



OUTDOOR ACTIVITIES AND NATURE

SoulFit

Erasmus + Youth Exchange

3rd - 13th September

MAIN OBJECTIVES

- To raise awareness about the benefits of having a healthy lifestyle.
- To practice and to enjoy outdoor activities.
- To develop an eco-conscious and promote a green lifestyle.
- To promote a spirit of international multiculturalism and European values.





HIKINGS, ADVENTURE PARK, CLIMBING, ETC.

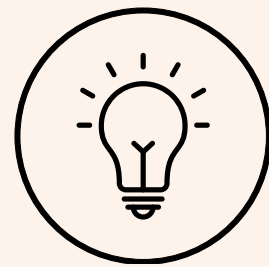
There are plenty of activities organized: hiking in Picos de Europa National Park, climbing, visiting an adventure park, working on survival skills, kayaking and many others!



RAISE AWARENESS & DEBATES

Sharing different points of views, working on raising awareness about the topics we will be working, organising debates, making a positive impact in the local area, etc.





Get ready to live a full experience of outdoor activities, get to know the culture of all the participant countries and discover the wild nature of "Picos de Europa National Park" and the Spanish coast.



WORKING PROCESS



August

3rd - 13th September

...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 nature together.

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!

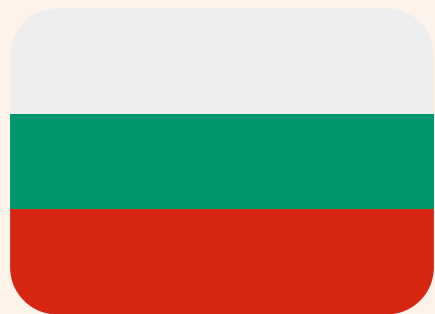


PARTICIPANTS

The project brings together 42 young people from 6 different countries;
6 participants aged 18-30 and 1 group leader (without age limit)

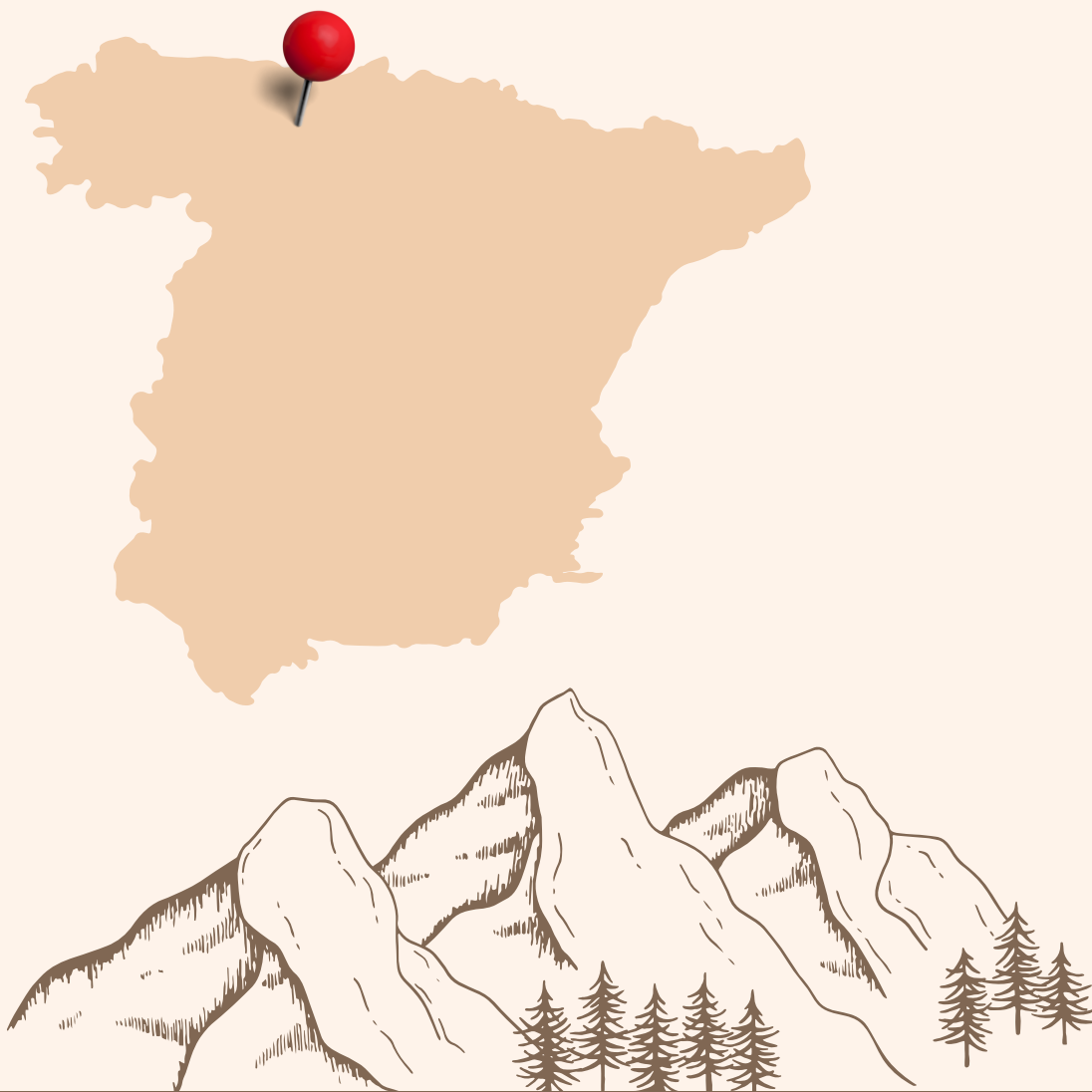


**PORTUGAL, ITALY, ROMANIA,
BULGARIA, GREECE AND SPAIN**



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

LOCATION



The project will take place in the north of Spain, in the regions of **Asturias** and **Cantabria**.

We will stay in Suances, Cantabria at "**Hostel Albergue Paradiso**" surrounded by nature and with multiple spaces for our activities, a perfect location combining sea and mountains.



PROJECT COSTS

Accommodation, breakfast, lunch, dinner, the 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).

How to arrive?

You need to arrive to **Santander, Cantabria**. There are many different ways to get there:

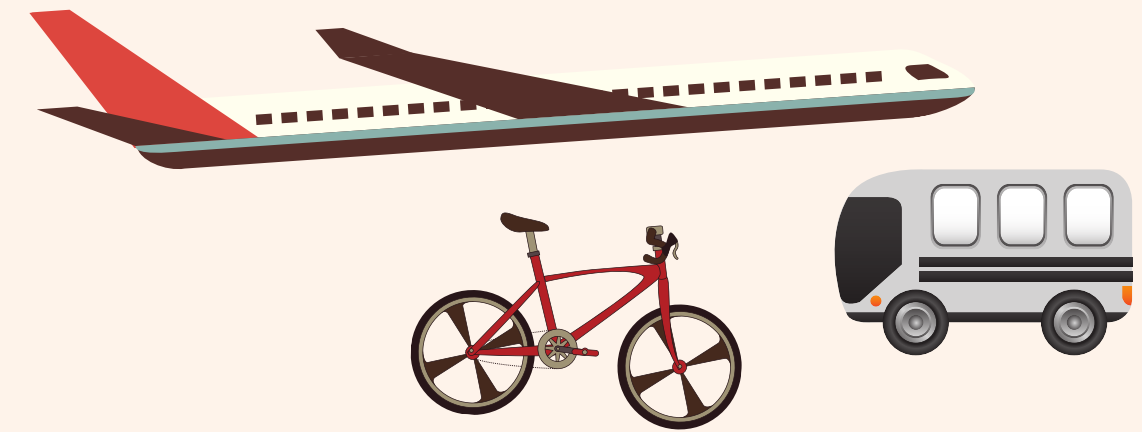
1. Bus to Santander (for spanish and portugues)
2. Airplane to Santander (if there are directs)
3. Airplane to Madrid or Bilbao and then direct bus.

From Santander we have to take a last bus of 20 min, more info will be shared for the participants.



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

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:

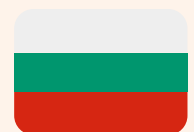
180 €



275 €



360 €



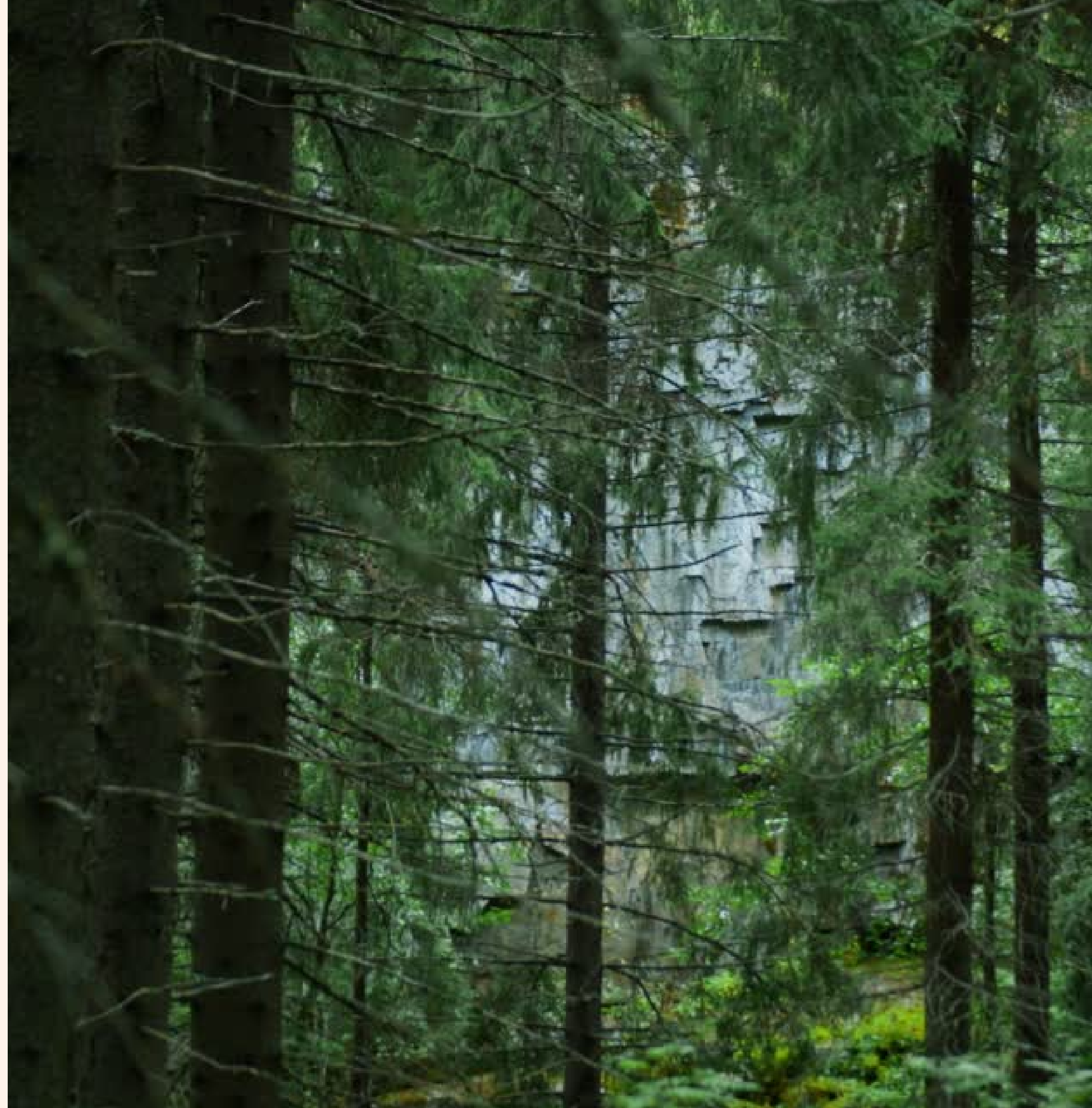
COVID-19



During the activities it is mandatory to obey all the existing measures and restrictions ordered by the government (we will keep you informed).

Currently, quarantine is not required and more than 55% of the population finish the vaccination process.

PCR or vaccination is required. If there is money left over from the travel expenses, part of the PCR test will be covered for all members.



TAKE IN CONSIDERATION

3RD - 13RD 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 :)

MORE TIME IN SPAIN

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.

TRAVEL PLAN

In the case you are accepted as a participant, please send us your travel plan before your final booking to confirm it.

GET TO KNOW OUR TEAM



PACHU MS

Proyect Coordinator

+34 644 117 336



ANDRIAN POSTEUCA

Proyect Coordinator

+31 627 521 569

And many more people that have being contributing to make this proyect real

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!

Contact: erasmus.youth.es@gmail.com

Organised by:



Co-funded by:



INTO THE WILD

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

ALEXANDER SUPERTRAMP