

Youth Steps Against Power Abuse

From 24th of May to 2nd of June, 2021 it took place the Training Course in Cantabria (Spain) as part of the Erasmus+ project: Youth Steps Against Power Abuse (AGREEMENT N°: 2019-1-PL01-KA205-062772).

This training course was held in Permacultura Cantabria's main facilities at Ramales de la Victoria Cantabria (Spain). It was attended by 25 participants (5 from Poland, 5 from Romania, 5 from Estonia, 5 from Portugal and 5 from Spain).

During this Training Course, the participants improved their capacity to identify feelings and emotions, and their ability to manage them, and help others to do so when working with youngsters. Through theoretical and practical sessions, participants acquired new emotional management tools, such as active listening. They also learnt how to improve their social analysis by detecting and counteracting oppressions, internalised messages and social exclusion.

Finally, they enjoyed some cultural visits to Eco-cheese makers La Jaradilla, to the Alpaca farm and to Santoña Anchovies museum. Last but not least, they hiked together one of the most relevant mountains of Ramales de la Victoria (Cantabria).



Participating entities:



Co-funded by the
Erasmus+ Programme
of the European Union

