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LA ZARANDILLA
ocio, educación, y actividades
en la naturaleza



Equipo
MANDRÁGORA



TAVO EUROPA

CALL FOR PARTNERS

Camino Project

TRAINING COURSE

15TH - 22ND MAY 2026

INTRO

*THE CAMINO PROJECT IS COORDINATED BY EQUIPO
MANDRAGORA IN COLLABORATION WITH LA ZARANDILLA
(APPLICANT AND HOST ORGANIZATION)*

**THE A.D.T.C. LA ZARANDILLA, BASED IN MUNEGBREGA
(SARAGOSSA, SPAIN) WANTS TO INVITE YOU TO COLLABORATE
WITH US AS A PARTNER ORGANIZATION IN THIS TRAINING
COURSE IN THE FRAME OF ERASMUS+, KEY ACTION 1.**

THE ASSOCIATION LA ZARANDILLA MANAGES THE MUNICIPAL CENTRE OF THE SAME NAME, AN OLD FARM, TRANSFORMED INTO A LEISURE, FREE TIME AND NATURE CENTRE, WITH TWO LODGES, FRUIT TREES, GREENHOUSE, AROMATIC AREA, PRESERVING THE STRUCTURE OF A TRADITIONAL AGRICULTURAL FARM OF THE 20TH CENTURY AND IT HAS BEEN EQUIPPED WITH A NATURE CLASSROOM.

LA ZARANDILLA RUNS EDUCATIONAL PROGRAMMES FOR SCHOOLS FOR STAYS OF 2 TO 5 DAYS, AS WELL AS SUMMER CAMPS FROM JULY TO AUGUST AND ACTIVITIES FOR GROUPS OF YOUNG PEOPLE AND ADULTS. THE ASSOCIATION ALSO HAS A TRAINING SCHOOL FOR MONITORS AND LEISURE TIME COORDINATORS.



HOW THE PROJECT IS BORN ...

THE GROWING DEMAND FOR NEW SKILLS, ACTIVITIES AND METHODOLOGIES IN LEISURE TIME HAS LED US TO ASK FOR A TRAINING COURSE WHICH, BY EXTENDING EXISTING PROGRAMMES, CAN RESPOND TO THE NEED FOR PRACTICAL AND QUALITY TRAINING IN OUTDOOR ACTIVITIES FOR VOLUNTEERS, INSTRUCTORS, YOUTH WORKERS AND YOUTH WORKERS IN DIFFERENT COUNTRIES:

- **THE NEED FOR PRACTICAL AND QUALITY TRAINING IN OUTDOOR ACTIVITIES** FOR VOLUNTEERS, MONITORS, YOUTH WORKERS AND ANIMATORS IN DIFFERENT COUNTRIES.
- **BETTER SUPPORTING YOUNG PEOPLE IN THEIR RELATIONSHIPS WITH THEMSELVES, IN PARTICULAR WITH REGARD TO THE MANAGEMENT OF EMOTIONS AND STRESS.** TO THIS END, A PLAYFUL AND ADAPTED TRAINING COMPONENT IS OFFERED (THROUGH CREATIVITY, THE MINDFULNESS APPROACH, CONTACT WITH NATURE, ETC.).
- **HELP YOUNG PEOPLE IN THEIR LIFE TRANSITIONS, ESPECIALLY THOSE COMING FROM AN URBAN ENVIRONMENT THAT CAN OFTEN BE DESTABILISING AND HOSTILE.**



OBJECTIVE

THE AIM OF THE PROJECT IS TO TRAIN YOUTH WORKERS TO

ACCOMPANY YOUNG PEOPLE ON THEIR JOURNEY. IMPROVING THEIR RELATIONSHIP WITH THEMSELVES, CONNECTING WITH NATURE TO WORK ON THEIR EMOTIONAL MANAGEMENT. ALONG THE WAY THEY WILL LEARN TO TAKE ADVANTAGE OF RESOURCES SUCH AS MEDICINAL PLANTS AND MAKE NATURAL PRODUCTS WITH THEM, BENEFICIAL FOR THE BODY AND WHY NOT, LEARN TO MAKE THEM YOURSELF THROUGH PRACTICAL WORKSHOPS, BENEFICIAL FOR THE MIND.



