

INFOPACK TRAINING COURSE



SEED to SHAPE

From 9 to 15 March 2026, in Zaragoza, Spain.



Co-funded by
the European Union



CONTEXT

We are excited to introduce **"Seed to Shape: Creative Approaches to Education"**, an Erasmus+ Training Course organized by Viaje a la Sostenibilidad (VALS).

This five-day learning experience brings together educators, youth workers, trainers and facilitators from across Europe who are interested in exploring creative, art- and nature-based approaches within non-formal education.

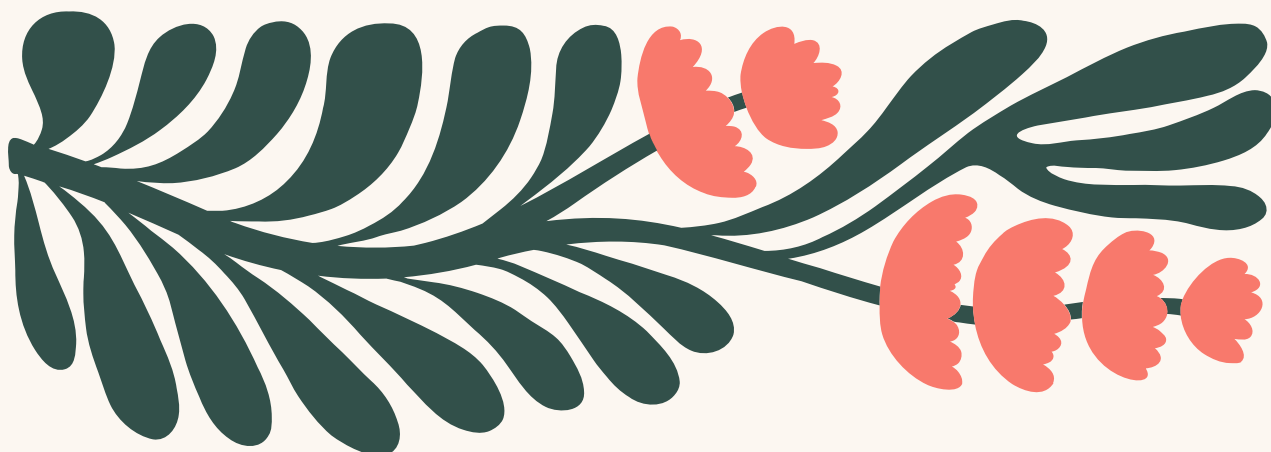
During the training, participants will explore and exchange practical tools and methodologies that combine art, nature and creativity as ways to support self-expression, inclusion and participation when working with young people.

What to expect during this Training Course:

- Creative workshops based on non-formal education
- Exchange of good practices and tools among participants
- Exploration of the local impact of VALS as a source of inspiration for youth work and community-based projects

Seed to Shape is designed as a collaborative space where participants can experiment, learn from each other and build meaningful connections. By the end of the training, participants will have gained new creative tools, a deeper understanding of how art can help break social barriers and facilitate dialogue, and stronger links with other organisations and practitioners across Europe.

Join us in this unique experience where creativity and nature come together to plant new ideas, skills and connections.



ABOUT US

Viaje a la Sostenibilidad (VALS) is an independent, environmentalist social non-profit organization based in Zaragoza, Spain.

We focus on sustainability, social entrepreneurship and we are committed to work towards a more inclusive, equitable society through non-formal educational activities with young people.

VALS is actively involved in several projects at local and international level in order to:

- Promote a sustainable and inclusive society by fostering engagement of the local community and spread the european values at an international level
- Increase physical activity among people through sport, green mobility and recreation
- Provide opportunities for young people and adults to exchange their experiences in an intercultural environment
- Empower people by strengthening their entrepreneurial capacity; promote tolerance, intercultural dialogue.



Curious to know more?

[WEBSITE](#)

[INSTAGRAM](#)

The facilitators

Valentina is a people person and a language enthusiast. She graduated in Interlinguistic and Cultural Mediation and is involved in facilitating Youth Exchanges and Training Courses in the framework of Erasmus+, as well as in different local projects of a social nature.

She's a nature lover and, among her interests, she enjoys outdoor activities and theatre as a way of expression and of developing creativity. She strongly believes that art in any of its forms is the best tool for self-expression and for enhancing well-being, especially when the source of inspiration is found in nature.



VALENTINA



ISABEL

Isabel studied Fine Arts at the Complutense University of Madrid, a Master in Education, and a Master in Cultural Heritage Management at the University of Zaragoza. She has experience in managing projects related to art and youth.

Currently, she works in communication, managing the social media of various projects. She is passionate about art and has carried out different artistic projects.

