



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



Erasmus+ "GOOD PRACTICES
FOR A BETTER YOU(th)
Empowering youth well-being"



Camini 2019
#Jungimundu

Photo © Celestino Gagliardi

Project no.: 2019-1-IT03-KA105-016112

INFOPACK

THE PROJECT - BACKGROUND

The Global Youth Department of the community organisation “EUROCOOP - Jungi Mundu” and its partner organisations from Romania, Spain, Greece, Malta, Luxembourg, Germany, and Netherlands have worked together to build a transnational mobility opportunity for 40 young people (15-19 years old) and 16 youth workers (no age limit), who will travel from 8 European partner countries to take part in a Training Course, which runs from Saturday, August 31 2019, to Thursday, September 5th, 2019, and in a Youth Exchange, which runs from Monday, October 21st 2019 to Monday, October 28th 2019. Both events take place in Camini, a small hillside village in the very south of Italy, where the Erasmus+ KA1 Project “**GOOD PRACTICES FOR A BETTER YOU(th): Empowering youth well-being**” will also take place.

The “GOOD4YOU(th)” project focuses on teenagers transitioning to adulthood, as the primary target group, and embraces their whole life experience, including with their parents, youth workers, trainers, teachers, peers etc. The project will include one training course (TC), one Advance Planning Visit (APV) and one Youth Exchange (YE), so as to involve different target groups and stakeholders around the common themes of achieving overall youth wellbeing and promoting healthy eating in teenage years.

The project aims to offer practical instruments to youth workers and practitioners from the different programme countries - and whether from cities or rural areas - to further highlight the positive impact of improved health and food literacy at the community level.

The “GOOD4YOU(th)” project idea stems from specific emerging needs of adolescents and young people from all backgrounds, especially those with fewer opportunities at different levels, and drawn from many geographical areas - as advised by the youth workers and other professionals involved in the preparation and field analysis.

The many and varied communities that have been involved in the genesis of this project include children, adolescents and young people, from different cultures, and with different habits and beliefs, but who are none the less remarkably similar

in terms of desires and expectations for the future. In the past years, the healthcare professionals and youth workers directly involved at the grassroots level both in Camini and in the partner organisation’s home countries have become aware of the need for these young people to converge around a shared culture of “wellness” associated with a healthy lifestyle. They have long been mindful of a holistic sense of wellness as a state of complete physical, mental, social and spiritual well-being.

The main aim of the “**GOOD4YOU(th)**” project is to allow the participants to acquire a better awareness and understanding of how to improve their lives or the lives of those they work with, keeping adolescents healthy and active, and encouraging them to take an active role in managing their health, and guiding them towards improved self-care habits. The project will empower the youth workers in unveiling the adolescents’ potential to become the healthiest version of themselves - with all working together towards taking care of their own and others’ physical and mental health.

The ultimate aim of the project is to foster a culture of shared culture of youth wellbeing at the transnational level, where national frameworks are not necessarily relevant, effective or attractive to young people.

In order to achieve this aim, a high quality training course (TC) and a truly participatory youth exchange (YE) will be implemented, in line with a participatory methodology which focuses on the positive overall effects on participants’ health, including a reduction in health inequalities, and a positive impact on the quality of life and community development - with global well-being as a further, indirect benefit.

The project aims to offer practical instruments to youth workers and practitioners from all the different programme countries - and from cities and rural areas alike - to further highlight the positive impact of improved health and food literacy at the community level, and create meaningful and practical tools to support work at the grassroots level in delivering overall youth wellbeing and healthy eating in teenage years.

COUNTRIES INVOLVED AND TRAVEL GRANTS

Allocated to each participating country according to the EU Distance Calculator:



EUROCOOP
(HOST AND COORDINATOR)
€ 0



CULTURE GOES EUROPE (CGE)
SOZIOKULTURELLE INITIATIVE ERFURT EV
€ 275,00 (return travel) / per participant



