



YOUTH FOR UNDERSTANDING
Internationaler Jugendaustausch

International YFU Alumni trip

El Camino de YFU

Hiking in Northern Spain

September 29 – October 6, 2018



Are you looking for an intercultural YFU experience with like-minded adult people from various countries? Do you enjoy being outdoors and being active? Are you interested in Personal Growth Coaching? Then YFU Spain and YFU Germany invite you to join us for a week of hiking on one of the world's most popular pilgrimage and hiking routes – the Way of St. James or Camino de Santiago in the Northeast of Spain.

Strap on your boots and join us for five moderate hiking day stages from the town of Sarria to Santiago de Compostela. Experience the extraordinary YFU-bond within the group and the peaceful atmosphere among hikers and pilgrims from around the world. After each day's stage we will spend the afternoons relaxing our bones, but keeping our brains active: Personal Growth Coaching sessions will provide us with enriching learning experiences.

This YFU Study Tour is organized jointly by YFU Spain and YFU Germany and is directed to all friends of YFU, volunteers, host parents, alumni and members of ages 20 and up.

Participation fee: 650 €

Number of participants: 12 (min.) to 20 (max.)

YFU Germany and Spain reserve the right to cancel the trip in case the minimum number of participants could not be reached by July 31st, 2018.

Included in the participation fee:

- Accommodation (half board – breakfast and dinner) in simple Pilgrim's Hostels (shared rooms), accommodation in Santiago de Compostela in a middle class hotel (shared double rooms)
- Transfer from Santiago airport (SCQ) to Sarria and from the city of Santiago back to the airport
- Accompanying YFU staff and coach
- Workshops, coaching sessions and workshop material (in English)

Not included:

- International travel to and from Santiago airport (SCQ)
- Lunches



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Itinerary

September 29th, 2018

Individual arrival to Santiago de Compostela and transfer from the airport to our accommodation in Sarria.

First introduction round with those participants already present during the afternoon.

After dinner we go to bed early to be fit and ready for tomorrow's hiking stage.

September 30th, 2018

Stage 1 – Sarria to Portomarin (22km): After an early breakfast we put on our hiking boots and start our Camino experience. Everyone is free to walk at their individual pace.

We reach our hostel in Portomarin around 2pm and have some time to freshen up and rest.

In the afternoon we meet for our first session to get to know each other.

October 1st, 2018

We spend the day in Portomarin, getting to know each other. We get together for a first coaching session on personal growth topics, setting the spirit and getting ready for our experience on the Camino.

October 2nd, 2018

Stage 2 – Portomarin to Palas de Rei (24km)

Afternoon Coaching Session

(The following days on the Camino have a similar schedule.)

October 3rd, 2018

Stage 3 – Palas de Rei to Arzúa (29km)

Afternoon Coaching Session

October 4th, 2018

Stage 4 – Arzúa to Pedrouzo (19km)

Afternoon Coaching Session

October 5th, 2018

Stage 5 – Pedrouzo to Santiago de Compostela (20km)

In the early afternoon, we reach our final destination Santiago de Compostela, the ending point of the Camino de Santiago. We walk through the old town, which has UNESCO World Heritage status, to the imposing cathedral. Here we also receive our certificate – the “Compostela” – of our successful pilgrimage on the Camino.

We relax for a while in our hotel rooms, before we get together for a final workshop and reflect on our experience.

At night, we enjoy a nice dinner in a typical restaurant and celebrate our successful journey.

October 6th, 2018

It is time to say goodbye.



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Transfer to the airport and individual departure.

Please note: This Study tour has a focus on physical activity. It is essential that participants are in good health and fit for hiking long distances, carrying their own luggage. Also, participants need to bring their own good and worn in hiking equipment, especially boots.

In case of difficulties with organizing your travel to Santiago de Compostela, please let us know. We will try to find an individual solution!

Information and registration:

Please sign up via our [online registration form](#) before July 31st, 2018.

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