



EARTH, WIND & FIRE is an holistic, magical and energetic project aimed at **improving skills and sensitizing trainers in the field of emotional education and personal empowerment** so that they can stimulate and value the young people with whom they work. For this we will use techniques of natural healing, personal balance, emotional stimulation, creative development, empowerment in talents and education in values from ancestral cultures, holistic techniques and personal growth, especially those linked to the countryside and nature, to create an active, integrated and constructive youth. These techniques share the same principles and objectives; connect the individual with their innate abilities and provide them with confidence and determination to achieve their goals, from mindfulness to emotional coaching, through Reiki, Kundalini Yoga or Sound Healing.



From **September 1st to 8th 2019 in Miño de Medinaceli (Soria- Spain)** we will bring together 21 trainers from 10 countries: Ukraine, Armenia, Romania, Czech Republic, Poland, Italy, Greece, Hungary, Croatia and Spain. Each country will provide 2 participants that will be selected according to their professional profile and motivation. This project is open to all trainers, educators and youth workers who want to increase their emotional, motivational and conscience skills and want to incorporate techniques of relaxation, balance and

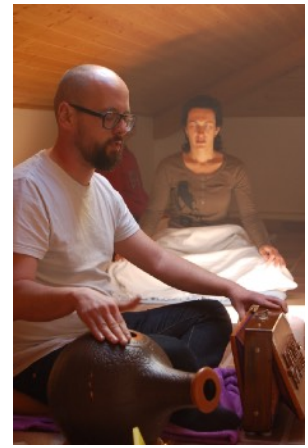
personal growth into their work. 33% of the places are reserved for people with economic, cultural or social difficulties and people with disabilities.

The main objectives are:

- Create a work guide that includes tools for emotional education and youth empowerment.
- Motivate and increase the satisfaction of the trainers by facilitating techniques of personal growth, relaxation, concentration and self-help that allow them to achieve their personal balance and emotional stability and allow them to improve their working conditions and those of the young



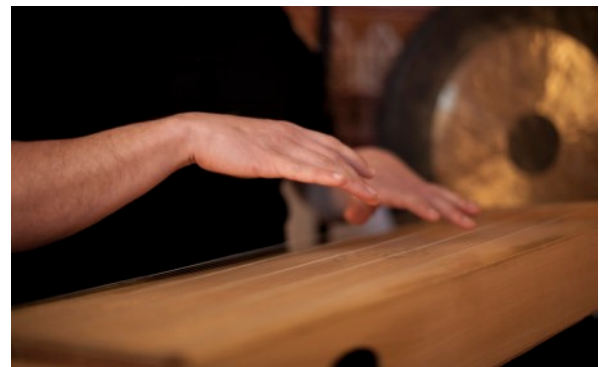
- people with whom they work.
- Improve the skills of educators by equipping them with tools to work and promote emotional education and youth empowerment with their students in order to promote diversity and transmit the fundamental common values of our society, especially to young people with difficult access, and avoid the violent radicalization of young people.
- Promote youth development in rural, depopulated areas and regions where they suffer economic, social and cultural difficulties and reach marginalized young people, providing them with tools for their inclusion.
- To improve the quality of trainers' work by increasing their skills and abilities to address the needs of disadvantaged people in terms of sensitivity, empathy and understanding.



The project is aimed at all those **people interested in personal growth and awareness**, all those who believe that a more complete and healthy human being can be developed, to all those who want to know holistic techniques of personal balance, to all those who believe in **nature, in energy, in spirituality, in feminism, in emotional development** and in education as a way of life.

In this project we want to give priority to participants with economic, social, geographical, cultural, physical or health difficulties.

One of the main values in this project is the motivation of participants, as well as integration and inclusion of people with disadvantages.



Finally, as a collective project, all of us who are part of it will learn, grow and enrich ourselves during this time and all your contributions will be very important for the final result.



Miño de Medinaceli is a small village in the province of Soria, in the region of Castilla y León. It is 160 km far from Madrid, with only 30 inhabitants. The main livelihood of the people is agriculture. The urban nucleus is composed of some 30-40 houses. At the moment, Miño does not have a store, nor a drugstore, nor a pharmacy, neither bank, and the meeting point is a little rural bar-restaurant, where we will have all the meals of the day.

Soria is one of the most depopulated regions of Europe, so what we will find there will be nature, countryside and a healthy environment. This is also a zone with great energetic power where the trace of the human being is still not very severe, what means more possibilities to connect with nature and its vibration.



Numerous are the traces that testify the antiquity of the first settlements in the area. The oldest known beer remains of Europe have appeared in Miño de Medinaceli, in the Neolithic era of 6,000 years ago.



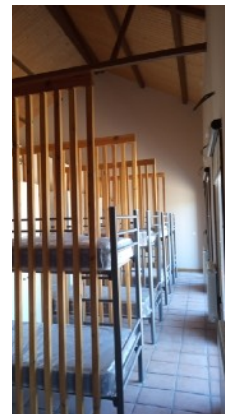
Miño de Medinaceli was declared an Asset of Tourist Interest in 1949. One place of special charm is the hermitage of Ntra. Sra of Santa Cruz. Ancestrally, it was a place of great spiritual activity where femininity and motherhood were worshiped. The Sanctuary of Conquezueta, dated in the Bronze Age (2000 to 1600 BC, approximately) is one of the most mysterious and emblematic places in the province of Soria, where there are remains of the ancient elephants that lived in the Iberian Peninsula 400,000 years ago.

