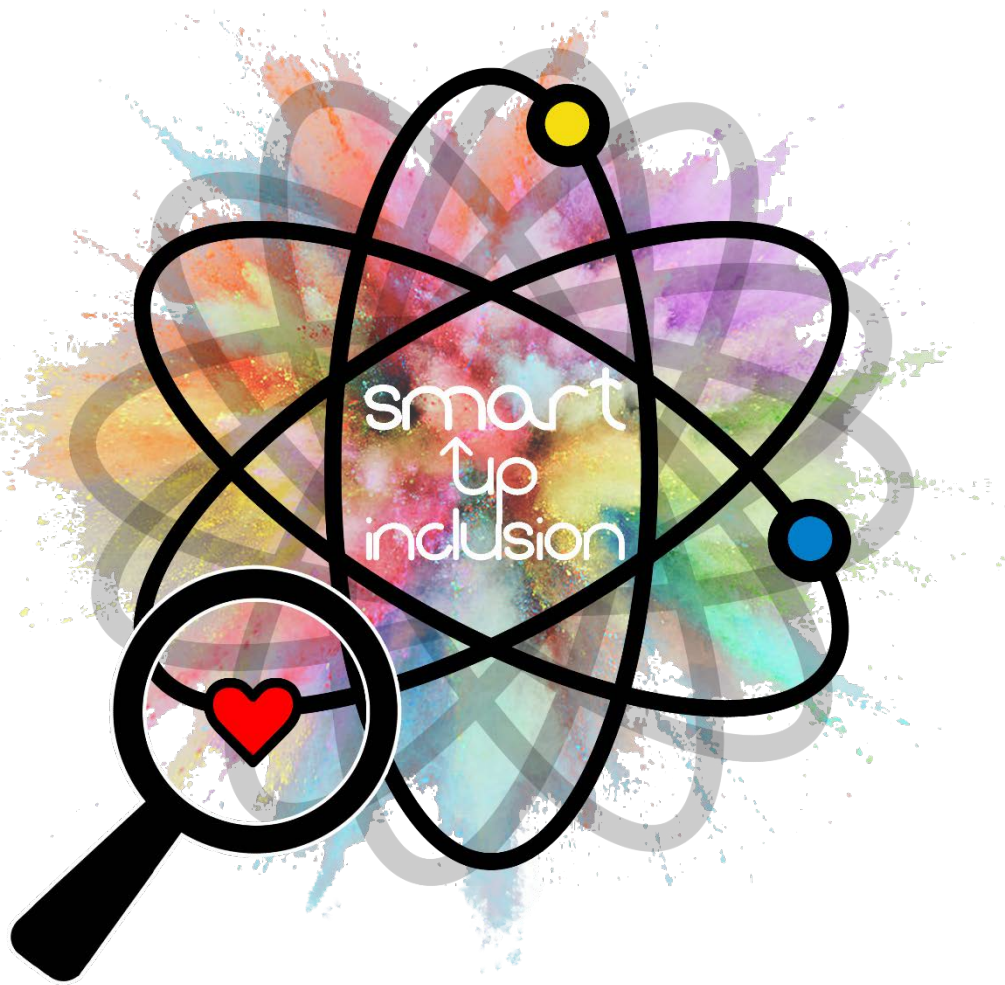




Cofinancé par le  
programme Erasmus+  
de l'Union européenne



**Youth Workers Mobility – Training Course**

**Lille, France**

5<sup>th</sup> to 13<sup>th</sup> of September 2019

## General information

**Project Type:** Youth Workers Mobility

### Participating organisations:

- Sunrise Project – France – Coordinator
- Cross Culture International Foundation – Cyprus
- EUROPEAN YOUTH CENTRE BRECLAV Z. S. – Czech Republic
- I.D.E.A. – Greece
- Iniciatyvu klubas Kitu kampu – Lithuania
- Association for research education and development MARKETING GATE SKOPJE - Republic of North Macedonia
- Asociatia Oamenii Deltei – Romania
- Turkye Avrupa Vakfi – Turkey
- Stowarzyszenie Projektow Miedzynarodowych "INPRO" – Poland
- ADEFIS Juventud Internacional – Spain

## About the project

The training course has been designed in order to help partner organisations to better prepare youth workers to face the challenges they have in their activities with disadvantaged young people.

