

Roots of Change

A youth exchange dedicated to sustainability and environmental awareness.

July 4th – July 12th, 2026 | Segovia, Spain
Hosted by Proyecto Kieu & Byoungsters



Who Are We? The Participants



48 Total

Passionate young people coming together to make an environmental impact.



9 Networks

Visiting partner organizations representing different European nations.



National Teams

Each visiting country will be represented by 4 participants + 1 Group Leader.



Host Team

Guided throughout the exchange by the Byoungsters team: Dani, Alba, and Lautaro.

Project Objectives & Goals



🎯 General Objective

To foster active participation and the development of key competences in youth through non-formal education experiences in natural environments, promoting sustainability and social commitment.

⚡ 1. Youth Empowerment & Autonomy



Encourage participants to develop confidence, initiative, and the ability to take action to positively influence their surroundings.

🌱 2. Sustainability & Social Change



Stimulate an active attitude towards environmental and social challenges, fostering responsible and sustainable behaviors.

💡 3. Key Competences for Life



Enhance skills such as leadership, communication, critical thinking, creativity, and teamwork through experiential methodologies.

🇪🇺 4. European Dimension & Cooperation



Reinforce the sense of belonging to a common European citizenship, promoting cooperation, intercultural understanding, and shared values.

The Venue

Albergue San Rafael / Alto de León 🌲

[Albergue Juvenil San Rafael \(El Espinar, Segovia\) - Arcinature](#)

Facilities & Accommodation

- 🌱 **Rooms:** 9 heated rooms distributed across 2 floors, featuring bunk beds and individual lockers (total capacity of 59 people).
- 🌱 **Bathrooms:** 2 full, gender-separated bathrooms on each floor.
- 🌱 **Common Areas:** A cozy common room equipped with a television, a fireplace, and firewood.
- 🌱 **Workspaces:** 3 indoor meeting rooms/classrooms and 1 outdoor classroom.
- 🌱 **Meals:** A fully equipped kitchen and dining room.

Outdoors & Sports

Enjoy the garden, a multi-sports court, and a beach volleyball court during free time.

Important Reminder:

⚠️ **Important Reminder:** * The hostel does not provide towels. Every participant must bring their own.



What else should you bring?



Outdoor Footwear: We will be in a pine forest; please bring sturdy sneakers or hiking boots

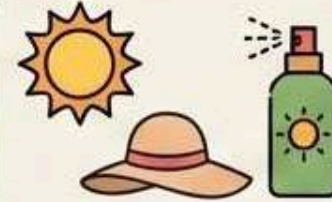


Warm Layers: Even in July, nights in the Segovian mountains can be chilly. Bring a hoodie or a light jacket.

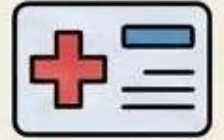
- **Reusable Water Bottle:** To reduce plastic waste, we will have refill stations.
- **Sun & Bug Protection:** Sunscreen, a hat, and insect repellent are highly recommended for our outdoor activities.
- **Health Card:** Don't forget your European Health Insurance Card (EHIC) or personal travel insurance documents.



Reusable Water Bottle: To reduce plastic waste, we will have refill stations.



Sun & Bug Protection: Sunscreen, a hat, and insect repellent are highly recommended for our outdoor activities.



Health Card: Don't forget your European Health Insurance Card (EHIC) or personal travel insurance documents.

How to Get There



July 4th, 2026

Official arrival date for all visiting international participants.



6:00 PM Sharp

We will take a regional train together from Madrid directly..



Before 6:00 PM

Meet in Madrid. We highly recommend arriving with plenty of time to spare.



We will take a regional train together from Madrid directly to the accommodation area.



Evening

Arrival at Albergue San Rafael, room allocation, and welcome dinner.

Project Structure & Itinerary 📅 (provisional)

Date	Morning (09:30 – 13:00)	Afternoon (15:00 – 18:30)	Evening (21:00+)
July 4th	Arrivals in Madrid	Travel to Segovia Venue	Welcome Dinner & Icebreakers
July 5th	Team Building & Integration	Intro to Sustainability Goals	Intercultural Night (Part 1)
July 6th–10th	Eco-Workshops & Debates	Local Action & Gardening	Reflection Groups & Free Time
July 11th	Project Evaluation	Youthpass Certification	Farewell Party

Our Daily Rhythm



08:30 – Breakfast

We start early! You will have a full hour to enjoy breakfast and get ready for the day's first workshops.



13:30 – Lunch & Siesta

Due to high midday temperatures, we have a 2-hour break. 1 hour for lunch, followed by 1 hour of rest/siesta to avoid the heat.



20:00 – Dinner & Nights

Dinner is served at 8:00 PM. Afterwards, from 21:30 to 23:00, we will host our lively National Evenings.





Note: We will schedule frequent hydration breaks throughout the morning and afternoon workshops to keep everyone fresh!

