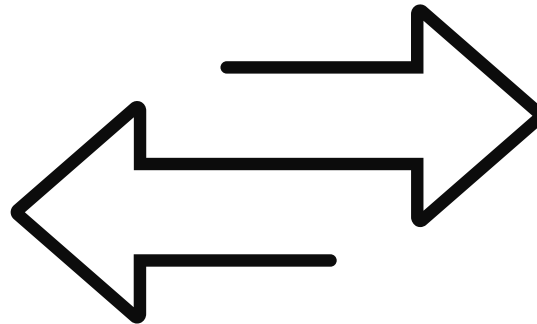


Youth exchange

MindFullHealth



17th to 27th March 2025

SPAIN



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



SUMMARY

- **Location:** Moclín, Granada (SPAIN)
- **Participants:** 5 per country (4+1 leader)
- **Specific topic:** healthy lifestyle, yoga, mindfulness, mental health.
- **Cross topic:** creating bonds, intercultural exchange, connect with others.
- **Dates:** 17th to 27th March
(arrival and departure days)



OVERVIEW

Through non-formal sessions, we will explore the topic of mental health focusing on practical habits. We will practice yoga daily. Also, we will implement many sessions to explore connections with ourselves, with nature and with others: mentally, emotionally and physically. Finally, we will approach both practically and theoretically to other healthy habits, both mentally and physically.

Altogether with this, there will be a big amount of complementary activities also more fun approached, related with intercultural exchange and connecting between each other such as (visits, intercultural exchange, teambuilding, knowing each other, hiking, etc.)



DAILY HABITS

YOU MUST BE READY FOR THESE HABITS

- Food will be as healthy as possible. Ultraprocessed food is banned from the project and you cannot enter them in the accommodation.
- Almost no red meat will be eaten (environmental reasons).
- We will have one “big challenge day”, in which you will be given certain tasks and you will have to manage yourselves to complete them outside your comfort zone.
- Alcohol is not allowed in the accommodation. However, there will be two party days at the bar.
- We will have a two no-phone days experiment. They will be taken after breakfast, given back after dinner of the next day.
- Tobacco won't be allowed in the accommodation. You will need to go to the entrance.

WARNING

We will follow healthy lifestyle habits. Both in daily life and sessions. If you are not comfortable with these habits / rules, don't come. Reimbursement will be reduced for those not respecting the program / rules.

