



Co-funded by
the European Union

E+ Youth Exchange



MALLORCA, SPAIN

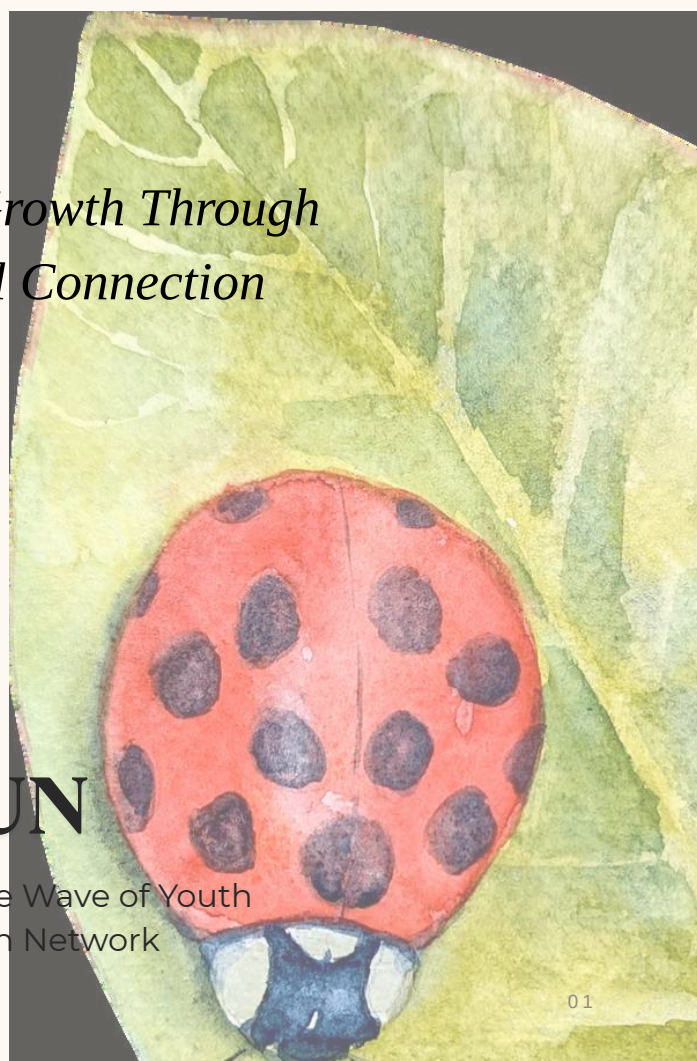
17 - 25 AUGUST

ROOTS & *WINGS*

*Empowering Personal Growth Through
Arts and Intercultural Connection*

ONE SUN

Project implemented by One Wave of Youth
Supported by One Sun Network



WELCOME

A sanctuary for *becoming*

This is an invitation to pause, to feel, and to let yourself be moved by art, by nature, and by the quiet wisdom of your own body.

Over seven transformative days (+2 travel days) in the sun-drenched landscape of Mallorca, we weave together somatic movement, creative arts, theatre, and intercultural exchange into a living experience of holistic well-being and collective growth.

This space is for those who are ready to slow down, to listen inward, and to discover that belonging to a community, and to oneself, is a powerful form of healing.

"The body remembers what the mind tries to forget. Movement is a language older than any spoken word."



Roots

Reconnecting with the self through somatic practices, arts, and mindfulness.



Wings

Expanding outward through intercultural exchange, creative collaboration, and artistic expression.

THE THEMES

A universe of *inner senses*

We are whole beings, mind, body, and spirit, navigating a world that has disconnected us from ourselves.

- 01 **Contact Dance & Somatic Movement**
Presence as communication and a pathway to deeper mental well-being.
- 02 **Breathwork, Mindfulness & Mental Well-being**
Grounding holistic well-being in lived experience.
- 03 **Improvised Theatre & Creative Expression**
Tools for processing experience, self-confidence, and shared meaning.
- 04 **Folk Dance, Song & Collective Ritual**
Cultural exchange as communal well-being and spiritual nourishment.

