



Reconnecting 'U'th

INFO-PACK

RECONNECTING 'U'TH 2026



November 4th – 11th, 2026

Berzosa del Lozoya (Casa El Olmo)

Sierra Norte, Madrid, Spain

(a tiny stone village in the mountains!)

WHAT IS THIS TRAINING?

8-day Training Course for youth workers and youth leaders who want to promote a responsible and conscious use of new technologies. Through self-awareness and self-esteem work, participants will gain tools to better support young people in building a healthier relationship with IT, social media and digitalization.

CONTEXT:

In recent years, the increasing digitalization of society has highlighted the need to share good practices and create tools that promote a more responsible and conscious use of new technologies among young people. It has also prompted reflection on the role of organizations working with youth in this area. It is essential to connect digitalization with ethical reflection, considering both the growing consequences—such as addiction, isolation, and dependence—and the advantages and benefits it offers society, including in the field of youth work.

We are developing this Training Course for youth workers. Youth and adolescence are times of change. Many young people face transformations with insecurity, fear, rebellion or uncertainty. Therefore, it is also an ideal age to work on self-esteem with them, since the quality of life of their adulthood can improve a lot. We believe it is important to analyze the responsible use and ethics surrounding new technologies, as well as to examine the consequences of prolonged use among young people (social media, video games, etc.), and how these affect their well-being as individuals. In this way, we can continue focusing on how to create learning spaces that support young people in reaching their full potential.

In Parkeri we can bring a space that help the youth workers understanding their own point of view and their own approach towards working with young people topics related to non-formal education in digitalization and to the use of IT and social media, supporting the youngsters in finding a healthier way to connect with themselves and with others.

Even though this Training Course is not about getting recipes that can be used in whatever the context and it's not related to psychotherapy or psychological support in developmental psychology, we are going to work in ourselves as youth workers feeling the process in a deeper way than the cognitive one (also in a corporal and emotional way), we are going to start to BE AWARE of the things that happen to us with the digitalization, IT, social media, video games, internet and we are going to reflect about our personal approach supporting the young people we are working with in those areas.

OBJECTIVES

The main objective is to become more aware and better-prepared to promote a responsible and critical use of new technologies — both in participants' non-formal education activities and in their own daily lives — while being more capable of supporting the young people they work with.

Participants will:

- ▶ Work on themselves as the main resource as youth workers
- ▶ Deepen their self-knowledge and self-awareness
- ▶ Analyze their strengths, achievements, areas for improvement and goals, especially connected with digitalization and mental health
- ▶ Share and exchange personal experiences, failures and good practices, focusing on a healthy use of IT
- ▶ Experience nature and outdoor activities as a key to balance the overuse of digital devices
- ▶ Find inspiration to create local initiatives at work with young people
- ▶ Learn and put into practice self-care when participating in social media
- ▶ Develop their approach to implementing self-esteem sessions connected with social media
- ▶ Increase self-compassion and compassion as youth workers, and promote a no-hate-speech culture online

- Create a network of youth workers from different countries and regions to exchange good practices, tools and resources

Please note: this Training Course is not about receiving ready-made recipes, nor is it psychotherapy. We will work on ourselves in a deeper way than the purely cognitive one — also corporal and emotional — to become aware of what digitalization, IT, social media, video games and the internet bring up in us.

METHODOLOGY

Meditation & Mindfulness	Outdoor Activities & Nature	24h Without IT
Theatre & Expression	Group Discussions	Peer Learning & Non-violent Communication

!!!

IMPORTANT

1st Come with an open mind, heart... and ready to unplug!

2nd Please note that we are in the mountains and no visits to Madrid city are planned within the programme

3rd It is necessary to attend the full training course.

APPLICATION FORM:

If you are interested in being part of this training course, please fill this application form: <https://forms.gle/BkLWjDdUrbVHAvyY7>

We will let you know as soon as possible if you are selected, not selected or in the waiting list.

Don't buy any transport before the official confirmation of your participation from Parkeri Team.

HOW TO GET THERE

It's easy! Just 4 steps:

1 FLY TO MADRID

Madrid–Barajas Airport (MAD) ► Arrival: November 4th, 2026

- Remember: the training is NOT in Madrid city
- No time for sightseeing — we're in the mountains!

2 GET TO PLAZA DE CASTILLA

- From "Aeropuerto T1-T2-T3", take the free bus to "Aeropuerto T4" (~10 min)
- At "Aeropuerto T4", take the Cercanías train to Chamartín (~20 min)
- At Chamartín, change to Metro Line 10 (direction Hospital Infanta Sofía) and get off at Plaza de Castilla (one stop)

3 TAKE BUS 191 TO BUITRAGO DEL LOZOYA

Plaza de Castilla → Buitrago del Lozoya. No need to book — buy your ticket directly from the driver (cash is better than card).

