



Co-funded by
the European Union

Youth Exchange **RegenerACT**

Aragona, Spain
08 - 21 June, 2025



About the project

This Youth Exchange is about making contact with nature and the principles of ecological design. You will have the opportunity to learn first-hand, visit rural projects and live a healthy life outdoors.

You will participate in activities such as camping, nature walks, hands-on land regeneration and river swimming. You will learn about bioconstruction, experience low impact living, permaculture design and give presentations to the group.

Youth leaders will organise educational activities and games with their teams each afternoon. You will self-organise a participatory, educational and inclusive space in which you feel welcome and enjoy a unique learning experience.

We will receive 30 young people from 5 different European countries. Our selection criteria prioritizes participants with fewer resources and opportunities. Participants must be ready for basic conditions, living outdoors and enjoying nature.

Participants

You can come as a Participant if you:

- are between 18-30 years old
- are able to speak and understand English at a conversational level
- are interested in environmental regeneration and motivated to be active and contribute to the week!

You can come as Youth Leaders if you :

- are older than 18 (no age limit)
- are an empathetic person open to taking on responsibilities
- have experience in working with young people
- want to be part of the organizational team and lead activities



Accomodation

The exchange will take place in the grounds of Mas La Llum, an off-grid straw bale rural tourism and permaculture site in an idyllic setting near the Algars River.

You will be camping in a shared tent with nearby outdoor toilets and basic washing facilities. Cold water showers are available in the village in the afternoon.

The stars are beautiful and you can swim in the river every day!

We are 20 mins walk from the village of Arens de Lledó.

<https://arensdelledo.es/>

See more on Instagram:

@maslalum

@boodavillepermaculture

@roviraregenerativa



How to get there?

ARRIVAL

The destination is Renfe Mora La Nova (train) or Estación de Autobuses Mora d'Ebre (Bus company HIFE.es). There are direct buses and trains between here and Barcelona.

You need to arrive at one of these places before 20:00 on the 8th June to meet the organised coach to Mas La Llum. This journey is 45 mins.

DEPARTURE

For the way back on the 21st June all participants will leave Mas La Llum together by coach in the morning, then travel home from Mora La Nova or Mora d'Ebre.

Additional info:

- The journey time from Barcelona to Mora La Nova / Mora d'Ebre is between 3 and 5 hours depending on connections.
- If you plan to travel by HIFE bus, please contact Anna Louise (Boodaville) by WhatsApp to access discounted tickets: +34 659212129



Green travel



We are ecological organisations and we promote GREEN TRAVEL but we have investigated and within the days available it is not possible or practical to travel slowly from Lithuania or Bulgaria.

Participants from Italy and Croatia are invited to travel without flying to keep the ecological impact of their participation to a minimum. Participants from Spain MUST use Green Travel.

All participants have 2 travel days included in the Youth Exchange budget. If you travel without flying from Italy or Croatia you get an EXTRA 4 days to travel - a TOTAL of 6 days traveling and we invite you and encourage you to explore the GREEN TRAVEL adventure.

There is a slightly higher travel budget if you avoid flying and we can refund up to 34 euros per extra travel day to cover food and accommodation. For example, if you travel from Milan to Barcelona leaving in the morning of 6th June (Travel day 1) and arrive in Barcelona on 7th June (Travel day 2) then get the bus from Barcelona to Mora d'Ebre on 8th June (Travel day 3). You can claim 34 euros for food and accommodation on Travel day 1 and 34 euros for food and accommodation on Travel day 2. Please note, you must arrive and leave with the organised coach. You can't stay extra nights at Mas La Llum.



Funding conditions

This project is funded through the Erasmus+ Programme. 100% of the accommodation, food, and materials are covered by the program.

Please plan your travel according to the travel limit of €345. €50 have already been allocated to pay for the private coach. Your travel costs will be reimbursed up to the limit; if you spend less, you will get what you spent. Reimbursements of travel costs can only be done upon full attendance of the exchange. We will either reimburse to the partner organization, or directly to the participant, depending on the agreement we make.

