

LEARNING THROUGH EXPERIENCE

Facilitation, care and social permaculture in youth work

TRAINING COURSE

3 - 9 MARCH 2026

Villalibado, Burgos - Spain



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ABOUT THE PROJECT

Learning Through Experience (LTE) is a Training Course developed by Brújula Intercultural within its Erasmus+ accreditation in the field of youth work. Brújula Intercultural is an organisation based in a rural area of the province of Burgos (Spain), working mainly in non-formal education, youth participation, inclusion, sustainability, rural development and community wellbeing. The organisation understands rural contexts as **living educational spaces** and designs learning processes connected to place, relationships and community life. LTE builds on Brújula Intercultural's experience in coordinating international Training Courses and Youth Exchanges focused on experiential learning, facilitation and group dynamics. Through this experience, the organisation identified the need for spaces where youth workers can **experience, reflect on and practise** how learning happens in groups, beyond theoretical discussions.

The Training Course is inspired by principles of **social permaculture**, which offer a way to understand groups and organisations as living systems. These principles support youth workers in observing patterns, caring for people, valuing diversity and designing educational processes that are sustainable for both individuals and groups. Rather than providing ready-made methods, LTE offers a structured learning journey where participants develop awareness, criteria and confidence in their role as facilitators. The Training Course takes place in a rural setting that supports reflection, connection and attention to group processes, and forms part of a broader educational pathway connecting Training Courses and Youth Exchanges through a shared pedagogical approach.



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WHY THIS TRAINING COURSE

Based on Brújula Intercultural's experience in coordinating youth exchanges and training courses, LTE responds to a recurring need in youth work:

Many youth workers facilitate activities, but have limited space to:

- reflect on how groups function as systems,
- understand their own role as facilitators,
- integrate care, inclusion and sustainability into educational processes.

LTE creates a space to slow down, observe and practise facilitation from the inside, strengthening the quality and impact of non-formal education experiences.

AIMS AND LEARNING OBJECTIVES

To strengthen youth workers' capacity to design and facilitate meaningful, inclusive and sustainable non-formal education processes, grounded in experiential learning.

Learning objectives

By the end of the Training Course, participants will:

- experience learning processes based on action, reflection and transfer;
- develop skills to observe and read group dynamics;
- strengthen their facilitation practice in intercultural contexts;
- explore the role of care, inclusion and wellbeing in group processes;
- work consciously with roles, limits and responsibility;
- gain inspiration from social permaculture applied to youth work;
- increase their ability to design activities transferable to their local practice.



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METHODOLOGICAL APPROACH

The Training Course is based on **non-formal education and experiential learning**, following the principle that learning emerges from direct experience and collective reflection.

The **methodology** combines:

- practical group activities,
- body-based and participatory methods,
- observation of group processes,
- peer learning,
- and guided reflection spaces.

The **learning cycle** follows four recurring phases:

1. **Experience** – participants engage in activities involving interaction, space and group dynamics.
2. **Reflection** – collective and individual reflection on what happened and how the group functioned.
3. **Theoretical framing** – short and accessible inputs introducing concepts related to facilitation, group processes and social permaculture.
4. **Transfer** – connecting learning to participants' own youth work reality.

Social permaculture is used as an inspirational framework throughout the training, helping participants to see groups as living systems and to design educational processes that care for people, relationships and resources.



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LEARNING PATH & PROGRAMME OVERVIEW

The Training Course lasts **7 days (including travel)** and follows a progressive learning path:

- Day 1: Arrival, dinner and light getting-to-know-each-other activity
- Days 2-5: Full training programme (morning and afternoon sessions)
- One afternoon: Free time and intercultural aperitif
- Day 6: Training sessions in the morning, evaluation and closure in the afternoon
- Day 7: Departure

Each full training day includes four working blocks of 1.5 hours (two in the morning and two in the afternoon), balancing intensity, reflection and care.

PROFILE OF PARTICIPANTS

Each partner organisation will participate in the Training Course with two youth workers. The Training Course is addressed to youth workers who:

- are over 18 years old;
- are active in youth work, non-formal education or community-based projects;
- are interested in facilitation and group processes;
- are open to experiential and participatory learning;
- have a working knowledge of English.

Previous experience in international projects is welcome but not required.