Project Itinerary (Days 1 - 4) (Provisional)

*TBD = to be designed

Day 1 (July 4)

 **09:00 – 13:00:**
Arrivals in Madrid

 **15:00 – 19:30:**
Train to Venue
(6:00 PM)

 **21:30 – 23:00:**
Welcome Dinner
(20:00) &
Icebreakers

Day 2 (July 5)

 **09:00 – 13:00:**
Team Building &
Intro
National Act:
Topic TBD

 **15:00 – 19:30:**
Host: Pollution:
Holi Paint War

 **21:30 – 23:00:**
National Evening
(2 Countries)

Day 3 (July 6)

 **09:00 – 13:00:**
National Act:
Topic TBD
Host: Eco
Bracelets & Cups

 **15:00 – 19:30:**
Host: Circular
Economy: Eco
Casino

 **21:30 – 23:00:**
National Evening
(2 Countries)

Day 4 (July 7)

 **09:00 – 13:00:**
National Act:
Topic TBD
Host: Survival
Gymkhana

 **15:00 – 19:30:**
Host: Aquatic
Ecosystems:
Water War

 **21:30 – 23:00:**
National Evening
(2 Countries)

Project Itinerary (Days 5 - 9) (Provisional)

Shift	Day 5 (July 8)	Day 6 (July 9)	Day 7 (July 10)	Day 8 (July 11)	Day 9 (July 12)
 Morning (09:00 - 13:00)	 National Act: TBD	 National Act: Host: Water Importance Games	Full Day Trip to Segovia City	National Evening (2 Countries)	Breakfast & Departures
 Afternoon (15:00 - 19:30)	 Host: Water Importance Games	 National Act: Host: ECO			
 Evening (21:30 - 23:00)	 National Evening (2 Countries)	 National Act Evening (2 Countries)		Farewell Party & Reflection	 Breakfast & Departures

Multicultural Activities



You are welcome to bring something you would like to share with us from your country for our National Evenings!

Traditional Food



Music & Dance



Games & Crafts



Pictures & Stories



Don't bring alcohol

If you want to bring a typical drink for the cultural night, we kindly ask you to bring something non-alcoholic. We want our activities to be completely alcohol-free as part of the strict Erasmus+ policy. By participating in this activity, you accept this policy.

Important Things to Bring

Personal Documents

Passport or ID: To enter Spain, you need a valid identity document (passport or identity card).

Visa: Citizens of EU and EFTA countries do not need a Visa. If your nationality requires one, please apply immediately as the process can take time. Let us know if you need an official confirmation/invitation letter.

Insurance

European Health Insurance Card: Spain has agreements for the recognition of insurance systems within the EU. Please bring your EHIC card to be covered for illness and accidents just as you are in your home country.

Disclaimer: Health, accident, and repatriation insurance is covered by the project, but travel insurance remains the responsibility of the participant. You are free not to purchase it, but we highly recommend doing so to avoid unforeseen issues.

Other Considerations



National Activities

Each participating country will design and lead one activity about the chosen topic. Please send us your ideas privately in advance so we can confirm there are no repetitions. Additionally, notify us if you require any specific materials for your workshop so we can arrange them!



Participation Fee

As agreed during the APV, if your allocated travel budget is not completely exhausted, a €25 fee will be retained from the remaining balance. This helps the newly established BYOUNGSTERS association build a small fund for future projects and unforeseen expenses.

Travel Grant Limits

Travel costs (round-trip) will be reimbursed according to the official Erasmus+ distance bands. Below is the maximum travel budget allocated per participant:

Calculate Your Distance: [Erasmus+ Distance Calculator](https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator)

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Erasmus+ Distance Band	Standard Travel Max Limit	Green Travel Max Limit
 100 - 499 km	€211.00	€285.00
 500 - 1999 km	€309.00	€417.00
 2000 - 2999 km	€395.00	€535.00
 3000 - 3999 km	€580.00	€785.00

Reimbursement Rules



Distance Calculation:

Please strictly use the official Erasmus+ Distance Calculator to find your band. Our destination is the **Proyecto Kieu Office, Numancia de la Sagra (Toledo), Spain.**



Keep ALL Documents:

Reimbursement is strictly conditional. The sending organizations are responsible for submitting all travel documents (**flight tickets, boarding passes, invoices**). Boarding passes are mandatory for correct justification!



Green Travel Initiative:

Aligning with our "Roots of Change" mission, we strongly encourage choosing sustainable transportation methods (train, bus, or carpooling) whenever possible.



Process & Transfer:

Reimbursements will be processed via bank transfer to the partner organizations after the project concludes and all final evaluation/dissemination tasks are completed.

Policies & Code of Conduct

In order to receive reimbursement for all expenses and ensure a safe environment, you must adhere to the following guidelines:



Attendance: You are required to participate in **all scheduled activities** of the youth exchange to be eligible for a refund.



Alcohol & Drug Consumption: The consumption of alcohol or drugs is **strictly prohibited** both within the hostel facilities and during all outdoor activities and cultural visits.



Discriminatory Behaviours: Any form of discriminatory behavior is **entirely forbidden**. This includes racism, sexism, or any disrespectful conduct targeting a person's identity. It will not be tolerated under any circumstance.



Responsibilities & Communication



Roles & Management

Each Group Leader is responsible for their national team's **punctuality**, engagement, and well-being.

Conflict management protocols will emphasize **active listening**, **group mediation**, and a **strict safe-space policy** to ensure everyone feels respected and heard.

“We don't want to act like drill sergeants; we trust that, as adults in this exchange, we are all mature enough to understand that this is not a holiday. Active participation and a proactive attitude are indispensable. However, we want to make it clear that just because we aren't overly strict doesn't mean inappropriate behavior won't have consequences.”



Communication

- A dedicated **Leaders' WhatsApp group** will be established prior to the exchange. This will be the primary channel for rapid communication, sharing daily schedule updates, organizing meeting points, and emergency contact during the project.
- In addition, there will be the **main WhatsApp group** of the project for all participants.

Dissemination & Visibility Plan



Local Actions

Engaging directly with communities through environmental cleanups and planting native flora in Segovia.



Documentaries

Producing short films to capture our eco-initiatives, sharing our impact with a wider European audience.



Let's have an Impact Together!

We look forward to planting the roots of change with you!

proyektokieu | byoungsters



Contact Us!

Project Coordinator in Lithuania

Austeja Amankaviciute

austeja@tavo-europa.eu



Co-funded by
the European Union



Join with Tavo Europa

Explorer 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>



Co-funded by
the European Union

