

From 12 to 20 of November, 2026
(travel days included)

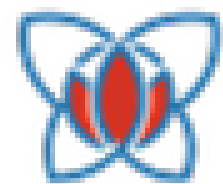
Erasmus + Mobility for Youth Workers

FLAME

**Framing Leadership:
Artivism Meets Ecovillages**



Co-funded by
the European Union



GEN EUROPE
GLOBAL
ECOVILLAGE
NETWORK

yes to sustainability



NEXTGEN
EUROPE
YOUTH
ECOVILLAGE
NETWORK



FLAME infopack

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APPLY HERE





What is YES TO SUSTAINABILITY?

Yes to Sustainability is a network of young people and youth workers whose aim is to bring together young people in ecovillages and sustainable projects in Europe. Our vision is of a world in which young people are empowered to create resilient communities, contribute to regenerative cultures, and take care of the planet.

We work organizing Youth Exchanges and Mobility for Youth Workers. We also offer support and mentoring to ecovillages, networks, sustainable projects and young people wanting to organize a Youth Exchange.

A group of young people, mostly in casual summer attire, are walking across a rustic wooden bridge that spans a small stream. The scene is set in a lush, green forest with sunlight filtering through the trees. The bridge is made of thick logs, and the water below is clear, reflecting the surrounding greenery. The overall atmosphere is peaceful and natural.

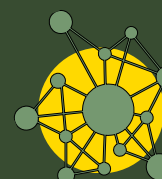
What to expect?

FLAME is a Partnership Building Activity (PBA) bringing together youth workers and organisations to connect, learn, create and build new collaborations around activism, sustainability and youth work.



Explore & learn

Experience life in an ecovillage as a space for sustainability and social action. Explore activism through creative, participatory and experiential non-formal education methodologies, connecting artistic expression with ecological and social change.



Connect & build partnerships

Meet youth workers and organisations from across Europe, exchange experiences and good practices, and create meaningful connections for future cooperation.



Create & co-develop

Reflect on challenges in youth work and co-create ideas for future collaborations, including Erasmus+ projects, while strengthening the Yes To Sustainability network.

Who is it for?

This project is designed for both experienced and inexperienced youth workers who:

- Are interested in sustainability, regenerative cultures, and ecovillage living.

- Wish to learn from and collaborate with the Yes to Sustainability network.

- Are residents in:

- | | | |
|------------|------------|----------|
| ○ Portugal | ○ Spain | ○ Greece |
| ○ Germany | ○ Italy | ○ Sweden |
| ○ Serbia | ○ Slovakia | ○ France |





Hosted by **Ananda Kalyani Ecovillage**

Ananda Marga is a global spiritual and social service organisation founded in 1955, guided by the principles of self-realisation and service to all.

In Portugal, **Ananda Kalyani** (anandakalyani.org) is an ecological research and volunteering hub located on the edge of the Serra da Estrela Natural Reserve. It brings together personal development, community engagement and regenerative practices in harmony with nature.

During FLAME, you will have the opportunity to experience these practices and learn how the project works with local communities. If you are interested, you can also join yoga and meditation sessions.

Get to know Ananda Kalyani: [About us](#)

Co-living at Ananda Kalyani

- Ananda Kalyani is a beautiful natural environment, and we ask everyone to help us care for it:

- Use ecological and biodegradable hygiene products whenever possible.

- Take short showers and help us save water and energy.

- Respect nature and leave no trace.

Accommodation in a guest house with bunk beds

What not to bring

Alcohol, drugs or illegal substances, tobacco products or disposable plastics are not permitted on the land.

Please also note that, following the community's dietary principles, meat, fish, eggs, garlic, onion and mushrooms **are not consumed or allowed in the facilities.**

Thank you for helping us maintain a healthy, sustainable and harmonious environment for everyone.





What to Bring

- **Valid ID/passport**, travel documents & tickets
- **EHIC or valid health/travel insurance**
- **Towel & indoor shoes/slippers**
- Comfortable clothes for indoor and outdoor activities
- **Warm layers & rainwear** (temperatures may range from 6–14°C, especially at night).
- **Clothes that can get dirty**
- **Flashlight / headlamp**
- **Notebook & pens**
- **Personal toiletries** (preferably natural and biodegradable).
- **Sun cream & lip balm**
- **Reusable water bottle**
- **Earplugs** (just in case your roommate is an enthusiastic snorer 😊)

You can also buy basic ecological toiletries locally if needed.



Food

We will provide **healthy, vegan and sattvic meals and snacks**, with many vegetables grown in **Ananda Kalyani's organic garden** and ingredients sourced from **local producers whenever possible**.

You will have the opportunity to **experience a sattvic (yogic) approach to food**, with a focus on fresh, wholesome, **lacto-vegetarian but includes many plant-based options**.

Please let us know about any food allergies or dietary restrictions in your application form.

As part of the community guidelines and philosophy, alcohol, drugs and smoking are not permitted on the land.

• Travel and Reimbursement

Getting to Ananda Kalyani

There are several ways to reach Ananda Kalyani. As it is located in **a rural area, public transport is limited, especially for the final stretch from Covilhã to Ananda Kalyani.** Please plan your journey carefully and make sure you arrive in time to catch the last bus.

Green Travel

Whenever possible, please choose **low-carbon travel options** such as trains, buses, cycling or carpooling instead of flying.

Travelling alone by car is **not** considered green travel; **carpooling with other participants is!** 🌿

For routes, timetables and more practical information, please check the **Ananda Kalyani Travel Guide**.





From Lisbon or Porto to Covilhã

If **you fly**, you can arrive in Lisbon or Porto, both are approximately the same distance from Ananda Kalyani. From either city, **take a bus to Covilhã** with, for example: Rede Expressos · FlixBus



Lisbon/Porto → Covilhã: approximately 3.5 hours



Covilhã → Ananda Kalyani

The final journey takes approximately 50 minutes. There is a bus stop right in front of Ananda Kalyani in **Ourondo** (simply ask the driver to stop there).

🌿 If you need a ride between Paúl and Ananda Kalyani, please let us know at least 24 hours in advance so we can organise it.

Bus schedule:

For arrival:

- Covilhã → Ourondo: 18:30
- Covilhã → Paúl: 10:00 · 13:25 · 17:05

For departure:

- Ourondo/Paúl → Covilhã: 07:15
- Paúl → Covilhã: 14:30

 Please plan your journey carefully and make sure you arrive in Covilhã in time for the last bus to Ananda Kalyani.





Travel Budget

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

100 - 499 km Portugal, Spain.

500 - 1999 km France, Italy.

2000 - 2999 km Germany, Greece, Slovakia, Sweden, Serbia.

If any doubt, you can check your travel distance with the Erasmus+ distance calculator for organizations, clicking here.

• Important info

- Participants must attend all the program in order to be eligible to travel reimbursement;
- Keep ALL tickets, invoices, boarding passes to be reimburse .
- To reduce the project's environmental footprint, participants from nearby countries are expected to travel without flying. Please let us know if this affects your ability to participate.

💭 Questions?

Don't hesitate to reach out to Etti via yestosustainability@gmail.com

 [Apply here.](#)
Deadline: 20.09.2026

