

FOOD & SYSTEMS

Understanding How Food Connects Sustainability, Justice and Society

YOUTH EXCHANGE

16 - 24 APRIL 2026

POZA DE LA SAL (BURGOS), SPAIN



Co-funded by
the European Union

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THE PROJECT

Food & Systems is a Youth Exchange that brings together young people from five European countries to explore food as a social, environmental and political system.

Food connects everyday life with global challenges. Through the lens of food, participants will examine how production, distribution, access, preparation, consumption and waste are interconnected and how these processes relate to sustainability, power relations, inequality and environmental impact.

The exchange will create a space for critical reflection, dialogue and experiential learning, enabling participants to better understand how food systems shape societies and how individual choices interact with structural realities.

By combining practical activities, collective discussions and analytical tools, the project encourages young people to look beyond personal habits and explore the broader systems that influence how food is produced and consumed in different contexts.



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MAIN OBJECTIVES

- **Understand food as a system**

Explore the interconnected stages of food production, distribution, access, consumption and waste.

- **Analyse sustainability challenges**

Identify environmental and social impacts linked to food systems at local and global levels.

- **Explore food sovereignty and justice**

Reflect on who controls food systems, how decisions are made and how access to food is shaped by power structures.

- **Develop critical thinking skills**

Strengthen the ability to analyse complex systems and question dominant narratives related to food and sustainability.

- **Promote intercultural exchange**

Share perspectives and experiences from different countries, recognising similarities and differences in food realities across Europe.

- **Encourage responsible engagement**

Support participants in reflecting on their own position within food systems and their potential role as active citizens.



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LOCATION & ACCOMMODATION

The Youth Exchange will take place in **Poza de la Sal**, a historic village in the province of Burgos, in northern Spain. Known for its salt heritage and medieval atmosphere, Poza de la Sal offers a unique rural setting surrounded by nature and panoramic landscapes. The calm and inspiring environment supports focus, intercultural exchange and meaningful group work.

Participants will be hosted at **Casa Salionca, a rural accommodation located in the village.**

Accommodation will be provided in:

- Double rooms
- Rooms with bunk beds

All rooms have private bathrooms.

Bed sheets and towels are provided.

The entire venue will be exclusively rented for the Youth Exchange, ensuring privacy and a comfortable shared environment for the group.

Activities will take place in different indoor rooms within the house, as well as in rooms/outdoor spaces in the village, in collaboration with the local administration.

All accommodation, meals and activity spaces will be within the same area, creating a cohesive and accessible learning environment.

MEALS

The three daily meals and coffee breaks will be prepared and served at the accommodation venue.

The project menu will be **VEGETARIAN** and will take into account any food allergies and/or intolerances.

For a long time now, we have been organising projects only with a vegetarian menu prepared on-site and with local, organic and seasonal products to allow participants to **reflect on their own food consumption and the sustainability of the experience.**



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PARTICIPANTS

The Youth Exchange will gather **30 participants from 5 countries:**

- Spain – Brújula Intercultural
- Hungary – Tudatos Ifjúságért Alapítvány
- Italy – Association Kora
- Portugal (Madeira) – Teatro Metaphora
- Estonia – Seiklejate Vennaskond

Each national group will consist of:

- 5 young people aged 18–30
- 1 Group Leader aged 18+

Participants should:

- Have an interest in sustainability, food systems, environmental or social issues;
- Be motivated to participate actively in discussions and activities;
- Be open to intercultural learning and exchange;
- Have a basic knowledge of English and willingness to communicate in an international group.

Group Leaders should:

- Be committed to the objectives of the Youth Exchange;
- Support their national group before and during the project;
- Participate in Leaders' Meetings during the exchange;
- Ensure communication between organisers and participants;
- Ideally have previous experience in youth projects or have participated in the Training Course “Learning Through Experience (LTE)”.





WHAT TO BRING

- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.);
- Warm clothes (weather in spring can be unpredictable);
- Personal and refillable drinking bottle;
- Adapter for Spanish mains socket - Voltage: 230 V // Frequency: 50 Hz // Plugs: Type F
- Whatever you feel you would need for any time spent away from home; if you forget something, you don't have to worry because in the village there are shops;
- Take your ID documents and keep your travel documents like tickets, boarding pass etc. Take really care about travel documents, without them, it will NOT be possible to get the reimbursement of travel costs;
- Please note that to participate in the project you must have a European Health Card or equivalent insurance.

WHAT TO PREPARE

- Each national group must prepare at least two warm-ups;
- **Intercultural Food Realities Evening**: Each national group is invited to prepare a short and creative presentation (10/15 minutes) exploring food realities in their country or local context. The presentation can include: common eating habits among young people; where food usually comes from (local production, supermarkets, imports, etc.); visible sustainability challenges (waste, packaging, access to healthy food, etc.); local initiatives or alternative practices related to food systems; cultural traditions related to food that are still present today. The format is open and creative: you may use photos, short videos, storytelling, posters, slides, games or interactive elements. As in every youth exchange, each group is also encouraged to bring typical food/drink products and small items from their country to share during the evening. The aim is not to create a formal research presentation, but to share real observations and perspectives that help the group understand similarities and differences across contexts.

