



injuve



BE HEALTHY, BE FIT, BE YOU



17th - 24th September
Cercedilla - Madrid
SPAIN





Summary

1

TOPIC: Mental and physical well-being

2

LOCATION: Cercedilla Madrid (Spain)

3

PARTICIPANTS: 5 (4+1 leader) per country

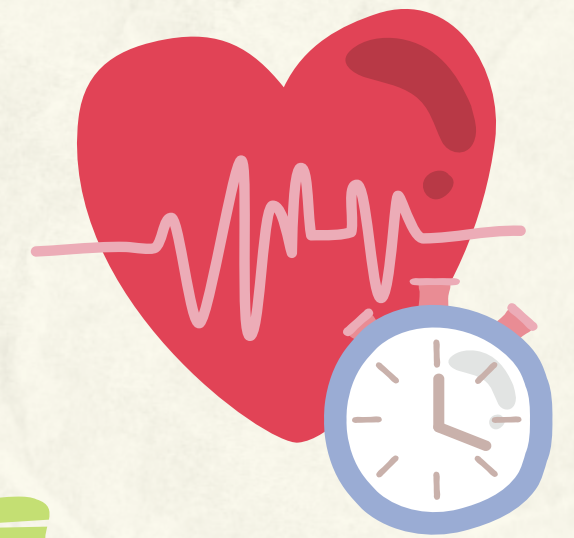
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DATES: 17th September (Arrival) to 24th September (Departure)





Objectives



1

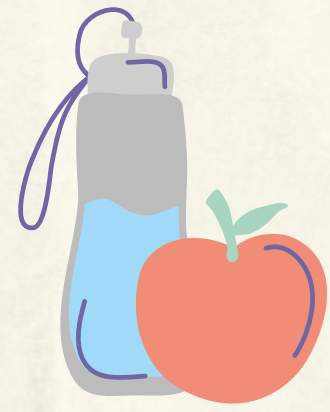
Adopt healthy habits and routines by focusing on mindfulness and physical activity.

2

Identify and transform bad habits.

3

Develop critical thinking, mental resilience and self reflection.



