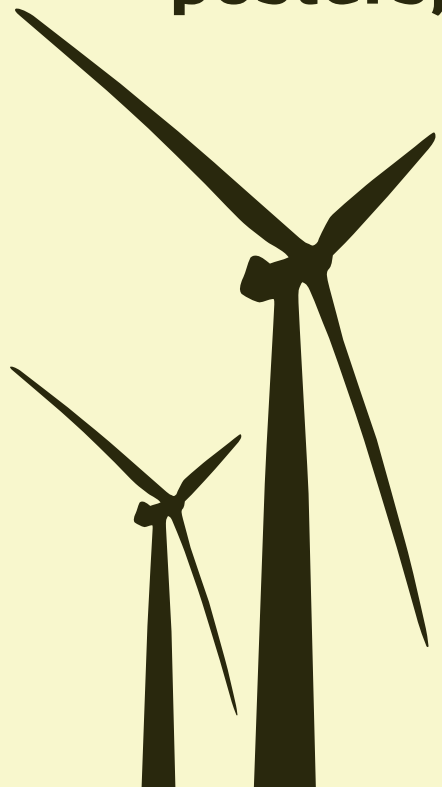


- Raise awareness among young people about life in rural areas.
- Promote sustainable living outside the cities.
- Enhance the historical and cultural heritage of the rural communities.
- Motivate young people to become entrepreneurs in rural areas from an ecological perspective.



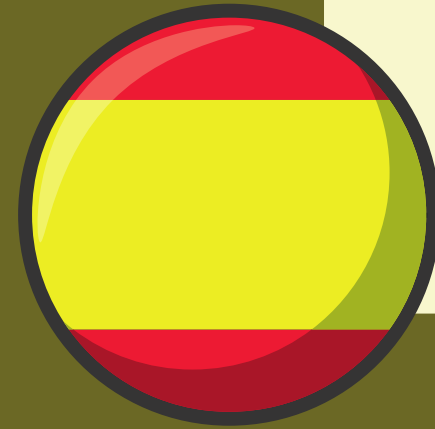
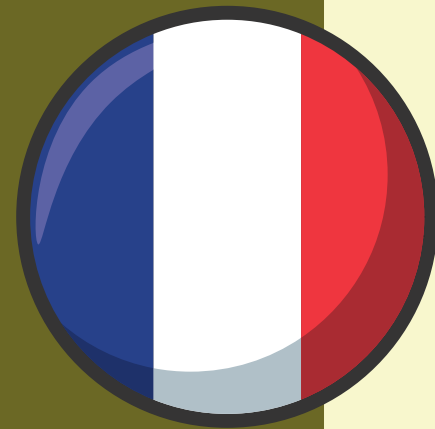
WE WILL DO THINGS LIKE....

- Meeting with locals (discover popular games, traditions and culture heritage).
- Debates about viability of living in rural areas.
- Hiking in the middle of "El Camino de Santiago"
- Brainstormings, role playing games and presentations about youth entrepreneurship with a sustainable vision.
- Creation of audiovisual content such a videos, posters, photos to promote live in the countryside.



PARTICIPANTS

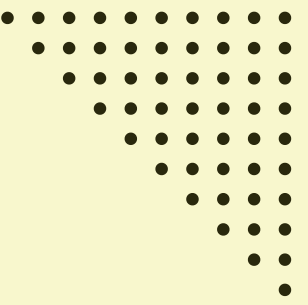
The project brings together 30 young people from 6 different countries; 4 participants aged 18-26 and 1 team leader (without age limit)



FRANCE, GEORGIA, ROMANIA, NORTH OF MACEDONIA, TURKEY AND SPAIN

if you are from one of these countries and you want to discover the life in rural areas, you have an enterprising mind and your want to learn about eco sustainability, we are waiting for you.

WORKING PROCESS



July - August

30th August - 7th September

...until December

Rest of our lives

PREPARATION

Previous to the dates of the project we will have an online meeting with the participants. Each country has to prepare and implement an activity according to the values of the project.

IMPLEMENTATION

During 9 days we will live together in a peaceful environment where together we can learn, share and enjoy nature. As well as be part of a small community.