For partner organisations that will also participate in the Youth Exchange organised by Brújula Intercultural in 2026, **the Training Course is conceived as a capacity-building step**. Whenever possible, partners are asked to involve in the Training Course the youth worker(s) who will later take part in the Youth Exchange as group leaders or co-facilitators.



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PRACTICAL INFORMATION

LOCATION - VILLALIBADO (BURGOS, SPAIN)

The Training Course will take place in Villalibado, a small village in the province of Burgos, in northern Spain. Villalibado is a unique rural place that was semi-abandoned for more than 30 years and has been gradually rehabilitated as a rural tourism and community space. Today, the village offers a quiet and inspiring environment, surrounded by nature, which supports focus, reflection and group connection. The rural setting is an important part of the learning experience, allowing participants to step away from daily routines and fully engage in the training process.

VENUE & ACCOMMODATION

Participants will be hosted in El Convento ("Las de Villadiego"), a restored rural complex located in Villalibado.

Accommodation will be provided in double rooms with private bathrooms.

Bed sheets and towels are provided by the accommodation.

The complex offers:

- a large activity room for training sessions,
- a dining room where meals and coffee breaks will be served,
- spacious outdoor areas that may be used for activities and informal moments, weather permitting.

All training sessions, meals and accommodation will take place in the same venue, ensuring a comfortable and cohesive learning environment.



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PRACTICAL INFORMATION

EL CONVENTO "LAS DE VILLADIEGO"



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WHAT TO BRING

As the Training Course is based on experiential and participatory learning, participants are kindly asked to bring:

- comfortable clothes suitable for movement and indoor activities;
- warm clothes (early March can be cold in Villalibado);
- comfortable shoes for outdoor activities;
- personal toiletries;
- a reusable water bottle;
- any personal items you may need for your wellbeing during the training.

Please note that the nearest shops and supermarkets are about 40 minutes walking distance from the accommodation. Participants are therefore advised to bring any personal items they may need during the week (e.g. snacks, personal products, medication). Bed sheets and towels are provided by the accommodation.

INTERCULTURAL APERITIF

One evening of the Training Course will be dedicated to an intercultural aperitif. Participants are invited to bring **food and/or drinks from their local context, country or culture** to share with the group. This moment is meant as an informal and convivial space to exchange traditions, tastes and stories.



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WHAT TO PREPARE

No specific preparation or prior knowledge is required.

Participants are invited to arrive with an **open attitude towards experiential learning, reflection and group work**, and with a willingness to actively engage in the training process.

During the Training Course, there will be space for participants to bring their own questions, challenges and interests related to facilitation, group processes and youth work. Some moments of the programme will be shaped together with the group, following an **open and participatory approach** in line with the learning philosophy of the training. Participants may therefore wish to reflect in advance on:

- a group situation, challenge or learning moment they have experienced in their youth work;
- questions they currently have about working with groups, participation, care or inclusion;
- topics or situations they would like to explore with peers.

These reflections will serve as a starting point for collective learning and exchange during the Training Course.



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TRAVEL & TRANSPORTS

GROUND RULE - READ CAREFULLY

Before purchasing any travel tickets, all participants/organisations must send **their proposed travel option** and wait for confirmation.

Brújula Intercultural will check the proposed travel option to ensure compliance with Erasmus+ rules and reimbursement limits.

⚠ Important: Brújula Intercultural is not responsible for tickets purchased without prior approval, and such travel costs may not be reimbursed.

PROJECT DATES AND ADDITIONAL TRAVELS DAYS

The Training Course will take place **from 3 to 9 March 2026, with 3 March as arrival day and 9 March as departure day**. The project covers travel costs during these official dates and also allows up to a **maximum of two additional travel days in total, which can be used before and/or after the activity**. This means that participants may arrive earlier or depart later, as long as the total number of extra days does not exceed two. Please note that for any additional travel days, Brújula Intercultural does not provide accommodation or food, and all related costs must be covered by the participant. Travel itineraries that do not respect these rules will not be reimbursed.



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TRAVEL & TRANSPORTS

ARRIVAL DAY AND TRANSPORT TO VILLALIBADO

Participants are expected to arrive on 3 March 2026 before 7:00 PM either at Burgos bus or train station or directly at Villadiego (a village located 5 minutes from Villalibado).