PROGRAM OF ACTIVITIES

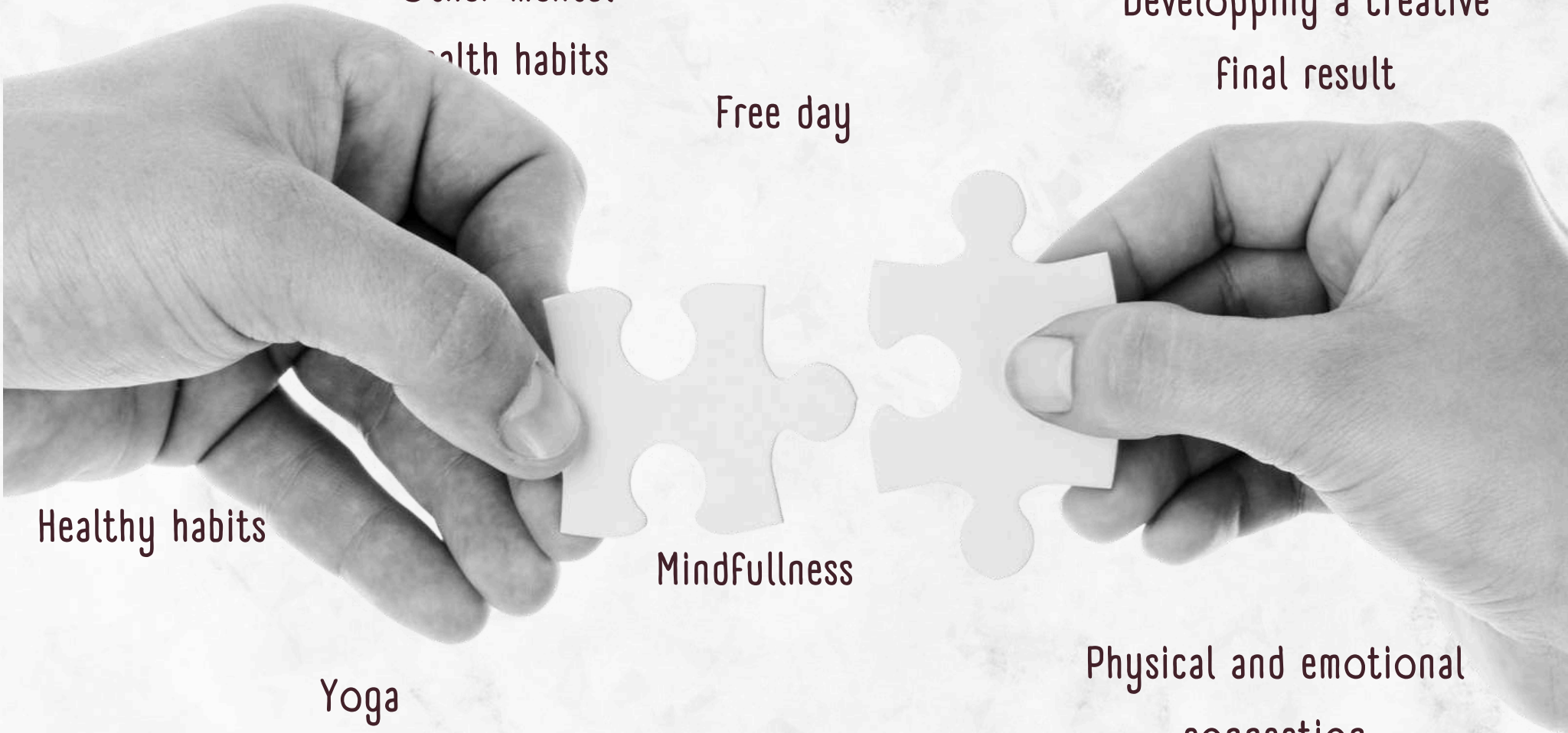
Hiking

Other mental
health habits

WILL INCLUDE

Developping a creative
final result

Free day



Healthy habits

Mindfulness

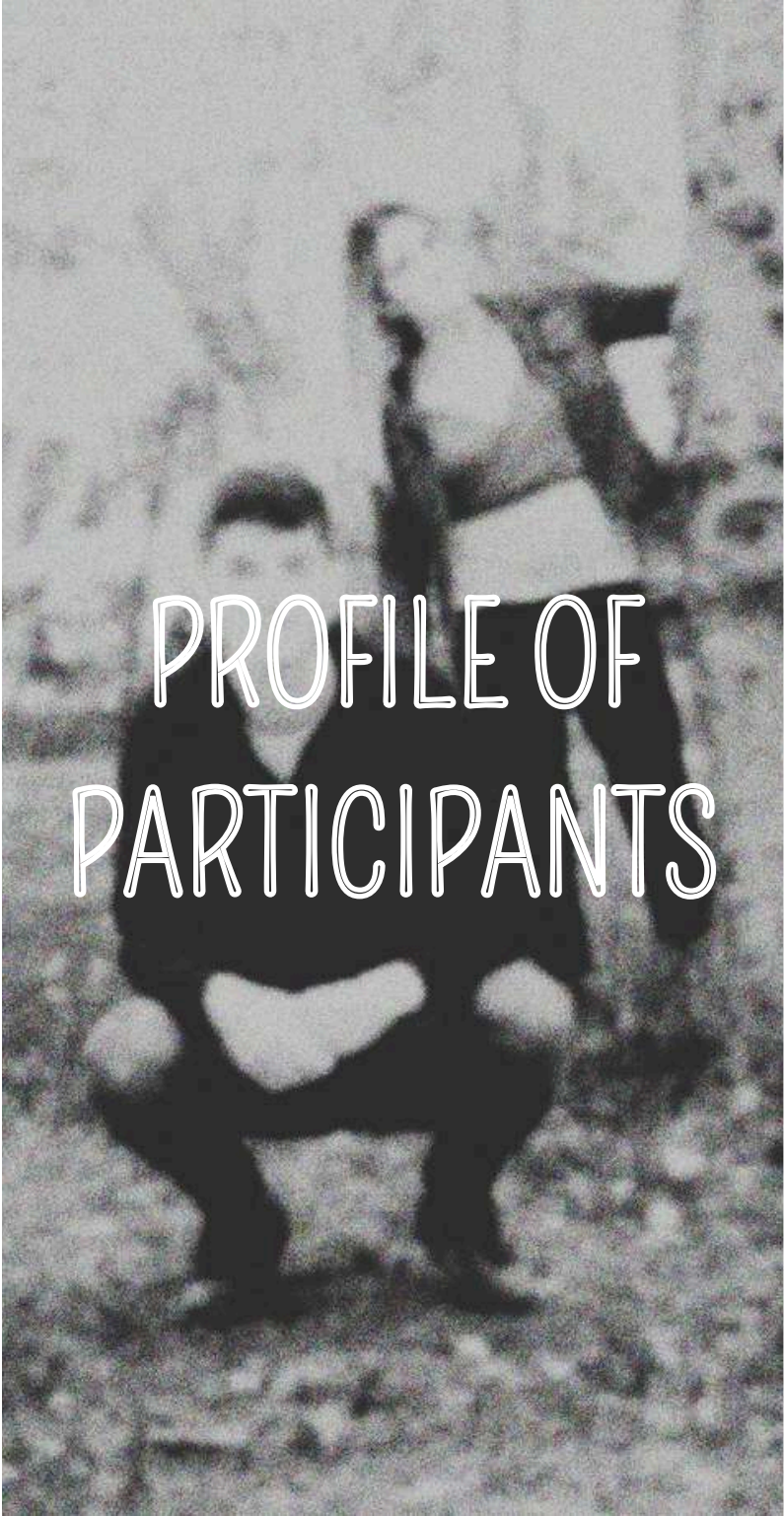
Physical and emotional
connection

Yoga

Knowing other cultures

Big challenge activity

Having fun



PROFILE OF PARTICIPANTS

Interest & Motivation

Workshops will be related with yoga, mindfulness and healthy lifestyle. We will practice yoga and follow healthy habits daily. We expect you to be ready for this.

Therefore, the profile is having interest in the topics (otherwise you will be bored during sessions) and being willing to have an active participation.

