



Erasmus+

**injuve**



**Centería**

Center for International Advancement

# Mindful Moves for Mental Health



*1st - 8th April*

*Cercedilla -  
Madrid SPAIN*





# Summary

1

TOPIC: Mindful moves for mental health

2

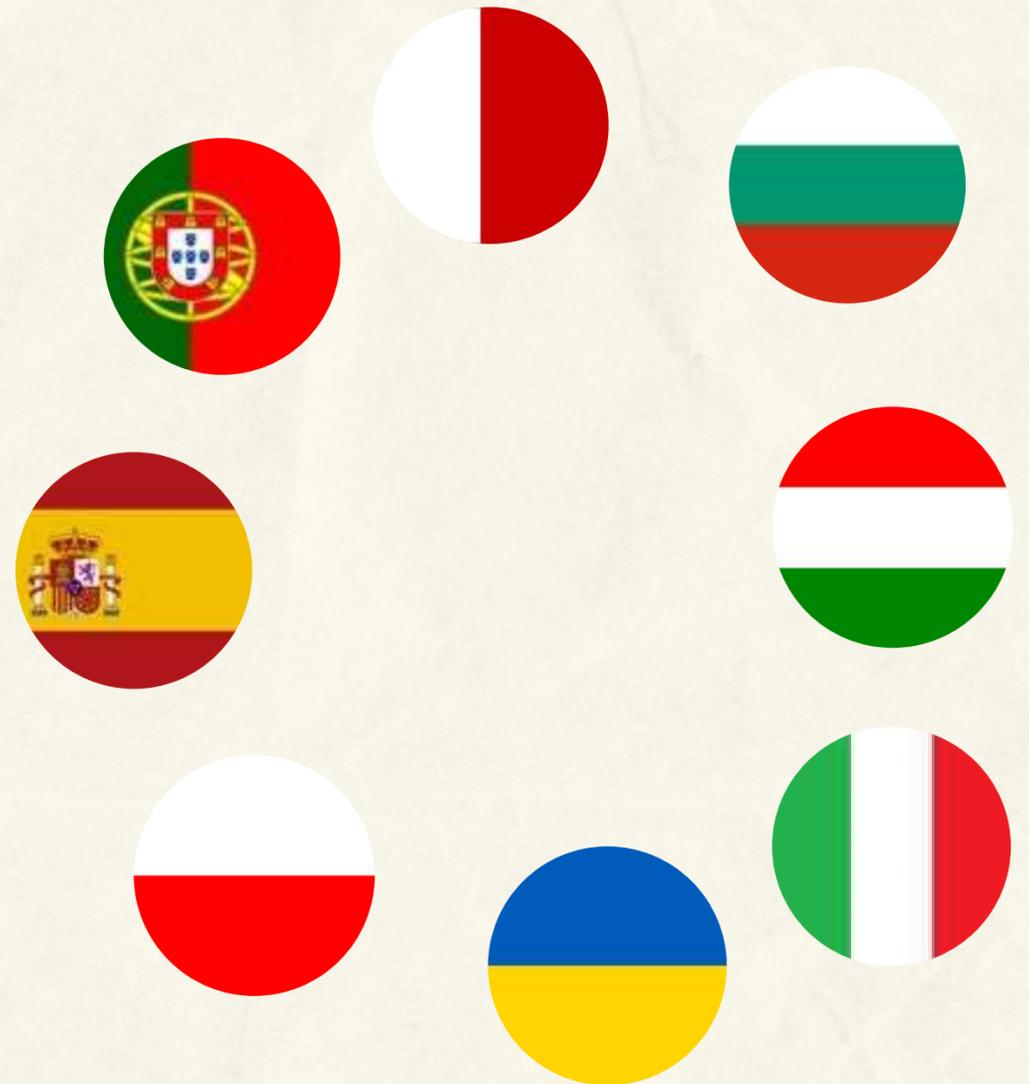
LOCATION: Cercedilla Madrid (Spain)

3

PARTICIPANTS: (+1 leader) per country

4

DATES: 1st April (Arrival) to 8th April (Departure)



# Objectives



1

Exploring dances as  
a tool for mental health.

2

Building youth worker  
competences through  
movement.

3

Fostering trust and  
self-awareness through dance



Exploring Dance  
and Mental Health

Relaxation,  
Resilience, and  
Body Positivity



Telling Stories  
Through Dance

Emotions and  
Creativity through  
Dance



Trust and  
Awareness  
through Dance



# Participants Profile

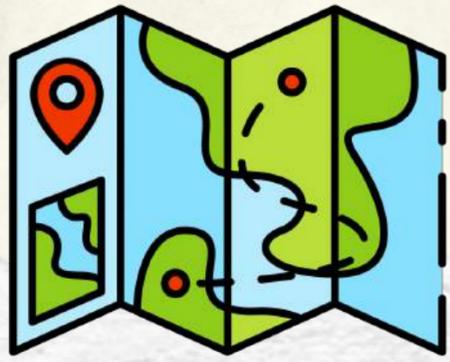
We are looking for diversity of participants in terms of level of experience in Erasmus and level of English. We'd also like to include participants with fewer opportunities and barriers linked to cultural differences, discrimination and social barriers. Participants age: more than 18 years old.



