

# S.T.A.R.S.

SUSTAINABLE NATURAL TREASURES AND RURAL SOLUTIONS

From September 2nd to 9th, 25 young people and 5 youth leaders from **Spain, Italy, Turkey, Moldova and Portugal** will share a week of work in Yanguas (Soria- Spain) with the aim of developing initiatives and projects of rural entrepreneurship from a sustainable model, just and human through the approach to natural and local resources and the reconnection with nature,



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S.T.A.R.S. is a project aimed at **fostering the sense of initiative and entrepreneurship of young participants through the approach to natural resources and reconnection with nature**, stimulating their creativity and critical awareness to respond to the current challenges they face, from a more sustainable, fair and human model.

The meeting will be held in the municipality of **Yanguas (Soria) between September 2nd and 9th 2018**, and will receive 30 participants (25 youngsters and 5 Youth Leaders) from 5 different countries (**Spain, Portugal, Italy, Moldova and Turkey**). It is conceived as an experience of coexistence in which participants can get in touch with young people from other countries and collaborate together in a creative **search for personal and professional future solutions for their lives. We will value the natural characteristics of the rural environment and its contribution to human well-being**, both physically and emotionally and energetically. In this way we want to motivate young people towards eco-entrepreneurship and a sense of initiative, generating solutions to the lack of opportunities.

For this we will promote **creativity** as a tool for social and labor construction, we will improve the competences of the participants in different areas that reinforce their **confidence, self-esteem and empowerment**, we will improve their **self-knowledge** and their **personal abilities** as their main source of personal wealth, we will develop **employability** and the **development capacity** of young people living or aspiring to live in rural areas and we will promote the participation of young people as active citizens in the local development of their places of origin, fostering a sustainable, inclusive and cooperative model.



The project is aimed at young people between 18 and 30 who are concerned about creating a personal project of life and growth in rural environments, interested in developing a healthy and sustainable lifestyle and sensitized to environmental problems and the threat of depopulation of the rural territory.

This youth-exchange is for:

- Young people **sensitive to environmental problems** and the efficient use of local resources.
- People with concerns about **personal growth, well-being and initiative to start projects**.
- Young people **living in rural areas** or willing to become repopulators in rural areas.
- People with an interest in **improving their personal empowerment** and designing a viable life project that is coherent with their concerns.
- People **sensitive to both emotional and physical, spiritual and energetic aspects**. Aware of the importance of all these fields in a holistic way of life, for personal well-being and development.
- Young people interested in **sharing a week of experiences and practicing English** with peers from other countries.

We will use a variety of non formal methods, based in experiential learning and self directed learning, combining group work and dynamics, games, discussions and personal reflection. But our main tool will be how to use nature and wellness as a common language to promote some values regarding careness, equality, critical thinking, creativity and personal development.

Participants are expected to take a central role, and their active participation will be the most important income for the YE and its development. All the group will be responsible for its own learning and the whole process, taking care of each other during the project.

The STARS exchange is proposed as a process that, from start to finish, awakens awareness, analyzes and deepens into the rural and social development and tools to reach it in a sustainable and constructive way.

The working language will be English.



**Yanguas** has recently joined the list of the Most Beautiful Villages in Spain. It was of great importance in the Middle Ages, when it was one of the heads of Comunidad de Villa y Tierra.

At present this town located north of Soria has only 100 inhabitants. So it is a very quiet place to visit, where we can walk its sloping and cobbled streets to see its monuments. Among the points of interest of Yanguas are the remains of its **old castle and its walled enclosure** that date back to 1144, as well as the churches of **Santa María and San Lorenzo**, both of Gothic style.

There are several routes to follow in which we can discover the **footprints of the dinosaurs**, which inhabited this area thousands of years ago.



The **Yanguas Rural Hostel** is located in the village of Yanguas, next to the Cidacos River, and offers a terrace with outdoor tables and umbrellas. Wi-Fi is free in all areas. You will find a cozy and family-like atmosphere, suitable for weekend getaways and vacations.



It has services of Bar-Restaurant and Cafeteria, Terrace and a really spectacular outdoor setting.

1 room with 2 bunk beds (capacity for 4 people), 2 rooms with 3 bunk beds (capacity for 6 people, each one) and 1 loft with capacity for 18 people. Toilets on the first floor and on the ground floor shared showers and toilets.

All dormitory rooms include heating and linens. In the hostel there is a shared lounge with TV and a restaurant, where breakfast is served daily.



