

SEEDling: rethinking Sustainability through Environmental Education



A training course on exploring sustainable approaches to work, life and education

An inspiring opportunity for dreamers and people who love working in and with nature

18th - 25th September 2015 (travel days included)



Organized by La Noguera Medinaceli

in Medinaceli, Spain

PARTICIPANT'S INFOPACK



1. What is SEEDling: rethinking Sustainability through Environmental Education?

A training course on exploring sustainable approaches to work, life and education starting from the local resources. The aim is to foster the social change towards a more fair and sustainable world, where respect for all the beings and solidarity are in the center of any relation.

If you are also concern about the current rhythms of life and consumption and agree with the idea that this kind of society invest more in material things than in people needs; if you also think it's time to change paradigm and bet for simple living as an alternative for personal and social development instead of keep feeding the system as it is now, and if you finally believe that the only way to change all the previous is through education, this is your chance to come, learn and share!

We are planning to provide a training course to explore the idea of degrowth, decreasing the environmental costs of our activities and growing in social relations, mutual learning and happiness.

During one week and using non formal education methods we will prepare the arena for a rich exchange of ideas, practises and living examples of alternative approaches to work, life and education. It will be, more than anything else, an experiential learning project, where participants will be able to live in a community based group, using local resources and lightweight lifestyles. This year, besides, we're trying to create a strong European network, choosing just environmental organizations who are working already in the same field as "La Noguera".

You can see a bit we created last year [here](#)

2. Recommend for

Youth workers, trainers, youth leaders working already on this topic or with strong motivation on this topic.

The course will involve 28 participants from Italy, France, Turkey, Cyprus, Portugal, Latvia, Hungary, Greece, Austria, Croatia, Slovakia and Spain.

3. Aims and Objectives

- To understand different possibilities and aspects through a sustainable live for applying it into our job reality.
- To experiment new development alternatives applied in the youth work field.
- To develop environmental education tools for applying them in the non-formal context.
- To create a community experience through different jobs and life spaces.
- To create reflexion groups
- To foster the personal identity to encourage the belonging sense, with ourselves and

our environment.

- To strengthen the social-environmental network in Europe.
- To discuss similarities or differences inside the environmental paradigm in Europe.
- To share good practices
- To consolidate an international youth workers network connected through sustainability projects in each local field
- To boost the youth entrepreneurship in a future project network.

4. What will we do?

We will use a variety of non formal methods, based in experiential learning and self directed learning, combining group work and dynamics, games, discussions and personal reflection.

Participants are expected to take a central role, and their active participation will be the most important income for the course and its development.

The working language will be English.

5. This training course is for you if...

- You love working in nature and with nature, and you feel concern about the cost of our current rhythms of life and consumption.
- You have some experience to share about environmental education or if you would like to work in that field.
- You enjoy meeting new people, and feel able to share resources, living a community based experience.
- You want to know existing alternative projects aimed to reduce the human impact on the earth through using local resources and reducing external dependance.
- You are open to new projects related to nature, environmental education, local development, etc.
- You can live without Wi-Fi or TV for few days

6. Everything you need to know to reach us



We are settled in Medinaceli, province of Soria, Castilla y León, central Spain.

If you come by plane, **the nearest airport is Madrid Barajas**. From the airport, the trip to Medinaceli takes 01:30-02:00h, depending on the transport. There are two options:

By bus:

Take a direct bus to Medinaceli: you can do this **only if you manage to get to the buses departing from Terminal 4 at 15:15 or 19:45**. If you don't arrive to Terminal 4, there is a free shuttle from the other terminals to that one, and it takes 30 minutes approximately.

Take the subway (**Metro de Madrid**) from the airport to **Madrid-Avenida de America**, the bus station, and then take a bus direct to Medinaceli. There are only **4 buses per day at 08:00, 12:00, 15:00 and 19:30**.

