



# MYCELIUM FOR YOUTH WORKERS



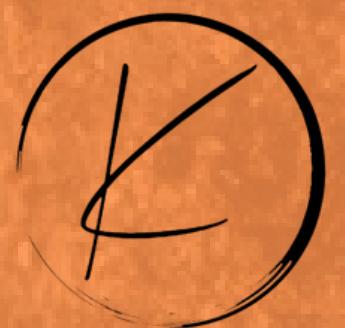
ERASMUS+ TRAINING COURSE

**8-16 APRIL 2026**

MASIA RURAL LA MORERA  
EL BRULL, OSONA (ESPAÑA)



Co-funded by  
the European Union



# THE PROJECT



Mycelium is an **immersive training** course for youth workers, designed to respond to the urgent need to transform youth work through a holistic, socio-affective and sustainable approach.

The project brings together 18 youth workers from 8 European countries (Spain, Italy, Portugal, Latvia, Poland, Estonia, Sweden and Bulgaria) to collectively **explore new ways of caring for both young people and the professionals who accompany them**.

The training emerges in a context where the mental and emotional health of young people and youth workers is increasingly affected by over-digitalisation, ideological polarisation and the lack of tools for conflict management, emotional regulation and effective communication. **Mycelium aims to address these challenges by placing care, inclusion and wellbeing at the centre of youth work**, strengthening both individual practices and organisational cultures.



# OUR **OBJETIVES**

The project seeks to equip participants with **innovative tools and methodologies** that enhance their professional practice while fostering healthier, safer and more resilient environments within their organisations and communities.

Through a practical and experiential learning process, participants are invited to reflect, experiment and co-create tools that can be transferred to their own territories. By strengthening facilitation skills, emotional awareness, conflict transformation and inclusive practices, the project contributes to a more caring, resilient and socially just ecosystems.

# PROFILE OF PARTICIPANTS



We expect you to participate in the whole programme, coming later to the course or leaving earlier is not allowed.

## PARTICIPANTS

- Be over 18 years old; preference will be given to people with more than 25 years and experience in youth work.
- Be a youth worker, educator, facilitator, or community leader linked with non-formal or formal education.
- Have motivation to integrate artistic and socio-affective methodologies based on nature into their work with groups.
- Experience working with youth from vulnerable backgrounds will be positively valued.
- Hold a European Health Insurance Card (EHIC) or equivalent health insurance.
- Live in one of the sending countries.
- Be active and committed to carrying out the tasks assigned to participants.
- Give consent to the use of images in which they may appear, taken during the mobility, for legitimate project purposes (dissemination, publication of results, etc.).

# ACTIVITIES

Participants will engage in a **learning journey that integrates emotional management, non-violent communication, interseccionality, educational methodologies for peace and the positive transformation of conflict**, not only as theoretical frameworks but as embodied and applicable practices.

Artistic tools such as theatre, biodanza, movement, writing and visual arts will be used to support self-reflection, group cohesion and social transformation, while natural environments will serve as catalysts for connection, wellbeing and collective learning.

Beyond individual skill-building, Mycelium aims to create a European network of care within youth work, encouraging the exchange of experiences, peer mentoring and long-term collaboration among professionals who prioritise cooperation, sustainability and peace-building over competition and burnout. **The project also bridges learning with practice through a community intervention, where participants will design and facilitate a workshop with a local group of youth, applying the learnings in a real context.**



