FAHRTEN FERNE ABENTEUER

Erasmus+

SENSE PUZZLES

MVP3*

MINDFUL VITALITY PLAY

PILOÑA, ASTURIAS, 08-16.09.2026

INTRODUCTION

This project invites participants to step away from screens and constant digital stimulation, creating space for more meaningful experiences and connections.

Through mindfulness, physical activity, play and outdoor experiences, participants will explore healthier digital habits and discover new ways to reconnect with themselves, with others and with nature.

PROJECT GOALS

DIGITAL AWARENESS

Reflect on how constant digital stimulation affects our attention, emotions, routines and overall wellbeing.

MINDFUL WELLBEING

Explore mindfulness, movement and play as practical tools to reduce stress and become more present in everyday life.

HUMAN CONNECTION

Strengthen communication, cooperation and meaningful relationships through shared offline experiences.

NATURE CONNECTION

Reconnect with the natural environment through outdoor activities that encourage curiosity, care and a sense of belonging.

ACTIVITIES

EXPERIENTIAL OUTDOOR LEARNING

Participants will learn through direct experiences in nature, combining outdoor activities, mindful movement, cooperative challenges and guided reflection. This approach encourages participants to slow down, become more present and reconnect with their surroundings.

EMBODIED AND CREATIVE LEARNING

Theatre, movement, play and creative expression will be used to explore digital habits, emotions and human relationships. Through active participation, participants will experiment with new ways of communicating, connecting and expressing themselves.

PARTICIPANTS PROFILE

YOUNG PEOPLE

6 Young people aged 18–25 per country, with the possibility of including participants up to 30 years old.

MOTIVATION

Participants should be interested in digital wellbeing, mindfulness, outdoor activities and building meaningful connections with others.

COMMITMENT

Participants must be willing to take part actively in the entire programme, contribute to group activities and respect the project’s shared agreements.

BUDGETING

SPAIN	28€	56€
GERMANY	309€	417€
ITALY	309€	417€
CYPRUS	580€	785€
GREECE	395€	535€
ESTONIA	395€	535€

ASK FOR MORE INFO
ABOUT GREEN TRAVEL

TRAVEL INFO

Arrival and Departure

A private bus will depart from Oviedo on 8 September at 19:00 and take participants directly to the accommodation.
The estimated cost is around €30 per participant and will be deducted from the final travel reimbursement. The exact amount will be confirmed later.

On 16 September at 07:00, the bus will return to Oviedo, with the possibility of continuing directly to Asturias Airport, depending on participants' travel plans.
Participants should arrange their journey to arrive in Oviedo with enough time before the departure of the group bus.