Journey time: approx. 1h45–2h. Buses run roughly every hour on weekdays.

Recommended departures from Plaza de Castilla: 11:00, 12:00–12:30, or 16:00–17:00

Official Line 191 timetable (CRTM): https://www.crtm.es/8_191_/

Look for a bus signed "Buitrago" or "Buitrago del Lozoya" — the line continues to Somosierra, but Buitrago comes first.

4 WE PICK YOU UP!

Wait for us at the Buitrago del Lozoya bus stop (Av. de Madrid). We'll collect everyone at two fixed times — let us know in advance which one to expect you at:

 **Pick-up 1: 14:30**  **Pick-up 2: 18:40**

(A Pick-up 3 can be arranged for late arrivals — just message us.)

From Buitrago, Parkeri's car will take you to our home for the week: Casa El Olmo, Berzosa del Lozoya (about 15 km further into the mountains, ~15–20 min).



**PARTICIPANTS MUST BE SELECTED BY PARKERY TEAM, WITHOUT THE
CONFIRMATION DON'T BUY ANY TICKET**



Coming by car?

Meeting point / house: Casa El Olmo — Calle Reguera, 42 · 28194 Berzosa del Lozoya · Madrid

Due to Erasmus+ Green Travels, we can reimburse car-pooling or car-sharing. Minimum for Green Travel: 3 people per car.

The more people you share the car with, the better — please confirm with us first if you use this option. We will pay 0,21€ per kilometer.

GOING HOME

November 11th – Departure Day

We leave after breakfast. The team will drive you from Casa El Olmo back to Buitrago del Lozoya, where you can take bus 191 (or your own transport) to Plaza de Castilla / Madrid Airport.

⚠ Please book your return flight for no earlier than 13:00, to allow time for the drive and the journey back to Madrid.

REIMBURSEMENT

Don't worry! Your travel will be reimbursed!

YOU NEED THESE DOCUMENTS:

1 INVOICES

(not just booking confirmations!)

2 BOARDING PASSES

(the actual pass you used) — PDF version, NOT QR CODE!

3 BUS/TRAIN TICKETS

(proof of payment)

Send copies to: learning@parkeri.org

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WE CANNOT REIMBURSE:

X Travel costs without original documents = No money

X Taxis, Uber, Cabify, Bolt or external BlaBlaCar

X Screenshots (we need PDFs/prints)

Quick Tips:

- ▶ Always ask for invoices when booking
- ▶ Keep your boarding passes — don't throw them away!
- ▶ Send copies to learning@parkeri.org as soon as you book

Green travels (train, bus, or 3+ person car-sharing) are always the best option for the planet — and for reimbursement!

Reimbursement is paid by bank transfer, after the training, once we have all your travel documents.

THE VENUE



◆ Casa El Olmo

Calle Reguera, 42 · Berzosa del Lozoya, Madrid

A tiny stone village of around 200–250 people, perched at about 1,100 m altitude in the Sierra Norte de Madrid — known locally as "el balcón de la Sierra Norte" for its sweeping mountain views.

Steep stone streets, oak and pine forests, two nearby reservoirs, and truly starry night skies — the perfect setting for inner work.

100% COVERED: all food & accommodation

From Dinner, November 4th → Breakfast, November 11th



Shared Rooms 2–3–4 people (No single rooms)

Shared Bathrooms

The village has no shops, no pharmacy or no ATM — there's just one bar — so please bring everything you may need. Of course, we have cars available for any emergency.

What to bring:

- ▶ Comfortable clothes for activities
- ▶ Warm layers, jumpers & a coat — November in the mountains gets cold!
- ▶ Rain jacket and comfortable walking shoes
- ▶ Toiletries & any personal medications
- ▶ EHIC health card (EU participants) / travel insurance (non-EU participants)
- ▶ Board games / musical instruments... if you want to! (and have space)
- ▶ Some cash — there are no ATMs in Berzosa del Lozoya
- ▶ **Your open mind and heart!**

IMPORTANT INFO

- ▶ Health: EU participants → EHIC card. Non-EU participants → travel insurance recommended
- ▶ Full attendance required (all 8 days)
- ▶ Active participation expected
- ▶ You'll receive an official Youthpass certificate
- ▶ Activity language: English (minimum B1 level required)
- ▶ This course involves personal, emotional and corporal work — come with openness and willingness to reflect on your own use of IT and social media

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Questions? We're here to help!

Contact us:

learning@parkeri.org

www.parkeri.org



WE CAN'T WAIT TO MEET YOU!

Get ready for an amazing journey!

With love,

[Team names here]

Reconnecting 'U'th 2026 Team — Parkeri Learning