



human rights education
youth network



Training for Trainers in HRE

Caravaca de la Cruz, Murcia – Spain
05/04/2016 – 13/04/2016

INFO PACK





COURSE DESCRIPTION

"**HRE Trainers**" is a training for trainers in Human Rights Education with young people. This course aims at promoting a reflection on existing practices and a broadening of the educational horizons, through the inclusion of new methods and techniques that take in account today's HRE challenges. Its goal is to develop the competences (skills, knowledge and attitudes) of trainers to create and lead human rights education activities through different methodologies and with a special focus on DRAMA and theatre based techniques.

OBJECTIVES

- To promote a reflection upon nowadays methodological challenges and possible new educational synthesis in HRE;
- To develop the trainers' knowledge and competence in key concepts of human rights education;
- To review the essential competences, skills and attitudes for trainers working with human rights education in non-formal learning settings;
- Promote in the participants a personal and professional self analysis in order to develop a better understanding of the role of trainers and of educational approaches;
- To familiarise the participants with the drama based approaches and activities applied to HRE.

CONTENTS:

- HUMAN RIGHTS CORE: Theories, frameworks, legal instruments, treaties, etc.;
- TRAINING ESSENTIALS: Facilitation, Training styles, Feedback, Group Dynamics, Trainers' values, role and program design.

- METHODOLOGIES AND METHODS to be used and experienced in the course: Social Theatre and Theatre of the Oppressed from Augusto Boal; Drama Pretext from Allan Owens; Living Theatre and Impro Theatre; selected HRE Manual (particularly COMPASS Manual from the Council of Europe).

HOW

The training will combine activities belonging to the non-formal education frame and the pattern **EXPERIENCE - FEEL - REFLECT**, with drama based techniques in order to offer an opportunity to experiment new methods focused on the emotional, cognitive and physical dimensions of the learning experience. Theoretical inputs will set the framework (sometimes at the beginning, sometimes at the end of the sessions) and experiential learning will be our main working approach for the rest of

The sessions.

Participants will go through two basic types of sessions where the focus is on Human Rights as such (knowledge and value based) and others about Training as such (skills - values oriented).

There will be a moment during the course for participants to put into practice their learning, through sessions where they will be mastering their competences in designing HRE sessions for young people.



TRAVEL & GENERAL INFO

PLEASE DON'T FORGET:

ARRIVAL DAY IS 5TH APRIL 2016

DEPARTURE DAY IS 13TH OF APRIL 2016

Airports

The nearest and more convenient airport to Murcia is **Alicante Airport**, which is one-hour distance by bus from Murcia.

Please try **NOT TO** buy tickets to Murcia Airport, since the bus connection with the city is not as good as from Alicante Airport.

From Alicante Airport you will have to take a bus (see timetable on the right) to Murcia in order to be **at the Meeting Point at 20:30 the latest!**

(We can't reimburse extra accommodation and food for the ones that will not be able to be on time.)

From Murcia a private bus will pick you up and drive you to the place where the TC will take place: La Casa del Trigo .

If you don't find good flight connection to Alicante, try Valencia airport, which is 3-4 hours distance from Murcia. See also trains (www.renfe.es) to Murcia. When you buy the tickets please consider the distance between towns in order to be on time to the meeting point!

All **the bus connection** between Alicante Airport and Murcia can be found on **www.alsa.es**

Board and lodging: fully covered for the duration of the course.

Bus Alicante Airport – Murcia (05/04)

Departure	Arrival	Service
07:15	08:10	Normal
09:15	10:10	Normal
10:15	11:30	Normal
11:15	12:10	Normal
13:15	14:10	Normal
15:15	16:10	Normal
18:15	19:10	Normal
19:15	20:10	Normal

Bus Murcia – Alicante Airport (13/04)

Departure	Arrival	Service
06:45	08:00	Normal
08:00	08:45	Normal
09:00	09:45	Normal
11:00	11:45	Normal
13:30	14:15	Normal
14:00	15:00	Normal
15:00	15:55	Normal
17:00	17:55	Normal
20:15	21:00	Normal

Travel reimbursement

Travel reimbursement will be according to Erasmus + funding rules (*see maximum reimbursement for your organization in the table below*).

Don't forget to save and **bring the boarding passes** of your plane and **invoices and receipts of your transport tickets (only public transport and cheapest fare are allowed, taxi costs are not reimbursable nor those tickets without the price written on it – eg. Metro Madrid or Metro Valencia)**.

We will also need in case you can't get an invoice for your tickets, an **evidence of the payment** (e.g.: print the screen capture of your bank transaction with your card where it is visible the price you paid for your tickets).

