

Institut  
de recerca  
holística  
de Montserrat

irehom



ECO  
systems

**TRAINING COURSE - ERASMUS +**

# ECOSYSTEMS

FROM NEED TO SEED

**IREHOM, BARCELONA**

**18 - 27 JUNE 2025**



Co-funded by  
the European Union





# ECOSYSTEMS

SUBTITLE

TRAINING COURSE

## LOCATION

Irehom <https://irehom.org/>  
Institut de Recerca Holística de Montserrat  
Vall d'Artigues, Castellgalí, Barcelona

## PARTICIPANTS

40 participants (8 participants per country)  
Spain, Italy, France, Belgium, Greece

## DATES

18th to 27th of June 2025  
(including travel days)

## OBJECTIVES

- Promote active participation in the development of a local community.
- Explore the social and environmental spheres of community-living and their potential impact on the broader society.
- Capacity building and development of your own DIY project.
- Explore environmental education and community lifestyle

## REQUIREMENTS

- To be 18 years old or older
- Be able to communicate in english
- To hold the European Health Card (or private insurance).
- To live in one of the sending countries.
- To be a youth worker or linked to non formal education.
- To consent the use of images in which you appear taken during the mobility with legitimate purposes of the project.
- To be interested in the activities organised and/or in community living.



# MAIN ACTIVITIES



# HOW TO REACH THE ACCOMODATION

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**Nearest train station**

Manresa

**Nearest airport**

Barcelona El Prat (BCN)

Reach **Manresa train station** on the June 18th in the afternoon:

If you have your flight to Barcelona, you can take the R2 train to Barcelona- Sants and change to R4 train to Manresa

Once you get to Manresa, take the **T5 bus at Plaça de Valldaura** (11 min walk from the train station) towards Sant Salvador de Guardiola.

Get off at the bus stop **El Calvet - C. de Sant Salvador/ C. de Sant Marc**. And we will pick your luggage.

You can take the bus at 17:40, 18:40, 19:40, 20:40 h. Here is the timetable:

<https://horaris.gruptg.com/masatstg/?linia=T5>

Walk from the bus stop to Irehom (Can Casassaies on Google Maps, 3.6km = 51min). If you cannot walk to Irehom, let us know in advance so we can pick you up at the bus stop.

**We can collect your luggage at the bus stop** so you don't need to walk with it, but we need to know your arrival time!



# TRAVEL INSTRUCTIONS

**KEEP ALL YOUR INVOICES, TICKETS  
AND BOARDING PASSES !**

After the mobility we will reimburse your travel costs by bank transfer.

Save your train tickets/boarding passes (sometimes boarding passes expire from your phone if you don't download it). Electronic documents are preferred (you don't have to print anything).

Transfer by Taxi/Uber (or similar) is not eligible for reimbursement. We encourage you to use sustainable ways of traveling when possible.

Blablacar is allowed as a green travel. In case of green travel, up to two nights are covered under the budget.

**BUDGET  
AVAILABLE**

180 euros for  
Spain

275 euros for  
Belgium, France,  
Italy and Greece





## THE VENUE

Irehom <https://irehom.org/>

- A dream-like set of houses in the wild
- Food, acomodation and travel covered
- Shared rooms in bungalows & tents
- Dry toilets
- Very hot weather
- Some bee hives in the area



## PACKING LIST

- Sleeping bag
- Towel
- Biodegradable soap. If you don't have it, Irehom can provide it. Do not bring any other type of soap.
- Food & drinks from your home country/community
- Torch/ forehead lamp
- Sunscreen and adequate clothing for very warm weather
- Antihistamines in case of bee allergies!







# FOOD

Breakfast, Lunch and Dinner will be served in the accomodation and will be based on a **vegetarian diet**

**Food restrictions/preferences** will be taken into consideration:

- Health reasons (Alergies and intollerances...)
- Personal reasons (religious reasons, veganism...)

Bring some typical food / drinks from your country so the first day we can make an international dinner with everything. We invite you to bring **local products**.

# THE PARTNERSHIP

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The promoting association of this training "**Back to the Roots**" is a non-governmental association. Our primary objective is the promotion of environmental education and social inclusion.

We want to involve youth in their local communities to promote changes in the society, finding sustainable solutions to the challenges we face in Europe.

This project is part of the KA2 project "Ecosystems" co-funded by the European Union 2023-2-FR02-KA220-YOU-000179634.

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📷 [@backtotheroots.eu](https://www.instagram.com/backtotheroots.eu)

🌐 <https://backtotheroots-ngo.com/>



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Catfarm , France



New Wellness Education Italy



gaia  
education

Gaia Education, Belgium



Hopeland, Greece

ΕΛΠΙΔΟΧΩΡΙ  
Hopeland