



INFO PACK TRAINING COURSE



15.06.2024 – 20.06.2024

Leiria, Portugal



WELCOME

Dear Participant,

Welcome to YOUTHCAP training course! We are pleased you are joining us as a Youth Worker. As you might imagine, your role is crucial in helping us both meet and maintain the goals of our Project. We are certain that your skills and personality will set a unique experience.

The project's main activity is the YOUTHCAP - Transnational mobility.

The Training Course will have participants (3 youth workers from each partner) and the participating organisations are: ANGES, from Portugal; NEOI ELLADOS SE EYROPAIKI DRASI, from Greece; ASOCIACIJA TAVO EUROPA, from Lithuania; ACTIVE VITORAZSKO, Z. S., from Czechia; UNIVERSIDAD DE LA TERCERA EDAD ALTO PALANCIA – CASTELLÓN, from Spain; CITIZEN ASSOCIATION UNITED YOUTH, from North Macedonia; PRISMS, from Malta; EURO SUD, from Italy, and YOUTHFULLY YOURS SK, from Slovakia.

Enclosed you will find all the key information about the project and the training course.

We are looking forward to meeting you at the YOUTHCAP Training Course in Leiria, Portugal.

Here's to a wonderful partnership together!

WELCOME TO LEIRIA, PORTUGAL

The city of Leiria is known for being the Portuguese commercial and industrial epicentre, for its breath-taking natural landscapes.



Grown upon the hills and flatlands that flank rivers Lis and Lena, its most iconic spot is the mediaeval Castle of Leiria. We must not Forget Leiria's beautiful coastline, the famous pine forest of Leiria, and its countryside.



Finally, and as all Portuguese people do, do yourself a favour and try our gastronomy! We will absolutely help you with that!

<https://www.visiteleiria.pt/>

<https://www.fatima.pt/pt/>

<https://turismodocentro.pt/artigo/roteiro-de-um-dia-em-pombal/>

PROJECT DESCRIPTION

In a time when situations of hatred, discrimination, prejudice, racism, etc., are on the increase, it is essential to activate the whole of society to strengthen the European identity and to cultivate a culture of respect, tolerance, and equality for all.

Promoting social cohesion, democracy, and human rights is a social urgency, and all citizens and institutions must participate in this struggle. Recognising that young people are the driving force of society, they must become involved in society and contribute to solving social challenges.

By fostering the sharing of knowledge, experiences and perspectives between different generations, intergenerational volunteering enables the renewal of opinions and visions about the world and people and offers a concrete opportunity to experience and put into European practice values while contributing to building a more cohesive and inclusive society.

For the youth sector to be able to respond to these needs, it must renew itself, and this project comes about to support that and to drive social advancement.

Ultimately, we hope that youth workers and the sector, in general, will be able to nurture a generation of informed and responsible young people who actively contribute to their communities and society.

MAIN OBJECTIVES

1. Empower youth workers on European values and intergenerational.

We aim to provide youth workers with the necessary learning, competences, and values to engage young people in exploring and adopting European values. This includes understanding the principles of democracy, human rights, social inclusion, and diversity. At the same time, we want to raise awareness among youth workers of the benefits of intergenerational collaboration, such as the exchange of knowledge, competences, values, and perspectives, as well as the promotion of mutual respect and solidarity, to promote the development of all generations, in particular young people.

2. Empower youth workers with new working practices.

We want to empower youth workers with the right tools to organise, support and facilitate educational activities (including non-formal ones) and volunteering projects, allowing young people to explore their active citizenship. As we want to give particular importance to intergenerational volunteering, we want the youth workers to be able to facilitate valuable and enriching volunteering practices after the project, allowing young people to intervene in the community actively and acquire competences at the same time.

3. Fostering European cooperation.

Through international mobility experiences (face-to-face and digital), we seek opportunities for youth workers to establish contacts, exchange good practices and build partnerships with organisations from different European countries. By fostering cooperation, we will contribute to improving the quality and impact of youth work across Europe and developing a shared understanding of European values and practices.

YOUTH WORKERS PROFILE

- Between 20 and 55 years old
- Experience in working with youth;
- With knowledge/experience in non-formal education and/or in volunteering practices, especially in inter-generational scope;
- Availability to participate in the project (if for any reason a participant is not able to participate in any activity, there will be moments of information transfer so that these youth workers are aware of what was worked on in the session(s) in which they were not present);
- Motivated to participate in the project and to share with their peers (and we will do everything to increase this motivation);
- With minimum English language competences (when necessary, we will provide language development sessions for youth workers to participate and benefit from the project fully).