ACTIVITIES

DURING THE TC THEY WILL PARTICIPATE IN A SERIES OF ACTIVITIES:


**UNDERSTAND THE BENEFITS FOR THEIR LOCAL COMMUNITY :
THEORETICAL PART ABOUT WHY AND HOW TO BE MOTORS OF
CHANGE. THEY WILL GET SOME IMPORTANT KEYS TO DEVELOP
LOCAL INITIATIVES.**

- PREPARATION OF CREAMS AND OTHER NATURAL COSMETIC AND HEALTH COMPOUNDS.
- HOW TO PREPARE A SELF-GUIDED BOTANICAL ITINERARY.
- TO EXPAND THE AROMATIC GARDEN AND AN AROMATIC SPIRAL.
- ACTIVITIES TO RECOGNIZE OUR EMOTIONS.
- ACTIVITIES TO LEARN HOW TO RELAX, RELEASE STRESS OR MEDITATE.
- INTRODUCTION TO AROMATHERAPY AND TO MINDFULNESS.
- CREATIVE ACTIVITIES WITH DRIED OR LIVE PLANTS.

MORE...

- SENSIBILIZATION TO NATURE, THROUGH VISITS AND ECO-RESPONSIBLE HIKING
- INTERCULTURAL NIGHTS TO SHARE THEIR CULTURE
- LEARNING POSSIBILITIES THROUGH ERASMUS+ AND EUROPEAN SOLIDARITY CORPS PROGRAMMES





WE WANT TO GIVE AN INTERNATIONAL OPENNESS TO YOUNG PEOPLE AND TO EMPOWERED THEM AND GET THEM INVOLVED IN THE WAY THAT MOTIVATES THEM THANKS TO CREATIVITY. IN FACT, WE WANT THEM TO GAIN SELF-CONFIDENCE. IT WILL GIVE THEM THE OPPORTUNITY TO COME UP WITH VARIOUS IDEAS FOR PROJECTS AND ACTIVITIES AND TO LEARN FROM EACH OTHER THANKS TO THE WORKSHOPS THEY WILL HAVE TO SET UP TOGETHER.



**"NATURE IS A UNIVERSAL AND RELIABLE
TEACHER FOR THOSE WHO OBSERVE IT"**

CARLO GOLDONI



*MUNICIPAL HOSTEL

15TH - 22ND MAY 2026 (6 DAYS PROJECT + 2 DAYS TRAVEL)

WHERE?

IN THE YOUTH HOSTEL IN A RURAL AREA IN MUNEUREGA
" LA ZARANDILLA ", A FEW KILOMETERS AWAY FROM CALATAYUD
(SARAGOSSA, REGION OF ARAGON, NORTH-EAST PART OF SPAIN).

PARTICIPANTS PROFILE

THE TRAINING COURSE WILL INVITE **3/4 PARTICIPANTS FOR EACH COUNTRY FROM 7/6 DIFFERENT COUNTRIES**. WE FAVOR THE PARTICIPATION OF YOUTHS WORKERS, VOLUNTEERS, MONITORS, PLANNING TO CARRY OUT RURAL PROJECTS, INITIATIVES RELATED TO THE TOPIC (OUTDOOR ACTIVITIES WITH LOCAL YOUNG PEOPLE, WELL BEING ACTIVITIES...) AND WITH INTEREST TO BE INVOLVED . EVERY COUNTRY WILL LEAD AN ACTIVITY AS TOOLS TO WORK WITH NEEDS ABOUT "MENTAL HEALTH" (CONNECTED WITH NATURE AND-OR BODY EXPRESSION-CREATIVITY...).

NOTE THAT PARTICIPANTS SHOULD BE AWARE ABOUT THE RURAL PART WHICH IS MAINLY THE POINT OF THE PROJECT AND ALSO ABOUT THE BODY AND EXPRESSION PART. THEY WILL BE INVITED TO DIFFERENT ACTIVITIES TO CONNECT WITH THEMSELVES.

