



SOLIDARITY & PARTICIPATION OF YOUTH IN SMALL COMMUNITIES

PUERTO DE LA CRUZ, SPAIN
7TH – 14TH OF APRIL 2018

Host organization:

ASOCIACIÓN PARA LA PARTICIPACIÓN, OPORTUNIDAD Y DESARROLLO

Calle Fray Juan de Jesús 48, Puerto de la Cruz

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ABOUT THE TRAINING COURSE

SOLIDARITY & PARTICIPATION OF YOUTH IN SMALL COMMUNITIES wants to:

- to improve the level of key competences and skills of young people, including those with fewer opportunities, as well as to promote participation in democratic life in Europe, active citizenship, intercultural dialogue, social inclusion and solidarity;
- to develop competences of 11 youth workers on how to develop sustainable intervention programs through volunteering, solidarity, youth participation, active citizenship programs in small communities and rural areas;
- to guide 11 youth workers into making the difference between volunteering (formal and informal), active citizenship and youth participation in small communities and/or rural areas in 5 different EU countries;
- to guide participants into identifying their own suitable way of getting involved in democratic processes and community intervention actions when working with different types of beneficiaries such as young people in rural areas or young people from small communities, marginalized youth and people with fewer opportunities;
- to discover and understand similarities and differences between small communities in different cultures and how can tackle the most important challenges through international cooperation.

THE TRAINERS:

Ana-Maria is part of the nongovernmental field since 14 years ago. She has experience in coordinating volunteers, developing, coordinating and implementing national and international projects, trainings, long-term non-formal education programs in schools and disadvantaged areas, nationally and internationally. Her main fields of expertise are volunteer management (training, impact assessment, evaluation of learning outcomes gained through volunteering), youth field, human rights and social intervention field (through methods used to develop skills, values, attitudes and communication competences while building bridges for community



involvement and social inclusion). In the last year, she focused also on facilitating youth participation processes through structured dialogue.

Ana-Maria is passionate about facilitating learning contexts for young people and young adults, is a strong believer in the power of people as change makers, is a dreamer in the power of people coming together in diversity and solidarity and, nonetheless, she is an advocate of the power of people being an inspiration to one another by example and personal stories.

Florentina has more than 7 years of experience in communications and 4 years facilitates learning processes in areas such as volunteering, human rights, project management

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and active citizenship. Over time, she gained experience in working with young people, developing youth policy and has helped

large, medium and small nongovernmental organizations to improve and professionalize volunteer management and develop concrete actions with an impact on society. One of her assets is also coordinating the development and implementation of 2 online instruments in the area of volunteering: the biggest matching platform in Romania, one that creates connections between organizations and volunteers based on needs, domains and learning outcomes that are gained through volunteering. The second online instrument is a dynamics CRS based platform but for managing volunteers. Together with Ana-Maria has developed youth consultation processes through structured dialogue.

PROFILE OF THE PARTICIPANT:

- **be committed and motivated to actively attend the full duration of the project** (the entire duration of the TC and the follow-up activities)
- **members of NGOs working with young people** (youth workers, group leaders, project managers involved in youth projects, EVS mentors or volunteers)
- **interested** in experimenting methods and actions that foster youth participation and gaining an active citizenship behavior and increase social inclusion of young people in small communities
- **medium – high level of English**
- be over 18 years old
- gender balanced group; equal number of male and female participants will be invited

N.B. Within one month after the end of the TC each team of participants from each country will organize minimum two dissemination workshops, one for the members of the organizations and one for the young people they are working with, target group and beneficiaries as well as members of the local community in order to raise the level of awareness concerning the participation, volunteering and active citizenship among youth. In the frame of these dissemination events the Erasmus+ program will be presented as a provider of opportunities to develop projects in this area and not only.

Send a written report with pictures to contact@pod-org.com. Report sheets will be provided to every partner.

Please don't purchase any tickets before you receive news on your application from the organizers. Travel arrangements must be finalised at the latest 7th of March 2019.



DAILY AGENDA

	Day 1 7-Apr-19	Day 2 8-Apr-19	Day 3 9-Apr-19	Day 4 10-Apr-19	Day 6 11-Apr-19	Day 5 12-Apr-19	Day 7 13-Apr-19	Day 8 14-Apr-19
07.30 – 09.30	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.30 – 11.00		Introduction to the training course and to the programme. G2KEO	Community and my Role in the community	Exploring the results of the needs analysis	Methods for youth participation on Social Inclusion - STORYTELLING	Methods for youth participation and active citizenship - THE ART OF POWERFUL QUESTIONS	Laboratory - creating activities of community intervention	Departure
11.00 – 11.30		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
11.30 – 13.00		Getting to know each other Team Dynamics & Team Building	Stakeholders' Map	Volunteering vs. Active Citizenship Vs. Youth Participation - EU perspective	Methods for youth participation on Social Inclusion - HUMAN LIBRARY	Methods for youth participation and active citizenship - 6 THINKING HATS	Getting acquainted with ERASMUS+ funding rules Future planning on national groups	
13.00 – 16.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
16.00 – 17.30		Solidarity - What? Where? Why? How?	City Quest - Exploring the community - Needs analysis	Putting Solidarity into action - Volunteering - Steps in Volunteer Management	Methods for youth participation on Social Inclusion - PHOTOVOICE	Methods for youth participation and active citizenship - DEBATE	Presentation and plenary discussions Monitoring and Impact assessment of the intervention planned	
17.30 – 18.00		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
18.00 – 19.30		Solidarity - ways of expression	City Quest - Exploring the community - Needs analysis	Putting Solidarity into action - Volunteering - Steps in Volunteer Management	Methods for youth participation on Social Inclusion - IMAGE THEATRE	Building Intervention Programs in the community - integrating needs identified, methods, techniques - activities and programs	Final evaluation & Closing	
19.30 – 20.00		Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	
20.00 – 21.30		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.30 - ...	Official Opening of the TC	Community night	Community night	Intercultural Night	TED Talks Night	Community night	Farewell evening	



