



RURAL AWARENESS – INNER AWARENESS | Participant Infopack

RURAL AWARENESS – INNER AWARENESS

GROUP VOLUNTEERING ACTIVITY | European Solidarity Corps

13–27 July 2026 • Sierra Norte de Madrid, Spain

Welcome! We're so happy you'll be joining us 🌿

AT A GLANCE

PROGRAMME European Solidarity Corps	TYPE Group Volunteering Activity	DATES 13 – 27 July 2026	DURATION 14 days (full attendance required)
---	--	-----------------------------------	---

LOCATION Sierra Norte de Madrid	POCKET MONEY €6 per day	YOUTHPASS Will be provided
---	-----------------------------------	--------------------------------------

⚠ IMPORTANT: Attendance for the full duration (13–27 July 2026) is mandatory. Please do not book travel that would cause you to miss any days of the programme.

ABOUT THE PROJECT

RURAL AWARENESS – INNER AWARENESS (RA-IA) is a Group Volunteering Activity under the European Solidarity Corps. It is a meaningful experiential journey focused on emotional intelligence and awareness, set in the unique natural environment of rural Madrid. Volunteers will explore their inner world while contributing to a vibrant international community living together in the Spanish countryside.

As an organisation, Parkeri is guided by the values of **inclusion, gender equity, LGBTQ+ rights, social justice, sustainability and an anti-racist and degrowth approach.**



RURAL AWARENESS – INNER AWARENESS | Participant Infopack

WHAT WILL YOU BE DOING?

Working hours: 6–7 hours per day • 2 free days per week

- 1 Rural Community Activities**
Organic gardening and farming, nature trails, intergenerational encounters with local elderly residents and other activities that connect you to the rural community of Sierra Norte.

- 2 Non-formal Education Sessions**
Daily sessions exploring themes through experiential and non-formal learning methodologies:
 - Self-awareness and self-love
 - Empathy and conflict resolution
 - Connection with nature
 - Meditation & mindfulness
 - Movement & body work
 - Outdoor activities, group discussions and peer learning

- 3 Daily Community Life**
As part of living together, volunteers share responsibility for cooking, cleaning and maintaining the house and shared spaces. This is a key part of the communal experience!

ACCOMMODATION & FOOD

Volunteers will stay at Parkeri's rural house in a small village in the Sierra Norte of Madrid (population under 200 — a truly rural experience!). The house includes:

- Shared bedrooms and bathrooms
- Communal kitchen — volunteers cook together, guided by group leaders
- Bedding and basic supplies provided
- Surrounded by nature and the local village community

✓ **100% covered:** All food and accommodation throughout the activity is provided at no cost to participants.



RURAL AWARENESS – INNER AWARENESS | Participant Infopack

TRAVEL & REIMBURSEMENT

⚠ DO NOT BOOK YOUR TRAVEL YET! Please wait until we confirm final details and give you the go-ahead. We will let you know by email when it is safe to book.

Once we confirm, travel costs will be reimbursed according to the European Solidarity Corps distance calculator bands. Please check your applicable band at:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

To be reimbursed, you must provide **ALL** of the following:

- 1 INVOICES (not just booking confirmations)
- 2 BOARDING PASSES — PDF version only (NOT a QR code screenshot)
- 3 BUS / TRAIN TICKETS

Send copies to: sierranorte@parkeri.org

Reimbursement is made by bank transfer after the activity, once all documents are received.

✗ We CANNOT reimburse:

Taxis or BlaBlaCar • Screenshots • Travel without invoices

Quick tips:

- Always ask for an invoice when booking
- Keep your boarding passes — don't throw them away!
- Send copies as soon as you book

POCKET MONEY

You will receive **€6 per day** as pocket money. This covers personal expenses during the activity.

WHAT YOU'LL GAIN

This project is rooted in experiential and non-formal learning, following Parkeri's educational approach. You will have the opportunity to develop:

- Emotional literacy and self-awareness
- Group facilitation and community engagement skills
- Intercultural communication competences
- Connection to rural life and sustainable living

At the end of the activity, you will receive an **official Youthpass certificate** recognising your learning and participation.



RURAL AWARENESS – INNER AWARENESS | Participant Infopack

IMPORTANT INFO

Please read carefully:

- **Full attendance for the entire 14 days is mandatory**
- Active participation in all activities is expected
- EU participants: bring your EHIC health card
- There are no ATMs in the village — please bring some cash
- Bring comfortable clothes for outdoor activities and warm layers for evenings
- Walking shoes are essential
- Board games, musical instruments and anything that brings joy — welcome!

MANDATORY ONLINE TRAINING (EUROPEAN SOLIDARITY CORPS)

Before the activity begins, all participants are required to complete a **short online training on the European Solidarity Corps**: what it is, what it covers, your rights and responsibilities as a volunteer.

✉ You will receive an invitation to the training platform by email.

Please keep an eye on your inbox (and spam folder!). Completion is mandatory before booking the travel tickets.

QUESTIONS? WE'RE HERE!

Don't hesitate to get in touch: sierranorte@parkeri.org | www.parkeri.org |

OUR SOCIAL MEDIA

www.parkeri.org |



<https://www.instagram.com/asociacionparkeri/>

WE CAN'T WAIT TO MEET YOU! ❤️

*Get ready for an amazing journey into nature, community and yourself.
With love — Parkeri team*