Requirements

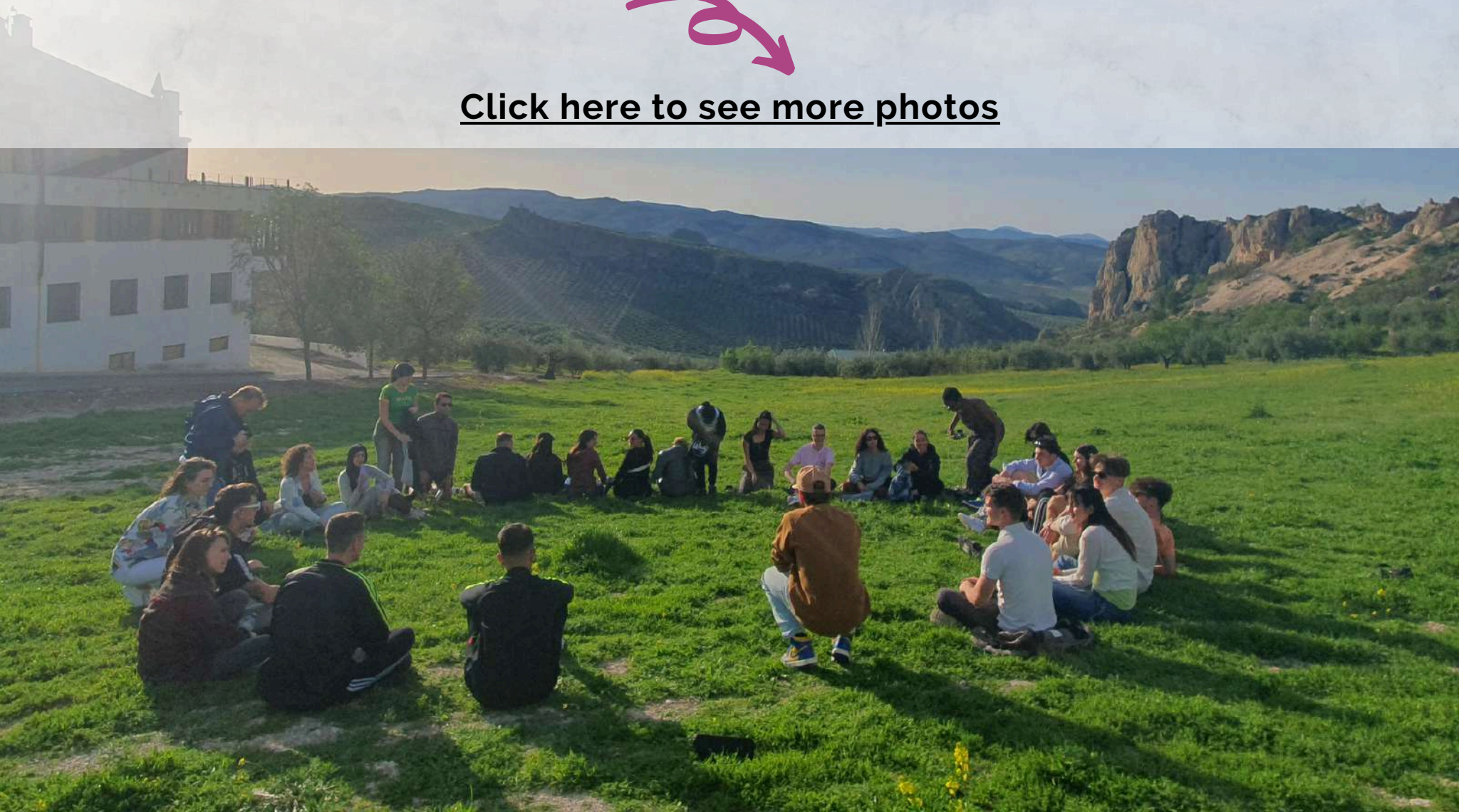
- To be between 18 and 30 y.o. (except group leader)
- To hold the European Health Card (or similar insurance)
- To live in one of the sending countries
- To be active and carry out the tasks assigned to participants
- To consent the use of images in which you appear taken during the mobility with legitimate purposes of the project (dissemination, publication of results, etc.).

THE VENUE

The accommodation will be the rural accommodation "Albergue Moclín" in Moclín, a town in Granada province. Participants will have individual beds, shared in rooms of 3, 4 or 5 ppl with private bathroom.



[Click here to see more photos](#)



FOOD

Breakfast
Lunch
Dinner
Coffee breaks

Will be cooked and served in the accommodation

Food restrictions

Health reasons
(allergies / illnesses)

Personal reasons
(vegan, vegetarian, religious reasons)

will be considered
as long as you mention them in the participation form.

Intercultural dinner

To be celebrated first night (18th MAR), participants from each country must coordinate to bring typical food and drinks from their country. This will be the actual dinner that day.



FOOD

*Healthy
food*

Ultraprocessed food and alcohol will be forbidden in the project. We will not buy it and you cannot bring it inside of the accommodation. Not even for the intercultural dinner. If you have doubts about what is ultraprocessed, plz, ask us.

TRAVEL REIMBURSEMENT

Budget available per country is set according to distance bands provided by Erasmus+

To be entitled for reimbursement you must: 23 / 210* 

- Attend all sessions
- Follow the travel instructions
- Execute tasks assigned to participants
- Follow basic rules of coexistence

820 

210 / 320* 

Travel costs will be reimbursed individually through a bank transfer once invoices are delivered properly and dissemination tasks implemented.

530 

275 

530 



*Green travel (flights not allowed) is mandatory for Portugal and Spain unless from Islands.