The objective of the project is to improve non-formal education activities offered to young people from disadvantaged groups by partner organisations.

The project will focus on:

1. Offering participants new non-formal education methods specific for working with disadvantaged young people
2. Improve participants skills to facilitate non-formal education for disadvantaged young people
3. Design at least 10 new methods and/or strategies for working with disadvantaged young people, adapted to the specificities of the communities in the countries of participants.

Non-formal education is the main methodology used in this course. Methods include self-directed learning, simulations, mind-mapping, dynamic activities, creative and participatory activities, case studies.

The project includes the following sessions: national realities of youth work, as well as sessions on sharing professional experiences through personal mapping, good practices, coaching, outdoor education, conflict mediation, counselling, mentoring and tools to help young people clarify their personal values, increase their self-esteem and improve their interpersonal relationships, their personal SWOT analysis, hero journey and digital literacy.

## Participants Profile

This training course is addressed to youth workers who:

- Youth workers with at least 1 year of direct experience working with young people. Priority is given to youth workers with experience in activities dedicated to disadvantaged young people and social inclusion;
- Knowledge of youth psychology, effective and assertive communication methods;
- Be able to capitalize on the mobility experiences with young people in the community for which they are working;
- Have the capacity to support the non-formal learning process among young people; They have set up non-formal activities with young people, have experience in selecting/creating non-formal youth activities adapted to the needs of the community in which they work;
- Ability to establish constructive and positive relationships with youth, empathy;
- Advanced knowledge of English – as the main working language of the project;

## By the end of this training course it is expected that participants will have:

- Increased competences as youth workers, in particular increased competences in the field of working with youth with fewer opportunities;
- Increased quality of the services and work they provide for the young people;
- Increased opportunities for professional development;
- Improved competences as trainers of non-formal methodologies;
- Increased motivation for their work with youth and professional satisfaction;

## Number of participants:

France – 3

Cyprus – 3

Czech Republic – 3

Greece – 4

Lithuania – 3

Republic of North Macedonia – 3

Romania – 3

Turkey – 3

Poland – 3

Spain – 3

## Participants pre-training preparation

- Sending organisations should support participants, together with the hosting, to plan the most convenient travel to the project venue.
- As soon as selected, the participants will have to sign a Learning Agreement that will state the responsibilities related to the participation in the project.

## Pre-training tasks

- National Realities on Youth Research – each country group is required to make a small research on the situation of youth with fewer opportunities in their community (e.g. number of youths with fewer opportunities, particular situations they are facing, description of the fewer opportunities – like refugees, social obstacles etc., current programs and policies addressed at improving/solving their issues, etc.)
- NGO Fair – the project plans to create new partnerships and a network of partner organisations with similar goals, therefore be ready to present your NGO – you could bring for this: promotional materials, presentation videos, talk about some best practice projects of your NGO, etc.

## Intercultural evening:

Please bring something typical from your region/country: food, drinks, traditional clothes, music, any “strange stuff” to show, teach us something interesting about your traditions or social behaviours, teach us some dance, play a traditional game, everything you wish but please try to avoid power point presentations and touristic videos from YouTube! You could also bring a small souvenir from your country/region for the hosting organisation office.

## Project Venue

The project is set up to take place in Lille, France. The participants will be staying in a suitable accommodation. We will be able to give more info on this once we have a confirmation of the accommodation (only after the French National Agency will sign the contract on their behalf).

An updated version of the info pack will be released as soon as the all the info related to the accommodation will be final.

## Travel information

It is possible to reach Lille through several options. We advise you to come through the Brussels Charleroi Airport or Paris Charles de Gaulle.

