

Info pack Erasmus Youth Exchange Hands on Resilience



27 October – 5 November 2025
Waking Life, Crato, Portugal.



Planting season is calling for an 8-day hands-on program on land care, where you'll grow vivid ecosystems, explore the different dimensions of building food forests, and revive biodiversity. It's also a time to experience community living, reflect on collective dynamics, and reconnect with forest and soil. Inspired by Permaculture and Syntropic Agriculture principles, this youth exchange invites 30 participants for a deep dive into earthy curiosities.

Hands-on practice with:

- Collective expansion of our syntropic agroforestry plantation
- Compost making, plant propagation (cuttings & seeds), plant companionship
- Exploring community dynamics

Plus: creative expression, fire cooking, walks and stories of the land...



PRACTICAL

When?

Arrival: October 27

8-day program October 28 – November 04

Departure: November 05

Online preparation call on October 13

Where?

[Waking Life, Barragem das Nascentes, Monte da Pedra](#)

For who?

- Participants should be between 18 and 30 years old;
- Resident of one of the following countries: Belgium, France, Italy, Portugal, Spain;
- Interested in mingling with flora, open to learning through experience – not lectures, ready to live simply and collectively in nature, share community task, reflection, workshop and play;
- Comfortable speaking basic English in a group;
- We especially encourage applications from people with fewer opportunities or from marginalized communities.

What's covered?

Participation, food, accommodation and travel are covered by EU grants.

THE LAND



We are located in Alentejo, in a region challenged by extreme heat and long periods of drought, water shortage and wildfires during summer – floodings and frost in the winter. This challenging ground becomes a fruitful one as we can learn how to grow resilient ecosystems and replicate them in other contexts.

The land is home to a year-round community involved in an annual festival and ecosystem regeneration. You'll be part of an active group-dynamic, in full nature where you can take a fresh swim, visit the gardens and art installations around the lake.

Accommodation

Accommodation is in shared tipis (3–4 people). You may also bring a personal tent or sleep in a campervan. Compost toilets and outdoor mixed-gender showers are shared.

Food

Delicious meals will be prepared by vegetarian chefs, sourcing mostly local produce. We can accommodate gluten-free and other dietary restrictions on request. Throughout the day there is fresh drinking water, coffee, and tea.

TRAVEL & COSTS



Address

Waking Life, Barragem das nascentes,
estrada municipal 532-1
7430-019 Monte da Pedra.

Budget

This budget covers round-trip travel. It is meant for green travel only. If this is not possible for you, get in touch with us.

Note: We deducted €10 from your travel limit to cover transport from Crato/Alpalhão to the training venue. If you don't need transport, we'll add €10 back.

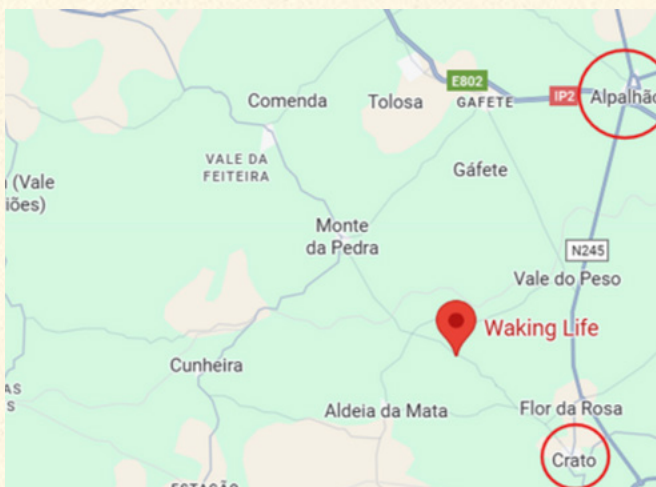
Portugal - 56e

Belgium - 407e

France - 407e

Spain - 275e

Italy - 407e



BOOKING YOUR TRAVEL

A few tips

- Please choose the most economical and environmental option. The money saved from the travel budget will be used for planting trees.
- If you are able to travel by train/bus, we strongly encourage you to do so.
- If you are traveling by plane, the closest airport to Crato is Lisbon Airport. Alternatively, you can fly to Porto or Faro, and then take a longer public transport journey to the training venue. If flights from your hometown are very expensive, please check nearby airports.

Planning

Please book your travel by 30.09.2025.

Before booking, send your travel plan by email to emma@wakinglife.pt. Once we confirm it, you can proceed with booking your tickets and add your travel details to [this spreadsheet](#) so we can arrange your pick-up and drop-off.

If you are coming with your own vehicle, please arrive on 27.10.2025 before 20:00h and fill in the travel sheet as well.

Can I stay longer in Portugal?

You can travel up to 2 days before/after the training (not earlier than October 25, and no later than November 06), under the condition that the tickets on the other days are cheaper.

Note: accommodation cannot be provided for days beyond the training dates.

Insurance and health insurance

You will need to travel with your own travel and health insurance (we recommend the European Health Insurance Card).

REIMBURSEMENT

- Travel reimbursements will be processed after the activity. (If this poses a difficulty for you, please let us know.)
- Refunds are only possible if your trip begins and ends in your country of residence.
- Please make sure to keep all your travel receipts and include the NIF of Waking Life: 514274891 on Portuguese invoices (e.g., gas, tolls, public transport).

Uploading your tickets/receipts

- Create a folder with your full name (e.g., Maria Sanchez) in this [Google Drive folder](#).
- Upload all travel tickets/receipts as PDFs. Online tickets must include: your full name, date of purchase and travel, origin/destination, amount paid, and Waking Life's NIF (if the supplier is Portuguese).
- Also upload your boarding passes.

PUBLIC TRANSPORT AND TIMELINE

Bus

A daily bus drives between Lisboa Sete Rios <> Crato will take you about 3 hours. Tickets and timetables at www.rede-expressos.pt.

Lisboa SETE RIOS <> Crato

To Crato		To Lisbon	
Departure	Arrival	Departure	Arrival
18:00	21:15	07:20	10:40

Lisboa SETE RIOS <> Alpalhão

To Alpalhão		To Lisbon	
Departure	Arrival	Departure	Arrival
07:30	10:50	08:55	12:15
15:00	18:20	16:55	20:15

Train

There's a daily train travelling between Lisboa Santa Apolónia/ Lisboa Oriente <> Crato which will take you about 3 hours. Tickets and timetables at www.cp.pt.

Lisboa ORIENTE <> Crato

To Crato		To Lisbon	
Departure	Arrival	Departure	Arrival
07:39	10:37	14:23	16:52
08:09	10:37	19:55	22:22
12:39	15:12	—	—

COMMITMENTS

To ensure a smooth sailing, we will ask members to:

- Ensure full participation in all stages of the project;
- Come curious and motivated for outdoor living, hands on activities, engaging with collective tasks and group dynamics;
- Respect the community guidelines;
- Complete participants' report issued by the EU at the end of the program;
- Provide complete documentation for the final project report and travel cost reimbursement.

Invitation

- Actively take part in the co-creation of the program before and during the project;
- Come prepared with a workshop / practice / session you would like to offer;
- Travel in climate friendly ways.

YOUTH PASS

Participants will receive a Youthpass certificate for their participation in the training.

PARTNERS ORGANISATION

Waking Life (Portugal)

Grain&Sens (France)

Progetto Gaia Terra (Italy)

Asociacion Mosaico Joven (Spain)

Gaia Education Europe (Belgium)

CONTACT

Get in touch with Emma emma@wakinglife.pt for questions!

REGISTER HERE!

Applications will close on September 15, 2025.

