

SEED THE CHANGE SUSTAINABLE FOOD SYSTEM



CALL

TRAINING COURSE osustain
14th-18th January 2026
Cerralba (Pizarra) Spain

WELCOME

WHEN?

14TH-18TH JANUARY

WHERE?

PIZARRA, MÁLAGA, SPAIN

TOPIC

SUSTANAIBLE FOOD SYSTEMS

HOW

**EXPERIENTIAL LEARNING, WORKSHOPS AND
FIELD VISIT OF A ORGANIC FARMER**



OUR ASSOCIATION

GRUPO DE DESARROLLO RURAL VALLE DEL GUADALHORCE is a non-profit association, with aprox. 500 members from different socioeconomic and environmental sectors of this interior area of Malaga, such as small and organic farmer, food companies, livestock, tourist enterprises, young people, women associations, as example of the representatives of our partners. But also the 7 city councils of our region are present in our association, which give us a great capacity for action.

We work in different essential areas to promote the development of our region, such as Gender Equality, Youth and Education, Training for Youngsters, Organic agriculture and farming, Sustainable Tourism or Environmental Protection; because we consider that an integral development is the best way to grown.



Valle del Guadalhorce
Grupo de Desarrollo Rural



THE PROJECT

Food is at the heart of sustainability. From production to consumption, every step in our food systems shapes the health of our planet and communities. ***Seed the Change* explores how youth work can play a transformative role in building more sustainable, fair, and resilient food systems.**

Throughout the training, participants will **connect theory with practice** — starting by understanding global ecological challenges and reflecting on their own habits, then discovering sustainable practices through local examples in Andalusia and reflecting on their local spaces. Activities such as **field visits to ecological farms, and hands-on workshops** will provide a holistic perspective on sustainability, linking environmental awareness with concrete community actions.

By the end of the course, **youth workers will gain practical tools to inspire young people toward responsible consumption, agroecology, and environmental stewardship**, becoming true multipliers of change in their organizations and territories.



OBJECTIVES

1. Strengthen participants' understanding of sustainability and food systems, exploring their social, environmental, and economic dimensions.
2. Develop practical competences in non-formal education on agroecology, responsible consumption, and food sovereignty in their youth work and their community.
3. Encourage critical reflection on personal and organizational habits, linking daily choices to broader global challenges like climate change and resource depletion.
4. Showcase successful local practices in rural Andalusia that integrate sustainability, community participation, and traditional knowledge.
5. Facilitate the exchange of experiences and good practices among organizations working with young people across Europe.



PARTICIPANTS

The participants could be students, teachers, youth workers, or any active person in youth field interested in the topic and how to increase awareness about it. Also young people willing to share their experiences, to learn from others and to grow personally and professionally.

To offer this opportunity to young people from rural areas is one of our priorities because we want to spread the knowledge and increase their opportunities for self-development.

In order to reach our goals in all aspects, we ask our partner organizations to pay attention to the gender balance in the selection of the group. We are looking for 3 youth workers, educators, trainers, or volunteers active in youth organizations of each of the countries.

HOW TO APPLY

If you want to be a partner organization in this project, please send your PIF to our email: generoyjuventud@valledelguadalhorce.com before 9th november.

CONTACT:

- Ana Hevilla Ordóñez
- Antonio Hevilla Romero



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THE VENUE

The venue will be in CERRALBA, small and rural neighbourhood of PIZARRA, a little town near Málaga. Pizarra is a rural town with around 9.000 inhabitants and has its own train station that goes to Málaga and other towns nearby.



In CERRALBA, there is a small hostel that is still on development, so the accomodation will be very basic, we will sleep all together in a two mixed rooms. Five showers will be avalaible, so a good schedule will be displayed to guarantee hygiene among participants. **YOU NEED TO ACCEPT THIS BEFORE COMING.**

We know that this will be a challenge, but our objective is to work on the development of rural areas, even if the resources are limited. We are willing to find people that are ready to overcome this challenge and open up. The village is very rural, so does not offers a wide range of services, but there is a little shop and we will do our best to provide common goods to share.

PARTICIPATION FEE

To support the involvement of local producers and enhance the quality of practical activities, participants are asked to contribute a participation fee of 20 €.

This contribution will help cover the costs of local workshops, sustainable local food for the coffee breaks, and collaboration with small producers from the Guadalhorce Valley specially in our food and catering, complementing the Erasmus+ grant.

We are committed to ensuring that financial limitations are never an obstacle to participation. If anyone faces difficulties in covering this fee, please contact us directly and we will find an appropriate solution together.

generoyjuventud@valledelguadalhorce.com



REIMBURSEMENT

(REIMBURSEMENT TABLE IN THE NEXT SLIDE)

In order to reimburse your costs we need: all original tickets, original boarding passes, original bills and proof of payment. (Every organization has a different travel budget related to the distance). We recommend you to send a scan copy of all tickets and boarding passes

Each participant has to upload the pdf of the tickets, boarding passes, receipts in the folder on Google Drive (the link will be shared by our team by mail directly to each participant or to a group leader in case of 1 bank transfer for the whole group) and to fill in the Excel form (you will find it in the folder).

The Leaders must fill in the Erasmus participant's final report (you will get an email generated automatically by the Beneficiary Module Portal).

After the project, each group must send at least one link to the posts on social media published either by the sending organization or by a participant individually.

(Don't forget to mention @juventud_gdr_guadalhorce in your post!)

1. We will reimburse according to your expenses. This means that if you have a budget of 270€ FOR EXAMPLE and you spend 200€, you will receive all 200€ and in this case will be the 100% of the travel. Otherwise for example, if you spend 300€ with a budget of 270€, we will reimburse you up to 270€)

3. Gasoline and taxi receipts are not reimbursable if at the time you get a taxi there was public transport.

4. The reimbursement will be done by one bank transfer for each country.

5. To make the bank transfer GDR Association will need: All ORIGINAL travel documents uploaded to drive and excel doc filled + final report survey filled by each participant (in case of YE only the group leaders will do it) + post made on social media tagging us.

The transfer will be done in approximately 1 - 2 months after the project.

REIMBURSEMENT

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

*Green travel will not be possible due to cuts to Erasmus projects in Andalusia.

THE TEAM



Ana Hevilla Ordóñez

Project coordinator



Antonio Hevilla Romero

Facilitator



Mónica Laguía

Trainer