



# LOVE YOURSELF

## INFOPACK FOR PARTNERS

2026, March, 10th-19th

Fresno de Cantespino, Segovia, Spain

## About this Training Course

### CONTEXT

Love yourself 2026 is the fourth edition of our first Seminar called Love Yourself First, developed in 2022. This Training Course is a **9 days training (7 days plus 2 days for arrival and departure)** where youth workers and youth leaders will work in the fields of **self-awareness, selflove** and will acquire some tools to start going towards a healthy love relationship with themselves and with others.

We are developing this TC for youth workers as they may appear challenges and difficulties when working with emotions and young people.

Youth and adolescence are times of change. Many young people face these transformations with insecurity, fear, rebellion or uncertainty. Therefore, it is also an ideal age to work on self-esteem with them, since the quality of life of their adulthood can improve a lot. At the same time, many youth workers find it challenging to discover ways to include working with emotions and developing self-esteem in their approach of working with young people.

Even though this Training Course is not about getting recipes that can be used in whatever the context and it's not related to psychotherapy or psychological support in developmental psychology, we are going to **work in ourselves as the main resource**, feeling the process in a deeper way than the cognitive one (in a corporal and emotional way), we are going to start to **BE AWARE of the things that happen to us in different contexts**, reflecting about our personal approach supporting the young people we are working with.

## OBJECTIVES

Participants will:

- Work in themselves as the main resource as youth workers
- Deep their self-knowledge and awareness
- Analyze their strengths, achievements, areas for improvement and goals in life and as youth workers
- Share and exchange personal experiences (pleasant and unpleasant) and good practices
- Find a way and inspiration on creating local initiatives at work with young people
- Increase awareness and self-compassion for them, and for the others
- Learn and to put in practice the key elements and concepts of self-esteem, self-concept, self-knowledge, self-acceptance and self-respect.
- Develop participants' approach in implementing self-esteem sessions with the young people they work with on a daily basis.
- Create a network of youth workers from different countries and regions in order to exchange good practices, tools and resources



## METHODOLOGY

We would like to use different types of activities to bring a combination of experience, reflection and finding possible solutions for one's own practice. Those activities will include:

- Outdoor activities
- Time for personal discovering
- Experiential learning
- Sharing experiences and good practices
- Group discussions
- Peer learning
- Meditation and mindfulness
- Movement, physical touch and corporal practices
- Theater and expression techniques

## **PARTICIPANTS' SELECTION PROCESS**

We thank you for your efforts and would like to offer some key points to support you with the selection process:

- The activity will be in **English**. It is important that participants have at least a **B1 level and are comfortable communicating and working in this language**.
- We know that March seems far, but **flights can still be very expensive for those dates**, so buying the tickets quickly is important. **We kindly ask both national and international partners to respect the deadlines (page 5 -timeline-) to find and register participants, as well as to buy or support participants to buy travel tickets**.
- In case you are having trouble finding a participant, please let us know before the deadline so we can assess what to do. However, we would appreciate you try because if you cannot find a participant another organization will have to do it.
- Even though the destination of the flight is Madrid, **we will not be in Madrid and we won't have free time to visit Madrid city inside the programme**. Participants should be aware that we will be in a little village (Fresno de Cantespino) in Segovia (150 km. from Madrid city), which is in another region.
- This Training Course is for **youth leaders and youth workers** who are willing to enhance their competences in the field of accompanying and supporting young people in the process of gender equity, self-love and empowerment. Please, if you have 2 participants for Love Yourself, if possible, try to keep gender balance.
- They must have the **openness and willingness** to work on personal development and personal growth. It's not about tools without involving ourselves. Willingness to work on personal development and personal growth through techniques described at "methodology". • It is necessary to attend the full training course.
- They should have the **motivation to learn** with the others during discussions or peer evaluation.
- **We will share bedrooms** (3-4 people). No single bedrooms available.
- In the app. Form (link on page 5) there are some questions related with the participants' **physical and mental health status**. It is necessary that they are honest with the answers. We will treat the data according to the Data protection laws and only will be known by the team of the training.



## **FINANCIAL CONDITIONS**

This project is financed by the **Erasmus+ Programme**, under the action: **Key Action 1 - Mobility of youth workers.**

**We will not include any participation fee** and we will try to keep the budget inside the E+ limits even considering the increasing of prices in accommodation and meals.

The **travel should be arranged by the participants** and it will be covered by the Erasmus + programme, following the rules defined by this Programme (trip covered until a fixed quantity, provided in tables according to the distance between the city of the participant and the venue in Fresno de Cantespino; distance calculated with: [http://ec.europa.eu/programmes/erasmusplus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmusplus/tools/distance_en.htm) (travel budget overview per organization on page 10)).

### **⚠️ IMPORTANT**

If the participant exceeds the travel budget, he/she will have to pay the difference. The cheaper he/she gets the trip, the better. Reimbursement will be done in EUROS regardless of the mentioned currency in tickets, receipts, and invoices). All tickets purchased in any currency other than EURO will be converted and calculated according to the exchange rate of the day in which the agreement of approval was signed between Parkeri and Spanish National Agency)

## ***TIMELINE***

Once you have selected your 1 or 2 participants (depending on the accorded previous emails) to attend the activity, we'll need them to be inscribed in this app form.