KEEP YOUR INVOICES, TICKETS AND BOARDING PASSES

- We will require these documents for the reimbursement of your travel costs.
- During the mobility we will explain how to deliver them to us. Don't send anything yet.
- Electronic documents are preferred (no need to print).
- We need Boarding Passes of the flights. Be careful because they expire from your phone app after the flight. Screen shots for are valid for BP. Also PDF or physical formats.



TRAVEL RULES

- Transfer by Taxi/Uber (or similar) is not eligible for reimbursement.
- Blablacar (or similar) is allowed as means of transport. Keep the invoice.
- 2nd class is mandatory.
- 1 underseat luggage + 1 hand luggage per person are eligible for reimbursement. Extra baggages won't be eligible. There is washing machine in the accommodation.
- Seat allocation is not eligible for reimbursement. Don't pay for this.
- Buy the flight directly to the airline. Don't do it through Kiwi, Edreams, Kayak, etc.

TRAVEL INSTRUCTIONS





YOU HAVE A WINDOW OF THREE DAYS FOR YOUR TRIP BOTH IN ARRIVAL AND DEPARTURE

- Your tickets will be eligible to be reimbursed if their dates are between 14th and 30th March both included.
- Expenses during those days are on your own.



YOU DON'T NEED OUR APPROVAL TO PURCHASE TICKETS, BUT!!!

- You are responsible of choosing an option that allows you to arrive in time to pick up the last bus to Moclin and that allows you to leave Moclin by bus as well.
- You do need our approval in case you are flying to / from another airport than suggested ones (Malaga, Granada, Madrid, Seville).

NOTE → **The last bus from Granada to Moclin leaves at 19h 40.**
→ **Earliest bus leaves Moclin at 7am, arriving to Granada around 7:50**

TRAVEL INSTRUCTIONS



HOW TO REACH MOCLÍN?

GET TO GRANADA



Main destination airports

(in priority order)

1 MALAGA

Bus (Alsa) → [click here](#)

There is a direct bus each 1-2h from Malaga airport to Granada.

2 MADRID / SEVILLE

In case you don't find a good option to Malaga, direct flight to Seville (closer) or Madrid (further) is also a good option.

3 GRANADA

Granada airport is tiny but you can consider it if reaching other places is not a good option.



Ask for our advice

if you have any doubt regarding transportation in Spain.

In the case that

you don't find a suitable flight enabling you to reach the buses to the accommodation in time, communicate with us so we can design a solution.



HOW TO REACH MOCLÍN?

GET TO THE ACCOMMODATION



HOW?

By the bus number 323.

WHERE?

At "Paseillos Universitarios" bus stop

(see image 1 in next slides)

GET OFF

At Moclin

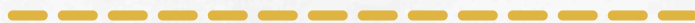
Just walk to the acommodation, it's 50m away

WHEN?

At 19h 40. Don't come earlier.

HOW LONG?

It takes around 1h.