Nine days, *one journey*

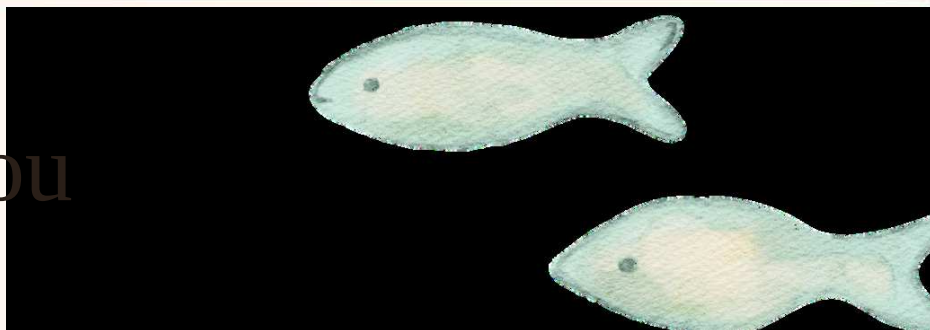
Each day is designed as a full arc: opening, deepening, integrating.

- | | |
|----------------|---|
| Day 1 · 17 Aug | Arrival & First Gathering
Welcome · settling in · opening circle |
| Day 2 · 18 Aug | Building Our Community
Trust · connection · first steps into movement |
| Day 3 · 19 Aug | Roots in Nature
Nature connection · cultural sharing · folk traditions |
| Day 4 · 20 Aug | Body as Emotional Language
Expressive movement · emotions · creative voice |
| Day 5 · 21 Aug | Into the Wild
A night under the stars · songs around the fire · sleeping in nature |
| Day 6 · 22 Aug | Movement Translated into Art
Creative arts · mindful connection · intercultural sharing |
| Day 7 · 23 Aug | Roots and Wings
Integration · creation · collective performance |
| Day 8 · 24 Aug | Closing & Youthpass
Ceremony · Youthpass · farewell celebration |
| Day 9 · 25 Aug | Final Circle & Departures
Last reflection · goodbyes · carry it forward |



PRACTICAL INFORMATION

Everything you *need to know*



DATES	17 – 25 August 2026 (9 days)
LOCATION	Campamento Can Fret, Mallorca, Spain · Fly to Palma Airport (PMI)
TRANSPORT	Coordinated by One Sun. A shared transfer will take participants from Palma to the campsite on Day 1.
ACCOMMODATION	Fully covered. Group sleeping at Campamento Can Fret for the duration of the exchange. One bivouac night is part of the programme.
FOOD	All meals are provided and fully covered. All food is 100% vegetarian.
LANGUAGE	The working language is English. No advanced level required.
PARTICIPANTS	30 young people aged 18–30, from 6 countries. Each team is accompanied by a Team Leader (no age limit)
YOUTHPASS	All participants receive an official Erasmus+ Youthpass certificate.
INSURANCE	All participants must hold a valid EHIC or equivalent travel health insurance.



Zero Alcohol Policy

This is a zero-alcohol exchange. No alcohol is permitted at any point during the programme.



Timeline

JUNE

- Participants selected (Before June 15th)
- WhatsApp group created for all participants
- Online preparation meetings for group leaders
- Travel plan coordination
- Ticket booking (only after confirmation)

17 - 25 AUGUST

- Youth Exchange in Mallorca
- 17 August: Arrival day
- Workshops & Activities
- 25 August: Departure day

AUGUST - OCTOBER

- Follow-up and dissemination activities
- Sharing results locally and online

AFTER DISSEMINATION

- Travel reimbursement after all tasks and documents are completed

THE VENUE

Campamento *Can Fret*

Nestled in the natural landscape of Mallorca, Campamento Can Fret is an ideal setting for holistic well-being, movement, and intercultural connection.

Location

Mallorca, Balearic Islands. Fly to Palma Airport (PMI).

Nature & Setting

Mediterranean forest and outdoor spaces for movement, song, breathwork, and reflection.

Facilities

Group accommodation, communal dining, multi-purpose rooms, terraces, and open-air gathering spaces.