PRACTICAL ASPECTS

A. TRAVEL

- ⊕ According to the rules within the Programme “Erasmus+” we will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, APEX-flights etc., accompanied by the receipt of complete and original tickets, invoices, bills, receipts, boarding cards etc. upon a certain “contribution to the travel costs of participants, from their place of origin to the venue of the activity and return”. This contribution is “based on the travel distance per participant”.

PARTNER ORGANISATIONS AND NUMBER OF PARTICIPANTS			
Country	Organization	Total Number of Participants	Travel Costs per participant
Poland	Fundacja Centrum Aktywnosci Tworczej	2	530 Euro
Croatia	PRONI Centar za socijalno poducavanje	2	530 Euro
Greece	POLITISTIKI	2	820 Euro
Czech Rep.	EUROPEAN YOUTH CENTRE BRECLAV	2	530 Euro
Spain	Asociación para la Participación, Oportunidad y Desarrollo	3	0 Euro

- ⊕ Above you can find the maximum contribution to travel costs for ONE participant per country from the city of registration of the organisation to the venue and back. The participants will be reimbursed via one bank transfer to the sending organization after the activity, when they present all original travel documents and invoices, filled the MT+ Participation Report, organised the follow up events and send us the report.

CHECKLIST FOR TRAVEL REIMBURSEMENTS

1. Regular air tickets must be accompanied
 - ⊕ by the original invoice (signed and stamped)/receipt/pay order/proof of payment
 - ⊕ the boarding pass (the small ticket stub you receive before boarding the plane)
 - ⊕ the prices stated in the invoices, receipts etc. must coincide with the price on the ticket.
2. E-Tickets
 - ⊕ must include your name, the exact fare you paid, details of your flight
 - ⊕ must provide the boarding pass (the small ticket stub you receive before boarding the plane)
3. Train/Bus tickets
 - ⊕ it is important that the arrival and departure time, as well as the price are visible (+invoices if available).

N.B.

- ⊕ All the costs related to days (local transportation, accommodation, food etc.) additional to the ones of the TC (7th of April arrival day, 8th until the 13th of April course days, 14th of April departure day) are on the participants own cost.



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- ✚ You must send all original travel documents and invoices with registered post at the latest 14th of May 2019 to the following address:

ASOCIACIÓN P.O.D.
C/ Fray Juan Jesús, nº 48,
38400, Puerto de la Cruz, Santa Cruz de Tenerife, España

Please scan the documents prior to sending them via post.

B. ACCOMMODATION

You will be accommodated in the [Hotel Ving](#)

Address: AVENIDA HERMANOS FERNANDEZ PERDIGON, 8, 38400 Puerto De La Cruz, Tenerife (Spain)

- ✚ You will be hosted in same gender double/triple apartments.
- ✚ Breakfast, lunch and dinner will be served on a buffet table.
- ✚ Paid WiFi (WiFi is available in public areas and costs 1day/3 €, 3days/6€ and 7days/9 €)
- ✚ Check-in hour: 2pm; Check-out hour: 12 am.
- ✚ **Meals start with dinner on the 7th of April and will finish with breakfast and lunch to go on the 14th of March 2018.**

Tenerife Ving is set just 200 m from the beach in Puerto de la Cruz and features an outdoor swimming pool. It features apartments with balconies and small kitchenettes. Ving offers simple, bright décor. Its rooms are spacious and each has a seating area. Kitchenettes have tea and coffee makers and a fridge. Cleaning will be done daily (except for Fridays), towels changed daily and bed sheets every 7 days (sooner if necessary).



HOW TO GET THERE?

Tenerife has 2 international airports, one in the south of the island - Tenerife South (Reina Sofia) Airport, and one in the north part - Tenerife North Airport, formerly Los Rodeos Airport.