GETTING TO OVIEDO

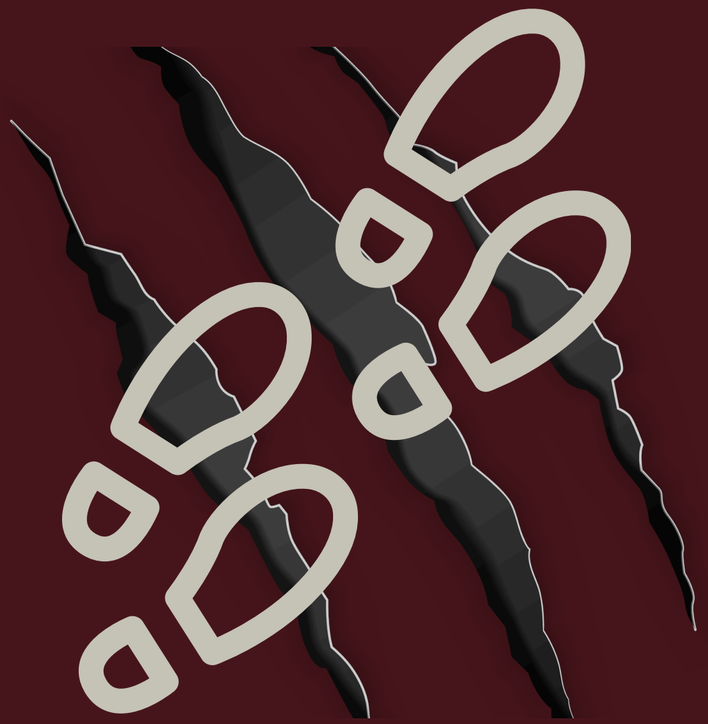
Closest Airports

- **Asturias Airport (OVD)** – approximately 47 km from Oviedo. Recommended option, with direct bus connections.
- **Santander Airport (SDR)** – approximately 190 km from Oviedo. Bus connections are available via Santander.
- **Bilbao Airport (BIO)** – approximately 287 km from Oviedo. Travel to Bilbao city and continue by bus.
- **Madrid Airport (MAD)** – approximately 440 km from Oviedo. Oviedo can be reached by bus or by train from Madrid.

A WhatsApp group will be created to help participants coordinate their journeys and arrivals.

Please do not purchase your tickets until your travel plan has been approved by your sending organisation.

PROJECT JOURNEY



01 SELECTION AND PREPARATION

Partner organisations select participants, create the national groups and organise preparatory meetings. Participants receive the necessary information and contribute to the preparation of activities and intercultural elements.

02 YOUTH EXCHANGE IN ASTURIAS

Participants take part in the main project experience through outdoor, creative and wellbeing-based activities focused on digital disconnection, human connection and nature.

03 DISSEMINATION

Participants share their experiences and learning outcomes through local activities, presentations, creative content or community initiatives.

04 EVALUATION AND FOLLOW-UP

Participants and partner organisations evaluate the project, reflect on its impact and explore how the learning can be applied after the exchange.

VENUE & FOOD

Accommodation

Participants will stay in shared rooms at Albergue Los Avellanos, surrounded by nature in Asturias.

Food

All meals will be provided. A form will be sent in advance to collect allergies, intolerances and dietary preferences.

WHAT TO PREPARE

01

ENERGISERS

Prepare some short and inclusive energiser for the group.

02

INTERCULTURAL EVENING

Create an offline game or presentation about your country.

03

NATIONAL DIGITAL REALITY

Research how social media and technology affect young people’s mental health in your country.

04

PREPARING TO DISCONNECT

Be ready to participate in an environment with limited connectivity and reduced phone use.

05

OUTDOOR ESSENTIALS

Bring comfortable clothes, suitable shoes, waterproof clothing and a reusable water bottle.

06

PERSONAL ESSENTIALS

Bring your ID, European Health Insurance Card, medication and everything you need for the full exchange.Personal hygene and towel.

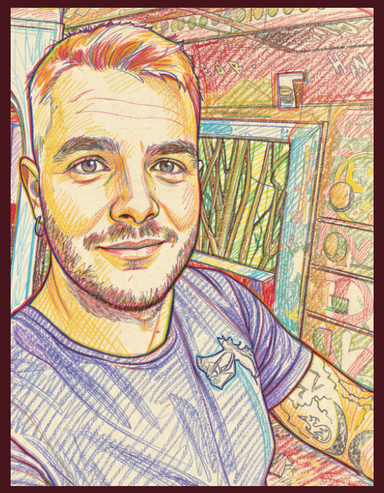
DISCLAIMER

No sexist, classist or racist attitudes will be tolerated, under possibility of being expelled from the project.

We want to enjoy a safe space where everyone can express themselves naturally without being judged.

OUR TEAM

DAVID RÍOS
“CHITO”



Youth worker, sexologist and president of Sense Puzzles, passionate about inclusion, wellbeing and meaningful human connection.

LUCÍA JIMÉNEZ

Psychologist and sexologist with a background in performing arts, passionate about wellbeing and creative learning.

READY TO UNPLUG?

Step away from screens, reconnect with yourself, meet new people and experience Asturias in a different way.

SEE YOU IN ASTURIAS!

Apply here!

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