You can book your bus tickets at www.alsa.es

By train:

Take the subway to **Chamartin train station**, and there are 3 trains per day, at **08:07 and 15:45 arriving to Arcos de Jalón**. From there we'll pick you with the car.

You can buy your train tickets in the train station, in the regional trains section (Cercanías y media distancia)

Please inform us as soon as you have a travel plan, so we can organize the cars to pick you from the train/bus station. If you need assistance, help or more info, please contact us.

We would like you to arrive to Medinaceli before 17:30h, so we strongly recommend you to take the buses/trains departing from Madrid before 16:00h.

7. Venue, surroundings and more



Medinaceli is an amazing medieval town that was a **meeting place** for Romans and Celts, Arabs and Christians. With the passing of time people have left a rich legacy reflected in memory and traditions. Moorland hills crossed by narrow valleys form a **landscape marked by culture** and nature.

The venue for the event will be “La Alhóndiga”, a historical building in the main square of Medinaceli, which during the last 400 years had several important roles in the social life, as the regional farmer's market, prison, town hall and finally youth hostel.

Nowadays, the place is used by 3 local associations for residential courses, hosting the organization of summer musical camps and festivals, and as a central place in the social life open to the locals.

La Alhóndiga counts with 44 beds in shared bedrooms for 2-6 people, with common bathrooms, a big kitchen and 3 open spaces for office, living room and chilling out.

Sheets, pillows and blankets will be provided by us, but please bring your own towel and self care stuff.

During the stay, the house will be self-organized by the group, sharing some tasks of cleansing and preparing the space for community, and the kitchen will be in good hands, providing seasonal, local and ecological products and adapting to the needs of the participants.

Medinaceli is a small town with amazing landscapes and open spaces to enjoy with the nature and culture.

Wi-Fi is not available in our venue, so we recommend strongly not bringing with you work to our training course. You would be able to connect to Internet in different bars or restaurants in Medinaceli during you free time.

8. Travel reimbursement

This training course is financed by ERASMUS + Program, and the reimbursement of your travel cost is subject to the following criteria:

That after your participation we receive your **original travel documents** (bus, metro or train tickets, boarding passes...), in economy class, with your name on them, the price clearly stated.

Trips by private car or taxi cannot be refunded.

30 EUR will be asked as a contribution towards the project costs. Exceptions to this fee are possible after evaluation from the organizers in a case by case basis, to be discussed during the last day of the project.

We will cover your travel costs, to a maximum per country of:

Country	Travel Budget €
Austria	275
Cyprus	530
Croatia	275
Slovakia	275
France	275
Greece	360
Hungary**	360 (Szeged area)
	275 (Budapest area)
Italy	275
Latvia	360
Portugal	180
Spain	180
Turkey	530

If you exceed this limits, the cost of the excess will be covered by yourself.

You can book your trip considering arriving up to 2 days before the starting of the course, and departing 2 days after the end, and take that time for your personal leisure. **NO MORE than 2 days before an after**, or the travel won't be refunded!!

9. More info

Medinaceli is 1200m over the sea level, so during nights the temperature can be low.

What to bring:

- Warm clothes
- Towel and toilet bag.
- ID: in Spain is compulsory to carry your ID with you anytime.
- Passport (if needed).
- VISA (if needed).
- Raincoat.
- Light hiking shoes, preferably waterproof.
- Info/materials you would like to share with the others.

Some useful words in Spanish

Yes	Sí
No	No
Hello	Hola
Goodbye	Adiós
Please	Por favor
Thank you!	Gracias
My name is...	Me llamo...
Could you help me...?	Me podría ayudar...?
I don't understand	No lo entiendo
How much does it cost?	Cuánto cuesta?
One beer, please	Una cerveza, por favor
Podría avisarnos cuando lleguemos a Medinaceli, por favor?	
Can you warn us when we get to Medinaceli, please?	

10. Contact us

For any doubt and further information, please, contact us!

Contact person:

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