

ERASMUS + TRAINING COURSE

Save the mountain, Safe for you

Training Course in Asturias, Spain.
18th to 24th September 2026



Funded by
the European Union

MAIN TOPICS OF “Save the mountain, Safe for you”??

All training content will be explored by the concept "learning by doing", in a real-world, natural environment, using real-life cases.

- * Basic **orientation skills in nature**
- * Practical **actions in case of mountain emergencies**
- * Use of **first aid supplies** in the wild
- * **Bushcraft** (making fires, building shelters, making fire horns, etc.)
- * Good practices for **taking care of nature**



PROJECT ACTIVITIES

1) Training Course in Asturias, Spain.

During 5 days, we will become real explorers, where we will discover everything from basic exploration concepts to how to make a stretcher with sticks, creating our own plant roof and making a fire.

2) Online Complementary Sessions

In order to consolidate the new knowledge, and expand it with more questions and theoretical info, we will offer some Zoom sessions, videos and more useful resources

3) Pocket Guide

We will create an awesome Pocket Guide, as a collection of good practices and basic knowledge that increase people's safety and promote a positive impact on nature when carrying out activities in the natural environment.

Of course, we will make a dissemination plan on various social media platforms, in order to distribute this material as much as possible.

4) Follow-up activities

Participants are expected to implement some activities in their own communities, in order to apply and disseminate the techniques learned, but adapted in their own contexts. Also, we recommend using this chance to start, or amplify, your work opportunities.

Of course, all the trainers will help you and support all the process.

Some examples are workshops, exhibition of photographs explained, another Erasmus + project, guided tours in your own village/city, etc.

THIS IS PROJECT IS FOR YOU IF YOU ARE:

- Living in **Spain, France, Greece, Serbia, Sweden, Italy, Turkey and Egypt.**
- Between 18 and 45 years old (preferred but not mandatory).
- **Actively participate in youth work** as volunteers or professionals and have the possibility of using the learning results obtained in your sending organisation or another entity.
- Feel passionate about **natural environment, outdoors sports, bushcraft, etc** and its implementation in your daily personal and work lives.
- Are inspired to be a change maker transmitting values.
- Able to work in **English.**
- **Able to attend the full duration of the whole project, including the 4 activities.**



CERTIFICATION

All participants will receive a **Youth Pass Official Certification** by the European Union which will show the result of your work and the summary of the self-reflection of your experience.

Youthpass



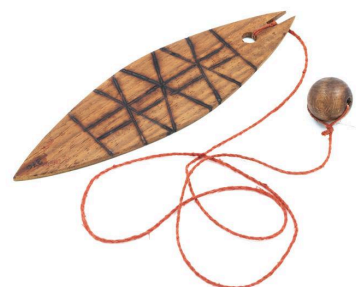
THE TRAINERS

PABLO SAMPER is a Physical Activity and Sports Animation Technician (TAFAD) and a Level 2 Mountain Sports Technician. He is also a Karate black belt and sensei. Since 2013, he has worked as an adventure travel guide in Norway, New Zealand, and the Four Laplands (Norway, Sweden, Finland, and Russia), leading treks in Nepal and Iceland and coordinating tourism trips in the mountains of Tibet, Peru, and Mexico.

PEPA CUCARELLA is a general practitioner and collaborates with MTACC (mountain trauma and critical care). For the past 11 years, she has also worked as an instructor of self-rescue techniques in canyons and alpine environments. She is also a first aid instructor for professional divers and GEOS (Special Operations Group). He works as a doctor with the Principality of Asturias Fire Department's helicopter rescue team.

HÉCTOR CASTRILLEJO specializes in experimental archaeology, particularly the use of prehistoric tools. He is a trainer in survival techniques based on experimental archaeology, using ancestral knowledge to learn from prehistory and apply methodologies useful in modern outdoor activities.

MARIA LUISA GARACHANA, project coordinator. Occupational therapist and youth trainer with extensive experience in diversity inclusion and addressing individual and collective needs.



VENUE

Asturias, Spain - Albergue Los Avellanos

We will be staying in a hostel located in a native forest, with all services available for our exclusive use.

<https://www.albergue-asturias.es/>

Our **bedrooms** are simple, pleasant and cozy. Most of them are 4-bed rooms. All of them have a beautiful view of nature.

Toilets and showers are shared in each bedroom.



Please **bring your sleeping bag or bed linens**. We will provide mats and extra blankets. Also, **bring your towels**.