Food for the
mind and body

Trekking
activities,
stretching
session

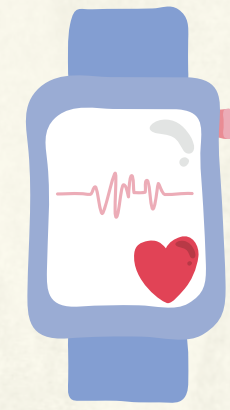


Topics

Breathwork

Mindfulness

Building lasting
healthy habits

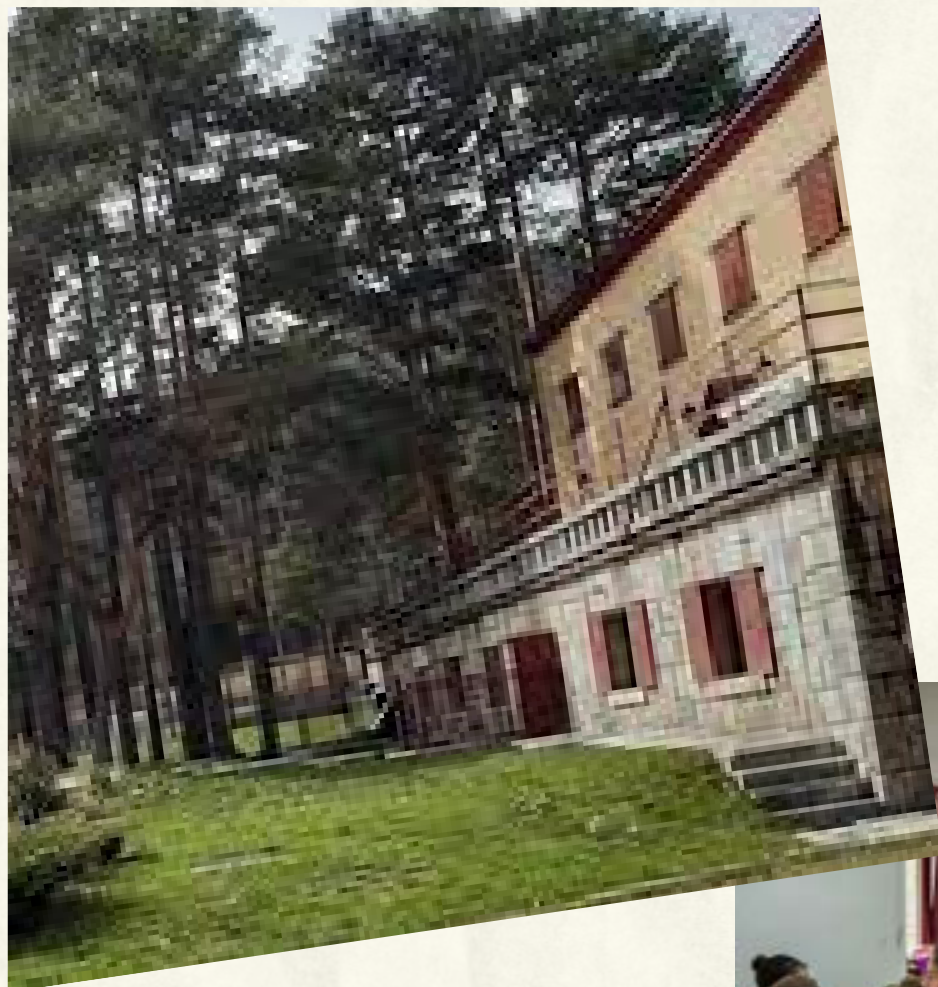


Participants Profile

We are looking for diversity of participants in terms of level of experience in Erasmus and level of English. We'd also like to include participants with fewer opportunities and barriers linked to cultural differences, discrimination and social barriers. Participants age: from 18 to 30 (team leader without age limit)

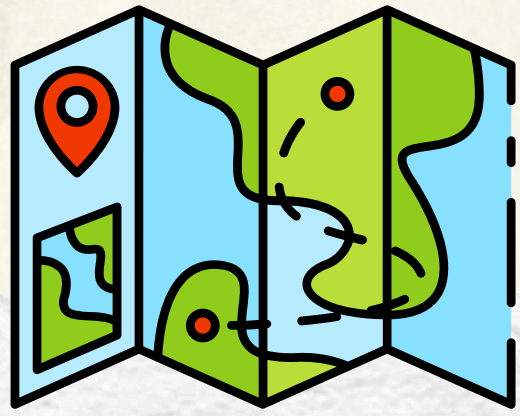


The venue: Albergue Las Dehesas



LINK





“Albergue Las Dehesas” is a hostel in Cercedilla, a village right next to Madrid.

Surrounded by nature, Cercedilla is the perfect place to relax, have fun and enjoy nature.

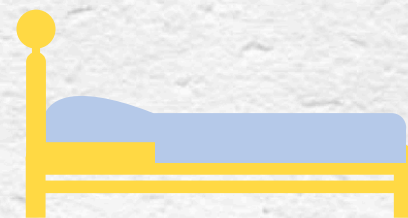
“Las Dehesas” is 2 km away from Cercedilla and is often used for events throughout the year.

The venue: Albergue Las Dehesas

[LINK](#)

They have rooms for 2, 3 and 4 people, depending on the availability.

Rooms will be assigned on the arrival.



Las dehesas has a soccer and a basketball field, table football and a ping pong table. We may have to share it with other guests.



