

# INFO-PACK

# TRAINING COURSE

## Avoiding Sexist Acts in Youth Exchanges



From Sunday May 8th to Sunday May 15th 2022  
Location : La Vancelle (nearby Strasbourg), FRANCE  
Project number: 2020-2-FR02-KA105-017978

#### Partners:

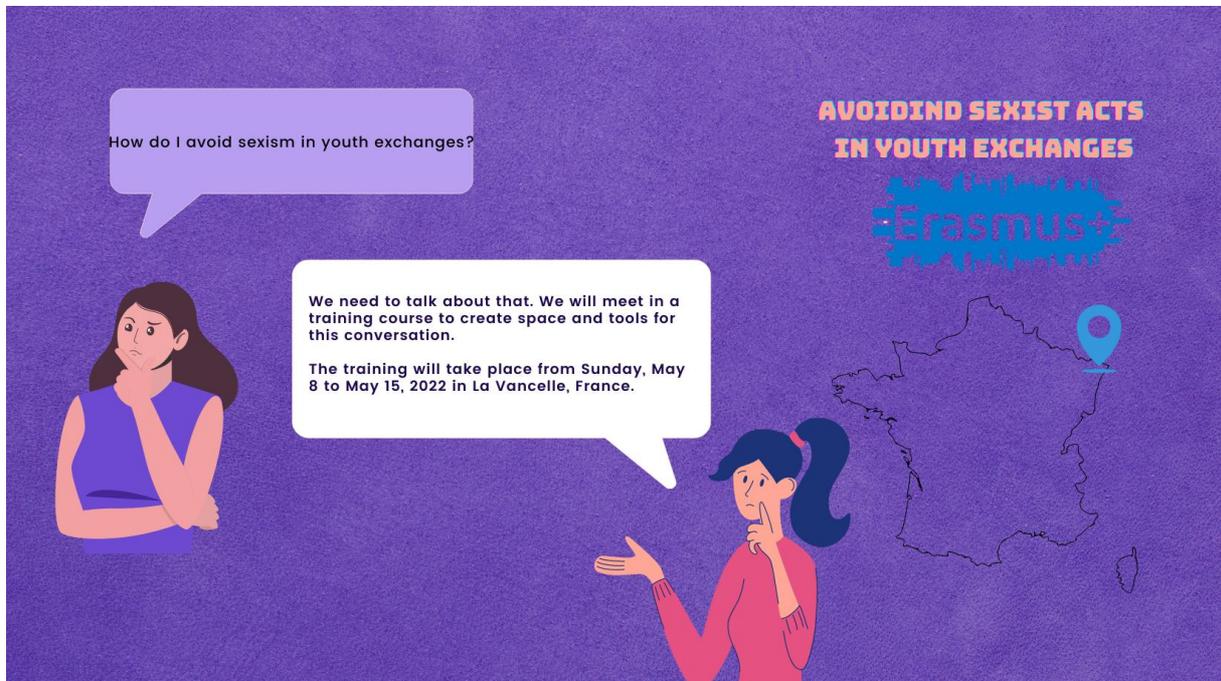
TAMBOUR BATTANT (France), HELLAS FOR US ASTIKI MI KERDOSKOPIKI MI KYBERNITIKI ETERIA (Greece), ASSOCIAZIONE CULTURALE JUMPIN (Italy), UDRUGA MLADIH SPIRIT OF FREEDOM HRVATSKA (Croatia), UNIQUE PROJECTS (Lithuania), SDRUZHENIE WALK TOGETHER (Bulgaria), YOUTHFULLY YOURS SK (Slovakia), ASOCIACION EGERIA DESARROLLO SOCIAL (Spain), ASOCIATIA UMANISTA ROMANA (Romania), EVROPSKE CENTRUM MLADEZE BRECLAV EUROPEAN YOUTH CENTRE BRECLAV Z. S. (Czech Republic)

This training is funded by the Erasmus+



## About the project

Avoid Sexist Acts in Youth Exchange is training for youth workers and youth leaders from 10 European countries. 23 people (facilitators included) will gather in La Vancelle (France) from Sunday May 8th to Sunday May 15th 2022.



## Aim of the project

The aim of the project is to bring together youth exchange leaders and youth workers, and train them to spot sexist acts, prevent them, listen and help the young people concerned, support, advise young people who feel the need and know the different laws.



## Objectives of the project

The objectives of the projects are:

- Train youth workers to identify sexist acts and know how to react to situations
- Exchange on good practices in different countries on gender issues
- Cooperate for future projects between different European countries on gender equality issues
- Help youth workers to set up workshops on sexism and gender equality for young people.