# **SOCIO-AFFECTIVE APPROACH**



**COOPERATION GAMES**

**THEATRE OF THE OPPRESSED**

**BODY EXPRESSION**

**PEER WORK**

**WRITTING**

**CINE FORUM**

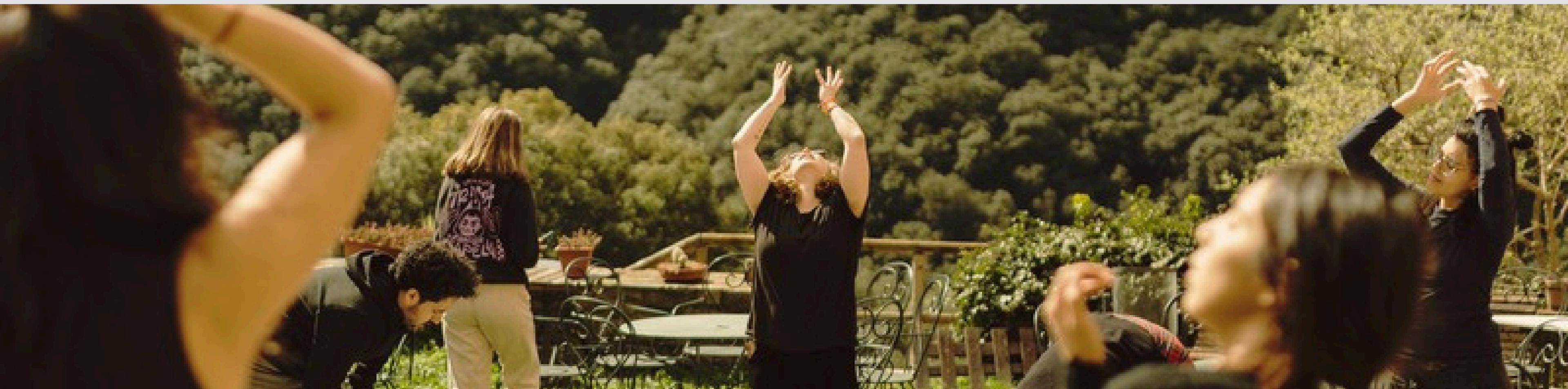
**OUTDOOR EDUCATION**

**GROUP DYNAMICS**

**SHARING CIRCLE**

**REFLECTIONS**

**LOCAL WORKSHOP**



# THE TEAM

## MARTA PERNAS



Marta Pernas is an ecofeminist social worker, focused on permaculture as a tool for social inclusion, and a facilitator and trainer in the ecosocial field. She is a co-founder of RaizameVivo. She works with diverse groups and organizations, accompanying, mentoring, training, facilitating, and advising processes related to ecosocial work, youth, non-formal education, group facilitation, and peace pedagogies, using play and art as central languages. Her practice is grounded in a just and participatory ecosocial transition.

She has completed three years of training in group facilitation with IIFACe, as well as a diploma in Positive Conflict Transformation through Play and Art, Peace Pedagogies, and Socio-affective Methodologies with Otra Escuela. She also holds a double Master's degree in Social Education and Intercultural Mediation, and has extensive experience in projects focused on social inclusion, climate justice, and environmental regeneration.



## GISELA SALÓ

Founder of Kunstant, Gisela Saló has over a decade of experience working with young people, performing arts creation, teaching, community-based artistic intervention, and non-formal education. She holds a degree in Stage Direction and Dramaturgy, is trained as a Biodanza facilitator, and has extensive education in performing arts for education, social work, and community development. Her work spans across Europe and Latin America, focusing on diverse groups such as adolescents and older adults. She participates in Erasmus+ projects that promote artistic expression, emotional well-being and gender equality through theatre, dance, music, visual arts, and games.



## SAÚL NEBOT

Saúl Nebot has over ten years of experience working with young people and in non-formal education, primarily within the field of environmental education. He holds a Bachelor's degree in Environmental Sciences, a Postgraduate qualification in Sustainable Design, and a Master's degree in Agroecology. He has worked extensively in the educational sector with a wide range of target groups, as well as as an educator for various public administrations, supporting the improvement of waste management systems and the prevention of forest fires.

Since 2020, Saúl has been involved in international projects within the Erasmus+ programme. He has facilitated initiatives focused on environmental education and artistic expression, contributing to eco-social transformation.



# VENUE: **MASÍA RURAL LA MORERA**

La Masía La Morera (El Brull, Osona) is a space located within the Montseny Natural Park that works to be a driving and revitalizing actor in the territory.

Through environmentally sustainable rural tourism and a way of life consistent with its values, it promotes the conservation of the area's natural and cultural heritage, contributes to the economic and social development of local communities, and works to reverse challenges associated with rural life in the central regions of Catalonia.