TRAINING COURSE

14 th June	<i>Arrival Day</i>
	After landing, participants will go to their accommodation location, where they will be received by members of the coordinating organization. All relevant information will be given about the meeting place and schedule time for the following day
	<i>Reception dinner with traditional Portuguese music</i>
15 th June	a.m.: <ul style="list-style-type: none"> ○ Breaking the ice: Group dynamics; ○ Talk about: interpersonal relationships and presentation of partners projects; ○ Work on: problems and study questions within the scope of the project.
	p.m.: <ul style="list-style-type: none"> ○ Task: working groups constitution; ○ Talk about: training course challenges; ○ Work on: collaborative activities.
16 th June	a.m.: <ul style="list-style-type: none"> ○ Task: energizing activity; ○ Work on: team building.
	<i>Lunch break – Portuguese flavoured picnic</i>
	p.m.: <ul style="list-style-type: none"> ○ Task: immersive activity aimed at field projects; ○ Work on: team building.
17 th June	a.m.: <ul style="list-style-type: none"> ○ Task: energizing activity; ○ Talk about: collaborative creativity; ○ Work on: design ideas.
	p.m.: <ul style="list-style-type: none"> ○ Work on: consolidation activities based on Lego serious play.
18 th June	a.m.: <ul style="list-style-type: none"> ○ Task: Canvas design; ○ Talk about: collaborative creativity;
	p.m.: <ul style="list-style-type: none"> ○ Task: Activities and visit to Ageing@Lab - ANGES; ○ Talk about: Ageing@Lab - ANGES.
19 th June	a.m.: <ul style="list-style-type: none"> ○ Work on: Action training: the development of responses based on knowledge of the work. On site. ADFP Foundation: Assistance, Development and Professional Training (Fundação ADFP: Assistência, Desenvolvimento e Formação Profissional)
	p.m.: <ul style="list-style-type: none"> ○ Work on: Action training: the development of responses based on knowledge of the work. On site. ADFP Foundation: Assistance, Development and Professional Training (Fundação ADFP: Assistência, Desenvolvimento e Formação Profissional) <p>https://www.facebook.com/FundacaoADFP/?locale=pt_PT</p>

20 th June	a.m.:
	<ul style="list-style-type: none"> ○ Task: energizing activity; ○ Talk about: rethinking the project; ○ Work on: <i>Challenge my ideas.</i>
	p.m.:
	<ul style="list-style-type: none"> ○ Task: pitch: group project presentation. Start Up Leiria. ○ Talk about: project challenges; ○ Work on: project presentations.
	<i>Closing dinner – socializing and sharing experiences</i>
21 st June	<i>Departure Day</i>
	Departure day for participants to their country of residence. If necessary, the coordinating organization will help participants travel between their accommodation location and the airport. If needed, all relevant information for the departure will also be provided.

All meal breaks throughout the day will be guided by the project coordination team.

Dinner time will be free.

PRACTICAL INFORMATION

TRAVELLING

Travel between the organizing country and the countries of origin will be organized by the project coordinating team or by the organization partners. The rules defined by the Erasmus+ entity must be complied with. All travel to and from the activities of the training course will be the responsibility of the project coordinating team.

Transfers from airport may be by bus or train. Please check the next links and note that Lisbon airport is nearer Leiria:

Bus: <https://www.flixbus.pt/>
<https://rede-expressos.pt/pt>
Airport – Leiria

Train: <https://www.cp.pt/passageiros/pt>
Arrival train station: Pombal (20 min drive from Leiria).

FOOD AND VENUE

It will be provided 3 meals per day at local places. If you have specific requirements, please let us know in advance so we can adjust the meals. However, please keep in mind that it is traditional Portuguese food within the constraints of the budget and only minimal changes can be made.



Regarding the venue, you will be accommodated in double rooms for individual use. The place chosen for the accommodations will be Seminar de Leiria. A historic place, with indoor and outdoor spaces suitable for socialization between all participants.



Seminário de Leiria
 Largo Padre Carvalho, 2414-011 Leiria
<https://maps.app.goo.gl/C8L9KtxGHF2GgB1p8>

FINANCIAL CONDITIONS AND COSTS

Travel costs will be reimbursed on condition that participants were present in all activities. First class tickets and transportation to leisure activities will not be reimbursed.

Please save original invoices, boarding pass and tickets.

Please do not by any tickets without partner country approval.

The costs for the accommodation, food, travel and working materials will be covered. The travel costs will be reimbursed according to the Erasmus + budget definition to each partner country, as stated below:

COUNTRY OF ORIGIN	DISTANCE	NUMBER OF PARTICIPANTS	TOTAL FUNDING ALLOCATED (ALL TRAVEL COSTS)
Portugal	10-99 Km	4	92,00 €
Czechia	2000-2999 Km	3	1 080,00 €
Greece	2000-2999 Km	3	1 080,00 €
Lithuania	3000-3999 Km	3	1 590,00 €
North Macedonia	2000-2999 Km	3	1 080,00 €
Malt	2000-2999 Km	3	1 080,00 €
Spain	500-1999 Km	3	825,00 €
Italy	2000-2999 Km	3	1 080,00 €
Slovakia	2000-2999 Km	3	1 080,00 €

WEATHER

During the stay it will be the beginning of summer time, so the weather will be probably sunny and hot. Bring fresh clothes, but also a coat for rain and wind. Sometimes we have very moody weather!

IMPORTANT INFORMATION

CONTACT:

PLEASE PLACE YOUR ORGANIZATION INFO HERE

HOSTING ORGANIZATION INFO:



[HTTPS://ANGES.PT/AGEINGLAB/](https://anges.pt/ageinglab/)



[HTTPS://WWW.FACEBOOK.COM/ANGES.PT/](https://www.facebook.com/anges.pt/)



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