"The natural environment is not a backdrop. It is an active participant in the programme."



PREPARATION

What to *bring*



Pack light, but prepare well for nine days of movement, nature, and creativity.

CLOTHING & BODY



Comfortable movement clothes

Stretchy, breathable layers for dance and being outdoors, do not forget a hat!



Swimwear

Mediterranean sea swims may feature on free time.



Walking / hiking shoes

Sturdy footwear for outdoor sessions.



Sunscreen

The sun will be intense (not in spray)



Reusable water bottle

Stay hydrated in the Mediterranean heat.



Mosquito repellent

better safe than sorry!

COMFORT & SOUL



Sleeping bag & fitted sheet

For accommodation and the bivouac.



Pillow

Bring your own pillow for a comfortable rest.



Torch / headlamp

Useful for night and evening outdoor activities.



A journal & pen

For reflections and daily learnings.



Towel and toiletries

Soap, and everything you may need

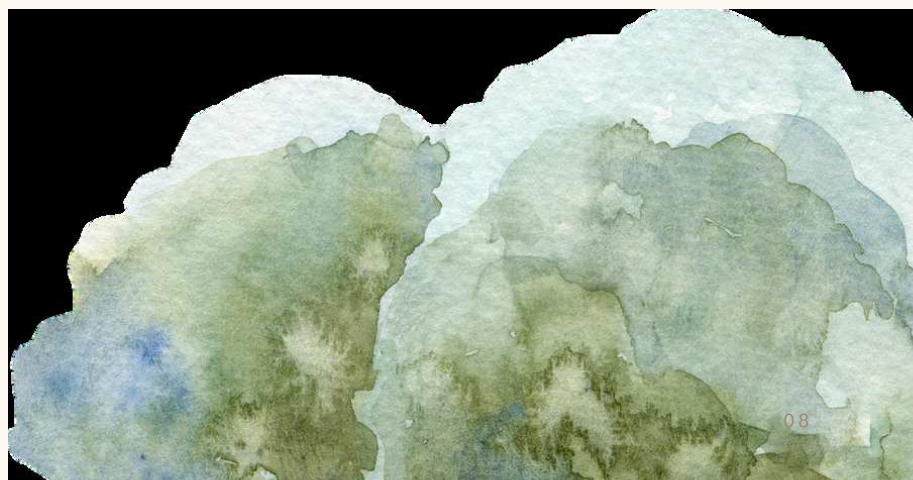


Something to share from your culture

Snacks or small treat from your country for Cultural Night

ALSO BRING

EHIC or travel health insurance · Passport or ID copy · Prescription medication · Small backpack for outdoor sessions



What to *bring*

Special Exchange Item

Bring a **small item** from your home to exchange with another participant. It doesn't need to be expensive, the value is in the meaning, not the price. Think of something simple but personal, like a bracelet you've made, a bookmark painted by you, a tiny clay figure, or a small drawing. This is your chance to share a little piece of yourself and your culture, and take home something created by a new friend.

Important

Please note that bed linen and pillow are NOT provided at the accommodation.

All participants must bring:

- **Sleeping bag**
- **Pillow**
- **Towel**

Make sure you do not forget this, as there are no shops nearby.

Optional but very welcome:

- Sports or movement material
- Board games from your country
- Musical instruments
- Camera



Travel reimbursement

Flights must be approved by the coordinating team before purchase; reimbursement will be processed after the project upon submission of all required documents (boarding passes, tickets, and invoices).



Important — Flights

Do not purchase any flights without confirmation from One Sun.

	COUNTRY	ORGANISATION	DISTANCE BAND	GRANT / PERSON
	Spain	One Sun	10–99 km	€28
	Italy	Brisa Intercultural Italia A.P.S.	500–1999 km	€309
	Greece	Youth Line	2000–2999 km	€395
	Romania	Asociatia Pro Civis Dorna	2000–2999 km	€395
	Netherlands	Square Nexus	500–1999 km	€309
	Türkiye	Ahi Gençlik Grubu	3000–3999 km	€580

TURKISH PARTICIPANTS — ADDITIONAL SUPPORT

Participants from Turkey also have access to an exceptional cost grant of €120 per person for visa-related expenses.