# Venue



Where it is in France



Where it is exactly



The village



The church

La Vancelle is small and beautiful village located near small mountains where on one of the peak are castle's ruins. There is no shop however there are two famous restaurants in which one of them has Michelin star.

## Accommodation

The accommodation is a Scout Center (= a hostel)

Address: Oberlin-Haus 15, rue de l'Altenberg 67730 LA VANCELLE (FRANCE)

The hostel has 10 rooms from 2 to 9 beds. As will be 23 people in total (facilitators included), the participants will stay in double or triple rooms. The toilets and the showers are in the corridor. Wi-Fi is available (and free). The genders will not be mixed. If there are couples among the participants, you can inform us (it is up to you) and you will try to put you in the same room. Countries will be mixed in the rooms (for example: one French + one Italian). For any question about the accommodation, do not write directly to the Scout Center, you must ask us. The beds have sheets and blankets, you don't need to bring your sleeping bag. There are no washing machines in the Scout Center, so if you want/need to some laundry you can use the sinks in the bathrooms or there is a river nearby where you can wash your clothes. We will provide you some detergent if needed. There is an iron for your suit and a hair dryer in the Scout Center. For information, the accommodation will be available for you from Sunday May 8<sup>th</sup> at 2 p.m.



## Food

You will be in full board.

The breakfast will be a kind of buffet.

The meals will be prepared by a local restaurant or we will ask for catering.

We may also have some meals with sandwiches, pizzas...

About the food, please let us know (in the Participant Information Form) if you have a special diet.

We try to respect the diet of the participants as much as possible for ethical reasons, beliefs, health problems or religions, but to avoid any disappointment, please be aware:

**If you are vegetarian:** in this part of France, we are not yet used to host vegetarians, therefore, instead of the meat you will prepare yourself a soya steak or some vegetable steaks (we will buy some advance). We will also buy in advance some vegetarian ready meal that you will heat in the microwave.

**If you are vegan:** in France, some restaurants even do not accept to serve vegans because they don't know how to deal with their food since dairy products are everywhere, therefore, we will buy in advance some vegan ready meals that you will heat in the microwave. It will be also possible to get some salad and to add olive oil and to prepare some soya steaks or vegetable steaks (as the vegetarians will do)

**If you don't eat pork:** if the pork is on the « menu » you may get the same food as the vegetarians

**If you are pescetarian:** in this part of France (far from the sea), we seldom eat fish/sea food (probably once a week only), therefore if some meat is on the « menu » you may get the same food as the vegetarians.

**If you eat halal food:** in France, to serve halal food is not common, therefore, if some meat is on the « menu », you may get the same food as the vegetarians.

**If you have intolerance to lactose or gluten:** we will buy some ready special ready meals in the supermarket and you will heat them in the microwave (it would be a good idea to bring some special bread just in case...)

If you forget to mention your special diet on the Participation Information Form, we may have some troubles to feed you during the training course. For organizational reasons, it is not possible to change your diet during the training course.

## Participants

Number of participants per country: 2 (except France: 4 and Romania: 3)  
It would be nice if each country could come with 1 boy and 1 girl

## Profile

- Minimum 20 years old
- Active youth worker or leader of youth exchanges (also youth with less/fewer opportunities)
- Experience as a youth leader during two exchanges minimum and/or experience in preparing groups of young people before departure for a youth exchange
- Communicative level of English
- Experienced in using Non-Formal Education methods
- Motivation to take active part in all workshops during the activity
- Willing to improve the quality of their education methods use in work or volunteering activities
- Willing to prepare necessary materials before the project and make the follow up activities

We can only accept participants who live in the countries of the partners.

**The participants of this training course can not be already engaged under an other Erasmus + mobility (example: EVS volunteers can not participate, Erasmus student neither ...)**

# Activities

The training will consist of different activities such as:

- debriefing
- tandem learning
- evaluations
- work in group
- individual work
- group discussion
- group and individual presentation
- personal and group reflection
- public speaking
- escape area (for individual reflection)
- preparation
- creation of a toolbox
- work on ICT tools
- cultural visits



Strasbourg's Cathedral



European Parliament visit



Workshop



Intercultural evening



# Travel

Participants will be reimbursed up to the limit of the Erasmus+ financial

**Warning: unlike some other host organizations, Tambour Battant asks the participants to buy the cheapest flight tickets**

Policy: 275 euros (except France: please consult us)

Italian and Czech participants must check with Tambour Battant because the budget can be lower (it depends where the participants live = it depends of their address).

The amount is per participant and is not transferable to an other participant (even if there is still some money not spent). Obviously, if there is still some money not spent from one country, the amount is not transferable to another country.