CREATIVE YOUTHLAND
(CYOULAND)
€ 180,00 (return travel) / per participant



SERVICE NATIONAL DE LA JEUNESSE
€ 275,00 (return travel) / per participant



i-HELP
€ 180,00 (return travel) / per participant



STICHTING ANATTA FOUNDATION
€ 275,00 (return travel) / per participant



ASOCIATIA GEYC
€ 275,00 (return travel) / per participant



MOBILITY EXTREMADURA
€ 275,00 (return travel) / per participant

In accordance with the Erasmus+ Programme and Distance Calculator (http://ec.europa.eu/programmes/erasmusplus/tools/distance_en.htm), travel expenses will be reimbursed up to the amounts specified (door-to-door / return ticket) via bank transfer, within one month of receipt of the boarding passes and tickets invoices, which should be sent via registered email to the Administrative Department of the coordinating organisation (EUROCOOP Servizi Soc. Coop. - ATTN: Administrative DEPT. Erasmus+ projects - via Giulia, 2 - 89040 Camini, RC - Italy).

TRAVEL TIME: maximum 1 day (1/2 day + 1/2 day).

Please keep all the original tickets and copies until the reimbursement has been made!

GENERAL TERMS

The working language for all the project's activities is ENGLISH.

This project is financed by the Erasmus+ Youth Programme (project no: **2019-1-IT03-KA105-016112**).

THERE IS NO PARTICIPATION FEE.



Being involved in the training course or in the youth exchange means that accommodation and lodging (breakfast/lunch/dinner) will be 100% covered by the host organisation.

TRANSNATIONAL MOBILITY ACTIVITIES

TRAINING COURSE

(for youth workers, youth leaders and youth project managers)

**31 August 2019 - 5 September 2019:
2 participants from each participating country (no age limit)**

YOUTH EXCHANGE

(15-19 age bracket)

**21 October 2019 - 28 October 2019:
4 young participants (15-19) + 1 group leader (no age limit) from each participating country**

During the Youth Exchange participants will be involved in full-time activities regarding lifestyle determinants such as: food and nutritional education with daily culinary practice; ethnic food exchange; daily physical group activity; mindfulness and meditation sessions; roleplay and laboratory against addictions; sports and outdoor non-formal education activities; sexual education and prevention of early pregnancy and STDs (Sexually Transmitted Diseases) sessions. Non-formal methodologies will be applied to address and analyse weight-related stereotyping, social exclusion and other discriminatory behaviours, especially those targeting obese youth who are victims of weight-related teasing or bullying. The training course will be based on innovative and creative non-formal educational methods with a special focus on communication and social skills, mindfulness, intercultural learning and team working. Experienced trainers from different European countries will facilitate the learning process of participants using key lifelong learning theories, updated reference materials and comparative statistics on youth well-being, TED-style talks highlighting best practice, and peer-learning findings on overall youth wellbeing and healthy eating in teenage years, as well as on learning outcomes for youth participation, self-care, disease prevention, personal empowerment, and lifelong resilience.

We will organise a number of activities for the free time, including intercultural dinners in the evening, when representatives of participating countries will have the opportunity to cook traditional meals, then all dine together. There will also be a presentation of traditional dances from different countries - and a half-day excursion to some of the most important historic and cultural sites in the surrounding area. During their stay, all participants will be actively involved in Camini's social life and will have many opportunities to interact with the migrant communities that live there.

During the training course, all the participants will be involved in a truly participative and learner-centred approach, closely linked to youth workers' needs, aspirations and interests. The applicant organisation and its partners strive to maintain the highest standards of education, especially as regards the non-formal and informal learning dimension. They will make use of the best tools available so as to consistently provide a relevant training experience to the participants, who will be ideally equipped to:

- Understand and improve their communication and social skills as youth workers, so as to better reach young people with fewer opportunities, especially focusing on health-related behaviours and conditions;
- Learn how to stimulate the participation of the younger generations and motivate their engagement in planning practical activities to realise their potential for change, while simultaneously challenging themselves with improved self-care habits;
- Better provide young people with ongoing support with the ultimate aim of empowering their well-being and that of the communities they live in;
- Share tools and good practices in tailoring new working methods and strategies for engaging young people with fewer opportunities and at-risk youth, especially those bullied because of being overweight or facing other weight-related stereotypes;
- Improve their social competences as youth workers, as well as team working, intercultural learning and transnational cooperation as a whole;
- Learn how to be more proactive in supporting young people (especially teenagers) in themselves generating ideas aimed at initiating local and international youth projects;
- Learn more about youth work approaches relating to the health and wellbeing of young people as tested in different countries and contexts;
- Learn more about the "Erasmus+ 2014 - 2020" and "European Solidarity Corps" programmes as well as the "EU Commission's strategy on nutrition, overweight and obesity-related health issues" and the "EU Youth Strategy 2019-2027", especially as regards "Mental Health & Wellbeing", "Inclusive Societies", and "Space and Participation for All".

