



Making S.O.A.P. (Sustainable Options for Active People)

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

28th September - 5th October 2014 (travel days included)



Organized by La Noguera Medinaceli

in Medinaceli, Spain

PARTICIPANT'S INFOPACK



1. What is Making SOAP: Sustainable Options for Active People?

It is a training course to explore the idea of sustainability.

During one week, 28 people from 12 countries living in a small community, sharing their knowledge and experiencing new approaches and visions, will focus on how to take the most of the local -natural and human- resources, to build a different kind of development based on growing in social relations, mutual learning and respect.

We want to provoke, through experiential learning, a reflection on whether the paradigm of productivity is providing people with opportunities for having a job, personal development and general welfare, and for how long can it go on with the limited resources of the planet. And also, we'll try to think of the existing alternatives to that kind of development, if they can accomplish people's expectations in life and what is needed to achieve them.

The course will involve 28 participants from Italy, Czech Republic, Turkey, Cyprus, Portugal, Romania, Hungary, Greece, Poland, Croatia, Sweden and Spain.

2. Aims and Objectives

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 centre of any relation.

The main objectives of the course are:

- To share different experiences and practices related to the topic of the course, creating a common understanding around the concept of sustainability.
- To provide the participants with new tools, methods and ideas to be used in their own life and work, to promote an active participation of young people and/trough youth workers in a better social life.
- To experience working in nature and with nature, living in community and sharing the resources.
- To strengthen international connections and networks for future projects.

3. 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.

4. 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.

5. 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, 15:45 and 22:30** 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.

6. 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.

7. 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 deducted 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	Maximum amount refunded for the whole travel
Spain	180,00 €
Italy	275,00 €
Czech Republic	360,00 €
Portugal	275,00 €
Cyprus	530,00 €
Romania	360,00 €
Turkey	360,00 €
Greece	360,00 €
Sweden	360,00 €
Poland	360,00 €
Hungary	360,00 €
Croatia	275,00 €

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 llegemos 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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