# The venue: Albergue Las Dehesas

**LINK**





“Albergue Las Dehesas” is a hostel in Cercedilla, a village right next to Madrid.

Surrounded by nature,

Cercedilla is the perfect place to relax, have fun and enjoy nature. “Las

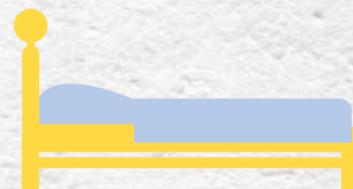
Dehesas” is 2 km away from Cercedilla. There is no supermarket nearby - the closest one is 40 min (one way)

# The venue: Albergue Las Dehesas

LINK

They have rooms for 2, 3 and 4 people, depending on the availability.

Rooms will be assigned on the arrival.



Las dehesas has a soccer and a basketball field, table football and a ping pong table. We may have to share it with other guests.



Alcohol consumption is forbidden.



Address: Carretera de las Dehesas, 94 - km 2.5 Cercedilla 28470

## SOMETHING FROM YOUR COUNTRY

Bring some food and non-food items from your country for the intercultural evenings but be aware that no kitchen facilities will be available (don't bring food that requires cooking)



# What to bring

## PERSONAL BELONGING

It is an area of mountains and forest. We will be hiking.

Bring comfortable shoes and clothes.



Towel and shampoo, etc

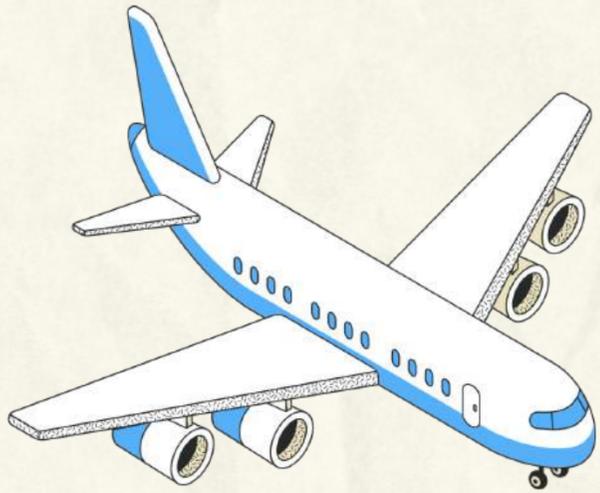


## MEDICAL INSURANCE

European Healthy Insurance Card



# TRAVEL REIMBURSEMENT PROCEDURE



If you are coming on April 1st, buy the tickets so that you are in Spain, at the Adolfo Suarez Madrid-Barajas Airport before 15:00 (Spanish time)



If you are going to leave on April 8th, do not buy flights that depart before 13:00 (Spanish time). from Adolfo Suarez Madrid-Barajas Airport



# TRAVEL REIMBURSEMENT PROCEDURE

**DO NOT BUY ANY TICKET WITHOUT OUR CONFIRMATION !!!!**

Before buying the tickets you should contact us and send us your travel plan and **ONLY** after our authorization you can proceed to buy. Also, tickets should be bought in Economy Class, private transportation is not reimbursed. The reimbursement will be made by bank transfer to the bank account of the NGO partner in the project.

You can arrive 1-2 days earlier or leave 1-2 days later than the official dates (meaning that you can arrive on 30th or 31st March or leave on 9th or 10th April), but the budget doesn't cover food and accommodation, so you will need to pay your stay by yourself for those days.

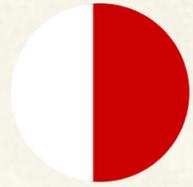


# TRAVEL REIMBURSEMENT PROCEDURE

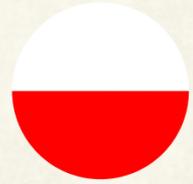
20€ is already deducted from the lump sum which will be used for the local transportation of participants during the project.



# Our Partners



Malta: Generation [change?]



Poland: Europejskie Forum Młodzieży "FRATERNITAS"



Hungary: Circuit of Youth



Bulgaria: SDRUZHENIE RE-ACT



Italy: CET PLATFORM ITALY



Ukraine: Civic Organization "Active Youth Community"