## How to find your flight tickets?

You must look for tickets to the closest airports to the training course place. Airports in order of preference: Strasbourg, Basel-Mulhouse-Freiburg (to notice, this airport is located in France in Schengen area = you don't need a visa for Switzerland), Karlsruhe/Baden-Baden, Stuttgart, Frankfurt Main, Frankfurt Hahn, Zurich. However, again, you must buy the cheapest flight ticket among all of these suggested airports.

**Warning: Paris is far away, therefore flights to/from Paris are never accepted**

## Tips:

- Try to land on the closest airport to the TC place (see the list in order of preference above)
- Open jaws tickets (arrival to a city and departure from another city) are to avoid
- Try to buy return tickets (not one way with one airline and the other way with an other airline) = less emails to send = less calculations to do
- Stop over itineraries (to spend a day or lots of hours in a city on the way) are to avoid
- Options will not be reimbursed. Options are: travel insurance, luggage insurance, priority boarding, seat selection, meals on board, flexibility option (possibility to change the date), lounge, fast track, on time guarantee
- For the participants who will not book a checked luggage the « priority boarding » option may be reimbursed (after approval by Tambour Battant) because this option often allows the participant to bring a big/real cabin luggage
- Multi-city tickets (example: outbound flight from Madrid to Basel, return flight from Frankfurt to Barcelona) are to avoid
- Please think about the environment, the ecology, the consumption of kerosene and also try to avoid any waste of money in booking a “big” checked luggage while there are only seven nights abroad. You don't need to bring lots of clothes because all the activities will be indoor. One checked luggage per participant only will be accepted (preferably 10 kg or 15 kg). If you don't need a checked luggage: do not buy it (we are used to host participant who travel only with a cabin luggage and they are satisfied)
- If several participants come from the same city or area, please try to travel together

**In all cases, you don't need to search how to reach the TC place from the airport of arrival. Tambour Battant will explain you how to do it. We will not pick you up at the airport. You will probably take the public transportation. You just have to look for your flight tickets from your city/country to one of the airports that is mentioned above.**

**Bus, train, car:**

It is also possible to come with your own car (rental car are not allowed), but an agreement must be established prior to the departure (for example: only one car, minimum 2 participants from the same country, shortest way...). We will reimburse only the cost of the benzine and toll. However, we will ask for your help during the TC and you may have to drive your own car during the TC with a couple of participants for the cultural visits.

**It is very welcomed to come by bus, by train or with car sharing (example: blabla car). Interrail passes are accepted!**

In all this cases above, you must contact us before. For your own safety, hitchhiking is not allowed.

**Extra days:**

Extra days in the country of origin are not allowed (it means that you can not leave home, spend a couple days in your capital for example and then fly to the TC place). If you want to arrive earlier and/or go back home later, we must discuss about it (to come 1 or 2 days earlier or leave 1 or 2 days later is acceptable (but not more than 2 days IN TOTAL) and again you must ask us before buying the flight tickets). Obviously, your « special » flight ticket can not be more expensive than the flight ticket on the exact dates. All the expenses during extra days are for your own. Our accommodation is not available if you arrive earlier or if your leave later.

**Important: do not buy any tickets (flight, bus or train) before telling us the price (luggage included), city of departure, city of arrival, the airline/company and the dates of travel. And please wait for our answer. If we don't answer it doesn't mean that you can buy the tickets (wait for our answer). When you have our approval, you must not wait and buy your flight ticket immediately.**

**If you don't buy it immediately and the price increase, you will have to ask for a new approval. As soon as you have bought your flight ticket, you must send it to us (otherwise we don't know that you have your flight ticket and you are ready to come).**

**If you buy a flight ticket without an approval, you may not be reimbursed or be reimbursed partially (for example we will reimburse you only the cost of the cheapest flight)**

**Reimbursement:**

The refunds will be made when all the tickets (bus, train, flight) and boarding passes will be sent by email only (no Facebook and no post mail please). You must send us scans or PDF or forwarded emails or well framed pictures (pictures where we can see your fingers will not be accepted). Screenshots from your cell phones are to avoid.

Each participant will have to complete an excel document with all the expenses per participant. Moreover, the survey must be done and the dissemination work and the follow up activities must be done by the partners and/or the participants and the partners must tell Tambour Battant who are the youth with less opportunities.

We can make bank transfer to the partner bank account or directly to the participants.

Travel expenses will be reimbursed after the TC within the limit of the Erasmus+ lamp sums.

## Active participation

By joining our training course, you are confirming active participation in all phases of the project (before, during and after training course).

Before the project, the main task will be to prepare a list of goof practices from your local community or your country related to the topic.

During the project we require active participation on 100% of workshops and activities prepared by our facilitators team.