PROGRAM OVERVIEW

Program Camino 15th-22nd May '26								
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Time	Friday 15th	Sat 16th	Sunday 17th	Monday 18th	Tuesday 19th	Wedn 20th	Thurs 21st	Friday 22nd
8,30h		Breakfast						
9,30h		Energizer						
10h		Presentations team & project & participants - Mandala learning	Connecting to Group Work: Natural Environment and Well-being	Botanical Trail Design	Visit Natural Space "Monasterio de Piedra"	By groups: Design of an eco-inclusive activity/workshop	Sharing by working groups	Leaving Calatayud
11- 11:15h								
11.30-13:00		Dynamic "Being in a group" Gyncana places Hostel	Importance Of Experiences	Plant identification	Free time	Using Natural / local Resources and Well-being	Stress Management Workshop	
13:30h		Lunch						
15:30 h		Break						
16 h	Arrival to Calatayud	Nature Center La Zarandilla Visit	1- Aromatic Planting 2- Natural Cosmetic	1- Natural Cosmetic 2- Aromatic Planting	Emotional Wellbeing Workshop Group Circle	Working Group Time Sharing by working groups	Erasmus + Opportunities Mandala learning outputs Final Circle	
18,30h		Discovering Munebrega	Country Evaluation	Free Time	Arrival to hostel Free Time	Free Time	Tidy up	
20,30-22h	Dinner							
22h	Night Walk	Free Night	Free Night	Tapas Night Intercultural	Cine Forum	Free Night	Going away Party	



LOCAL SENDING ORGANIZATIONS ROLES

1) **FIND YOUR 4 PARTICIPANTS:** FIND MOTIVATED VOLUNTEERS, YOUTH WORKERS ETC.

THE VERY IMPORTANT POINT TO KEEP IN MIND IS: GENDER BALANCE AND INVOLVEMENT WITH THE PROJECT TOPIC.

2) **PREPARATION (INTERCULTURAL NIGHT AND WORKSHOP):** HELP THEM TO DESIGN A SHORT ACTIVITY BEFORE COMING.

3) **TRAVEL :** HELP TO GET THE TRAVELS TO THE GROUP. BE SURE THAT THE ARRIVAL AND DEPARTURE DAY OF THE PARTICIPANTS TO THE HOSTEL OF THE TRAINING ARE THE ASSIGNED DAYS FOR IT. THEY CAN TRAVEL WITH A FLEXIBILITY OF 2-3 DAYS BEFORE AND AFTER THE PROJECT, BUT THEY SHOULD LOOK FOR THEIR STAY, THOSE DAYS, IT WILL BE BY THEIR OWN EXPENSES. YOU WILL ENCOURAGE THE PARTICIPANTS TO CHOOSE GREEN TRAVEL AS MUCH AS IT IS POSSIBLE.

IMPORTANT: THEY SHOULD ARRIVE AT THE MEETING POINT ON SPECIFIC DAYS. IF ANY PARTICIPANT CANNOT MAKE IT ON TIME OR LEAVES EARLIER, SHOULD COMMUNICATE IN ADVANCE AND WE SHOULD APPROVE IT, IF NOT THAT PART OF THE TRAVEL COST WON'T BE REIMBURSED (WE ALREADY EXPERIENCE ISSUES WITH TRAVELS).

4) **REIMBURSEMENT:** WE WILL MANAGE TOGETHER WITH THE ASSOCIATION THE TRAVEL COSTS REIMBURSEMENT. WE WILL SEND YOU AN EXCEL DOCUMENT (ONE DOCUMENT FOR COUNTRY/ASSOCIATION) TO FILL OUT AND SEND IT BACK TO US WITH THE TICKETS OF THE TRAVELS. YOU SHOULD KEEP IN MIND THAT THE REFUND OF THE TRAVEL COSTS WILL HAPPEN AFTER THE PROJECT.

CONTACTS

PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS

Project Coordinator in Lithuania

Julija Staniulyte: julija@tavo-europa.eu



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WE LOOK
FORWARD TO
HEARING FROM
YOU !

