

INFOKIT

Ultreia

08/09/22- 16/09/22



PROJECT OBJECTIVES

- Learn how we can promote social inclusion through hiking.
- To understand in a theoretical and practical way how sport and hiking can foster important values such as social cohesion, diversity, the culture of effort and empathy.
- To carry out more sustainable practices and become more aware of the territory through hiking as an empowering practice.
- Increasing awareness of the Sustainable Development Goals and the need to address them in a comprehensive and critical way.



PARTICIPANTS PROFILE

- From 18 to 30 years old.
- Young people with fewer opportunities (migrants, refugees, economic obstacles, geographical restrictions...) are encouraged to apply.
- Interested in the potential of sports, mountain and hiking lovers.
- Interested in inclusion topics, SDGs and recognising diversity as an enriching experience.
- Creative and willing to share ideas, discover new things and reflect.
- Open-minded to work in a multicultural environment.



PARTNERS

Asociación Ser Joven

Madrid Outdoor Education

Associazione Link

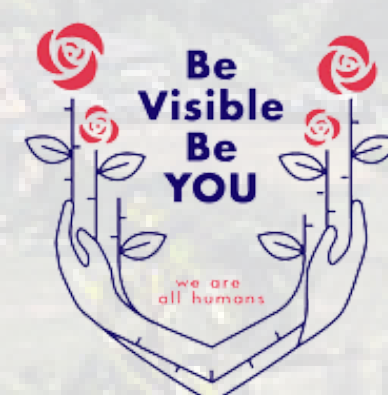
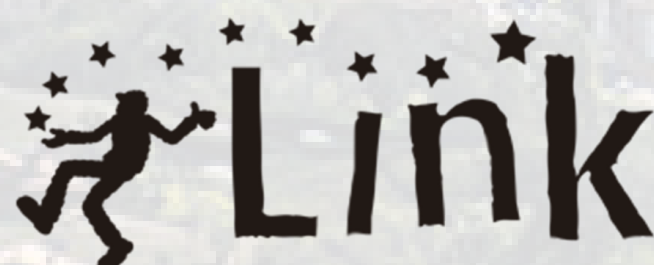
Be Visible be YOU

Fundacja Centrum

Aktywności Twórczej



associazione culturale



CANTABRIA (SPAIN)

Cantabria is a small autonomous region and it sits within what's known as Green Spain, in the North of the country, along the Bay of Biscay.

The natural boundaries of Cantabria are the Bay of Biscay to the North and the Cantabrian Mountains and the Picos de Europa to the South.

The Cantabrian coastline is full of good beaches, small fishing harbours and some impressive sea scenery.



CLIMATE



The region's temperature is humid oceanic climate, characterised by mild and usually rainy September-days, around 15-22 degrees. Nights may be cooler in the mountains, so please wear some warm clothes.



CAMINO LEBANIEGO

DAY 1 - 08/09/22

PLACE: SANTANDER

ARRIVAL DAY

ACTIVITIES:

- MEETING POINT 19:00H TRAIN STATION (SANTANDER, SPAIN)

DAY 2 - 09/09

SDG3: GOOD HEALTH AND WELL BEING

PLACE: SANTANDER-LA HERMIDA

- ACTIVITIES: INTRODUCTION OF THE PROJECT AND PARTICIPANTS
- PRESENTATION GAMES
- GROUP WORK: GOOD HEALTH AND WELL BEING
- DISPLACEMENT SANTANDER-LA HERMIDA

DAY 3: LA HERMIDA-CABAÑES 10/09

SDG4: QUALITY EDUCATION

PLACE: ALBERGUE DE CABAÑES

ACTIVITIES:

DAILY HIKE
GAMES AND ACTIVITIES
DAILY REFLECTION ABOUT QUALITY
EDUCATION



DAY 4: CABAÑES 11/09
SDG 10: REDUCED INEQUALITIES

PLACE: ALBERGUE DE CABAÑES

ACTIVITIES:

- ACTIVITY DAY IN CABAÑES
- GROUP REFLECTIONS AND ACTIVITIES ON HOW TO REDUCE INEQUALITIES IN SOCIETIES

DAY 5: CABAÑES- TAMA 12/09
SDG 12: RESPONSIBLE PRODUCTION AND CONSUMPTION

PLACE: ALBERGUE JUVENIL PICOS DE EUROPA (TAMA)

ACTIVITIES:

- DAILY HIKING PATH
- POSSIBILITY OF BIVOUACKING
- CENTRAL TOPIC: HOW HIKING CAN PROMOTE CONSCIOUS AND RESPONSIBLE CONSUMPTION
- DAILY REFLECTION

DAY 6: TAMA-SANTO TORIBIO 13/09
SDG 13: CLIMATE ACTION

PLACE: ALBERGUE JUVENIL PICOS DE EUROPA (TAMA)

ACTIVITIES:

- LAST STAGE OF CAMINO LEBANIEGO
- ACTIVITIES CONCERNED TO CLIMATE ACTION
- DAILY VISIT IN POTES
- GROUP REFLECTION



DAY 7 14/09

SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS

PLACE: ALBERGUE JUVENIL PICOS DE EUROPA (TAMA)

ACTIVITIES:

- VISIT TO LOCAL AND REGIONAL INSTITUTIONS
- WORKSHOP: THE CONTRIBUTION OF SPORTS TO PEACE AND DEVELOPMENT
- FAREWELL NIGHT
-

DAY 8 15/09

SDG 17: PARTNERSHIPS FOR THE GOALS

PLACE: POTES-SANTANDER

ACTIVITIES:

- EVALUATION OF THE PROJECT
- DAILY REFLECTION: WHAT IS THE ROLE OF ORGANIZATIONS AND COMPANIES IN THE ACHIEVEMENT OF SDGS?
- DISPLACEMENT POTES-SANTANDER
- FREE AFTERNOON IN SANTANDER

DAY 9 16/09

DEPARTURE DAY



ACCOMMODATION

ITINERANT ACCOMMODATION

**SANTANDER, LA HERMIDA, CABAÑES, TAMA
AND SANTANDER**

FOOD

Full board provided: 3 meals per day.

Albergue de Tama



Albergue de Cabañes



TRAVEL

Meeting_point- Santander at 19:00h.
From there we will go all together to the first venue.

The budget to cover your travel expenses that include transportation (flights, buses, trains) and travel insurance (recommended) is:

Greece: €360 per participant.

Italy: €275 per participant.

Poland: €275 per participant.

Spain (MOE): €180 per participant.

The steps are:

- **look up the options.**
- **once you find a good option, first inform Ser Joven (europa@ser-joven.org).**
- **If Ser Joven agrees, book them.**



EQUIPMENT NEEDED

Backpack (10-20L)

Sleeping bag

Sleeping mattress

Good walking/trekking shoes

**Outdoor clothes -all weather- , also
some warm clothes**

Sunglasses and sunscreen

Rain jacket

Towel

Water bottle

Toiletry bag

Personal notebook

Passport/ID and European Health Card

Backpack
Trekking boots
Comfortable clothes
Sleeping bag
Rain jacket
Towel
Positive energy
Flexibility and adaptability to change
Supportive attitude



In case you do not have any of these items and you cannot buy them for some reason, contact europa@ser-joven.org.

We will do our best to provide participants with all the equipment needed.



READY FOR THE ADVENTURE?

CONTACT

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