Brújula Intercultural will organise pick-up to the accommodation:

- from Burgos bus/train station, or
- from Villadiego, for participants arriving there by bus.

Participants arriving later than 7:00 PM must inform the organising team in advance and may not be able to join the organised transfer.

ARRIVAL VIA VILLADIEGO

Villadiego is the closest village to Villalibado and is connected by direct buses from Burgos bus station, operated by **AMAYA buses**.

On the arrival day (3 March 2026), buses from Burgos bus station to Villadiego, depart at:

- 1:00 PM
- 5:30 PM

Brújula Intercultural will pick up participants directly in Villadiego and bring them to the accommodation.

⚠ Important: Tickets for the Burgos – Villadiego route with AMAYA buses can be purchased only at the bus station, not online.

Important note about Burgos train and bus stations

Please note that Burgos train station is located far from the bus station.

Participants arriving in Burgos by train and continuing by bus must calculate approximately 1 hour to move from the train station to the bus station, using the city bus line 2.

This time must be taken into account when planning connections.



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TRAVEL & TRANSPORTS

DEPARTURE DAY AND RETURN TRANSPORT

The official departure day is 9 March 2026. On the departure day, buses from Villadiego to Burgos bus station depart at: 8:30 AM and 10:30 AM. Brújula Intercultural will organise transport from the accommodation to Villadiego for participants using these buses.

When planning onward travel from Burgos to other cities or airports, participants are kindly asked to consider the travel time and are therefore strongly advised not to book any return flight before 2:00 PM.

TRANSPORTS TO BURGOS

The nearest international **airports** to the city of Burgos are:

- **MADRID** (230 km)

There are more than 10 direct daily buses connecting Madrid airport with the city of Burgos. At Madrid Airport, in Terminal 4, simply follow the signs for the Bus Terminal and in a couple of minutes you will reach the airport bus station.

A bigger number of buses leave, daily, from Madrid city bus stations to Burgos.

- **VITORIA** (120 km)

From Vitoria you can easily reach Burgos by train or by bus.

- **BILBAO** (170 km)

From Bilbao you can easily reach Burgos by train or by bus.

- **SANTANDER** (180 km)

From Santander you can easily reach Burgos by bus.

The official website for **train transportation**: <https://www.renfe.com/es/en>

The official website for **bus transportation**: <https://www.alsa.com/en/web/bus/home>



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TRAVEL & TRANSPORTS

GREEN TRAVEL

Brújula Intercultural, in agreement with the European Commission, encourages participants to travel avoiding flights, when possible, for environmental reasons.

Meaning using means of transportation such as trains, busses, ferries, or car sharing.

Using green travel, you are allowed to:

- have a higher travel budget: for example, 285€ instead of 211€. Check the table in the next pages for more detailed information;
- have two travelling days for the outbound and two travelling days for the return.



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TRAVEL REIMBURSMENT

The travel costs will be covered up to the amount based on distance calculator by the European Commission. It is fundamental that you keep all your original travel documents: bus and train tickets, invoices, and boarding passes, etc. **The reimbursement cannot be done without these documents.**

Consider that taxis and first-class tickets cannot be reimbursed.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

Participants will be reimbursed after the end of the project, once they provide all the original travel documents (including plane, train, bus and shuttle tickets for the return trip, which have to be sent by post if they are not digital) and answer the report. Further and detailed instructions will be given during the project.

Travel distance	Non-Green travel	Green travel
10 - 99 km	28€	56€
100 - 499 km	211€	285€
500 - 1999 km	309€	417€
2000 - 2999 km	395€	535€
3000 - 3999 km	580€	785€



DEADLINES

Given the increased cost of transport, we kindly ask you to send **travel options as soon as possible and no later than 9th February 2026**, and to proceed with the purchase immediately after receiving confirmation from the organisation.

COMMUNICATION

After receiving all travel confirmations, we will send a PARTICIPATION FORM to be completed and we will create a project WHATSAPP GROUP to keep communication faster and smoother.



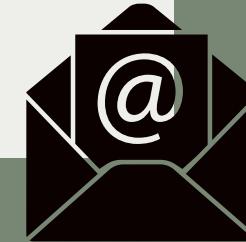
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CONTACTS

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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.

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