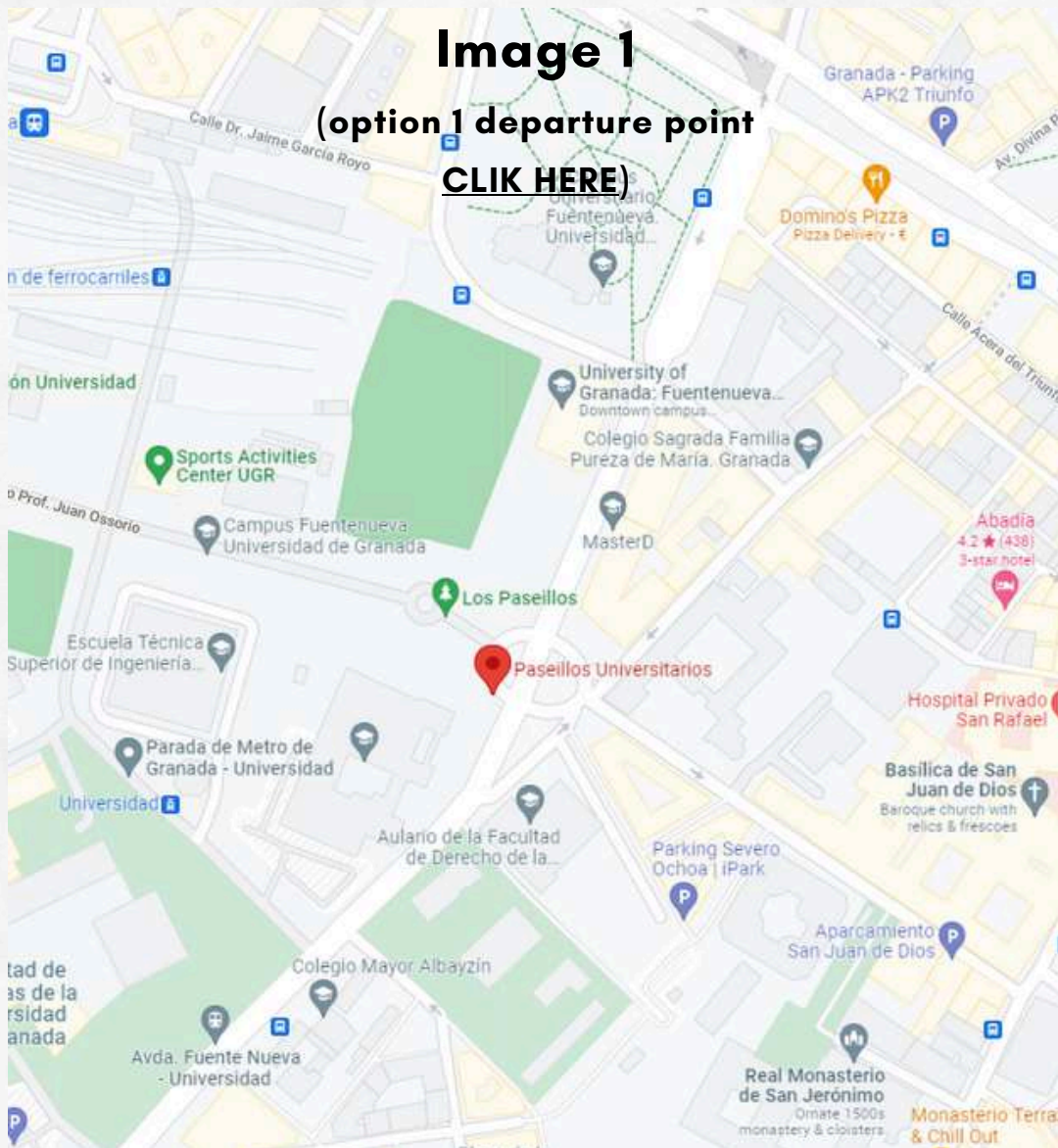
About the arrival day

There is no program. It's just about settling down, know the people, the place...

Lunch won't be served. Dinner will be served around 21h 00, at arrival of the bus.



HOW TO REACH MOCLÍN?



Rural buses

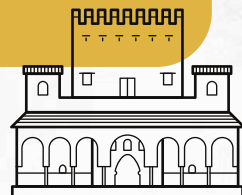
It's a rural transportation, have cash at your disposal because they won't accept credit card.

IMPORTANT!!

Plz, have exact amount of cash (3,05 €). Or pay tickets together. The driver might not have enough change for everyone.

Be on time

Try to be 10 min prior to departure to make sure you are in the right spot.



TO BRING

PRACTICAL INSTRUCTIONS

- Typical food from your country for the intercultural dinner.
Coordinate with your country-mates to bring varied things.
One/two things per person should be fine.
- A reusable bottle of water.
- A towel for the shower.
- Mostly comfortable clothes. At least one set of sport clothes as we will do a hiking.
- Yoga mattress if you have it and come by green travel.

OTHER

- There is washing machine in the accommodation
- Do you want to visit Alhambra? Get your tickets in advance.
- Free day will be Monday 24th March.
- Do you have knowledge on the topic? Contact us so you can lead a session if you want!!
- When you buy flights, click on basic fare. Add the baggage afterwards. It's usually cheaper than adding it from the first moment in a better fare.
- Trains in Spain? Renfe. From Madrid to Malaga also Iryo.
- Use your youth card <26 in trains/buses for discount.



LOOKING FORWARD TO
SEEING YOU
SOON