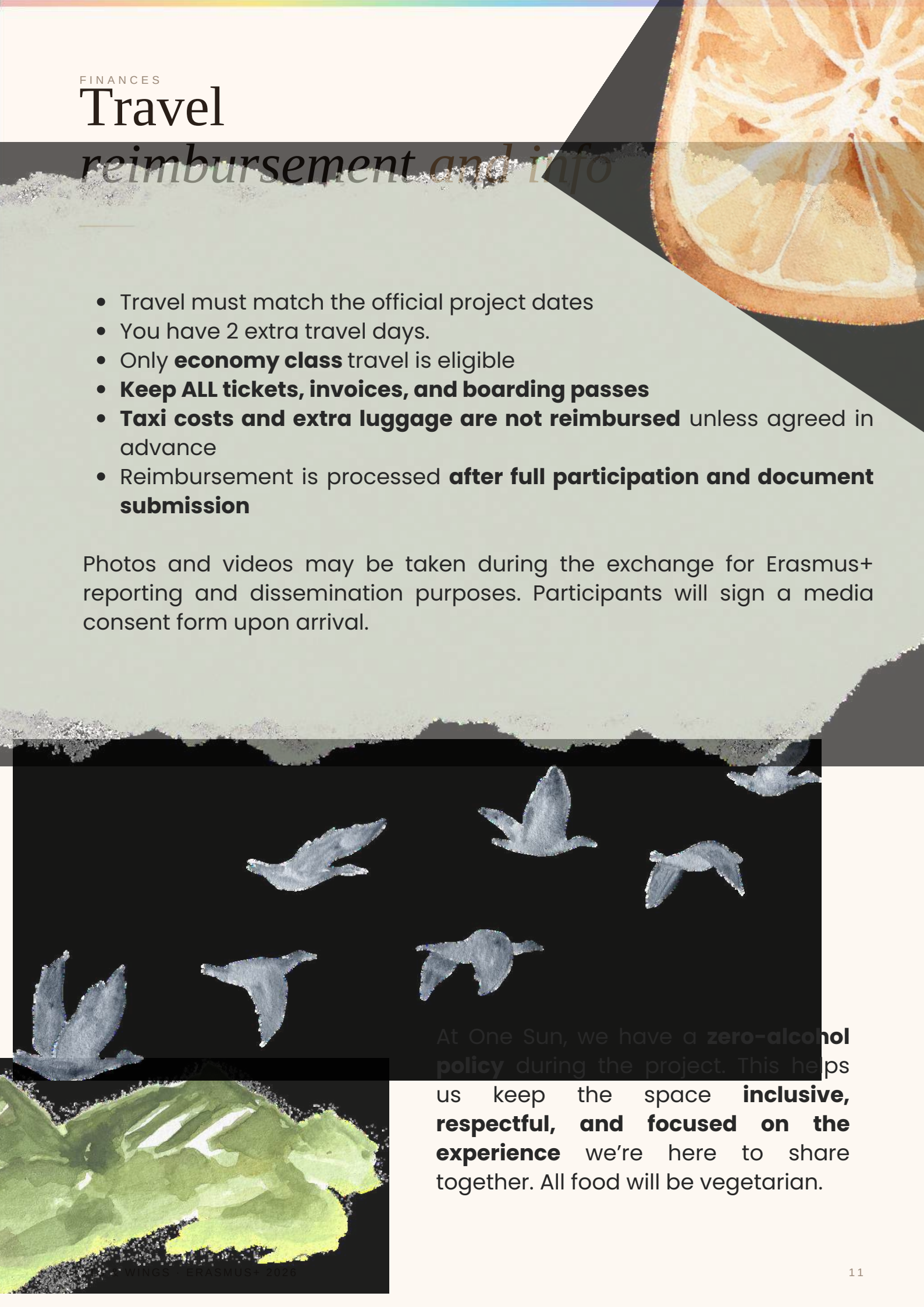


Travel

reimbursement and info

- Travel must match the official project dates
- You have 2 extra travel days.
- Only **economy class** travel is eligible
- **Keep ALL tickets, invoices, and boarding passes**
- **Taxi costs and extra luggage are not reimbursed** unless agreed in advance
- Reimbursement is processed **after full participation and document submission**

Photos and videos may be taken during the exchange for Erasmus+ reporting and dissemination purposes. Participants will sign a media consent form upon arrival.