***This form is ONLY to register participants that are definitely selected by your organization:***

<b>DATE</b>	<b>ACTION</b>
<b>2026, March, 10th</b>	<b>ARRIVAL DAY</b>
<b>2026, March, 11th-18th</b>	<b>TRAINING DAYS</b>
<b>2026, March, 19th</b>	<b>DEPARTURE DAY</b>

## ***TRAVEL INFORMATION***

### ***ARRIVAL (10/03/2026)***

***From Madrid Airport to Boceguillas:***

i) From Madrid airport (T4) to Boceguillas:

Take the bus: Madrid Barajas - BOCEGUILLAS

***BUS HOURS FOR ARRIVAL FROM THE AIRPORT:***

**[LINK ALSA BUS AIRPORT-BOCEGUILLAS](#)**

- ***18:15 - 19:16 (recommended)***
- ***21:45 - 22:46***

***It would be perfect that they can take the bus leaving at 18:15 from the airport so we can have dinner together.***

ii) From Avenida de América (Madrid bus station) to Boceguillas:

***BUS HOURS FOR ARRIVAL FROM AVDA. AMÉRICA:***

**[LINK ALSA BUS MADRID BUS STATION-BOCEGUILLAS](#)**

- ***7:30 - 9:16***
- ***14:45 - 16:31***
- ***18:00 - 19:16 (recommended)***
- ***21:30 - 22:46***



## **DEPARTURE (19/03/2026)**

We will leave after breakfast. **Minimum Madrid flight departure hour recommended at 11:00h.**

The team will leave participants in Boceguillas.

### ***BUS HOURS FOR DEPARTURE FROM BOCEGUILLAS TO THE AIRPORT: [LINK ALSA BUS BOCEGUILLAS-AIRPORT](#)***

- **6:25 - 7:50 (recommended)**
- 18:25 - 19:35

### ***BUS HOURS FOR DEPARTURE FROM BOCEGUILLAS TO AVENIDA DE AMÉRICA:***

#### ***[LINK ALSA BUS BOCEGUILLAS-MADRID BUS STATION](#)***

- **6:25 - 7:35 (recommended)**
- **8:13 - 9:58 (recommended)**
- 15:28 - 17:13
- 18:25 - 19:50



## **REIMBURSEMENT**

**REIMBURSEMENT WILL BE DONE THROUGH BANK TRANSFER AFTER THE ACTIVITY IF ALL THE PROJECT CONDITIONS AND RULES HAVE BEEN FOLLOWED:**

### **A) IF PARTICIPANTS TRAVEL BY BUS, TRAIN OR PLANE:**

To receive reimbursement, they need to provide us with all the original tickets of transportation modes (plane, train, or bus) that are used during your trip from the departure city/town to Madrid. These include:

- Receipts
- Boarding passes/travel tickets
- Invoices

Train and buses are considered **GREEN TRAVELS**. Use them when possible.

**B) IF PARTICIPANTS TRAVEL BY CAR:** Due to Erasmus+ Green Travels, we can reimburse car-pooling or car-sharing. **Minimum for considering Green Travel, there must be 3 people per car.**

The more people you share the car with, the better (please if you use this transport mode, confirm with us first to support you). We will make a receipt with the money amount for you to sign once you are here.

Please, consider that we are going to pay **0,21€ per kilometer**.

If participants are coming by car the meeting point will be maximum at **18.00 at Albergue La Tormenta, Fresno de Cantespino, Segovia**.

**Participants can arrive or depart 2 days before and/or after the activity.**

**✗ WE CANNOT REIMBURSE:**

- Travel costs without original documents
- Taxi or external people bla-bla car

### TRAVEL BUDGET PER ORGANIZATION

Participants	Organization	Country	City	Budget
4	PARKERI	Spain	Serradadela Fuente	28€
2	GAIA	Portugal	São Luís	309€
4	Magdalena Morán	Spain	Madarcos	28€
2	Noi Orizonturi	Romania	Lupeni	395€
2	Proyecto Kieu	Spain	Numanciade la Sagra	211€
2	TAVO	Lithuania	Vilnius	395€
2	Intercambia	Spain	Málaga	309€
1	IYER	Denmark	Randers C	309€
2	ASOCIAȚIA SĂNĂTATE PENTRU VIAȚĂ	Romania	Bucharest	395€
2	A Room in Ezo	Georgia	Tbilisi	580€
2	Walktogether Bulgaria	Bulgaria	Bankya	395€

*Please, note that the city of origin may be different than your organization's address. The travel budget will be calculated from the city of origin of each participant. Some changes in the budget may be possible.*

## THE VENUE

**Fresno de Cantespino** is a nice place on the mountains, surrounded with nature and forests; it is a quiet place with a nice working atmosphere.



We will be staying in **Albergue la Tormenta** in the center of Fresno de Cantespino, Segovia, one hour and a half far away from Madrid city center: <https://albergue.latormenta.es/>

We will be accommodated in shared rooms with shared bathrooms..

### **⚠ Food & Accommodation**

Food and accommodation will be **100% covered during the training dates** (starting with dinner on the 10th and finishing with breakfast on the 19th).

**NO FOOD OR ACCOMMODATION COSTS WILL BE COVERED OUT OF THE TRAINING DATES.**



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# Contact Us!



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# Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

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>