

# LISTENING TO THE TRAIL.

Erasmus+Training Course.

21 participants from

Portugal, Serbia, Italy

Romania, Denmark

Greece & Spain

14th - 21st September 2023

Obón (Teruel), Spain



Funded by  
the European Union



*Equipo*  
**MANDRÁGORA**



# CONTEXT.

For this reason, we believe in the importance of training young people and youth workers to respect nature by living it and getting to know it, by means of didactic materials and trails that teach us to listen and to take care of it

Nature allows people to keep us alive, but this does not mean that we cohabit with it.

We seek social and personal wellbeing, but, where is the search for the wellbeing of Nature?

We need to be involved in its well-being and sustainability.

In order to give value to cultural environments, this training is necessary from a holistic perspective that allows us to change our way of thinking about how we live with nature.



# LISTENING TO THE TRAILS.

## AIM

Training to youth workers and educate us from and for the recognition of nature, seeking a social change from active listening, creativity, curiosity and action that allows us to show life to the paths that already have it.

It is a call to action, to the search for and construction of new forms of coexistence.

## CONTENT.

It will be focused in acquire techniques, skills and knowledge to:

- Recover and design trails.
- Design didactic guided hikes with Heritage Interpretation techniques.
- Create interpretative posters and signals.
- Identify plant species - Creation of a herbarium.
- Reflect on a change about how we coexist with nature.










## METHODOLOGY.

Based on horizontal self-training, small working groups, practical and outdoor activities with the contribution of experts in the different techniques





PROGRAM.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
8.30	BREAKFAST							
9.30	ENERGIZER							
10		PRESENTATION TIME	STUDY OF THE TRAIL WITH THE CULTURAL PARK.	CREATION OF A TRAIL	CREATION OF A TRAIL	CREATION OF A TRAIL	DISSEMINATION	ARRIVAL TO SARAGOSSA
11-11.15								
11.30		LIVING TOGUETHER	STUDY OF THE TRAIL WITH THE CULTURAL PARK.	CREATION OF A TRAIL	CREATION OF A TRAIL	CREATION OF A TRAIL	ERASMUS + - YOUTHPASS	
13.30	LUNCH							
15.30		PUBLIC EXPRESSION	HERITAGE INTERPRETATION - PLANT COLLECTION	DICHOTOMOUS KEYS	DYNAMISATION & COMPETENCES	CREATIVE POSTERS - CREATION OF A HERBARIUM	FINAL GROUP TIME	
18.30	ARRIVAL TO OBON	DISCOVERING OBON	GROUPS EVALUATION	RELAXING TIME	GROUPS EVALUATION	RELAXING TIME		
20.30	DINNER							
22	BREAKING THE ICE		FREE NIGHT	INTERCULTURAL APPETIZER	FORUM MOVIE NIGHT	FREE NIGHT	FAREWELL PARTY	



# TARGET GROUP.



**Youth workers, monitors, volunteers.\*.. from rural areas or cities, with the interest to rural dynamisation through the recover and design of trails and the protection to the nature where we live.**

**In addition, they can teach their target groups the basic tools and principles that will enable them to learn and work on it for the future.**



**Age: +20 years old with no age limit.**  
**From: 3 participants from each country from Portugal, Serbia, Italy, Romania, Denmark, Greece & Spain.**

**\* Trails cleaning can be physically demanding.**



# IT'S YOUR TIME.

## INTERCULTURAL APPETIZER.

This is about sharing some of the typical foods of your country, so let us taste each country through local and traditional appetizers after dinner (brought from the country). It will also be a good time to share your traditional music.





# PRACTICALITIES



- We will be hosted in our rural hostel "La Marisica"  
[www.alberguemunicipaldeobon.es](http://www.alberguemunicipaldeobon.es)  
5 mins walk from the village of Obon (Teruel).
- Obon is part of the "Cultural Park of Martin River", is 680 masl and counts 30 inhabitants, surrounded by nature and hiking trails and far away from any other locality.
- There are only 2 bars and the river ;-)
- Bring all that you will need for the whole week.
- Our meals will be based in a rich, diverse & sustainable diet.





# GETTING THERE

## Saragozza - Obon - Saragozza

There is no public transport to get to the place.  
We will rent a bus to go and come back from Saragossa to Obon (Teruel).  
The expenses (30€/both ways/participant) will be taken from the budget of the travel costs.



## CONNECTIONS

Saragossa is very well connected with bus and train to Barcelona and Madrid.  
Last minute high speed train (AVE) could be very expensive and might not be fully reimbursable.  
Check with us before book it!

## MEETING POINT

Saragossa Delicias Main Station  
To go: September 14th afternoon (spanish time)  
To come back: September 21st at 10 am  
(Times will be confirmed)



## TRANSPORT LINKS:

By BUS: Check at [www.alsa.en/web/bus/home](http://www.alsa.en/web/bus/home)  
By TRAIN: Check at [www.renfe.com/es/en](http://www.renfe.com/es/en)



# TRAVEL COSTS / REIMBURSEMENT



## Green Travels

-> travelling by land  
(bus, train, shared car,...)  
NOT flights

Could be reimbursed up to  
360€ per participant.



## Regular Travel

-> travelling by plane

Will be reimbursed up to:  
300€ per participant  
from all countries



## Reimbursement

keep the tickets of all  
your travels.  
Travelling green, keep all  
receipts of accomodation  
& meals during your way

Reimbursement will be  
done after the project.



# MANDRAGORA TEAM

**Marta Calvo**

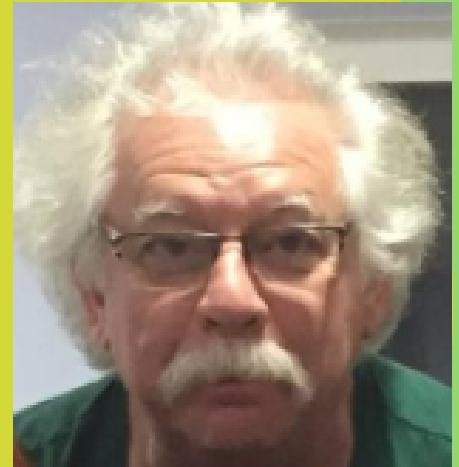
Project coordinator, facilitator/  
trainer. Youth worker and trainer  
in environmental education and  
clean energies. Activist in different  
women and environmental  
collectives living abroad.



+ other collaborators and trainers  
taking part...

**Jose Manuel Calvo**

President 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



**Berta López**

Project facilitator & trainer.  
Social worker with wide experience in  
immigration, gender, human rights... with  
special interest in Peace Culture.  
Always seeks to learn from non-formal  
education as a way to achieve a change in  
society





# *we kindly invite you to...*

## *Get Involved*

we need everyone active and participative

## *Self-Reliance*

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

## *Respect each other*

Be patient, respectful and cooperatrive

## *Learn and Share*

Share what you know, absorb everything and spread it back home!

### CONTACT PERSON:

Berta

Email: [proyectoseuropeos@equipomandragora.com](mailto:proyectoseuropeos@equipomandragora.com)

Telephone: +34 662232579