Address: Carretera de las Dehesas, 94 - km 2.5 Cercedilla 28470

What to bring

SOMETHING FROM YOUR COUNTRY

Bring some food and non-food items from your country for the intercultural evenings but be aware that no kitchen facilities will be available (don't bring food that requires cooking)



MEDICAL INSURANCE

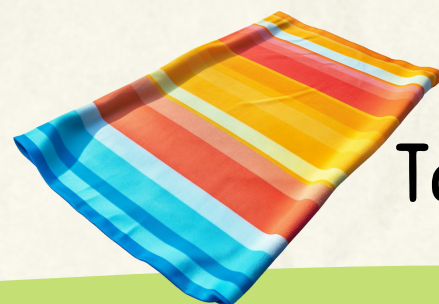
European Healthy Insurance Card



PERSONAL BELONGING

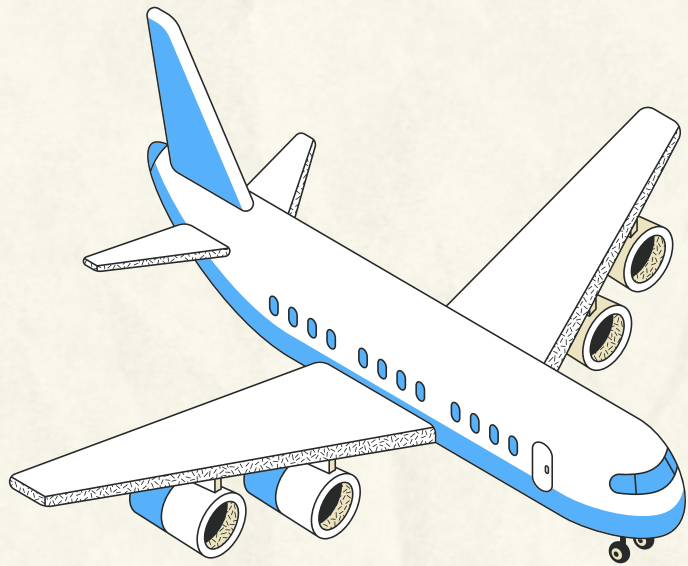
It is an area of mountains and forest. We will be hiking.

Bring comfortable shoes and clothes.



Towel and shampoo, etc

TRAVEL REIMBURSEMENT PROCEDURE



If you are coming on September 17th, buy the tickets so that you are in Spain, at the Adolfo Suarez Madrid-Barajas Airport before 15:00 (Spanish time)



If you are going to leave on September 24th, do not buy flights that depart before 13:00 (Spanish time). from Adolfo Suarez Madrid-Barajas Airport



TRAVEL REIMBURSEMENT PROCEDURE

DO NOT BUY ANY TICKET WITHOUT OUR CONFIRMATION !!!!

Before buying the tickets you should contact us and send us your travel plan and **ONLY** after our authorization you can proceed to buy. Also, tickets should be bought in Economy Class, private transportation is not reimbursed. The reimbursement will be made by bank transfer to the bank account of the NGO partner in the project.

You can arrive 1-2 days earlier or leave 1-2 days later than the official dates (meaning that you can arrive on 15th or 16th September or leave on 25th or 26th September), but the budget doesn't cover food and accommodation, so you will need to pay your stay by yourself for those days.



TRAVEL REIMBURSEMENT PROCEDURE

20€ is already deducted from the lump sum which will be used for the local transportation of participants during the project.