### Arriving via Belgium:

There are two airports in Belgium which are close to the project location and which offer cheap flights:

- **Brussels Charleroi (CRL)** served by almost all low-cost airlines (Ryanair, Wizz Air, Jetairfly, Easy Jet, Pegasus Airlines, etc.).

Every hour there are shuttle buses under the FLIBCO (<http://flibco.com/>) company which go to Lille Center (~ 1, 30 h)

- **Brussels Zaventem (BRU)** served by international airlines and national carriers coming from almost everywhere in the world. A train station is situated inside the airport with trains to Lille Center (~ 1, 30 h)

### Arriving via France:

- Lille-Lesquin (**LIL**) airport - only a few flights available, there are shuttles going from it to Lille Center.
- Paris Airports – we do not recommend them because flights are expensive and arriving to Lille from there is complicated
  - Charles de Gaulle (**CDG**) it has a train station with a train going directly to Lille (50 min. but a bit expensive)
  - Orly (**ORY**)
  - Beauvais (**BVA**) (Ryanair/Wizz Air)

### Train & bus info:

- Train from Paris & Brussels Zaventem airports to Lille  
<http://www.sncf.com/> (Paris) <http://www.belgianrail.be/fr> (Brussels)
- Bus from Brussels/ Paris to Lille  
<http://booking.idbus.com>

### Arrival and Departure Information

5<sup>th</sup> of September is the Arrival Day. Make sure you arrive to hotel between 12:00 to 18:00. We will have a welcome dinner altogether at 19:00. The official program starts on 6<sup>th</sup> of September.

13<sup>th</sup> of September is the Departure Day. The check-out will be after the breakfast.

NOTE! You can arrive to France max 2 days before the activity or stay max 2 days longer after to see around or to travel a bit. However, this should be done at your own expenses.

**TRANSPORT: Please, do not book any tickets before confirming with us!**

## Financial Conditions

Reimbursement will be done in **EUR**, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate given by the French National Agency for this project.

Maximum amount to be reimbursed per person:

(based on the travel band distance calculated at the stage of project design and approved by the French NA)

Country	Amount in Euro
Cyprus	360 EUR
Czech Republic	275 EUR
Greece	360 EUR
Lithuania	275 EUR
Republic of North Macedonia	275 EUR
Romania	360 EUR
Poland	275 EUR
Turkey	360 EUR
Spain	275 EUR

Please keep in mind that this amount can be reimbursed only based on receipts and proof of payments.

**Reimbursement:** The travel costs will be reimbursed on the basis of the CHEAPEST possibilities, e.g. second-class railway tickets, bus, flights etc. either by bank transfer after the course or at the end of the activity in cash.

**IMPORTANT!** In order to receive the travel reimbursement, every participant should attach the following documents to the reimbursement form:

- **Tickets** (there must be price and name of the person stated on it).
- **Boarding passes** (in case of loss – please get a confirmation from the airlines, that the flight was taken)
- **Invoices** – yes, even if you have a ticket, our accounting still needs an **INVOICE**.
- **Receipts and proof of payment Documents;**
- **Online Check-in** should be made before your leave France to make sure you give us Boarding Passes from the way back as well.

Thus, we ask you to save all documents (ORIGINAL tickets, boarding passes, invoices or bills with the ticket price) which are related to your travel, since the documentation background is obligatory for reimbursement. We kindly ask you to buy all the tickets for the travel for both directions – return tickets (train tickets, bus tickets, etc.), in this way we will be able to reimburse back way tickets.

**IMPORTANT: We cannot refund any travel costs done by taxi.**

## **Insurance**

Please keep in mind that you are self-responsible for sufficient insurance (illness/personal liability/cancellation/theft etc.). Hosting organization takes no responsibility for the insurance. Make sure you have travel insurance valid in France during the activity or travel period.

We advise you to travel with your European Health Insurance Card (EHIC) if you come from a European Union country.

## **VISA information only for Turkish participants**

It is planned in the budget 60 EUR per participant to cover the visa costs. Our organisation will support you with the documents needed to apply for the visa.