

Erasmus+ Training Course

Green Sparkle'

Sustainable Project Development
& Community Building

16 - 23 September 2025
Sojuela, La Rioja, Spain



Co-funded by
the European Union



MANFRED
ON TOUR



GOBIERNO
DE ESPAÑA

MINISTERIO
DE DERECHOS SOCIALES
Y AGENDA 2030

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Our organisation

Manfred on Tour is a youth non-profit association based in the mountain village of Sojuela, in Northern Spain. We are grounded in a youth co-living created to serve as a hub for entrepreneurial and youth ideas. We aim to provide a space for participants from different countries, cultures, and backgrounds to discover and experience opportunities about youth development and mutual understanding.

Since launching our first youth exchange 5 years ago, we have grown up, increasing our knowledge into the Erasmus + program. From activities with youth workers to longer collaborations and seminars with decision-makers, our topics have focused on entrepreneurship, personal development, and leadership, without forgetting sustainability.



MANFRED ON TOUR

The training

It's 2025, and all things gotta be **green**.

Society demands it, and we believe in it. But we work in projects that we did not create. Or there were just too many things happening all at once when you created your project. Or maybe you are now about to finally start that project that's been in your head for a while. And there is so much noise about how to be sustainable, that it's difficult to know how to actually do it well. Whatever your case, this training will help you embed sustainability and strengthen any project you work with.

Objectives

We want to make it easy:

- To help you walk out with a project plan that is stronger and more sustainable than the one you walked in with.
- To get you to walk out with a brand new project plan, if you came in bare-handed, that properly keeps sustainability in mind.
- To provide you with the knowledge and skills to successfully create and implement projects in your local community, and to increase the level of sustainability of any existing projects you work with.

Victor, a.k.a. “The Biologist”

Born and raised in this region, Victor studied Biology in Scotland. Since then, he has lived and worked as an ecology and sustainability expert, consultant, and trainer for organisations such as the Spanish Youth Council, the Red Cross, or the European Students Union.



isabella, a.k.a. “The Captain”

After growing up in Germany & USA, isa studied History & English in Vienna, always focusing in encouraging youth participation around her. Now, she works as a group facilitator & trainer for all sorts of institutions, from the Austrian and European Students Union, to political organizations. To calm her mind, she loves to hike, bike, swim, and above all, sail.



The trainers



Activities

The project will be split upon the main topics of **socio-ecological sustainability training**, **project management training**, **group growth**, and **personal project development**.

We will combine loads of hands-on work with small bites of theory. Some masterclasses with a good amount of non-formal methods. All the activities are programmed so YOU will be the one leading the show.

time	day 1	day 2	day 3	day 4	day 5	day 6
10:00 - 11:30	Intro Participants & Erasmus +	Climate Crisis	Pollution & human health	Your local comm- unity	Leader- ship & org. skills	PP: “whole plant”
12:00 - 13:30	Contracting	Green- house Gases	Energy & Demo- cracy	PP: “roots”	PP: “stalk”	PP: “whole plant”
16:00 - 17:30	Group & Team- building	Peer know- ledge	Group interests	Trip to local project	Commu- nication strategy	Presen- tations
18:00 - 19:30	Person Projects (PP) “seeds”	PP: “the big brown”	Group trust	Trip to local project	PP: “flowers”	Presen- tations
	Games night	Internat. night	Star Night	Photo night	Social night	Farewell night

Destination

The project will be held in Sojuela, a mountain village in La Rioja, in northern Spain. Sojuela is one of the municipalities belonging to the Rioja Qualified Denomination of Origin characterized by its precious wines.

It is only 20 minutes by bus/car from the capital, Logroño, which we can visit during our stay.

It is also surrounded by several mountains, calm and idyllic landscapes to enjoy this project.