Portugal: Embarca No mundo Associação



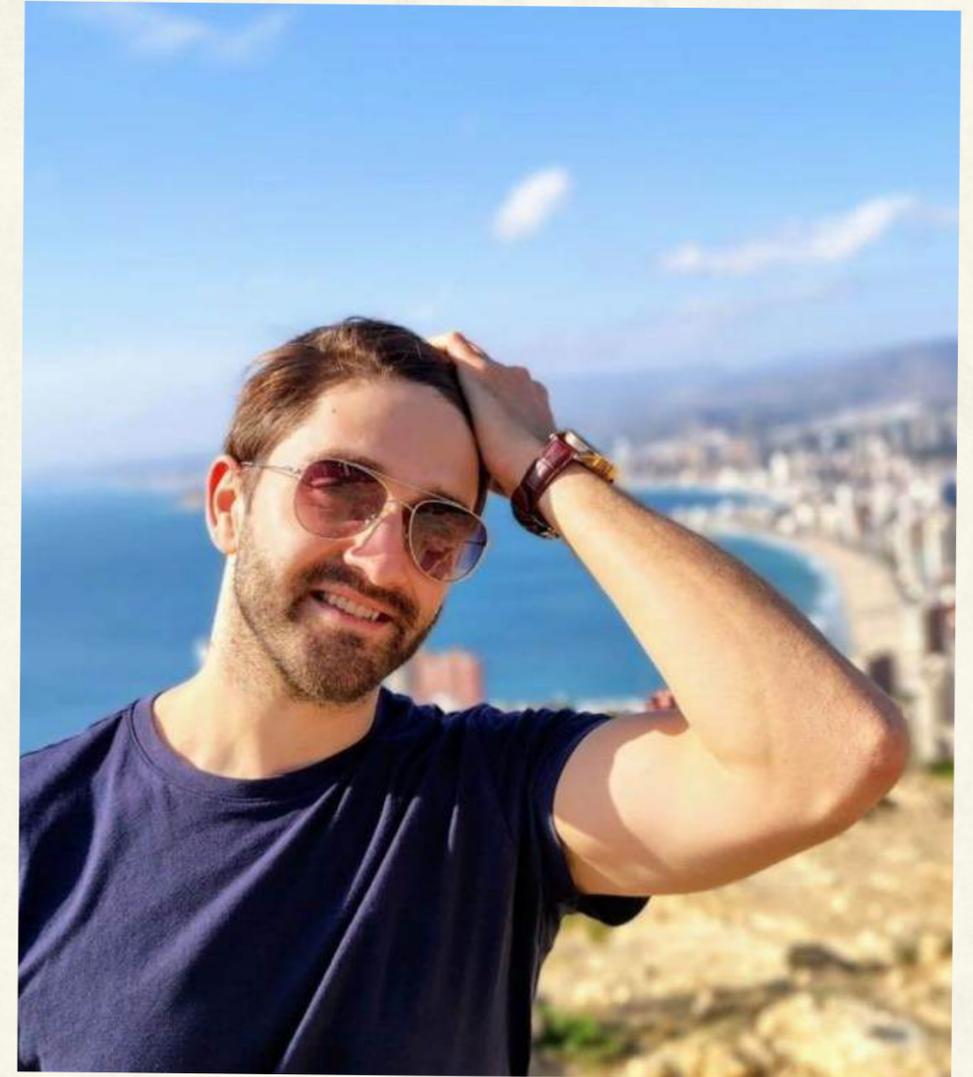
Spain: Center for International Advancement



# About us

Ned has studied communication for a decade. Passionate about psychology, languages, dancing and martial arts, he is always excited to carry out activities and projects related to various topics.

He loves to travel and get out of his comfort zone. Founder of the NGO, he thrives on pushing his own boundaries and inspiring others to do the same.



Ned Kendall

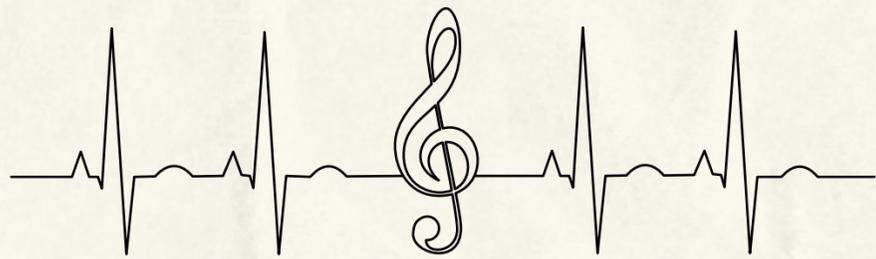
# About us



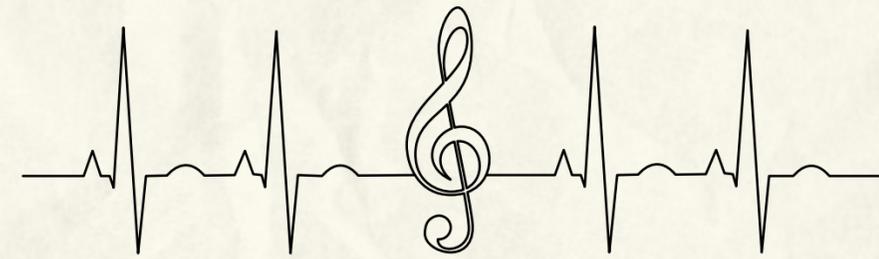
Ariana Vicario

Ariana studied telecommunications engineering and she has complemented her studies with volunteer actions, support for organizations and activities related to youth (nationally and internationally).

She is a sportive and positive person with a great capacity for adaptation and a huge desire to create and carry out a lot of different types of projects.



# SEE YOU ALL VERY SOON



**Centería .**

Center for International Advancement

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