

INFOPACK

WITHIN

Exploring the inner and outer resources that support our mental health

YOUTHEXCHANGE · 1–7 NOVEMBER 2026

Caravaca de la Cruz, Spain · including an afternoon in the beach of Águilas



A space to look inward, connect outward and find what helps us stay well.

READ THIS FIRST

WITHIN is an educational youth exchange, not therapy. You are invited to reflect on mental health and wellbeing, but you will never be expected to disclose private experiences. You can step out of an exercise at any moment without having to explain why.

The essentials

Project	WITHIN — Exploring the inner and outer resources that support our mental health
Format	Erasmus+ Youth Exchange
Dates	1–7 November 2026
Activity days	2–6 November 2026 · arrival 1 November · departure 7
Location	November
Community / recharge visit	Caravaca de la Cruz, Region of Murcia, Spain
Coordinator	Afternoon in Águilas on 4 November
Working language	Red Europea Los Jóvenes Importan Ahora (YOMN)
Age	English
Experience required	20–30 years old
Accommodation	None. You do not need to be a mental-health professional.
	Casa del Trigo, La Almudema, near Caravaca de la Cruz

What you'll be doing

WITHIN approaches mental health as something living, relational and connected to the world around us. Through shared reflection, embodied exploration and community-based learning, the group will investigate the resources that help us meet uncertainty, change and everyday life.

The exchange is practical and creative. It makes room for different experiences, perspectives and ways of understanding wellbeing without reducing mental health to one definition or treating it only as a private issue.

We will explore

- What mental health is and the factors that influence it.
- The connection between physical and mental health.
- Internal and external resources that support us during uncertainty and change.
- Signs that our mental health may need attention, and possible ways to respond.
- Mental-health resources available in our communities.
- Personal strategies and routines that can support everyday wellbeing.
- The connection between mental health, personal agency and participation in democratic life.

How we work

WITHIN is based on non-formal learning. You will learn by doing, reflecting, exchanging with other participants and connecting the work to everyday life. Some sessions may involve movement, sensory awareness, creative expression, pair work or personal reflection. None of these activities requires you to share private information.

An indicative working-day rhythm

09:30–10:00	Opening, check-in and energiser
10:00–11:30	Morning session
11:30–12:00	Break
12:00–13:30	Morning session continues
13:30–15:30	Lunch and rest
15:30–18:00	Afternoon learning block, with a break
18:00–18:30	Reflection / closing

The exact timetable may move depending on the group, the learning process and the day. Arrival and departure days sit outside this rhythm.

What you will take with you

- A broader and more nuanced understanding of mental health.
- Greater awareness of how body, relationships, environment and everyday habits can influence wellbeing.
- A clearer sense of the internal and external resources that can help during uncertainty and change.
- More confidence recognising signs that deserve attention and identifying possible next steps.
- A map of support and mental-health resources in your community.
- A personalised mental-health map and/or routine to take home.
- Intercultural learning, new relationships and a stronger sense of agency and participation.
- A Youthpass certificate documenting your learning.

Who is this for?

We are looking for participants aged 20–30 who are curious about mental health, willing to reflect on their own experience without being expected to disclose anything private, and interested in learning with others across cultures.

You do not need a professional background in psychology, counselling or mental health. What matters is openness, respect for others, willingness to participate and enough English to follow the programme and communicate with the group.

Financial conditions

What the project normally covers

- Accommodation and meals during the activity period.
- Programme materials and use of the working spaces.
- Local transport organised as part of the programme, including the planned Águilas visit where applicable.

- Insurance during the activity period, according to the policy arranged by the organiser.
- International travel reimbursement up to the applicable Erasmus+ distance-band ceiling, subject to the project rules and presentation of valid travel documents.

Travel reimbursement

- These are the Erasmus Plus rates for the 2026 call, **€50 is deducted from the official Erasmus+ travel reimbursement** to cover the private bus organized by YOMN, including **return transport between Murcia and the project venue** and **transport to and from Águilas beach on the free day**.

Distance band	Standard travel	Green travel
100–499 km	€161	€235
500–1,999 km	€259	€367
2,000–2,999 km	€345	€485
3,000–3,999 km	€530	€735

Keep your documents

Keep all original tickets, boarding passes, invoices and proof of purchase until reimbursement is complete. Reimbursement cannot normally be processed without the required evidence.

Getting there

Fly to ALICANTE, then take the bus to MURCIA. Buses run frequently and take about an hour; book at [alsa.es](https://www.alsa.es). Alicante usually has more flights and better prices than Murcia's own airport, but if you find a good flight into Murcia (RMU), that works too and it's closer, beware of different public transport possibilities from the RMU. You can also fly to Valencia/Madrid and get to Murcia by train/bus.

MEETING POINT

Murcia, Plaza del Cardenal Belluga, in front of the main door of the Cathedral, on the 1st of November at 21:00.

From there a private bus takes the whole group to Casa del Trigo. It's about an hour and a quarter.

The Plaza is a 20-minute walk from the bus and train stations. If you'd rather not walk, take bus number 39 and get off at GLORIETA DE ESPAÑA, two minutes from the Cathedral.



If something goes wrong on the way

If your flight or bus is delayed, contact the organiser as soon as possible. A practical emergency contact and final arrival instructions should be circulated shortly before the exchange.

Going home

Departure to Murcia from the venue is at 7am on the 7th of November (arriving to Murcia around 8.15). Do not book a return connection that leaves too little time for you to get to the airport.

Casa del Trigo

The Wheat House is our training centre, 13 km from Caravaca de la Cruz, in a rural area called La Almudema. You sleep, eat and work in the same building. There's nothing else around, which is the point.

- Rooms hold three people and have their own bathroom with a shower.
- **You choose who you share with.**
- Bring your own towels. The venue doesn't provide them.
- No cash machines here or nearby.

What to bring

Early November in La Almudema can be cold. It's inland and high up, and it drops close to freezing at night, whatever the weather app says about the Spanish coast. April is milder but the evenings still bite.

- Warm layers, and something for the evenings outside.
- Comfortable clothes you can move in.
- Shoes for walking outdoors.
- Your own towels, a water bottle.
- Any personal medication, there is a pharmacy in a walking distance and we have basic medicine in the venue.
- 50 EUR in cash.
- There is a washing machine at the venue for a use of 2 EUR.



Who to contact

Coordinator

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Erasmus+ Youth Exchange · Co-funded by the European Union