

ANCESTRAL

FUTURE

YOUTH EXCHANGE

19 - 25 / 05 / 2026

SOTO EN CAMEROS,
LA RIOJA (SPAIN)

INFO PACK



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ABOUT THE PROJECT

WHAT IF THE FUTURE COULD GROW FROM THE WISDOM OF THE PAST?

ANCESTRAL FUTURE IS A YOUTH EXCHANGE THAT WILL BRING TOGETHER YOUNG PEOPLE FROM DIFFERENT EUROPEAN COUNTRIES IN THE SMALL RURAL VILLAGE OF SOTO EN CAMEROS, IN LA RIOJA, SPAIN.

FOR ONE WEEK, WE WILL SHARE TIME, IDEAS AND EXPERIENCES WHILE DISCOVERING ANOTHER RHYTHM OF LIFE. SURROUNDED BY NATURE AND COMMUNITY, PARTICIPANTS WILL REFLECT ON HOW TRADITIONAL KNOWLEDGE, SIMPLE WAYS OF LIVING AND HUMAN CONNECTION CAN INSPIRE NEW PATHS FOR THE FUTURE.

THIS PROJECT INVITES YOUNG PEOPLE TO SLOW DOWN, OBSERVE, LISTEN AND LEARN FROM THE ENVIRONMENT AND FROM EACH OTHER. IT IS AN OPPORTUNITY TO QUESTION THE WAY WE LIVE TODAY AND TO IMAGINE MORE BALANCED, SUSTAINABLE AND MEANINGFUL WAYS OF LIVING TOGETHER.

THROUGH INTERCULTURAL EXCHANGE AND SHARED EXPERIENCES, PARTICIPANTS WILL BUILD FRIENDSHIPS, DEVELOP NEW PERSPECTIVES AND REDISCOVER THE VALUE OF COMMUNITY, CREATIVITY AND COOPERATION.

ANCESTRAL FUTURE IS NOT ABOUT GOING BACK TO THE PAST. IT IS ABOUT REMEMBERING WHAT TRULY MATTERS IN ORDER TO MOVE FORWARD.



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PARTICIPANTS

PROFILE

• **18-30 YEARS OLD**

- **OPEN-MINDED AND RESPECTFUL OF DIFFERENT CULTURES AND IDEAS**
- **INTERESTED IN NON-FORMAL EDUCATION AND LEARNING BY DOING**
- **CURIOUS ABOUT RURAL LIFE, TRADITIONS AND SUSTAINABLE WAYS OF LIVING**
- **PROACTIVE, MOTIVATED AND WILLING TO PARTICIPATE ACTIVELY**
- **READY TO WORK IN TEAMS AND SHARE EXPERIENCES WITH OTHERS**
- **INTERESTED IN COMMUNITY LIFE AND INTERNATIONAL EXCHANGE**
- **PEOPLE WHO ENJOY NATURE AND VERY RURAL ENVIRONMENTS**

NO PREVIOUS ERASMUS+ EXPERIENCE IS REQUIRED – ONLY MOTIVATION, CURIOSITY AND A POSITIVE ATTITUDE.



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ALL EXPENSES COVERED



Travelling Accomodation Food

TRAVELLING BUDGET



Spain
100€



Netherlands
320 €



Portugal
250 €



Greece
360



Italy
300 €



Türkiye
400€



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ARRIVAL INFORMATION



PLACE OF VENUE:

**SOTO EN CAMEROS
(LA RIOJA, SPAIN)**

**-THERE ARE NOT
PUBLIC
TRANSPORTATION
CONNECTIONS-**



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A BUS WILL BE HIRED TO BRING ALL THE PARTICIPANTS TOGETHER FROM LOGROÑO TO THE YOUTH HOSTEL AND FROM THE YOUTH HOSTEL TO LOGROÑO

ARRIVAL DETAILS

**THE BUS TO THE HOSTEL
WILL LEAVE FROM
LOGROÑO'S BUS
STATION AT 19:00 SO
PLEASE BE SURE YOUR
FLIGHTS AND
CONNECTIONS ALLOW
YOU TO HAVE TIME TO BE
IN LOGROÑO ON TIME**

DEPARTURE DETAILS

**THE BUS TO LOGROÑO
WILL LEAVE FROM THE
HOSTEL AT 07:00 SO
PLEASE BE SURE YOUR
FLIGHTS AND
CONNECTIONS ALLOW
YOU TO BE ON TIME**

**WE WILL COORDINATE THE ARRIVAL VIA WHATSAPP, A GROUP WILL BE
CREATED 7 DAYS BEFORE THE PROJECT LAUNCH**

ACCOMMODATION



YOUTH HOSTEL " LAS HUELLAS"

*C. San José, 15,
Soto en Cameros,
26132 La Rioja.*



**SHARED
ROOMS**



**BRING
YOUR OWN
TOWELL**



**HOT WATER
RUNNING
24 H**



**FREE
WIFI**



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CONTACTS



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IMPORTANT THINGS

SHOWER TOWEL AND SHAMPOO

INGREDIENTS FOR INTERCULTURAL NIGHT

**WE WILL COOK AND IN THE VILLAGE THERE IS NO SUPERMARKET,
YOU WON'T FIND SPECIFIC INGREDIENTS AND SPIECES**

OLD CLOTES TO GET DIRTY

EAR PLUGS (IF YOU CANNOT SPLEEP WITH NOISE)

NATIONAL FLAG OF YOUR COUNTRY



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