



Co-funded by  
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*Equipo*  
**MANDRÁGORA**



Training Course

# JUMP AROUND IN NATURE

Obón (Teruel), Spain  
**25 April - 2 May, 2025**



**TAVO EUROPA**

# CONTEXT

Nature is often a beautiful place to see or walk through, and these activities are healthy. We can also do it in a fun, sporty way with challenges in its morphology, exploring certain cracks, walls, climbs and descents while understanding them.

**WE WANT TO ENJOY AND  
TAKE CARE OF NATURE**

Taking care of Nature a living in nature through another perspective. Discovering the richness of nature and its biodiversity allows us to get to know ourselves better.



## AIM

Allowing youth workers to get introduced to some nature sports to share them with their target groups back home.

To learn, observe and interpret the landscape, plants, animal behaviour, how to find one's way around, as well as the history and changes in nature over time.



## CONTENT

Explore its landscape in environmentally-friendly and fun ways while getting initiated in different practical activities, such as:

- hiking and rappelling
- 1 night of outdoor sleeping
- Kayaking
- gymkhana
- practical orientation and survival notions

## METHODOLOGY

Based on horizontal self-training, small working groups, practical and outdoor activities with the contribution of experts, participants and partner organizations.

# TARGET GROUP

Participants profile requirements: Age: over 20 years with no age limit  
3 or 4 participants per country, from 7 different countries.

**Youth workers/ monitors/ volunteers!! who love the Nature, with some hiking experience and with a big enthusiastic to try new adventures and sports.**

With experience in working with groups, and the desire of gaining more self-confidence in outdoor sports to transmit this knowledge to their youths back.



Feel free and welcome to participate even 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 just like how you deserve to be!



# IT'S YOUR TIME

## Intercultural Night

This is about having the opportunity to share the most authentic parts of your country via local food and culture.

Give us the pleasure of tasting some of the special delicacies brought from your countries in an immersive “Tapas Night”.

It will be a great way to share with each other traditional music or dances....from your homeland!



**Tapas night** is a typical way of tasting food in Spain. Small quantities of food accompanied by a wine or other beverage, and all this is shared in a fun way with family, friends, etc.....

Therefore, we invite you to bring some typical food and snacks from your country (cold meat, candies, sweets, cheese, chips, drinks...) - that does NOT need to be cooked - Small quantities (all countries will share something) - Don't forget vegetarian options to be more inclusive

Feel free to bring your instruments, typical music, games... and whatever to share with the group and to celebrate all together!

# 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 and hiking trails** and is far away from any other locality. The landscape is made up of canyons and cliffs.

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 rich, home made & sustainable diet.



# GETTING THERE

## Saragozza - Obon - Saragozza

In order to reach Obon, there are 2 public buses from Zaragoza that arrive at a nearby village called Cortes de Aragon.

Departure times: 15:00pm and 17:45pm (1h30mins drive). We will pick you up in Cortes de Aragon and then taken to the hostel (15mins drive away). For the way back, there are again two buses leaving from Cortes at 7:14 am and 15:59 pm which runs from Cortes to Zaragoza.

These tickets needs to be booked at the station, **No** possible online.

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



### MEETING POINT

Bus stop: Cortes de Aragon (Tervel)

<https://www.estacion-zaragoza.es/>

Going: April 25th at 14:30 p.m. or 17:15p.m.  
[spanish time]

Coming back: May 02nd at 7:14 am  
[arrival time in Zaragoza 08:46am]



### Transport links to Saragozza:

By BUS: [www.alsa.com/en/web/bus/home](http://www.alsa.com/en/web/bus/home)

By TRAIN: [www.thetrainline.com/](http://www.thetrainline.com/)

Last minute high speed train (1h30mins) could be very expensive and might not be fully reimbursable. Check with us before book it!

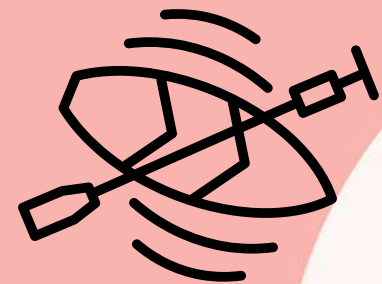
# TRAVEL BUDGET

## Green Travel

- Lithuania, Bulgaria & Romania -> 535€
- Kosovo, France & Italy -> 417€
- Spain -> 150€

## Green Travel

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



## Regular Travel

\*travelling by plane

## Regular Travel

- Lithuania, Bulgaria & Romania -> 395€
- Kosovo, France & Italy -> 309€
- Spain-> 150€

## REIMBURSEMENT

### \*Conditions:

Dissemination activity  
and evaluation forms

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

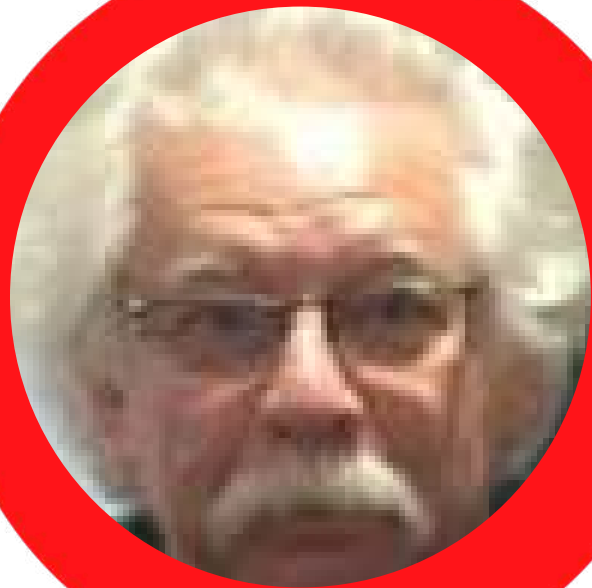
\*Travelling green. Please KEEP all receipts of accommodation & meals on your way too.

\*Reimbursement will be made AFTER the project.





# 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



**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.



**Marta**

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



# 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!



# Educator 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 training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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>