The final part of the training course will be a powerful tool to design, test and assess some of these methods to promote the social inclusion of teenagers, especially focusing on health-related behaviours and conditions that may underlie major diseases and which usually start or are reinforced during the second decade of life (e.g. overweight and obesity, tobacco and alcohol abuse, unsafe sexual conduct, mental health problems).

The training course programme of the "GOOD4YOU(th)" project proposal is set in the context of non-formal education and informal learning and built on the cornerstones of the



Photo © Stefano Triulzi

internationally agreed 8 key competences for lifelong learning processes.

The new working methodologies acquired from non-formal and informal education settings will help to strengthen the youth workers once they are back in action in their own organisations. The implementation of the youth exchange (YE) to follow in October (preparation for which will start during the September training course) will give the TC participants the opportunity to test themselves in the field and give continuity to a professional and personal growth process, especially as regards working with adolescents aged 15-19, and transforming their experience into expertise.

SPECIFICITIES OF THE YOUTH EXCHANGE

Notwithstanding the extensive progress that youth work and knowledge of adolescent development has made in recent years, it is possible to observe across the European continent a worrying increase in weight-related stereotyping, social exclusion and other discriminatory behaviours, especially those targeting obese youth who are victims of weight-related teasing or bullying.

These occurrences, even when not resulting in violent episodes, do lead to social exclusion and marginalisation, and pave the way to loneliness, isolation, and even radicalisation.

The “GOOD4YOU(th)” youth exchange focuses on experimenting with innovative methodologies and appropriate educational processes and cultural exchanges to support, together with the young people themselves and the youth workers of the partner organisations, the adolescents’ development, youth participation and social inclusion processes, thereby creating a culture that values self-care at a collective level and modelling around young people’s needs as they are directly involved in the same shaping process.

The participatory process of the youth exchange will allow young people to be mindful of collective and individual well-being.

The group leaders will support their groups in making self-care more natural for future generations, by imparting healthy habits earlier and increasing awareness of their importance for disease prevention, personal empowerment, and lifelong resilience. The young participants aged 15-19 will challenge themselves towards improved self-care habits so that the next generation can benefit from their experiences.

This process will also help to ‘break’ stereotyping and other discriminatory practices in teenage years and beyond. It therefore follows accordingly that the youth exchange proposed with the “GOOD4YOU(th)” project also aims to directly involve 15-19-year-olds in educational and civic processes that will allow them to express themselves, and will also lead them to build critical knowledge and resilient participation pathways tackling common unhealthy eating habits, especially those

involving teenagers. This is one of the strongest motivations and leading forces behind this youth exchange.

The “GOOD4YOU(th)” youth exchange activities are grounded in the experiences of the partner organisations involved and, in the needs, as manifested in various ways, of the young participants as regards nutrition and healthy lifestyles.

There will be great emphasis on activities in support of social inclusion of teenagers, especially focusing on health-related behaviours and conditions that may underlie major diseases and which usually start or are reinforced during the second decade of life, and on food equity issues - throughout, using non-formal education methods to promote more inclusive, open and resilient societies and reaching out to other young people with fewer opportunities, which is also in line with the

“Paris Declaration of 17 March 2015 on promoting citizenship and the common values of freedom, tolerance and non-discrimination through education”, and the **“Communication from the Commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions supporting the prevention of radicalisation leading to violent extremism” (2016)**.

Those documents states clearly how regular contacts with representatives of civil society and role models can make a difference in motivating young people and preventing them from drifting to the margins of society.