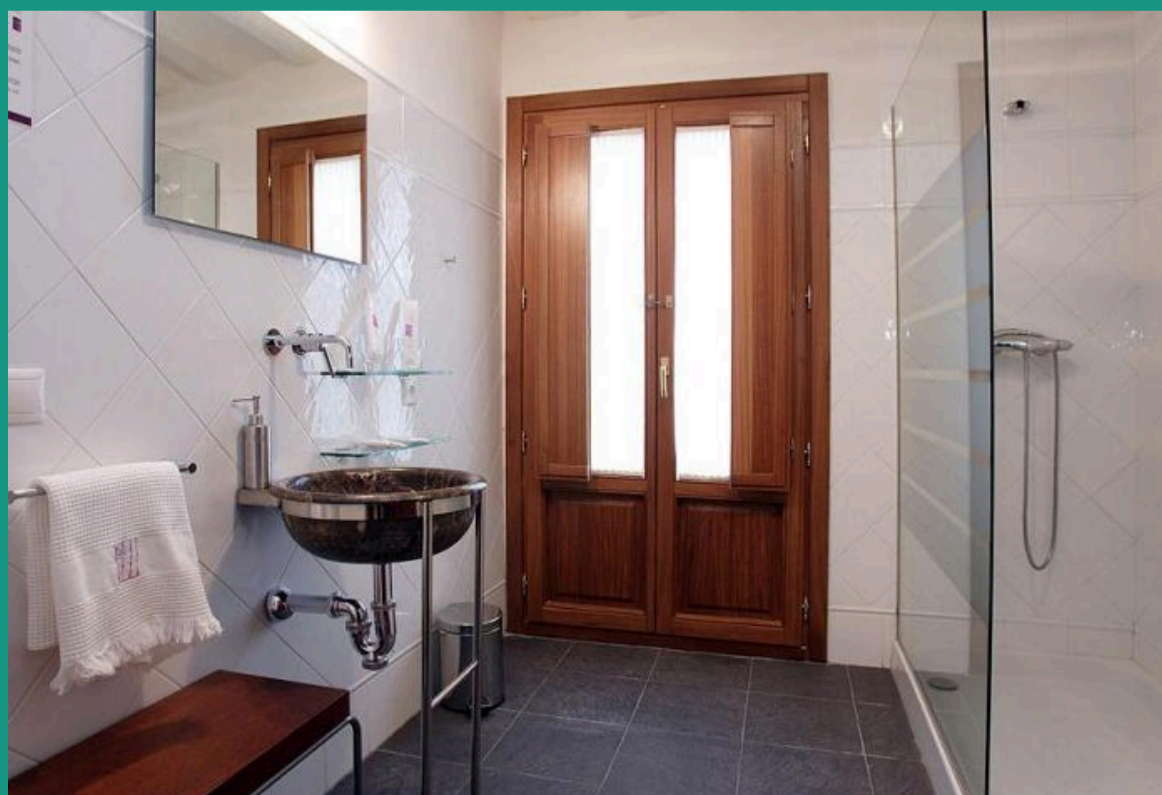
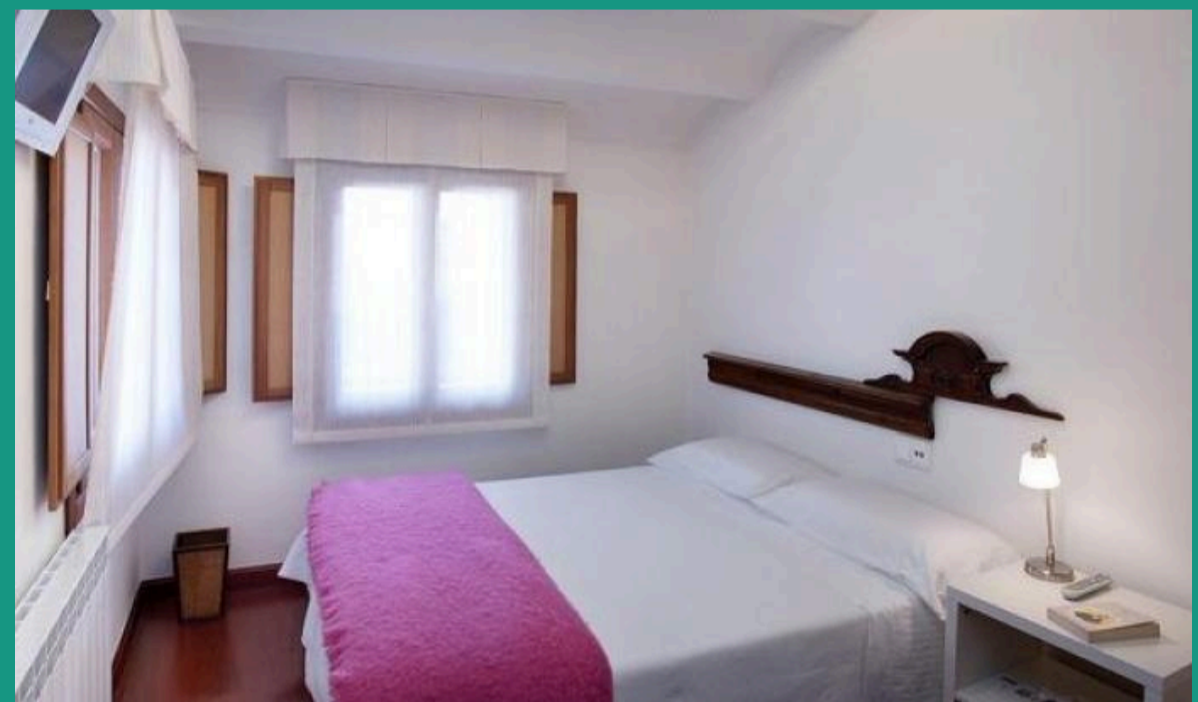