The space is managed by a cooperative that has recently been taken over by a new group of young people who wish to keep it alive after more than 30 years since its founding.

More information on their Instagram:

<https://www.masialamorera.com/>

# HOW TO GET TO LA MORERA

1

The best option is to arrive first in Barcelona. If you arrive at Barcelona-Sants train station, you will need to take a train to Barcelona-Fabra i Puig (lines R3, R4 or R7). The journey takes approximately 20 minutes.

2

If you arrive by plane, take the R2 train from the airport to Barcelona-Sants station, and then change to one of the lines mentioned above. Please note that the airport train only departs from Terminal 2. If you arrive at Terminal 1, you will need to take the free shuttle bus to Terminal 2.

3

Once you arrive at Barcelona-Fabra i Puig, exit the station and go to the bus stop outside. From there, take the direct bus to Centelles. Buses run every 30 minutes. The latest bus you can take departs at 17:50 from Barcelona-Fabra i Puig and arrives in Centelles at 18:46. We will arrange your pickup in Centelles and bring you to La Morera.



# TRAVEL INSTRUCTIONS

## KEEP YOUR INVOICES, TICKETS AND BOARDING PASSES.

We will need it to reimburse your travel costs. Download your boarding pass once you have it!

Electronic documents are preferred (you don't have to print anything).

Transfer by Taxi/Uber (or similar) is not eligible for reimbursement.

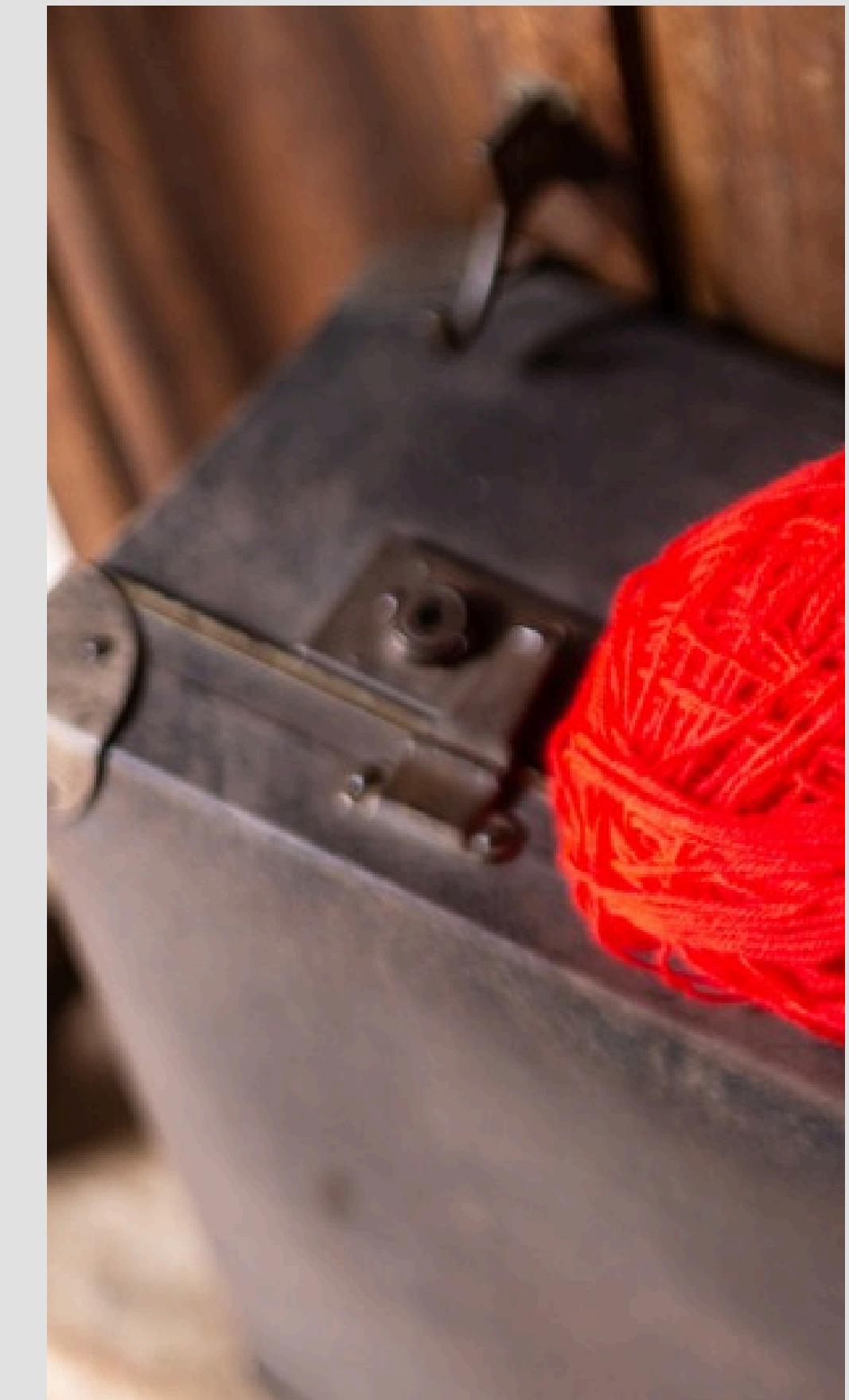
We encourage you to use eco-friendly and sustainable ways of travel (green travel) where possible such as bus, train or carpooling. If you choose this option, you will get more budget and you can cover your stay in a hostel with it.