OBJECTIVES AND LEARNING OUTCOMES

The objectives and learning outcomes of the youth exchange may be summarised as follows:

- To give the chance to young participants to explore the concept of youth well-being in an international peer group;
- to support young people in learning from the mobility experience and capitalising on it to improve their situation within their own community;
- to stimulate creativity, active participation and initiative (entrepreneurial spirit) through different learning process;
- to empower participants to become the "healthiest version of themselves";
- to spread good practices in health and wellbeing, with a positive impact on quality of life;
- to give young people with fewer opportunities or suffering from health inequalities the chance to live a really healthy week, with the support of a high-quality methodology;
- to lead to positive overall effects on participants' health, including a reduction in health inequalities, and a positive impact on quality of life, and prevention of major diseases.

Photo © Celestino Gagliardi



WHAT TO PACK/BRING

There are a number of things we would like you to bring, for the Youth Exchange and for the Training Course programmes as well as the informal moments in Camini. They are all equally important, so please do not just read through the list but actually bring it all along with you:



LOCAL CONTEXT

some examples of youth work and active participation from your country / local contexts and materials (posters, leaflets, photos, magazines, podcasts, videos, songs, ...);



COMFORTABLE CLOTHES

comfortable clothes, suitable for the time of year, and for both indoor and outdoor physical activities;



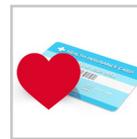
INTERNATIONAL STUDENT CARD

a valid International Student Card or Youth Card, which could be useful in getting discounts at museums and other attractions.



FOOD-STUFF

a typical taste (foodstuff) of your town/region and the story associated with it (we will share the stories and taste the food/drink - **non-alcoholic** - during the shared Intercultural evenings);



EUROPEAN HEALTH CARD

your European Health Card or insurance certificate;

NOTE:

Each bed is provided with towels, pillows and sheets so you do not need to bring them!

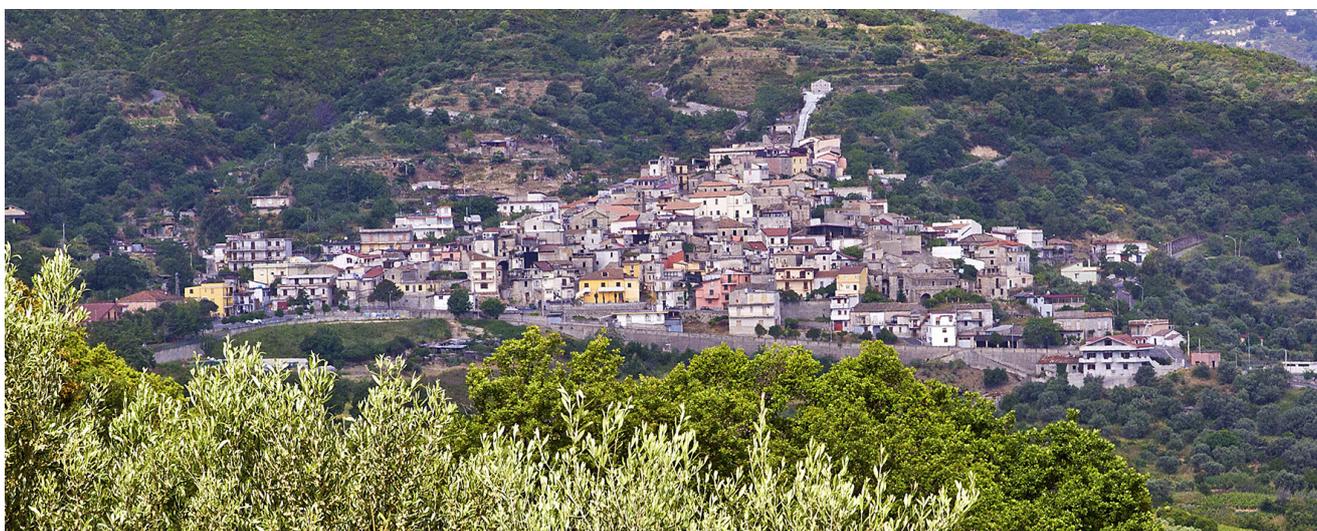


THE VENUE

Camini is a small hillside village in Calabria, southern Italy, located in the Locride area, which until recent times was characterised by poverty and on-going depopulation. For decades, Locride – and Camini – was characterised by emigration, a direct result of the extreme poverty and lack of job opportunities. Over this same period, the area was also blighted by the activities of organised crime groups, which had a negative impact both on the wider region and beyond. Nowadays, thanks to the activities of civil society organisations and growing community resilience, the situation is changing.

reconstruction project focusing on the restoration of houses that had been abandoned over the years by mass emigration. In case of special needs, individual rooms or studios will be provided. Participants share with people from other countries. Air conditioning is also available during the summer, and a maintenance service is available at all hours of the day. Most of the rooms offer a view down to the sea.