After the project, participants would need to accomplish tasks which would include action as organizing a workshop in their local communities.

## Participation fees

The training course is free = Tambour Battant doesn't ask for any participation fees.

However, partner organizations may ask participation fees and/or membership fees.

Despite the fact that all the partners are a non-profit organizations managed largely by volunteers, they of course have several inevitable expenses: one or several employees, rent, invoices and other running costs. Participation fees may also cover the support of the participants: selection, predeparture meeting, administrative procedures, 24-hour assistance, insurances, bank transfer fees (for the reimbursement), dissemination of the project, maybe they will buy the flight tickets for you, after training evaluation...

Participation fees and services included can vary between the partner organizations.

Please contact your sending organization to know the costs of the participation fees (if there are any) and to know which services are included.

To notice, the participation fees that you may pay in your country will not be transferred to Tambour Battant.

## Insurance

Participants from EU countries are advised to carry an European Health Insurance Card (former E111 form). We recommend you to pay your airline tickets with a credit card, travel insurance is included (it is a recommendation only, do not change your credit card specifically for this trip!) We encourage you to subscribe your own travel insurance (for example: <https://www.worldnomads.com>). Insurance will not be reimbursed if you add it as an option in your flight ticket.

## About Covid and tests

As we are writing these lines, travelers to France who are vaccinated do not need to make a test before coming. However, travelers to France who are not vaccinated need to make a test. We will make it easy for those who need a test for travelling back home creating the opportunity to get a PCR test in France.

If you are going to need a test (to take your outbound flight for example) and your country is not going to cover it, we will cover it with the travel budget. Please, consult us in advance.

We can't reimburse any travel expenses if a participant is excluded from the course because of a positive COVID test result, therefore we strongly encourage everyone to make health insurance that covers Covid emergencies and flight tickets.

If you are not vaccinated, you will probably not be allowed to eat in the restaurants and to visit the European Parliament. More restrictions may apply.



## What to bring?

Please bring your own towel, soap, sleepers (if you need) and shampoo (and of course tooth paste and tooth brush), if you can not because of liquids limitations (hand luggage) please let us know, we will provide you some if you order it in advance

- Bring your ID or passport
- Bring an umbrella
- Bring your camera if you have one (or use your mobile phone to take pictures)
- Bring your European health insurance card, we encourage you to subscribe your own travel insurance (<https://www.worldnomads.com>), if you have bought your transportation with your credit card you may have an insurance included (you must check with your bank), for information, in case you need to see a doctor during the TC, Tambour Battant will not pay the expenses
- Bring your credit card if you have one for your personal expenses
- About your health: bring your favorite medicines (examples: paracetamol, ibuprofen, immodium...), Tambour Battant will not provide any medicines during the TC because of possible allergies to medicines. If necessary, we will bring you to the nearest pharmacy (next village) and you will buy what you need. Please, if you often have fever, bring your personal thermometer because Tambour Battant will not provide it for hygienic reasons
- Bring a bit of cash (not to much please for security reason), everything is free and included (accommodation, food, activities), but you may buy some souvenirs for your relatives
- Please bring a padlock to lock your luggage (the rooms have no keys)
- Bring ear plugs
- Traditional food, drinks and souvenirs for our intercultural evening

## Better leave at home

- Alcohol or other drugs
- Tasks from work

# Facebook group of the project

<https://www.facebook.com/groups/344819874191769>

Please join it!

## Contact

Email: [tambourbattant@hotmail.com](mailto:tambourbattant@hotmail.com)

+ 33 9 72 38 63 55 (land line phone = fixed phone)

## Some useful expressions

- « Hello » / « Good morning »: Bonjour
- « Hi! »: Salut !
- « Good evening »: Bonsoir
- « How are you? »: Comment vas-tu ?
- « How are you doing? »: Comment allez-vous ?
- « I'm great, thanks »: Je vais super bien, merci.
- « What's up? »: Quoi de neuf ?
- « How old are you? »: Quel âge as-tu ?
- « Where do you from? »: D'où viens-tu ?
- « What's your name? »: Comment vous appelez-vous ?
- « My name is... » / « I'm... »: Je m'appelle... / Je suis (prénom)
- « Where do you live? »: Où habites-tu ?
- « Yes » / « No »: Oui / Non
- « I don't know »: Je ne sais pas
- « Please »: S'il te plait
- « Thank you » / « Thanks! »: Merci
- « Goodbye » / « Bye »: Au revoir
- « See you soon »: À bientôt
- « See you »: A+
- « Have a nice day! »: Passe une bonne journée !
- « I love you »: Je t'aime



**We are looking forward to meeting you and working together with you. We hope you will enjoy your time in France!**