

Your Future Under Construction

A training course for youth workers about empowerment of young people to stimulate their belief in themselves

Erasmus+ Training Course

21st – 28th January 2016

Lucena, Spain



INFOPACK

The Project

Dear *Your Future under Construction* Participants,

The team is happy to welcome you to this wonderful training course experience.

This training will take place in January, 2017 in Lucena, Spain. It will be hosted by Amigos de Europa NGO (Spain). The TC will bring together 20 participants from 9 organizations from EU.

The project addresses 20 participants' need to develop their competences and to multiply the project's outcomes within their local communities. In order to ensure the high quality of the meeting given the objectives that have been set, participants should be youth workers that are:

- willing and able to implement an innovative project after this TC serving the needs of the organisation in their community
- interested in the topic of the project
- willing to share and implement new-gained knowledge within their sending organizations/institutions
- able to attend the full duration of the training
- able to communicate and work in English language (B1 to C2, according to Common European Framework of Reference for Languages)
- committed to disseminate the results within their organizations and to multiply the impact of the project by actively working with youth in their local communities
- experienced in working directly with youth

Participants' countries are the following: Spain, Romania, Bulgaria, Belgium, Germany, Croatia, Czech Republic, Turkey and Italy.

By using interactive and non-formal methods, the participants will become highly involved in the project and will be able to develop their own skills and practical knowledge. The training working principles are based on experiential pedagogy and non-formal education. Moreover, they will be motivated to continue sharing the knowledge afterwards in their home country and within their own organization.

Main objectives are:

- to support youth workers to become more aware of themselves, thus to enable them to make conscious choices and decisions that fit with their (professional) goals in life.
- To provide youth workers with tools to support youth they work with through a similar process.
- To raise the awareness of the market-value of young persons on the labor market by working on their self-confidence and empowering

- To understand how our behavior is influenced by our perception of ourselves and by how others see us.
- To look how you can rely on powerless, inconvenient feelings and deal constructively with them.
- To reflect on their own learning process by using the Key Competences from the Youth Pass.
- To improve competencies for efficient access on labor market for youth workers

The TC will be implemented in the frames of the “Erasmus+” programme of the European Commission and was financially supported by the Spanish National Agency.

The trainers will be Adina Stoleriu and Dominique Verschuren

The Flow

Your Future Under Construction 21-28 January 2017

	Day 1 21/01	Day 2 22/01	Day 3 23/01	Day 4 24/01	Day 5 25/01	Day 6 26/01	Day 7 27/01	Day 8 28/01
Theme of day	Welcome to Lucena	Get to know each other	Passion	Vulnerability	Creativity	Resilience	My Future	Departure
8.15-9.15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00-9.30		Introduction	Reflection	Reflection	Reflection	Reflection	Reflection	
9.30-11.00		Introduction and framing	From group to team	Vulnerability I	Creativity	Ambiguity	Erasmus+	Departure
11.00-11.30		Coffee break	Coffee break	Coffee break		Coffee break	Coffee break	
11.30-13.00		Team building	SWOT	Vulnerability II	Creativity	Resilience	Transition	Departure
13.00-15.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.00-17.00	Arrival	Inner Leadership	Passion	Free afternoon	Creativity	My professional future	Accountability	
17.00-17.30		Coffee break	Coffee break			Coffee break	Coffee break	
17.30-19.00	18.30 Gathering together	River of life	Capacity building		Creativity	Video CV	Youth pass/ Evaluation/ Closing	

19.00-20.00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20.00-22.00	Informal welcome	Passion evening	International evening	Free evening	Documenting evening	Free evening	Farewell party	

Please, be aware that this a provisional flow. Changes can be made till we start with the TC in January 2017.

We are looking forward to meeting you and working with you!

Organizing Team

PRACTICAL TRAVEL INFORMATION

ARRIVAL DAY: 21st January 2016 to Lucena, Spain

DEPARTURE DAY: 28th December 2016 from Lucena, Spain

Lucena (population c. 43,000) is a town in southern Spain, in the province of Córdoba, in Andalusia, 60 km southeast of Córdoba, 85 km north of Málaga, 140 km east of Seville, 105 km west of Granada, and 90 km southwest of Jaén. It is the second major city in the province after the provincial capital (also called Córdoba). It's located at the conjunction of important highways in the geographical center of Andalusia. People from Lucena are called "Lucentinos." The city was originally known as *Eliosana*, from the Hebrew הושענא אלי *Elí hoshanna*, "May God save us". Muslims called it البيشانة *Al-Yussana*.