All young people taking part in the project will have three full meals per day, which they will eat at the “Jungi Mundu” restaurant, alongside the professional staff and international volunteers. Local and international cooks are onsite to cater to those with particular diets or food allergies



Camini (RC) - Italy | Photo © Celestino Gagliardi

While the overall pattern remains uneven across the region, the village of Camini itself is undergoing something of a renaissance, experiencing authentic social and economic growth as a result of its refugee reception and resettlement programme.

From the point of view of nature, today’s Camini is a quiet, green village, offering a well-preserved environment with little car traffic and a general absence of noise and pollution, which, of course, is especially important in relation to the “GOOD4YOU(th)” project topics.

There, all the “GOOD4YOU(th)” Training Course and Youth Exchange participants, trainers and partner organisations’ staff will be accommodated in shared rooms, which are fully equipped, and located in the historic centre of the village, in accordance with a “scattered hospitality (albergo diffuso)” model. All the rooms have been renovated and refurbished in the past few years, through a social

(vegetarian, lactose-free, gluten-free, vegan, etc.). Continental breakfast, wi-fi, self-contained kitchen, parking, laundry service and other facilities are also provided for free. Given the specific characteristics of the “GOOD4YOU(th)” project, meals may be planned and prepared with the participants’ own contributions, paying attention as always to sustainability, seasonality, quality of ingredients and mode of preparation.

The transnational activities of the project will take place in buildings spread throughout the village, all of which have been sensitively restored in keeping with the original style and architecture. They include a large, bright studio, with Internet access, and a fully equipped kitchen. There are also a bakery, craft workshops, classrooms and public spaces. Outdoor activity will take place in and around the main village square and in the didactic farm as well as in other environmental areas.

HOW TO GET THERE

The journeys from each participant's home city to Camini will be organised by the partner organisations in cooperation with EUROCOOP.



The nearest airport for Camini (GOOGLE Map position: <https://goo.gl/maps/Wse8uQgQ2FN2>) is **Lamezia Terme Airport "Sant'Eufemia" (SUF)**; other airports nearby are those of **Reggio Calabria or Airport of the Strait (REG)** and of **Crotone - Sant'Anna or Airport "Pitagora" (CRV)**.



- LOCAL TRAINS: "**Trenitalia**" regional trains stop at "Monasterace- Stilo" train station (13 km from Camini) or "Caulonia" train station (20 km).

- LOCAL / NATIONAL BUSES: "**Federico S.p.A.**" and "**Troiolo Bus**" companies (Bus stop: Riace Marina about 10 km from Camini), which connect the Locride region with the main Italian cities (Rome, Florence, Bologna, Milan, Turin, Pisa, etc.) where the main international airports are located. In June 2019 the international low-cost bus company "**FlixBus**" also began to run a few services in Calabria, including in such places as Lamezia Terme and Rosarno.

A direct shuttle service can also be organised (from Monasterace, Caulonia, or Lamezia in case of late arrivals) directly from the coordinating organisation's office in Camini.

SOCIAL MEDIA

Active social participation online and offline is essential for the "**GOOD4YOU(th)**" project's success.

Be an active participant on social media network, too ... by sharing relevant news, articles, pictures and posts!

Please, start following the social media channels of the coordinating organisation

EUROCOOP Camini "Jungi Mundu":



Twitter.com/JungiMundu



Facebook.com/jungimundu



Instagram.com/jungi_mundu

using the hashtags:

#GOOD4YOU(TH) #JUNGIMUNDU #CAMINIGIOVANE #ERASMUSPLUS

...or why not create new ones of your own to share with the rest of the group?

Should you have any questions, suggestions, problems or proposals, please do not hesitate to contact us at any time.