This sacred precinct had before it a lagoon of about 50,000 square meters, now dried, where the water-dedicated cults were developed (lustral cults or adoration of the feminine ones).

Late nineteenth century was constructed in the vicinity of a railroad station Miño Torralba-Soria, which was opened in 1892. But from the end of 70s the train didn't stop there any more and the train station was abandoned. In 2018 the municipality of Miño de Medinaceli recovered the building as a tourist lodge.



We will stay in the newly opened hostel-station and in the rural house La Albacería, located in the same neighborhood of the station. The activities will be carried out in the La Albacería rural house and in the rehabilitated buildings of the old flour factory, which are now part of a rural tourism tourist complex.





## HOW TO GET TO Miño de Medinaceli?

We will set a meeting point in **Medinaceli** city TRAIN/BUS (both are in the same place) STATION at your arrival. Medinaceli is 14 km far from Miño de Medinaceli and it is connected to the main Spanish cities (Madrid and Zaragoza are the closest and easier cities to reach from here) through bus and train.

You can also take a direct bus from Madrid Airport T4 to Medinaceli.

You can check the connections and buy your tickets on their websites:

[www.alsa.es](http://www.alsa.es)      [www.renfe.es](http://www.renfe.es)

Then we will pick you up and ride you to Miño de Medinaceli in a van.

## TRAVEL REIMBURSEMENT

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

**To be sure you get the reimbursement, please remind to:**

- 1) buy economy fare /most cheap fare tickets (2nd class).**
- 2) keep with you all boarding pass, invoice and tickets (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.**

**3) The travel reimbursement will be effective once we get all the original documents of your travel**, which you will have to send by post after the YE, so approximately 4 weeks after the project ends.

We will cover the participants travel to a maximum of:  
**275€**/ participants coming from Italy, Croatia, Czech Republic and Hungary.  
**360€**/ participants coming from Romania, Poland, Ukraine and Greece.  
**530€**/ participants coming from Armenia.

There is no budget for Spanish participants's travels.

**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 **beginning** of the activity, and **departing** 2 days after the end, and take that time for your personal leisure. **NO MORE than 2 days before an after.**

**IMPORTANT:** Please, inform us of your travel plan BEFORE buying any ticket, so we can check it out and make sure everything is ok!!!

## **INSURANCES**

Obtaining a full insurance (travel risks, medical, injuries) **is the participant's responsibility.**

We strongly suggest you to have the European Health Card.

Being healthy enough to face the activity is also responsibility of the participants, and they must inform the organization of any health problem that we should take into account before the start of the activity.

## **MONEY**

Spain uses Euro, for those of you coming from countries that don't use it, be prepared by either changing money before your arrival, changing money at the airport or in the exchange places in town or just bring your bank card and withdraw money in the airport ATM's, as **in Miño de Medinaceli we can't neither withdraw money nor pay with card.** Its always nice to have some pocket money with you. You can check the exchange rate and do fast conversions in this site: <http://www.xe.com/ucc/>

## **OTHER USEFUL INFORMATION**

Soria is 1100m over the sea level, so during nights the temperature can be **LOW, even in summer.**

### **WHAT TO BRING:**

- Warm clothes, Raincoat
- Towel and toilet bag.
- ID: in Spain is compulsory to carry your ID with you anytime.
- Passport (if needed).
- Sport/comfortable clothes and shoes. The less clothes, the better!
- Info/materials you would like to share with the others.
- Something for eating to be shared in the intercultural evening, preferably local food
- **LEARN HOW TO TRAVEL LIGHT, THIS IS OUR BEST ADVICE!**

- The participants commit themselves to actively participate in the whole process, including: to read all the information carefully, communicate timely with the organisers, prepare adequately for the YE; to take actively part in the full duration of the activities; to participate in the evaluation process after the course.

- Pictures, videos, images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports, websites, social networks, or for promotional material.

- Providing information on special needs, does not remove the participant's personal responsibility for ensuring their own health and safety.

- The wi-fi connection will be very weak, since you will have it only in the bar-restaurant but not in the venue or in nature.

## EMERGENCY CONTACT

Before and during your stay in Spain, it might be useful to remember the following phone-numbers:

**Mila Borobio: +34 628 87 41 46**

**Belén Andreu: +34 651 39 31 02**

CONTACT THEM IN CASE OF PROBLEMS on arrival day IN YOUR TRAVEL, DELAY, PUBLIC TRANSPORTS. In case of delays please send at least an sms to us. In case your luggage got lost...

For any question or support do not hesitate to contact us to the address [harmoniicoaching@gmail.com](mailto:harmoniicoaching@gmail.com)

## SOME USEFUL WORDS IN SPANISH

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



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



**Ayuntamiento de  
Miño de Medinaceli**

