

YOUTH EXCHANGE

INFOPACK

“WE ARE THE CHANGE”

29/06/2022 – 07/07/2022

Cretas, Spain

(5 participants + 1 group leader)

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1 1 About the project



Kurkum Farm is a magical place between the olive trees and the almond trees, near the magnificent mountains of the Puertos de Bec-eite. The farm is located at 1,5km from the medieval village Cretas, in the heart of the Matarraña area on the Spanish countryside. It is a space to share, create and learn together, to live a healthy and sustainable life, in harmony with nature. A place for reflection, healing and transformation.

We, Rekha and Kat, are the two women running this place and hosting the program. We will take the participants on a journey through the things we've learned along the

years, concerning how to live a life more attuned to (inner and outer) nature. Themes that will pass by are yoga, meditation, ayurveda, aromatherapy, permaculture, gardening, natural construction, self-sufficiency, soundhealing, medicine walk, etc.

Something we will work on along the program with the participants is to visualize their dreams, discover their talents and their mission in life. According to us this is one of the most important steps in the unfolding lives of young people in order to become happy and lead a fulfilled life. We believe that anyone who knows clearly what they want in life can "Make it happen"!

We hold sharing circles regularly because we find it very important to give everyone the space to speak and to listen to each other. We love to share, make music and celebrate.

The food will be vegetarian and part of it will come from our own organic vegetable garden.

Welcome to everyone who feels the calling!

1.2 Key principles

- **Culture of service**
- **Community and personal and social evolution**

- Open Mind
- Commitment
- Positive Thinking
- Ability To Self-Regulate
- Healthy Living
- Ecological Living
- Awareness And Attitude In The Creation Of A New Culture
- Mission Consciousness (Why Am I Here?)
- Humility
- Care, Respect And Mutual Support
- Appreciation Culture
- Active And Empathetic Listening
- Responsibility

TIME SCHEDULE	A C T I V I T I E S
08:30 – 09:00	Breakfast (Yoga – optional)
09:00 – 11:00	1st morning session (Activity – Workshop – Presentation)
11:30 – 13:30	2nd morning session (Activity – Workshop – Presentation)
13:30 – 15:00	Lunch

16:00 – 18:00	1st evening session (Activity – Workshop – Presentation)
18:30 – 20:00	2nd evening session (Activity – Workshop – Presentation)
20:00 – 21:30	Dinner
21:30 – 00:00	Night activity

1.3 Schedule

1.4 Intercultural Nights

Have you ever heard about intercultural evenings? In order to discover more about our different cultures, we are organising evening events to celebrate our diversity.

The point is to allow people from other cultures to discover yours. We will be able to present our country and culture through food, music, dancing, drinks, images, etc. To link this activity to permaculture you have some homework to do... and part of your intercultural presentation will be related to the course! (see the “preparation” section..)

You are free to organise games, do a quiz or whatever you feel best!

Don't forget to bring food, drinks and music so we can organise

2.1 About us

unforgettable international nights.

We are Rekha and Katrien. The co-founder of Kurkum Farm, which we have been building and creating this beautiful and magical space for the past 10 years! Rekha comes from an Indian family and Katrien was born in Belgium. Kurkum Farm has of 3 hectares of land, that in 2013 we started to convert in a homestead striving for self-sufficiency and a space for sharing, learning and growing together. With quiet places to retreat and space to organize community activities, sweatlodges and other rituals, workshops, courses and talks, we host different events and

gatherings, retreats and music nights. Integrating the wisdom of permaculture, ayurveda, yoga, meditation, skill-sharing and community building. we provide a space for learning, to live in harmony withourselves, eachother and nature.

2.2 The team behind



Rekha

Aromatherapy, massage, Ayurveda, creator of the brand Kurkum Farm cosmetica natural, entitled Hatha yoga teacher, mother of two sons.



Katrien

Psychologist, carpenter, solo retreat guide, sweatlodges, medicine drums, sound healing, permaculture and self-sufficiency, musician

Jorge

Jorge loves adventures, he's an enthusiastic person, always full of energy and with a great ability to motivate the others. During the years he worked in different projects in the Middle East.