**You need to arrive to Centelles at 18:46 h on the 8th of April and leave on April 16th in the morning (after 10am from Centelles). Manage your travel according to that.**

*The reimbursement will occur only after having realized and published dissemination material of the TC.*

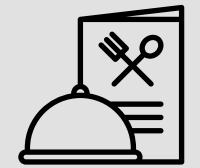
## BUDGET AVAILABLE

CATALONIA	23/*54€
GALICIA	309/*417€
ITALY	309/*417€
PORTUGAL	309/*417€
BULGARIA	309/*417€
POLAND	309/*417€
SWEDEN	395/*535€
ESTONIA	395/*535€
LATVIA	395/*535€



\* GREEN TRAVEL: FLIGHTS ARE NOT ALLOWED

# FOOD



Breakfast  
Lunch  
Dinner



Will be served in the accommodation

**A VEGETARIAN** diet will be followed

According with Kunstant's sustainability principles

Food  
restrictions

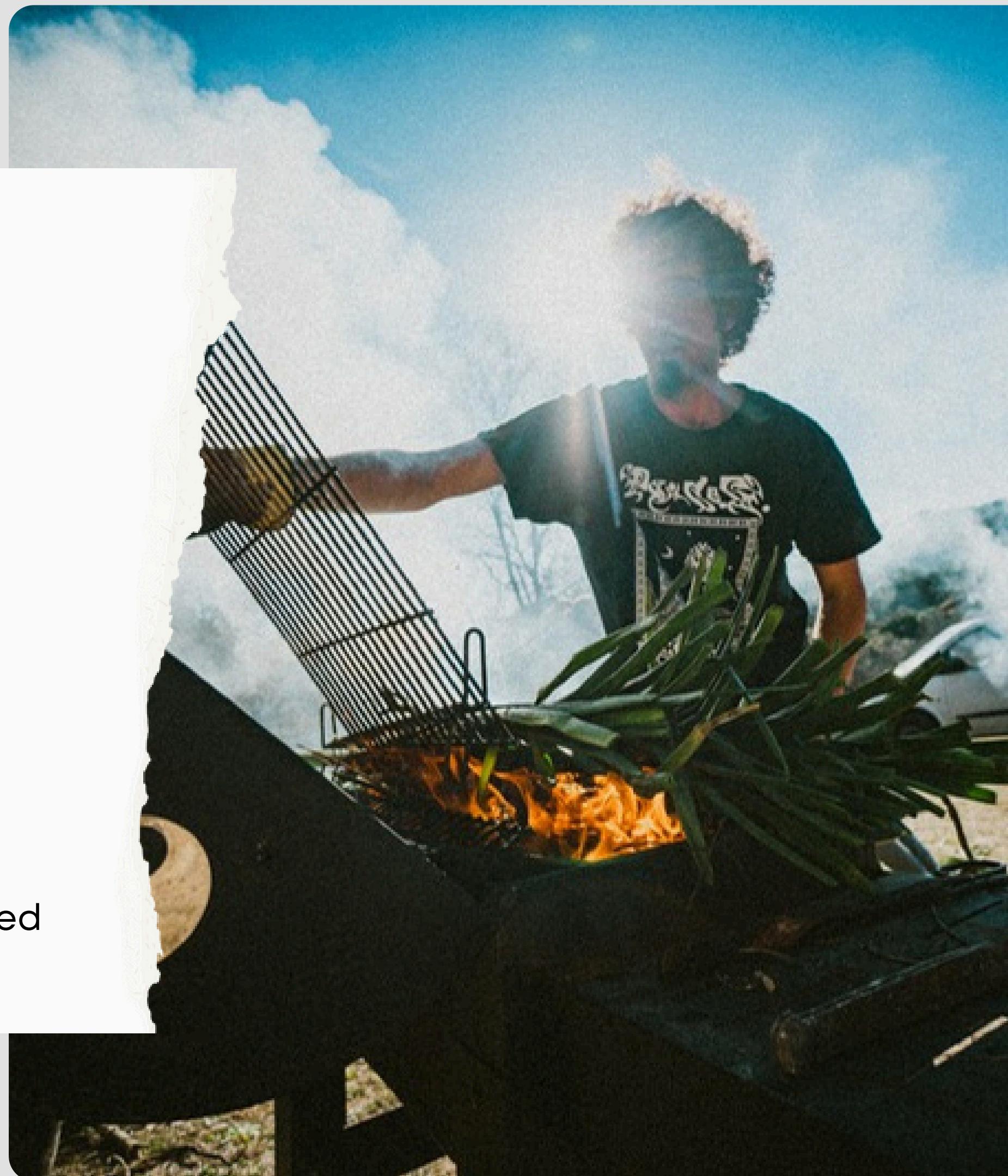


HEALTH

(alergies and intolerances)

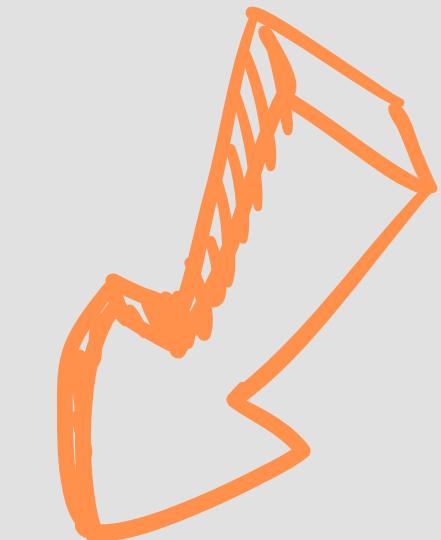


Will be  
considered





# **APPLY HERE**



If you live in one of the following countries:

**CATALONIA**- Kunstant

**GALICIA**- RaizameVivo

**PORTUGAL** - Casa d'Abóbora

**ITALY** - WeSound APS

**SWEDEN** - Bruised Food Club

**BULGARIA** - EnvironMental

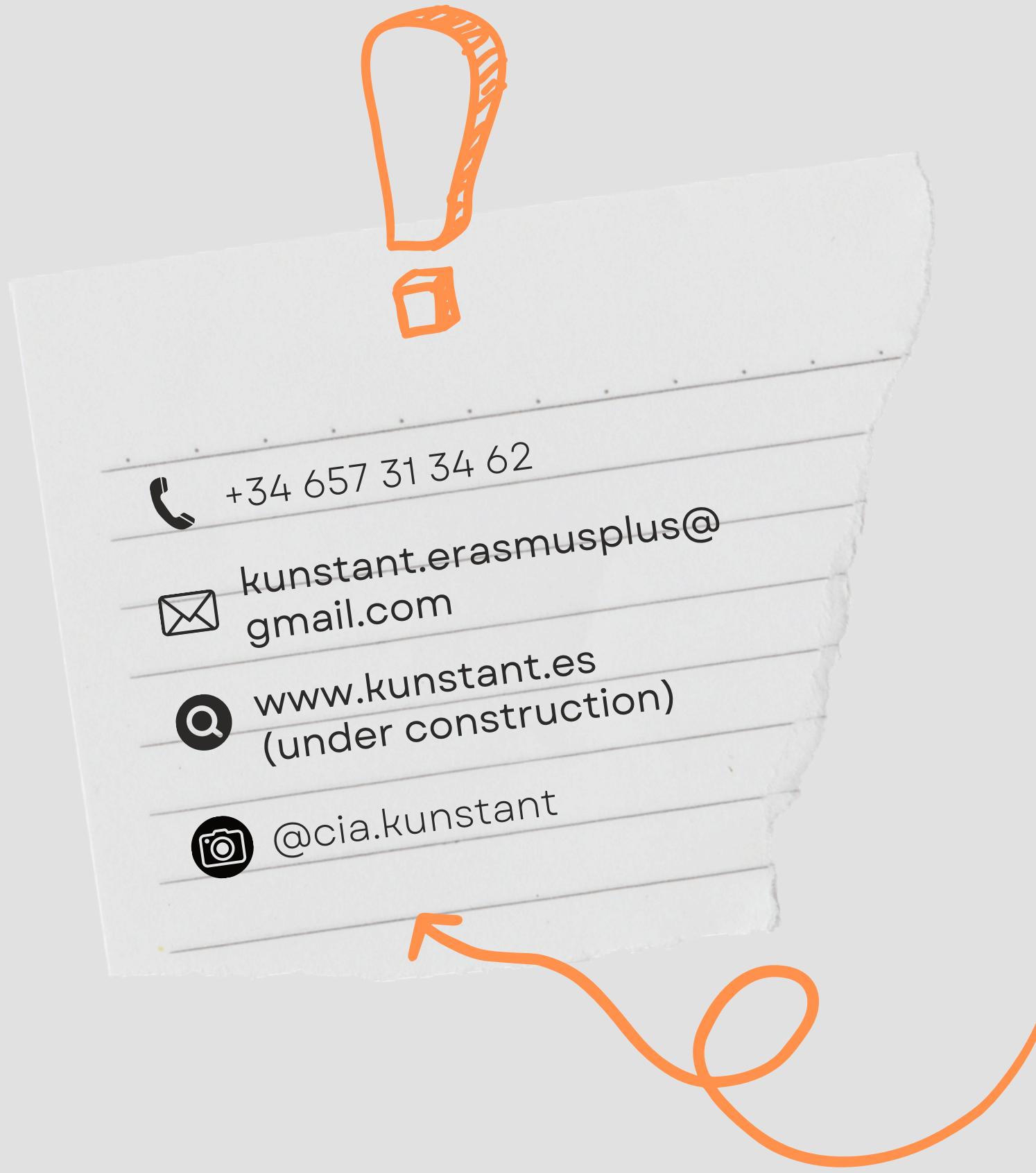
**POLAND** - Fundacia Better Together

**LATVIA** - CET Platform Latvia

**ESTONIA**- Partner UP

There are 2 spots available per partnerell!

# KUNSTANT



**Kunstant** Kunstant is a cultural association based in Catalonia that promotes social, educational, and artistic projects with a strong focus on community-based creation, interculturality, multilingualism, and real-life poetics. It works with people of diverse backgrounds and ages, using performing and visual arts, music, dance, and non-formal education as tools for participation, expression, and transformation.

The association designs and develops workshops and creative experiences to foster social cohesion and collective well-being, and it also promotes youth exchanges and Erasmus+ training courses related to community arts and non-formal education. In addition, it supports documentary live-arts projects that highlight invisibilized stories and memories, poetically reimagining the lives of people of all ages and origins. With a critical and collaborative approach, Kunstant is committed to situated artistic practices that connect culture, territory, and community.