## HOW TO GET TO YANGUAS?

We will set a meeting point in Soria city BUS STATION at your arrival.

Soria is connected to the main Spanish cities (Madrid and Zaragoza are the closest and easier cities to reach from here) through bus and train.

You can also take a direct bus from Madrid Airport T4 to Soria.

You can check the connections and buy your tickets on their websites:

[www.alsa.es](http://www.alsa.es)

[www.renfe.es](http://www.renfe.es)

## TRAVEL REIMBURSEMENT

This Youth Exchange is financed by ERASMUS+ Program, and the reimbursement of your travel cost is subject to the following criteria:

**To be sure you get the reimbursement, please remind to:**

**1) buy economy fare /most cheap fare tickets (2nd class).**

**2) keep with you all boarding pass, invoice and tickets (original travel documents... bus, metro or train tickets, boarding passes...), in economy class, with your name on them, the price clearly stated.**

**Trips by private car or taxi cannot be refunded.**

**3) The travel reimbursement will be effective once we get all the original documents of your travel**, which you will have to send by post after the YE, so approximately 4 weeks after the project ends.

We will cover the participants travel to a maximum of

**275€/** participants coming from Italy, Portugal, Rumania and Germany

**360€/** participants coming from Turkey

**If you exceed this limits, the cost of the excess will be covered by yourself.**

You can book your trip considering arriving up to 2 days before the **beginning** of the activity, and **departing** 2 days after the end, and take that time for your personal leisure.

**NO MORE than 2 days before and after.**

**IMPORTANT:** Please, inform us of your travel plan BEFORE buying any ticket, so we can check it out and make sure everything is ok!!!

## INSURANCES

Obtaining a full insurance (travel risks, medical, injuries) **is the participant's responsibility.**

We strongly suggest you to have the European Health Card.

Being healthy enough to face the activity is also responsibility of the participants, and they must inform the organization of any health problem that we should take into account before the start of the activity.

## **MONEY**

Spain uses Euro, for those of you coming from countries that don't use it, be prepared by either changing money prior to your travel, changing money at the airport or in the exchange places in town or just bring your bank card and withdraw money in the ATM's or pay with card. Its always nice to have some pocket money with you. You can check the exchange rate and do fast conversions in this site: <http://www.xe.com/ucc/>

## **OTHER USEFUL INFORMATION**

Soria is 1100m over the sea level, so during nights the temperature can be **LOW, even in summer.**

### **WHAT TO BRING:**

- Warm clothes, Raincoat
- Towel and toilet bag.
- ID: in Spain is compulsory to carry your ID with you anytime.
- Passport (if needed).
- Sport/comfortable clothes and shoes. The less clothes, the better!
- Info/materials you would like to share with the others.
- Something for eating to be shared in the intercultural evening, preferably local food
- **LEARN HOW TO TRAVEL LIGHT, THIS IS OUR BEST ADVICE!**

- The participants commit themselves to actively participate in the whole process, including: to read all the information carefully, communicate timely with the organisers, prepare adequately for the YE; to take actively part in the full duration of the activities; to participate in the evaluation process after the course.

- Pictures, videos, images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports, websites, social networks, or for promotional material.

- Providing information on special needs, does not remove the participant's personal responsibility for ensuring their own health and safety.

## **EMERGENCY CONTACT**

Before and during your stay in Spain, it might be useful to remember the following phone-numbers:

**Belén Andreu: +34 651 39 31 02**

**Lucia Fernandez de Soto: +34 650 14 42 49**

CONTACT THEM IN CASE OF PROBLEMS on arrival day IN YOUR TRAVEL, DELAY, PUBLIC TRANSPORTS. In case of delays please send at least an sms to us. In case your luggage got lost...

For any question or support do not hesitate to contact us to the address  
harmoniicoaching@gmail.com

### **SOME USEFUL WORDS IN SPANISH**

<b>Yes</b>	Sí
<b>No</b>	No
<b>Hello</b>	Hola
<b>Goodbye</b>	Adiós
<b>Please</b>	Por favor
<b>Thank you!</b>	Gracias
<b>My name is...</b>	Me llamo...
<b>Could you help me...?</b>	Me podría ayudar...?
<b>I don't understand</b>	No lo entiendo
<b>How much does it cost?</b>	Cuánto cuesta?
<b>One beer, please</b>	Una cerveza, por favor
<b>Can you warn us when we get to Soria, please?....</b>	Podría avisarnos cuando lleguemos a Soria, por favor?