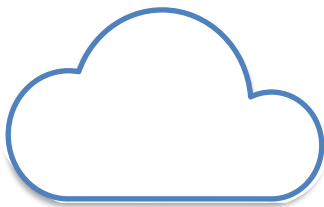
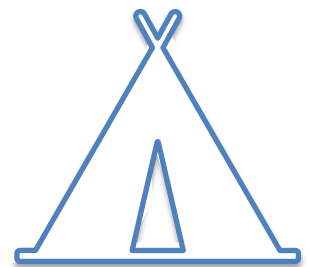


3. Practical info

Accommodation

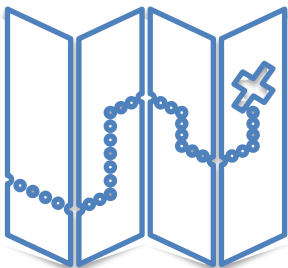
We have a beautiful yurt that will serve as a sharing space, and an outdoor kitchen that we've built together with volunteers using recycled and local natural materials. The participants will sleep in 4m diameter canvas bell tents per 3 or 4 people.

***mattresses will be provided**



Weather

The weather can be quite hot during the day (30-40 degrees) and normally it doesn't rain, although there can be storms. In the night the temperature is pleasant. Do not forget to bring a sweatshirt and a mosquito repellent.



How to reach the venue

Step 1 : Arrive to Barcelona by the latest 14:00 on 29.June

Step 2 : You need to catch a bus from Barcelona to Calaceite at 15:45.

What to bring

Health travel insurance and its invoice Good sleeping bag

Valid ID or Passport

Long and short-sleeved T-shirts Shorts and long Trousers Sweater

Cap (Hat) and sunglasses Walking shoes and sandals Flashlight (Torch)

Jacket (Wind breaker)Gloves

Towel and toiletries

Earplugs (Bear in mind that may be sharing the tippee tent)

Musical instrument ?

National food/drinks for intercultural night Swimsuit

Notebook, pens and material you have prepared for the course

Mosquito repellent

Emergency contacts

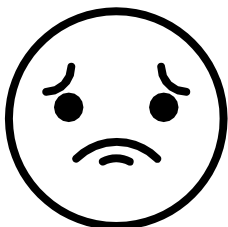


In case of an emergency, a friend or relative may contact the team at Katrien: **+34 667938226**,or **Rekha 670084323** or| Jorge**+34 615064533**



We would appreciate if...

- Everyone is responsible of what they do and what they don't do
- Conscious and moderated use of toxic substances (alcohol, tobacco, ...)
- No wasting and no excess
- Punctuality
- Take care of the people, respect the environment, the plants, the animals,...
- Respect the plan
- Proactivity
- Transparency and flexibility
- Assertive and nonviolent communication
- Cooking, washing up and daily maintenance on rotating roles
- We all participate in the general cleaning & maintenance of the land and the common areas
- Responsibility for our space
- Respect the personal space and things of others
- Take care of material things and tools, leaving them in their place after use, and inform us when something is broken
- Everyone is responsible for the compost toilets and the water containers
- In the showers only use biodegradable and natural soaps and shampoos! No chemicals please
- Make no fire! Very careful with cigarettes.
- Smoking only outside, not indoors and leave cigarette buds in an ashtray
- We try to minimize waste and put it in the assigned bucket
- Respect other people's rest from 22:00 onwards



Avoid

- No prejudices and no violence
 - Don't make noise outside during yoga sessions or other workshops in the yurt
- Don't use mobile phones during sessions/workshops, minimize the use of phones during the whole program
- Travel Costs.

4. Travel cost & Reimbursement

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+. Only the most economical transportation will be reimbursed.

Travel costs will be reimbursed:

No budget for Spain

from France up to **180€**

from Italy up to **275€**

from Poland up to **275€**

We will ask for the following documentation of your ways of transport after the program. So please make sure you bring these:

Flight: email with the price showing payment method (and invoice if possible) and **Boarding pass** (both ways).

Train/bus: Ticket and, in case is possible, invoice too.

Taxi: Invoice/ticket and signed statement saying that was the only possible transportation. **Please consult this.**

You will be asked to fill in a form with all your travel costs so we can

5. Partner organisations

calculate how much you are entitled to be reimbursed. You will be reimbursed in your bank account once we have checked all your travel documents.

SPAIN: Eco Vida y Viaje a la Sostenibilidad
contacto@iajealasostenibilidad.org

POLAND: MEDEINA
Youth.awa@gmail.com
Eumobility.sak@gmail.com

ITALY: VulcanicaMente
vulcanicamente.info@gmail.com

FRANCE: MJC de la région d'Elbeuf
initiatives@mjc-elbeuf.fr

6. Contact

If you have any questions, please, do not hesitate to contact us at:
contacto@viajealasostenibilidad.org

We're looking forward to seeing you in Spain!