I.1. Viaje

Actividad n.º	Tipo de actividad	N.º de flujo	País de origen	País de destino	Tramo de distancia	N.º de participantes	Subvención de viaje por participante	Subvención total para viaje solicitada
A1	Movilidad de trabajadores en el ámbito de la	1	Armenia	España	4000 - 7999 km	3	820.00	2460.00
A1	Movilidad de trabajadores en el ámbito de la	2	Rumanía	España	2000 - 2999 km	3	360.00	1080.00
A1	Movilidad de trabajadores en el ámbito de la	3	República Checa	España	2000 - 2999 km	3	360.00	1080.00
A1	Movilidad de trabajadores en el ámbito de la	4	Italia	España	500 - 1999 km	3	275.00	825.00
A1	Movilidad de trabajadores en el ámbito de la	5	Grecia	España	2000 - 2999 km	2	360.00	720.00
A1	Movilidad de trabajadores en el ámbito de la	6	Croacia	España	500 - 1999 km	2	275.00	550.00
A1	Movilidad de trabajadores en el ámbito de la	7	Eslovenia	España	500 - 1999 km	2	275.00	550.00
A1	Movilidad de trabajadores en el ámbito de la	8	España	España	0 - 99 km	4	0.00	0.00

The meeting point

The meeting point will be in **Murcia in front of the Cathedral, the main entrance, in Plaza del Cardenal Belluga** in front of **Crepería Ô Délices de Paris**, a restaurant of crepes with terrace, it is the closer restaurant to the main door of the Cathedral.

It's 20 minutes walking from the bus and train station. If you arrive to the train station you can pick up the bus number 39 and get down to the bus station GLORIETA DE ESPAÑA.

You can see on the map, near the river, between the two bridges that there is a house. That is GLORIETA DE ESPAÑA and the Cathedral is very close, 2 minutes walking.





Casa del Trigo

You can find more picture of our training center here:

<https://www.dropbox.com/sh/w01y7v27ber8dzx/AADwPsp57VZwBzRIKW0YZI8Ja?dl=0>

Venue

We would like to give you some information about the venue we will be living and working together.

The place we will be is called **CASA DEL TRIGO** (Wheat House), it is a very special place located in the municipality of Caravaca de la Cruz, a very old and monumental town in the Region of Murcia.

CASA DEL TRIGO is located 7 Km far from the town. It is in a green rural area called La Encarnación. The house is big and it is our brand new training center.

The house is not just 1 house, it is divided in three houses, and one is for about 10 people as well as for the kitchen staff that is living there. It has all you may need including a living room for spare and social moments and Internet connection. Then there's also the main house, with two floors for about 6-7 people each. Beds are bunk type, so, 3 or 2 bunks in each room. Rooms are really big and comfortable.

No need to bring your bedding or sleeping bag, **BUT PLEASE BRING YOUR TOWELS.**

Working room will be also in the main house. In each floor there's a bathroom with 3 - 2 showers and 1 WC. For us this house, which we created 3 years ago, is the result of an extraordinary amount of energy and passion in order to create a place for inspiration, learning, discovery and selfawareness. Because we believe in social change and we are convinced that this world will not change if we ourselves, as individuals don't change, we promote certain habits and behaviour in our/your CASA DEL TRIGO. For instance:

1. We would ask you to keep silence after midnight and to socialize or play games in the second house where a living room is foreseen for you spare moments.
2. We would ask you to wash ecologically your dish, glass, spoon, fork and knife after each meal and leave it ready for the next meal. For that, every day we will have different teams in charge of the main washing after lunch and dinner.

Another very important issue concerning your travel to Murcia and your participation in this course is that you **bring all your TICKETS, INVOICES & BOARDING PASSES** to be able to reimburse those costs. Thanks in advance to everybody for your understanding and collaboration.

Some tips ;)



We could say so many things about what to consider when traveling to Spain or to Murcia that we will spend pages and pages in that.

Instead of making you feel sleepy with so much reading we propose you a more exciting and comprehensive information that we think you will like more.

Visit the link of the best travel guide, Lonely Planet and find anything you need to know about Spain or Murcia:

<http://www.lonelyplanet.com/spain>

A part from that, just a quite relevant thing regarding our stay in Caravaca: **bring some warm clothes**, in April we still may have a quite chilly weather there.

Furthermore, around the venue, there are **no shops**, so we advise you **to buy before your snacks, cigarettes or other commodities you may need** during the course.

Exceptionally in urgent cases our staff can travel to Caravaca city to get your stuff if as mentioned, it is urgent and really needed.

Looking forward to meet you all in Murcia!