DISEMINATION

Together we will create best practices manual as a result of the activities carried out. Also we will broadcast in each country the videos created during the project to promote life in rural areas.

KEEP IMPROVING

With this project we expect a change of mentality about the rural environment, this change will remain with you and you will share it with your local community.





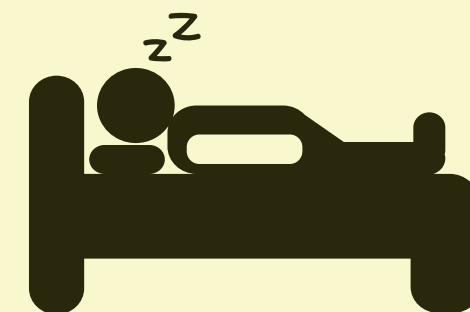
LOCATION



The project will take place in the north of Spain, in the region of Castilla y León, Palencia.

- We will stay in **Astudillo**, at "**Albergue Santa María**" surrounded by nature in the heart of the village.
- We will share rooms, all meals are cover (breakfast, lunch, dinner and 2 coffee breaks)

More information here: <https://www.alberguesantamaria.es/>



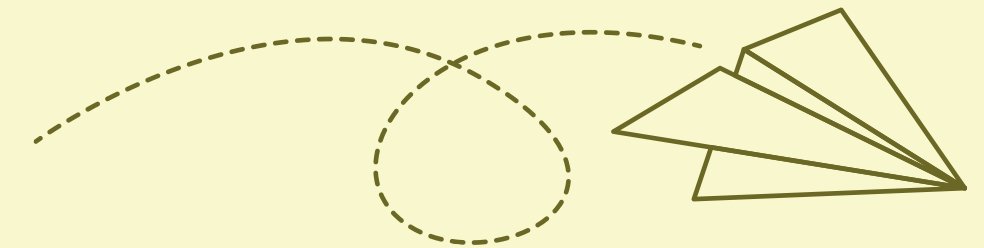
HOW TO ARRIVE?

You need to arrive to Madrid (Adolfo Suárez Madrid-Barajas airport) it is the easy way for international participants.

There would be a bus waiting for you in the terminal that would take you to the venue (details would be explain to selected participants)

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

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

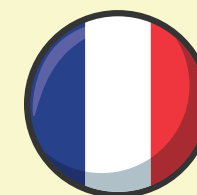


Travel expenses

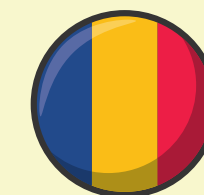
The amount we cover for travel expenses depends on the country following the distance calculator:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

275 €



360 €



530 €



820 €



*Visa expenses can be covered up to a certain amount.

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





TAKE IN CONSIDERATION

30TH AUGUST - 7TH SEPTEMBER

ALLERGIES

If you are vegetarian, vegan or celiac, please let us know so that we can adapt the menu to your needs.

If you have any allergies or something you consider relevant, please let us know :)

COVID-19

Every participant must be fully vaccinated to participate in this project.

As well as be in possession of EU digital COVID certificate (or any other official certificate).

TRAVEL PLAN

Once you will be accepted as a participant, please send us your travel plan before your final booking to confirm it or we would not be able to refund it.

If you want to stay more days in Spain by your own expenses, you could book your ticket max 2 days before or 2 days after the project.

TO BRING:

- Original tickets, receipts and boarding passes (to be able to refund all costs).
- European Health Insurance Card (or any other insurance).
- Typical food from your countries for the **INTERCULTURAL NIGHT**.
- A reusable bottle (we would not provide single-use plastic bottles).
- Comfortable shoes and clothes for hiking.
- Laptop and/or camera if is possible.
- Money (euros) for your own expenses.
- Energy to have fun!



We are thrilled about this project and can't wait to meet you. If you feel this is the kind of project that motivate you, and you are excited about it, please fill in the form (link below)

IF YOU WANT TO BE A PARTICIPANT:

[CLICK HERE](#)

Contact: fuenteviejaasociacion@gmail.com

No participation fee

ATTEND THIS PROJECT IS WITHOUT ANY COST

Organised by:



Co-funded by:

