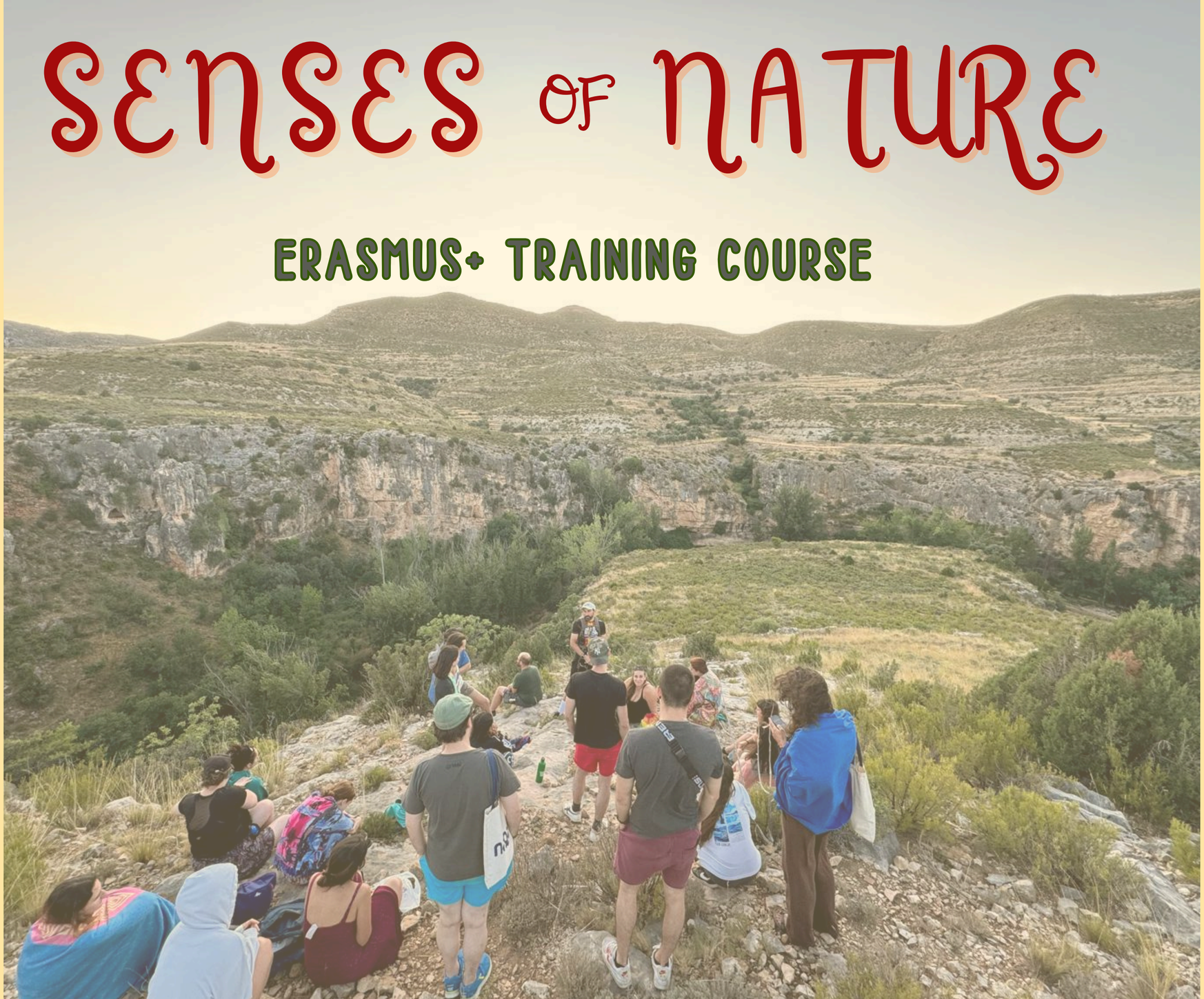
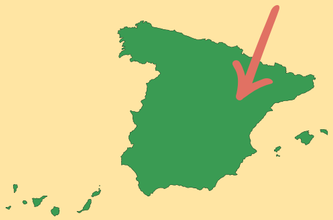
SENSES OF NATURE

ERASMUS+ TRAINING COURSE



In SPAIN
Obón
(Teruel)



From 5th-13th
Novembre 2026

Spain

Italia

Morocco

Denmark

Slovakia

Armenia

The Netherlands

Georgia

Equipo MANDRÁGORA

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

CONTEXT

The need to revitalize rural areas, adapting also rural hostels and cottages to people with sensory barriers and to train young workers to design activities for them using the natural environment and its benefits, has led us to present this project.

We want to improve our relationship with nature and our emotional well-being through practical outdoor activities that engage the emotions and senses provided by natural elements such as plants, wildlife, and landscape interpretation.



AIM

The objective of this training is to train young workers to adapt activities in the natural environment, using its characteristics and well-being benefits, for people with sensory and emotional barriers.



METHODOLOGY

The methodology of the exchange will be based on horizontal self-training, small working groups, practical and outdoor activities.

CONTENT

- Workshops on emotional well-being and connection with Nature
- Adapted botanical itinerary around the hostel
- Sensory workshops with Natural elements: aromatic plants, trees, tracks of wild animals
- Interpreting the landscape from a different perspective
- Workshops in Nature developed by participants adapted to sensorial barriers
- Hiking activity



SPECIFIC LEARNING TOOLS





- Interpretation of Natural Heritage
- Peer to peer approach
- Learning by doing
- Emotional stress relieving
- Integration of creative activities

PARTICIPANT'S PROFILE

Age: From 20 years old with NO age limit

We favor the participation of youth workers, monitors, and volunteers that want to gain tools and 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 youth in their community.

2-3 participants per country, from:

Morocco, Armenia, Slovakia, Italia, Denmark, The Netherlands, Georgia and Spain.



Feel free and welcome to participate if you faced any difficult barrier: economically, socially, culturally, ...

Contact us, if there is something that we need to know so you can be welcome to be welcomed the way you deserve !!

Intercultural Night

This is about sharing the most authentic part of your country through sharing some typical food and culture

Let us taste your place in a "Tapas Night" all participants together with local and traditional appetizers brought from the countries, no cooking needed.

It will also be a good time to share your traditional music/dances.

IT'S YOUR TIME







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.

PRACTICALITIES

We will be hosted in our rural hostel "La Marisica"

5 min walk from the village of Obon (Teruel).

Obon is part of the "Cultural Park of Martin River", is 680 m.a.s.l. and has just 32 inhabitants.

It is surrounded by nature an hiking trails and is far away from any other locality.

The landscape is made up of wild life of canyons and clifts.







There are only 2 bars and a very basic store.

Bring all that you will need for the whole week.

Our meals will be based on having a VEGETARIAN rich, home made & sustainable diet.

Getting there

In order to reach Obon,
there are 2 public buses that arrive at a
nearby village (15mins drive to Obon)
called Cortes de Aragon.
Zaragoza main station- Cortes:
Departure times: 3 pm and 5 pm
(1 h30 mins drive).

For the way back:
there are again 2 buses leaving from Cortes
de Aragon at 7:15 am and 11 am.

These tickets can be booked online (link will be
shared), at the station or in the bus,



MEETING POINT

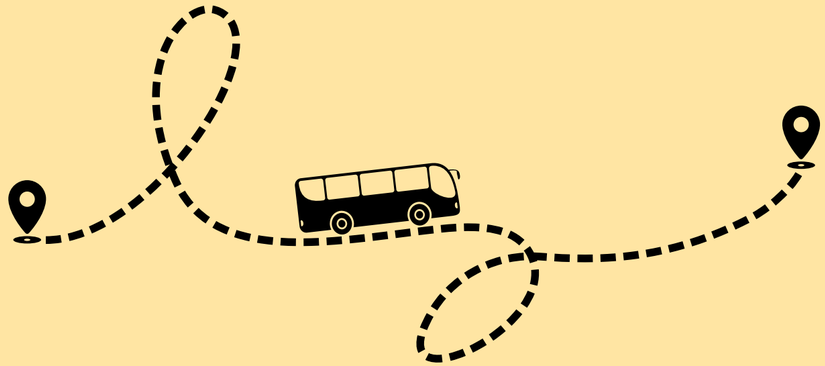
Bus stop in Cortes de Aragon (Teruel)
5th Novembre at 4:30 p.m. or 6:15p.m.

Transport links to Saragozza:

Zaragoza is very well connected by bus and
train to Barcelona, Madrid, Valencia.

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 book it!

TRAVEL BUDGET / REIMBURSEMENT



Green Travel

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

- Armenia, Georgia → 785€
- Morocco, Slovakia, Denmark, The Netherlads & Italy → 417€
- Spanish → 150€

Regular Travel

travelling by plane

- Armenia, Georgia, → 580€
- Morocco, Slovakia, Denmark The Netherlands & Italy → 309€
- Spanish → 150€

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

*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

MANDRAGORA TEAM



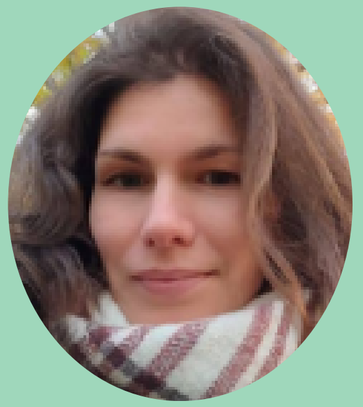
JOSÉ MANUEL

President of the Mandragora Team ass. Trainer in non-formal education for kids, youth and adults, leisure monitors and animators for youth activities in Environment and Sustainability. Chemistrian and artisan of Natural cosmetics



MARTA

Project coordinator, facilitator/ trainer. Youth worker and trainer in environmental education and clean energies. Activist in different women and environmental collectives living abroad.



MANON

Project coordinator, facilitator/ trainer. Social worker. She has various experiences in workshops and activities about social and local participation with young people. She is certified in art therapy and trained in group facilitation with collective intelligence approaches

WE KINDLY INVITE YOU TO

GET INVOLVED

We need everyone to be active and participative !!

SELF-RELIANCE

You are responsible for yourself and to have a positive impact on the event.

RESPECT EACH OTHER

It is fundamental to be patient, respectful and cooperative

LEARN AND SHARE

Share your knowledge, absorb everything in and spread it back home!

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