Accommodation



We will be hosted in our signature co-living, a bespoke accommodation reserved only for us.

Participants will be located in shared multinational rooms of 2-3-4 participants according to their needs.



Traveling

Participants are required to travel with the cleanest transportation means possible up to 4 days before or after the project dates. Keep all tickets needed from your hometown (residence) to the place of activities (Sojuela).



We recommend you travel to Madrid or Barcelona if closer destinations (Zaragoza, Vitoria, or Bilbao) are not available. From all these locations, you can easily find buses and trains going to Logroño.

From Logroño, local buses (no online ticket) depart to Sojuela at 6:40h, 8:50h, 12:45h, 15:50h, and 19:15h.



Participants



- 3 participants per country
- youth workers, volunteers, youngsters
- people enthusiastic about the topic
- dynamic & curious about Erasmus+
- fluent English user
- age: between 18 and 35 years old

Reimbursement

According to the Erasmus+ programme, participants in training courses can have their travel expenses reimbursed within the amount given on the table; from your home town (residence) to the place of activities (Sojuela). Everything is stated in Euros.

COUNTRY	NORMAL	GREEN (TRAIN OR BUS)
SPAIN	0	56
ITALY	309	417
HUNGAR	309	417
AUSTRIA	309	417
CZECH REPUBLIC	309	417
ROMANIA	395	535



Selection process

The application process will be open
until August 7th.

You will have to fill in a questionnaire to be
selected as a project participant:

<https://forms.gle/VCKkJE3VsMV2vruw6>

*LATER ON, WE WILL INFORM AND GUIDE YOU WITH THE TRAVELLING
PURCHASE AND ANY MEASURES TO TAKE IN CONSIDERATION.*



SELECTED PARTICIPANTS WILL BE COMMUNICATED VIA EMAIL
MAXIMUM 5 DAYS AFTER THE SELECTION PROCESS IS CLOSED.

What to bring

- Your travel tickets:
 - bus/train tickets.
 - boarding passes, etc.
- Health insurance (European Health card)
- Raincoat, pullover, & swimsuit
- Comfortable clothes & hiking boots
- Your special needs
- Your best motivation & good mood :)
- An open mind & sense of humour
- Energizers
- Food, drinks, & materials for International Night

Partner Organizations

SPAIN: Manfred on Tour

ITALY : Acarbio

AUSTRIA: Plattform Generation Europa

ROMANIA : Youth Alma

CZECH REPUBLIC : Genesis

HUNGARY: Above Foundation for youth



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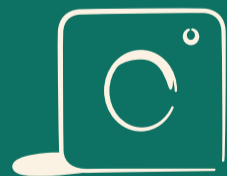
Green Sparkle'

can't wait to meet you &
see you soon!

<https://www.manfredontour.es>



greensparklespain@gmail.com



[manfredontour.aj](https://www.manfredontour.aj)

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