Due to the proximity, we recommend for you to book your flights to land on the Tenerife North Airport. There are direct bus connections from both Tenerife North Airport and South Airport to Puerto de la Cruz. There is a good bus service called Titsa. The local name for a bus is guagua (pronounced "gwah-gwah"). Use public transportation in your



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transportation on the island. The tickets can be purchased in the bus, from the bus driver, or from the bus station where you can buy a card, that can be charged from 5 until 100 euros. It is cheaper to use the card than to purchase the ticket directly from the bus driver.

Bus routes:

Express Line 30 –Tenerife North Airport – Puerto de la Cruz with *Price: 4.75 euros*

<https://titsa.com/index.php/tus-guaguas/lineas-y-horarios/linea-30>

Line 343 - Tenerife South Airport – Puerto de la Cruz with *Price: 13.55 euros*

<http://www.titsa.com/index.php?accion=linea&IdLinea=343>

Due to the limited number of buses from the **South Airport to Puerto de la Cruz**, there is also the possibility of a **connection** if you can't make it for the express bus, to go from the South Airport to Santa Cruz de Tenerife and from Santa Cruz de Tenerife to Puerto de la Cruz.

Line 111- Tenerife South Airport - Santa Cruz de Tenerife with *Price: 7.35 euros*

<http://www.titsa.com/index.php?accion=linea&IdLinea=111>

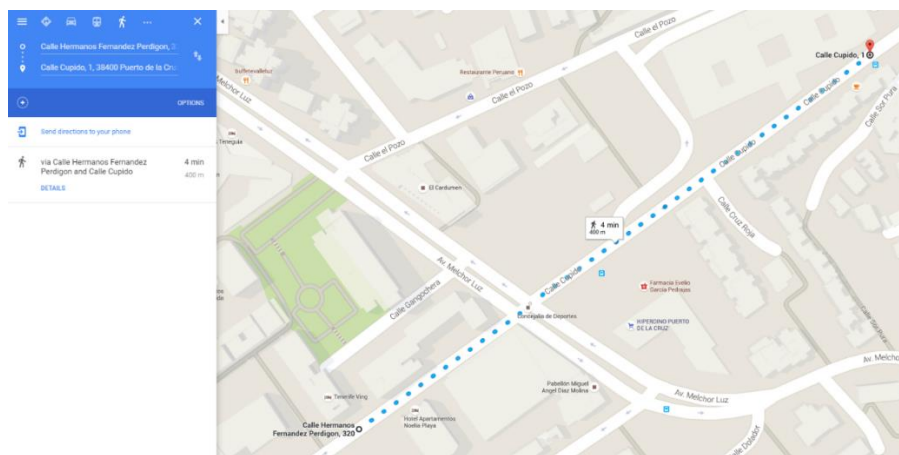
Lines 101 (stops in every small city), **102** (stops in all the big cities and the North Airport), **103** (is the express bus without any stops until Puerto de la Cruz) **Santa Cruz de Tenerife – Puerto de la Cruz** with *Price: 5.25 euros*

<http://www.titsa.com/index.php?accion=linea&IdLinea=101>

<http://www.titsa.com/index.php?accion=linea&IdLinea=102>

<http://www.titsa.com/index.php?accion=linea&IdLinea=103>

Once you are in Puerto de la Cruz you will have to walk to the project's venue, Apartamentos Tenerife Ving - Avda Hermanos Fernández Perdigón 8, 38400 Puerto de la Cruz, Santa Cruz de Tenerife, España, which it is approx. 400 metres from Puerto de la Cruz' bus station (Calle Cupido, 1, 38400 Puerto de la Cruz, Santa Cruz de Tenerife)



C. MUST KNOW

- ⊕ Every participant must have **health insurance** for the full duration of the training course. Health insurance for the citizens of the European Union is not covered and it won't be reimbursed by the organizers. As you are a citizen of the European Union you are entitled to the **European Health Card**. All the participants have to bring with them the European Health Card, not to be forced, in case of an emergency, to pay the costs of health care in Spain. **No other type of insurance will be reimbursed from the project!**
- ⊕ Currency in Spain – Euro
- ⊕ **Every participant must attend the full duration of the activity.** If a participant refuses to or behaves in an inappropriate manner, P.O.D. Association will request him/her to pay the full organizational costs: 61 euro/per day and will not reimburse travel costs.

D. BRING WITH YOURSELF

- ⊕ comfortable clothes for non-formal education; summer clothes and beach clothes/shoes/accessories, solar protection cream, etc.
- ⊕ medicine if you have any specific illness or medical condition; we will have a first aid kit but it doesn't have specialized medicine. If you have any allergies or medical conditions that you think we should know about please inform us before hand to avoid any complications. We will keep it confidential!
- ⊕ a bottle for hiking/travelling to use during the project to take water on the beach; We want to keep this project eco-friendly and reduce the use of plastic!
- ⊕ information materials of your organisation - flyers, posters, business cards, etc.
- ⊕ typical food/drinks/dance costumes/presentation/story/interesting facts that you could present your country with during the Intercultural evening!
- ⊕ a lot of good mood and energy :-)

THE ORGANIZATIONAL TEAM

Adelina Luntraru – coordinator

Ana Maria Grădinariu – trainer

Florentina Chiru – trainer