Food

Regarding **meals**, we will try to provide **special diets** if necessary (vegan, gluten free, etc...). Please let us know if you have special needs.

No-drugs project

We would like to make it clear that there is a **no-drugs policy** during both training courses. We ask for not drinking alcohol in the common spaces where the activities will be carried out.



TRAVEL AND REIMBURSEMENTS

All the activities are **fully funded by the Erasmus+ program**, and travel, food and accommodation are included.

The travel costs will be refunded at the end of each mobility.

Each participant has to buy their tickets, and at the end of the training, the travel costs will be refunded after all the receipts have been provided. The reimbursement will be made by bank transfer.

It's very important **to keep all the original travel tickets and boarding passes** and to provide them to the coordinators.

Consider that a **small fee for your travel** can occur if ticket prices exceed the maximum refund amount.

Please remember to buy your transportation tickets with **cancellation insurance** so that in case of any circumstances that prevent you from traveling, you will be able to recover your money. **The Erasmus + program only reimburses travel expenses when the travel has been made.**



Please, contact the organizers before purchasing your tickets to check your travel
Write an email to Maria Luisa at floresta.entrebosques@gmail.com

In order to be ready for both trainings, we expect participants **to purchase their tickets before 30th of July.**

So we can be sure that the ticket prices will be cheaper and available for all of you.

Maximum amount	Country of Origin
285€	Spain, mandatory to use Green Travel
417€ (Green Travel) 309€ (No Green Travel)	Italy and France, we suggest to use Green Travel
395€	Sweden, Greece and Serbia
580€	Egypt and Turkey

Participants should arrive at Infiesto, Spain, on the 18th of September and depart on the 24th of September 2026.

It's possible to travel outside of these dates, but it depends on your country of residence and if you use green travel. Please check these details before buying your tickets.

Any stay outside the activity period is completely on your arrangement, and the host organisation cannot take any responsibility outside the dates mentioned above.

GREEN TRAVEL

To reduce the project's environmental footprint, all participants (when is possible) will be asked to avoid flying to travel to and from both trainings. For more info, please write to the organisers.

Participants who use green travel will also be refunded for the costs of a **maximum of 1 or 2 overnight** stays that they must spend while travelling each way. You will need **to provide proof of payment** (tickets, etc.). Ask the maximum amount to Maria Luisa.

IMPORTANT! Please note that this measure is not intended to support holidays or other detours before or after the training and that the amount spent will be refunded only if it is part of a coherent travel plan coming from and returning to your residence.

HOW TO ARRIVE AND LEAVE THE VENUE:

As you already see, the residential activity will be located in a unique setting but far from big cities, so public transportation is minimal. Therefore, **it's necessary to plan the trip well** so that the arrival and departure are the most beneficial for everyone.

Also, **taxi fares cannot be reimbursed. It will be at your own expense if you decide to take a taxi.**

Asturias, Spain - Albergue Los Avellanos

→ **The only point where we can pick you up and take you back is Infiesto.**

We will arrange transportation between Infiesto and the hostel, so don't worry, **we will pick you up in Infiesto in a private van.**

→ For travel in Spain, the best options are:

1. **Train.** <https://www.renfe.com/es/es>
2. **Bus.** <https://www.alsa.es/>
3. **Blablacar.** <https://www.blablacar.es/>
4. **Share your private car**

→ **The closest airports are Oviedo, Santander or Bilbao.** You might want to go first to Madrid or Barcelona airport to find the connections.

**If something goes wrong during your trips, please contact:
Maria Luisa mobile/WhatsApp: +34 699 64 74 00**



TO BRING OR NOT TO BRING

- **ID or passport**
- **European Health Insurance Card**
- Notebook and pens for notes
- **All the original travel tickets and boarding passes**
- A headtorch or/and a flashlight
- Your water bottle
- Ecological and biodegradable shampoo, toothpaste, soap, sunscreen and insect repellent
- Sleeping bag (or bed linens) and towels
- Comfortable clothes and shoes to be outside
- Musical instruments and games
- Your special needs, medication, etc...
- Your best smile :)

CONTACT DETAILS

For further detailed information, please contact the coordinator for your country or Maria Luisa. If you have any questions, we will be happy to answer them!

Contact Maria Luisa before arranging your transportation
floresta.entrebosques@gmail.com

**WE ARE
WAITING YOU!!**