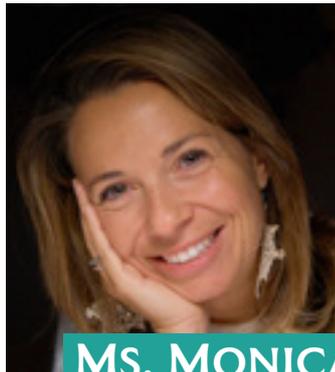


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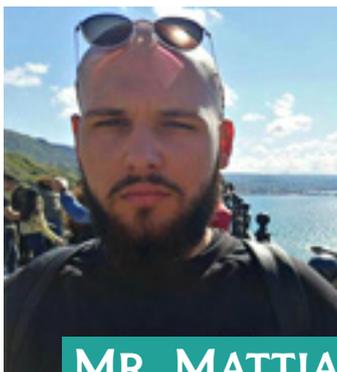
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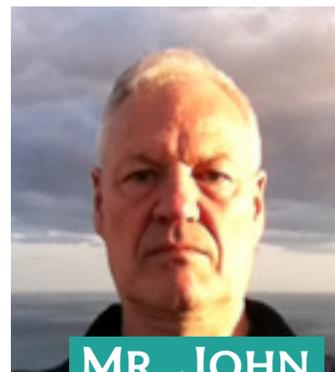
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On behalf of everyone in the project team, we really look forward to seeing you in Camini very soon!

PARTNER ORGANISATIONS

GERMANY - CULTURE GOES EUROPE (CGE)-SOZIOKULTURELLE INITIATIVE ERFURT EV

CGE Erfurt e.V. is a non-profit, non-governmental organisation based in Erfurt, the capital and largest city in the state of Thuringia in central Germany. The organisation was founded in 2005 and is run by young professionals, who are designing, implementing and evaluating local and international youth projects. CGE Erfurt e.V. has more than 10 years' experience creating educational concepts, that allow participants to develop a self-defined strategy of learning in the framework of non-formal education.

The main aims of the organisation are to convey values such as peace, democracy, solidarity and sustainability; to support active citizenship and the integration of all people in society, whatever their social status, origin, skin colour, religion, and sex; to create active and result-oriented activities; to address social problems and challenges in the fields of education, environment, politics, economy, social, law and culture.

E-mail: projects@cge-erfurt.org

GREECE - Δημιουργικό Εργαστήρι Νέων - CREATIVE YOUTHLAND (CYOULAND)

Creative YouthLand is a non-profit organisation for Youth, Arts and Culture aiming to provide young people with learning experiences based on art forms (drama & theatre, dance, music) and creative approaches. Founded in September 2014, it is located in Egio, Greece but acts internationally. Its aim is to provide young people with non-formal learning through artistic and creative methods, which will enable them to positively transform society, provide them with a deeper understanding of the European and international environments and give them the opportunity to create and innovate. Through a unique and playful learning experience, based on theatre, drama, music, dance, and other creative activities, young people gain new knowledge and develop skills and attitudes that enhance their personal and professional development.

E-mail: creativyouthland@gmail.com

LUXEMBOURG - SERVICE NATIONAL DE LA JEUNESSE (SNJ) OF THE GOVERNMENT OF THE GRAND DUCHY OF LUXEMBOURG

The Service National de la Jeunesse (SNJ) or National Youth Service is a State administrative body of the Government of the Grand Duchy of Luxembourg, which was set up by ministerial regulation on March 18th, 1964. Currently the SNJ's missions are defined by the Youth Act of July 4th, 2008, which was substantially amended on April 24th, 2016. The SNJ currently reports to the Ministry of Education, Children and Youth, but as a State agency, has its own missions, tasks, budget and staff. It is recognised as a «Service d'Etat à gestion séparée» which means it has significant financial autonomy. SNJ's scope of action is non-formal education, including all educational activities organised outside the formal educational system. SNJ's activities are governed by the principle of subsidiarity; it does not set up projects that compete with those run by youth organisations or other actors. All SNJ staff members involved in the project are experienced youth workers, with many years' experience of working with young people of various backgrounds: NEETs, migrants, school leavers, students, pupils, etc. Some staff members have extensive experience with transnational mobility programmes. All are familiar with non-formal learning methods.