Our Partners



Lithuania: Skautu Slenis / Scout valley



Greece: Platforma GIA TIN EKPAIDEUSI KAI KATARTISI POLITON - ELLAS



Bulgaria: SDRUZHENIE RE-ACT



Italy: CET PLATFORM ITALY



Ukraine: United in diversity UA



Portugal: Embarca No mundo Associação



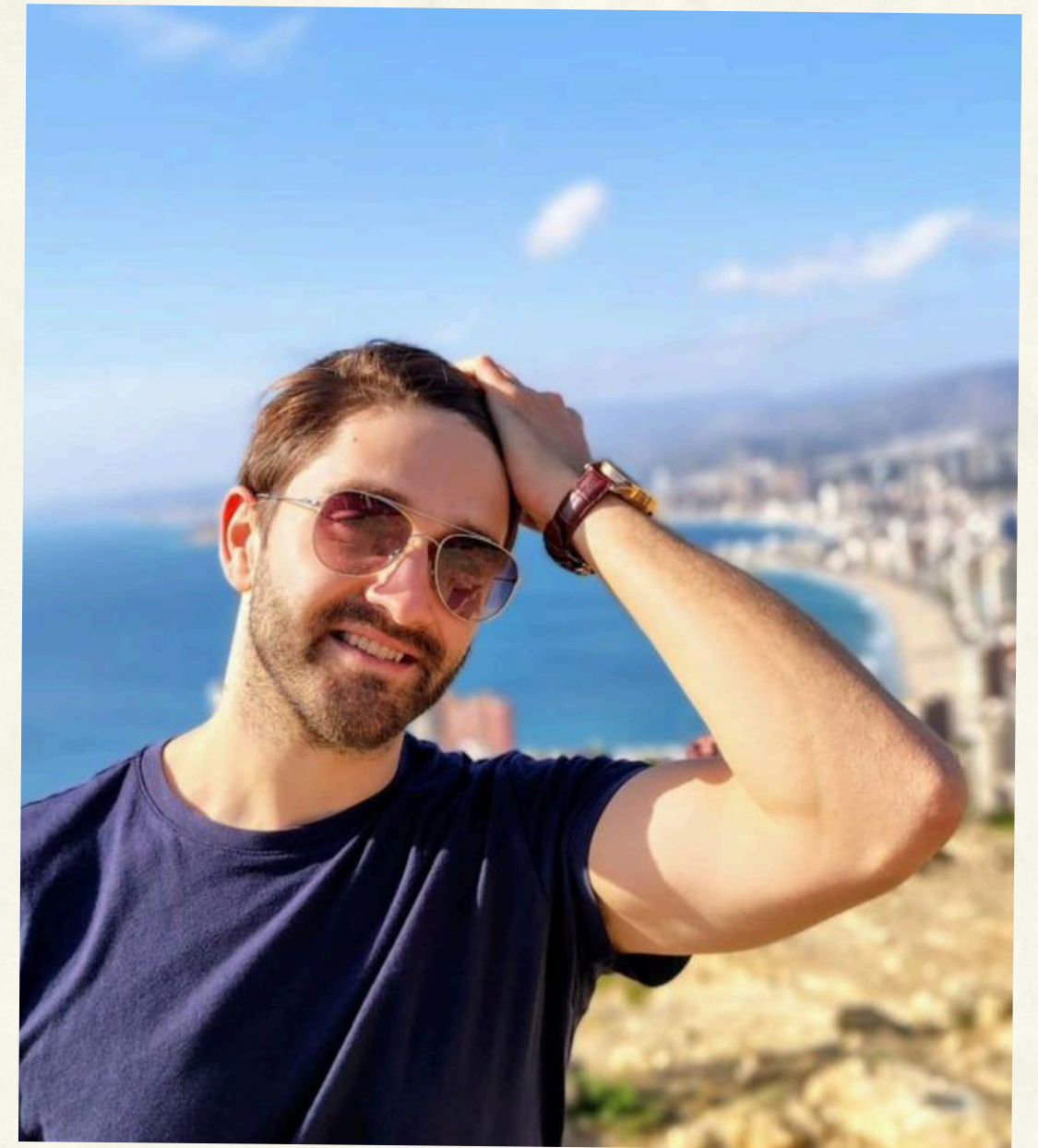
Spain: Center for International Advancement



About us

Ned has studied communication for a decade. Passionate about psychology, languages, dancing and martial arts, he is always excited to carry out activities and projects related to various topics.

He loves to travel and get out of his comfort zone. Founder of the NGO, he thrives on pushing his own boundaries and inspiring others to do the same.



Ned Kendall

About us



Ariana Vicario

Ariana studied telecommunications engineering and she has complemented her studies with volunteer actions, support for organizations and activities related to youth (nationally and internationally).

She is a sportive and positive person with a great capacity for adaptation and a huge desire to create and carry out a lot of different types of projects.



**SEE YOU ALL
VERY SOON**

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