At One Sun, we have a **zero-alcohol policy** during the project. This helps us keep the space **inclusive, respectful, and focused on the experience** we're here to share together. All food will be vegetarian.

Participation Commitment

Earth Explorers is not a holiday. It is a learning experience funded by the Erasmus+ Programme of the European Union.

By joining the project, you commit to:

- **Participate in all sessions and activities**
- Respect the **timetable** and **group dynamics**
- **Contribute actively** during workshops and outdoor activities
- Support the dissemination activities after the exchange
- Complete the reflection process for the **Youthpass** Certificate

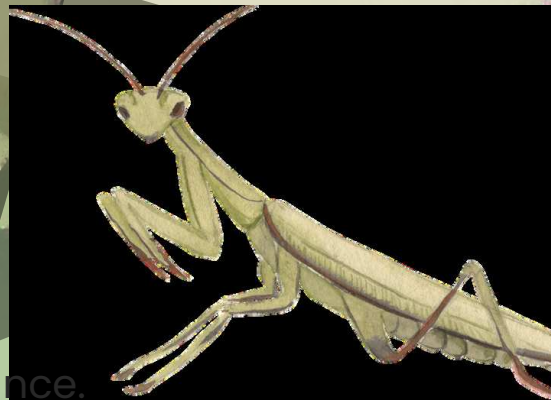
Full participation is required in order to receive reimbursement and certification.

Insurance and Health

All participants must have valid health insurance.

- European participants must bring their **European Health Insurance Card (EHIC)**
- Non-European participants must arrange **private travel insurance**
- Emergency number in Spain: 112
- Project contact during the exchange: +34658653724

The organisers are not responsible for personal belongings or private medical expenses not covered by insurance.



THE COMMUNITY

Six nations, *one circle*

This project is built on genuine collaboration between youth organisations who share the same values.



SPAIN · HOST

One Sun

One Wave of Youth



ITALY

Brisa Intercultural Italia A.P.S.



GREECE

Youth Line



ROMANIA

Asociatia Pro Civis Dorna



NETHERLANDS

Square Nexus



TÜRKİYE

Ahi Gençlik Grubu

Roots & Wings welcomes 30 young people aged 18–30, plus 1 Team Leader (no age limit), from all walks of life.

LEARNING OUTCOMES

What you will *discover*

MENTAL HEALTH AND PERSONAL GROWTH

Practical tools for emotional regulation and inner resilience

Deepened self-awareness through somatic, artistic, and mindfulness practices

A holistic approach to well-being

A renewed sense of purpose, agency, and joy in your life

INTERCULTURAL & SOCIAL COMPETENCE

Cross-cultural communication skills built through lived experience

Empathy and appreciation for diverse worldviews

Ability to collaborate across linguistic and cultural difference

International friendships and a lifelong network

At the end of the project, participants will receive a Youthpass Certificate, **officially recognising the competences developed during the exchange.**

We will guide you through a reflection process to help you identify your:

- **Communication skills**
- **Teamwork competences**
- **Environmental awareness**
- **Leadership development**
- **Intercultural learning**

Youthpass is an official European recognition tool under the Erasmus+ Programme.





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A CLOSING THOUGHT

You already have *everything* you need.

*This exchange creates the conditions for you to recognise what was
always there: your capacity for joy, healing, creative expression, and
belonging.*

PROJECT IMPLEMENTED BY

One Wave of Youth · Supported by One Sun Network

Action KA152-YOU · Mobility of Young People

[You can apply here](#)

CONTACT



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[onesun.org](https://www.onesun.org)