Additionally, her artistic trajectory has taken her further, having completed a residency at the Mothership Art Residency in New York and participating in various exhibitions and artistic calls, thus contributing to the vibrant cultural dialogue within the artistic community.

Target group

This training course is open to **educators, youth workers, trainers and facilitators aged 18+** who are interested in exploring creative, art- and nature-based approaches within non-formal education.

Priority will be given to young educators aged 18–26 (during the dates of the training course).

No prior artistic experience is required — just curiosity, openness and a willingness to experiment with creativity in new and inspiring ways.

Participants are expected to be open to sharing practices, learning from each other and co-creating in a collaborative and international environment. The programme includes **hands-on creative workshops and outdoor activities**, so motivation to actively take part in both is essential.

Participants must be connected to a Sending Organisation in their country of residence.

IMPORTANT: Full participation during the entire project is required in order to receive the Youthpass certificate and ensure the correct reimbursement of travel costs.



Programme

TIMETABLE	MON 9/3	TUE 10/3	WED 11/3	THU 12/3	FRI 13/3	SAT 14/3	SUN 15/3
Morning Session (9:30 - 13:00)	ARRIVAL DAY	Welcome & Project Presentation	Team Building	Local Visit + Creative Workshop	Creative Workshop	Local Visit	DEPARTURE DAY
Afternoon Session (15:00 - 18:30)		Getting to know each other	Creative Workshop	Space for Contributions	Space for Contributions	Project Evaluation & Follow-up	

A detailed program will be presented at the beginning of the Training Course. Most of the activities will take place in IAJ's spaces and outdoors; the schedule may vary due to weather conditions.



Travel Budget

The travel budget for the round trip depends on the km distance from point A (where you begin your travel) to point B (Zaragoza, Aragón), calculated with the [official EU distance calculator](#).

Please refer to the below chart:

Travel distance	Green Travel	Non-Green Travel
10 - 99 km	56€	28€
100 - 499 km	285€	211€
500 - 1999 km	417€	309€
2000 - 2999 km	535€	395€
3000 - 3999 km	785€	580€
4000 - 7999 km	1188€	1188€
8000 km or more	1735€	1735€

Selected participants will be asked to provide a TRAVEL PLAN to be confirmed by the organization.

The travel reimbursement will be processed after the end of the Training Course, upon receiving all requested documents from participants. The reimbursement of the travel costs usually takes a minimum of 3 months, so please take this into consideration before applying.

VENUE, ACCOMMODATION AND FOOD

“Seed to Shape” will take place in **IAJ** - the Aragonese Youth Institute and participants will be accommodated in IAJ's youth hostel “Baltasar Gracián”.

The accommodation is equipped with **shared rooms** with bunk beds.

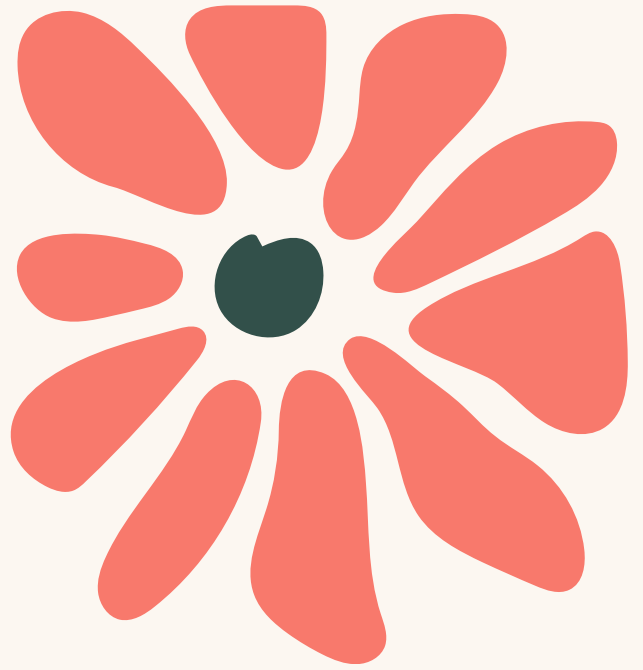


FOOD

We will have three meals a day (breakfast, lunch and dinner) and coffee breaks. Selected participants will be asked to fill out a form in order to tell us about any intolerance/allergy or diet restriction, in order to offer you an alternative.

All expenses for accommodation and food during the days of the activities are covered by the Erasmus+ program.





APPLICATION FORM

Make sure to double-check the dates of the activity and **apply only if you're able to attend the entire duration** of the Training Course.

See you soon!

If you have any questions or doubts, please don't hesitate to contact us at:
movilidad@viajealasostenibilidad.org