How arrive to Lucena?

Málaga/Malaga



The best way to arrive to Lucena is flying to Málaga. Málaga Costa del Sol, is the third airport of Spain and there are a lot of international connections.

The airport is situated 8 kms to Málaga, 100 kms to Lucena approximately.



You can take the public bus. You walk to the

Terminal 3, floor 0. The line calls Airport Express and the ticket cost 3€. This bus will arrive to the bus station where you can take the bus to Lucena.

Then, when you arrive to Málaga Bus Station, you should take a bus to Lucena. The company which operate this route is call Alsa.

The ticket costs 8,53€ and the schedule is:

-Málaga 09.00 – Lucena 10.40.

-Malaga 11.45 – Lucena 13.15.

- Málaga 15.00 - Lucena 16.55.
- Málaga 16.30 – Lucena 18.10.
- Málaga 19.30 – Lucena 20.50.

Sevilla/ Seville / Sivglia

1. The airport of Seville (SVQ) it is situated 10 kms from Sevilla. So, if you arrive there, you have to go to the city center. You can take a taxi or a public bus. The cost of the ticket bus is 4€ and the line that you have to use is called EA.
2. You have to leave the bus in the stop called, **AVENIDA CARLOS V. !!**
Attention! If you ask for some help ask for the El Prado de San Sebastián Bus Station. In Sevilla there is two bus station and you need to use El Prado de San Sebastián Bus Station. The route is cover in 35 minutes approximately.
3. Then, you have to take a bus from the bus station to Lucena. The company which operate this route it is Autocares Valenzuela.



The schedule is:

- Seville 11:00 – Lucena 13.35
- Seville 15:00 – Lucena 17.45
- Seville 20:00 – Lucena 22.45

Madrid



From Madrid to Lucena it's 420 kms and there are various options to travel. You can take the bus directly from Madrid to Lucena or the train from Madrid to Córdoba and afterwards the bus to Lucena. The cheapest way is taking the bus, the fastest is the train + bus. If you decide to come by bus first you have to go from the airport till the South Bus Station. This station also is called Méndez Álvaro Bus Station.

To arrive at the bus station, you can take a taxi or use the Metro. You can take the Metro in each terminal of the airport and you have to use **Line 8** and leave the Metro in **Nuevos Ministerios station**. In Nuevos Ministerios, you have to take another train of **Line 6** and leave it in Méndez Álvaro. Then you will be in the bus station. The ticket cost 5-6€ and you will need 40-45 minutes to arrive.

Then you can take a bus directly to Lucena with this schedules:

- Madrid 15:00
- Madrid 24:00

The ticket cost approximately 20€ and the travel spends 5 hours. The company which is Daibus. Other way to use the bus is by company Socibus. This company travel directly from the airport to Córdoba with this schedule:

- Madrid Airport 08.15 – Córdoba 13.50
- Madrid Airport 10.15 – Córdoba 15.50
- Madrid Airport 18.30 – Córdoba 00.20

From South Bus Station the schedules of the route Madrid - Córdoba are:

- Madrid 01:00 – Córdoba 05.50
- Madrid 08.00 – Córdoba 12.30
- Madrid 09:00 – Córdoba 13.50
- Madrid 11:00 – Córdoba 15.50
- Madrid 14:00 – Córdoba 18.50
- Madrid 16:00 – Córdoba 20.55
- Madrid 17:30 – Córdoba 22:20
- Madrid 19:30 – Córdoba 00:20
- Madrid 22:30 – Córdoba 03.15

When you arrive in Córdoba, you will need take a bus to Lucena. There is almost each hour and you can check the schedule here:

<http://autocarescarrera.es/>

TRAIN

If you decide to take the train you have to go from the airport to Madrid Puerta de Atocha Train Station. You can use the train or metro to arrive.

The can take the train in the Terminal 4, the terminals are connected with free bus, and take the line **C-1**. You have to leave the train in Atocha after 25 minutes travelling and the ticket cost around 2,60€ but normally if you are going to use the Speed train to travel, this ticket it is free.

You have to find this symbol:



You will arrive to the Cercanías part of the Station. You walk to the large distance train part of the station. Then you can take the train to Córdoba. If you prefer to use the Metro, you have to use the **line 8** and leave the train in **Nuevos Ministerios**, there you have to use the **line 10** and leave the train in **Tribunal station**. In Tribunal Station you have to take another train in this case of the Line 1 and you have to leave it in Atocha Station. There are a lot of trains each day, so you can check the schedules, prices... in this website: www.renfe.com

To check everything you have to choose Madrid - Puerta de Atocha as departure station and Córdoba as destination. Normally the train spends less of two hours to join the cities and the prices are changings as the plane tickets systems so, we recommend you to buy it as soon as possible to get the best price.