- Choose the most economical/cheap way of transportation (2nd class trains, planes). Only public transportation can be reimbursed (no taxis). Reimbursement will be done in EURO, regardless of the currency indicated on your ticket.
- You have one month after the project to submit your reimbursement form together with: all travel tickets, boarding passes, and invoices.
- More information and the reimbursement form will be shared during the activity.



Every participant must bring their European Health Insurance Card. It is a mandatory requirement for all participants without this card to provide their own health and travel insurance. General travel insurance to cover the safety of your possessions, lost luggage, delays, or flight cancellations are highly advisable. Those costs are not refundable.

Food and practicalities

During this exchange all participants will contribute to the community tasks of preparing meals, snacks, keeping the kitchen, and dining areas clean.

Small groups will work each day with the Mas La Llum volunteers under the supervision of Xavi. Marta will make sure the menus, recipes, and quantities are planned, and the restaurant kitchen will be full of fresh, local ingredients ready for the day. The daily schedule allows time for these tasks, and we make sure all the work done to run our off-grid, eco-living, community experience is visible and shared. You can expect healthy, nourishing vegetarian food. Please advise us of any allergies and intolerances in the participant list form.

- There is an outdoor shady dining area. The sessions will be held outside in the grounds of the house. In case of adverse weather or special needs, there are indoor spaces available.
- Some meals will be picnic lunches or a simple dinner at a local bar.
- There is access to phone charging and WiFi during the daytime only, near the house. We encourage a mindful, minimal use of mobiles.
- No washing machines or dryers are available, so participants should bring sufficient clothing. Small items can be hand-washed.



Timetable

08.06	Arrival day
09.06	Introduction & Teambuilding Day
10.06	Using Natural Materials
11.06	Design to Regenerate
12.06	Nature Connection
13.06	Free Day to explore Horta de Sant Joan (3hr round trip by foot)
14.06	Cultural visit to Arens de Lledó
15.06	Community support project - recovering a local monument
16.06	Boodaville - guided tour
17.06	Boodaville - permaculture in action
18.06	Boodaville - Regenerative Agriculture
19.06	Present what you've learnt!
20.06	Evaluation and next steps
21.06	Departure day

Activities

The daily structure gives time each afternoon for self-organised sessions, as well as free time to enjoy the river. Participants will have material to reflect and expand on the topics we will be learning about. Everybody will be able to contribute their creativity and past experiences. This is going to be a project which we wish to implement NOT FOR YOU BUT TOGETHER WITH YOU! Let's make it an exciting learning journey!

Intercultural nights

- Have you ever heard about intercultural evenings? In order to discover more about our different cultures, we are organizing evening events to celebrate our diversity.
- The point is to allow people from other cultures to discover yours. We will be able to present our culture (not necessarily defined by our country!) through food, music, dancing, etc. We encourage you to link this activity to ecological issues: part of your intercultural presentation should be about an initiative you know promoting healthy people and planet!
- You are free to organize games, do a quiz, or whatever you feel best! Don't forget to bring food/music so we can organize unforgettable international nights.



What to pack

Average temperatures in Arens de Lledó in June are 29° during the afternoon and 16° at night. You will be spending most of your time outdoors so please pack carefully!

Bring

- EHIC card or Health travel insurance and its invoice
- Passport (must be valid 6 months after you travel)
- Notebook and pen
- Long and short-sleeved T-shirts
- Shorts and long trousers
- A set of warm clothes for the evenings
- Sunhat and sunglasses
- Working clothes – light long-sleeved shirt, light trousers, walking shoes to wear in the field
- Sandals
- Flashlight (Torch)
- Jacket
- Towel and toiletries (Ecological soap, please!)
- Earplugs
- Sunscreen
- Mosquito repellent
- Swimwear
- Tupperware for picnics
- Reusable water bottle
- Sleeping bag

Bring if possible

- Musical instruments
- Local food to share with participants
- Information about your work and organization
- Books, photos, flyers related to the topics
- Sleeping mat and pillow

Better leave at home

- Stress and work pressure
- Alcohol and other drugs





Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

Join now

<https://www.tavo.europa.eu/youth-exchange/RegenerACT/>