TRAVEL

GROUND RULE (Travel approval & confirmation procedure):

1. Participants must first send their proposed travel itinerary (timetables + price + transport type) to their national/sending organisation.
2. Sending organisations will collect the options from their participants and forward them to Brújula Intercultural for confirmation.
3. Tickets can be purchased only after receiving written confirmation from Brújula Intercultural.
4. After purchasing, sending organisations must collect the travel confirmations (e-tickets, booking confirmations, invoices or receipts in digital format) and upload them to their country folder in the shared drive.

This procedure helps ensure that travel plans respect Erasmus+ rules (including reimbursement eligibility and, whenever possible, greener travel options) and allows us to keep documentation organised, reducing errors and supporting a faster reimbursement process after the exchange. Brújula Intercultural is not responsible for tickets purchased without prior approval.

TRAVEL DATES AND ADDITIONAL TRAVEL DAYS

The Youth Exchange will take place from 16 to 24 April 2026, with 16 April as arrival day and 24 April as departure day. Participants are expected to arrive in time for dinner on the arrival day.

The project covers travel costs during these official dates and also allows **up to a maximum of two additional travel days** in total, which can be used before and/or after the activity. This means that participants may arrive earlier or depart later, as long as the total number of extra days does not exceed two.

Please note that for any additional travel days, Brújula Intercultural does not provide accommodation or food, and all related costs must be covered by the participant. Travel itineraries that do not respect these rules will not be reimbursed.

TRANSPORT

The Youth Exchange will take place in **Poza de la Sal, a village close to Briviesca** (Province of Burgos).

Participants must reach Briviesca by train or bus. From Briviesca train/bus station, Brújula Intercultural will organise a pick-up to the venue. Details and pick-up time slots will be shared closer to the activity in the WhatsApp group of Group Leaders.

GETTING TO BRIVIESCA

From Madrid (easiest and most direct option):

There are several daily connections from Madrid to Briviesca by train or bus.

You can choose either:

- Train (RENFE) from Madrid to Briviesca (direct trains or trains with one change), or
- Bus (ALSA) from Madrid Airport or from Madrid city (Avenida de América bus station) directly to Briviesca.

If you land at Madrid-Barajas Airport, you can take a bus directly from the airport:

At Terminal 4, follow the signs for the *Bus Terminal*. In just a few minutes you will reach the airport bus station, from where long-distance buses depart. ALSA operates regular connections from Madrid Airport to Briviesca (or Burgos).

Alternative airports (possible but less direct)

If you fly to Vitoria, Bilbao or Santander, you will first need to reach Burgos by train or bus. **From Burgos, you can continue to Briviesca by ALSA bus or by train.**

Please note that in Burgos the train station and bus station are not close to each other, so make sure to calculate enough time if you need to transfer between them. You will need to calculate around 1 hour to get from the train station to the bus station, using the city bus LINE 2.

USEFUL WEBSITES

The official website for train transportation: <https://www.renfe.com/es/en>

The official website for bus transportation: <https://www.alsa.com/en/web/bus/home>

TRAVEL REIMBURSEMENT

Travel costs will be reimbursed up to the maximum amount defined by the European Commission distance calculator.

It is fundamental that you **keep all your original travel documents**: bus and train tickets, invoices, etc.

Reimbursement is not possible without the required documentation.

Please note that taxis and first-class tickets cannot be reimbursed.

When purchasing your tickets, make sure you do not exceed the maximum amount for your distance band. Any costs above the limit will need to be covered by the participant. Buying tickets in advance is strongly recommended to avoid higher prices.

Reimbursement will be processed after the end of the project, once all required travel documents are collected and the final reporting requirements are completed.

Important: Travel reimbursement will be transferred to the sending organisations, which will then reimburse their participants according to their internal procedures.

Further and detailed instructions will be provided during the project.

Travel distance	Non-Green travel	Green travel
10 - 99 km	28€	56€
100 - 499 km	211€	285€
500 - 1999 km	309€	417€
2000 - 2999 km	395€	535€
3000 - 3999 km	580€	785€

DEADLINES

We kindly ask you to send **travel options as soon as possible and no later than 16th March 2026**, and to proceed with your purchase immediately after receiving confirmation from the organisation.

Please send your travel options to exchanges@asociacionbruja.es,

After purchasing the tickets, please send the confirmation of your purchase to the same email.

COMMUNICATION

After receiving all travel confirmations, we will send a **PARTICIPATION FORM** to be completed and we will create a project **WHATSAPP GROUP with Group Leaders** to keep communication faster and smoother.

CONTACTS

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