When you will arrive to the train station of Córdoba, you will need take a bus to Lucena. The bus station of Cordoba is the building which is in front of the train station, so you only will need cross the avenue.

There, you can take the bus. Normally there is a bus each hour. Here, you can find the information: <http://autocarescarrera.es/>

Please, check the **validity of the IDs** before the departure.

TRAVEL COSTS:

Please note that the organizers will not cover any accommodation and food costs outside the project dates.

The organizers will reimburse the transport expenses, according with the distance bands, after the mobility.

Partners will be reimbursed by bank transfer shortly after their return home upon presenting original tickets, invoices and boarding passes.

- Please note that travel costs of the participants should **not exceed the travel budget limits**, which was approved by the Executive agency. Please refer to the table below for travel **budget limits** for each partner organization.
- Reimbursement of travel costs will be done upon presentation of **all** (including return tickets) **original tickets, receipts/invoices and boarding passes**. Name of the passenger, price, currency, date of purchase should be clearly **visible** in all documents to be considered for reimbursement. Please remember to bring the original invoice – there will be no reimbursement without the original invoice.
- **If a participant is planning to arrive early or depart**, please consult with us prior to booking the tickets to make sure it is in the limits of the funder's requirements, otherwise we may not be able to provide full reimbursement. Usually one day before and one day after the event is acceptable.
- Participants **planning to travel from/to another country other than the one they represent in the TC**, need to check with us prior to the training course, as otherwise we may not be able to reimburse their travel costs.
- **Reimbursement transferred by bank account will be done in EUR** regardless of the currency indicated on your ticket, receipt or invoice. Any ticket purchased in local currency other than EUR will be converted and calculated according to the exchange rate of the day the contract was signed when the ticket was purchased according to official European Commission website
<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>
- We strongly advise you to make copies of your tickets and invoices before you will come to the training and send all your travel original documents to
asociacionamigosdeeuropa@gmail.com

TRAVEL COST LIMITS

Organization	Country	Number of participants	Maximum travel costs per person (100%)	Maximum travel costs per partners	Distance band
Amigos de Europa	Spain	2	0	0	0-9 km
Youthopolis	Romania	3	360€	1080€	2000-2999 km
FOUNDATSIY "ADELE"	Bulgaria	2	360€	720 €	2000-2999 km
Jonathan Cooperativa Sociale	Italy	2	275 €	550 €	500-1999 km
JOETZ vzw	Belgium	3	275 €	825€	500-1999 km
Friedenskreis Halle e.V.	Germany	2	360€	720 €	2000-2999 km
Carpe Diem	Croatia	2	275 €	550 €	500-1999 km
EVROPSKE CENTRUM MLADEZE BRECLAV - EUROPEAN YOUTH CENTRE BRECLAV Z.S.	Czech Republic	2	275 €	550 €	500-1999 km
T.C. OSMANGAZI KAYMAKAMLIGI	Turkey	2	360€	720 €	2000-2999 km

ACCOMMODATION AND FOOD:

Participants will be accommodated in a hotel located in the middle of the city.

<http://www.hotelalyussana.es/>

Organizers will provide participants with three times food per day and two coffee breaks.

We strongly recommend participants to inform the organizers **IN ADVANCE** about any special needs such as dietary, vegetarian or any other kind of special needs.

INSURANCE

Participants are responsible for organizing own health insurance. The costs will not be reimbursed by the organizers.

COMMUNICATION

Internet Access: There will be internet available in the hotel through wireless network.

WEATHER

You can check the forecast following this link: <https://www.eltiempo.es/lucena>

CHECKLIST/WHAT TO BRING

- Flyers, brochures, promotional materials, publications, photos, etc. to represent your organization/country/culture. Due to time restrictions power point presentations will not be presented.
- Food, drinks, national items, music, etc. from your country for the intercultural evening.
- All tickets, invoices and boarding passes related to your travel reimbursement.
- Medications you regularly use.
- Bring your passion object to the venue: something that represent something that you love or love to do.

Spain:

Time zone: 1 hours +GMT/UTC

MONEY

The Spanish Currency is **EURO**.

CONTACTS:

If you need help, have questions or need further information please contact:

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We are looking forward to meet you and work with you.

SEE YOU IN SPAIN! – *Javi, Adina and Dominique*