E-mail: secretariat@snj.lu

MALTA - I-HELP

The organisation i-HELP promotes good, responsible citizenship, particularly online. Its members have taken part in many different training courses and youth exchanges abroad. They have also helped other NGOs and local schools implement year-long European Voluntary Service (EVS) and Strategic Partnership projects.

The staff includes a Senior Inspector who works with the Government and a Head of School (St. Jeanne Antide School in Gudja, Malta) who works with youth to promote active citizenship.

The main aim of the organisation is to expose its members to as many learning situations as possible to stretch their capabilities and help them reach their full potential, hence our interest in this course.

The organisation is committed to engage participants with fewer opportunities, in particular young people from difficult socio-economic backgrounds, immigrants and women.

E-mail: marioncutajar@gmail.com

NETHERLANDS - STICHTING ANATTA FOUNDATION

The Anatta Foundation is based in the Netherlands, but it works EU-wide. Its core team comprises volunteers, who can be considered as young professionals, from a wide range of areas of interest, ranging from psychologists, educators, trainers, social researchers, coaches, multimedia experts, ethical business consultants and young entrepreneurs.

The Foundation works with many different target groups, such as young people with speech disorders, young cancer survivors, youngsters with autism spectrum disorders, children from foster homes, students and young people from rural areas in the province of Gelderland. In all of the Foundation's activities, its staff and volunteers make use of methodologies from the fields of positive psychology, acceptance & commitment therapy, nature coaching, and body and trauma-oriented therapies.

E-mail: thomas@anattafoundation.org

ROMANIA - GROUP OF THE EUROPEAN YOUTH FOR CHANGE - GEYC

GEYC is a Romanian NGO whose mission is to empower young people to work towards positive change in their communities. It also coordinates the activity of the "PRISMA" European Network which is developing educational programmes, especially for young people, at local, national and international levels.

The activities of both parts of the organisation aim at inspiring and stimulating human potential through experiential learning, volunteering and social inclusion projects.

GEYC also runs a Community Centre, bringing together over 2800 Romanian-speaking young people, youth workers and teachers from different countries, and providing them with youth information, and opportunities to engage in consultations regarding young people. The organisation also coordinates a Resources Centre, an online service which offers a wide variety of free online tools about multimedia and social media, and supports individuals and organisations alike in their work.

E-mail: mobility@geyc.ro

SPAIN - MOBILITY EXTREMADURA

MOBILITY EXTREMADURA is based in the rural village of Rubiales, which is in southern Spain. The population of the village is small and factors such as rural-urban migration trends, geographical remoteness, and the scarcity of financially-rewarding employment opportunities continue to impact on the local population. The group most affected is also that which is most at risk of social exclusion and poverty - namely young women aged 18-24, who represent the main target group of the organisation.

Between 2016 and 2018, the whole Spanish region of Extremadura, where the association MOBILITY EXTREMADURA is based, saw a decline in population of approximately 14,000 young people aged 15-34, with the most significant drop occurring in the age group 20-24. As in many other places in Europe, this partly reflects the rural-urban migration of young people, a process most often attributed to the limited economic opportunities that are characteristic of rural areas.

With 75% of the European population projected to live in urban areas by 2050 (Eurostat), this shift in population continues to represent a significant threat to social and economic cohesion, as it is often linked to increased social inequality, exclusion and poverty. At the same time, it is leading to increased overcrowding of urban centres, with their ever-growing problems of pollution, while rural villages, and sites of historical and cultural heritage face an increased risk of extinction.

Within this context, MOBILITY EXTREMADURA was formally established in 2019 as a new and truly innovative association, founded by young professionals with widespread work experience across the EU and the USA. Its mission is to revitalise rural areas and to build and empower healthy, tolerant and harmonious communities by facilitating and accelerating the personal and professional growth of learners, focusing primarily on young people from rural areas at risk of social exclusion and poverty.

The over-arching goal of the association is to contribute to the advancement of a more inclusive, tolerant and democratic society, using non-formal education methodologies in its work with young people. The various activities undertaken by MOBILITY EXTREMADURA are based on many different themes, including rural and social entrepreneurship, organic farming and permaculture, personal development, sustainability, and environmental awareness. Throughout all its work, the association also promotes and protects rural values, and supports artistic expression in all its forms.

E-mail: mobilityextremadura@gmail.com