

TRAINING COURSE

**COMMUNICATION SKILLS
FOR QUALITY YOUTH WORK**



05/10/2022 - 10/10/2022

ALICANTE, SPAIN

WHAT WILL YOU FIND IN THIS DOCUMENT?



WELCOME NOTE
WHO ARE WE?
PARTNER ORGANIZATIONS
SUMMARY OF THE TRAINING COURSE
MAIN OBJECTIVES OF THE PROJECT
PROFILE OF THE PARTICIPANTS
LOCATION AND ACCOMMODATION
TRAVEL AND FINANCE
INSURANCE, HEALTH ASPECTS
MANDATORY SECURITY MEASURES COVID-19
WHAT MORE TO EXPECT?
SOCIAL MEDIA AND COMMUNICATION

WELCOME NOTE



DEAR PARTICIPANTS,

IT IS WITH GREAT PLEASURE AND SUPREME EXCITEMENT THAT WE ANNOUNCE YOU THAT THE COUNTDOWN FOR OUR TRAINING COURSE "COMMUNICATION SKILLS FOR QUALITY YOUTH WORK" HAS OFFICIALLY BEGUN!

THEREFORE, BETWEEN THE 5TH AND 10TH OF OCTOBER 2022, OUR TEAM WILL BE AT THE VERY PLEASANT POSITION TO HOST 25 PARTICIPANTS FROM 10 DIFFERENT COUNTRIES IN A MULTICULTURAL ATMOSPHERE FULL OF GOOD IDEAS AND INSPIRATION!

BE READY TO OPEN YOUR MIND AND ACQUIRE FURTHER SKILLS AND COMPETENCES! BE READY TO INTERACT WITH NEW PEOPLE AND CULTURES! BE READY TO HAVE A GREAT TIME!

BEST WISHES,
TEAM OF ASSOCIACIÓ CULTURA CREATIVA

WHO ARE WE?



ASSOCIACIÓ CULTURA CREATIVA IS A CULTURAL NON-PROFIT ORGANIZATION CREATED IN 2016 BY THE FIRST EVS VOLUNTEERS IN GANDIA, SPAIN.

THE OBJECTIVES OF ASSOCIACIÓ CULTURA CREATIVA ARE:

- TO PROMOTE AND FACILITATE THE GEOGRAPHIC MOBILITY OF YOUTH AND YOUTH WORKERS
- TO CREATE, MANAGE AND EXPAND SOCIAL COOPERATION PROJECTS AND VOLUNTEERING BOTH LOCALLY AND INTERNATIONALLY
- TO ENHANCE THE VALUES OF TOLERANCE, HUMAN DIGNITY, SOCIAL JUSTICE, INTERCULTURALITY, SOCIAL INTEGRATION AND PARTICIPATORY DEMOCRACY
- TO PROMOTE THE SUSTAINABLE DEVELOPMENT AND THE HEALTHY LIFESTYLE
- TO PROMOTE CULTURAL AND SPORT ACTIVITIES FOR THE COMMUNITY
- TO ENCOURAGE THE ENTREPRENEURIAL CULTURE AND THE DEVELOPMENT OF INNOVATIVE IDEAS AND PRACTICES.

IN ORDER TO ACHIEVE THESE OBJECTIVES, ASSOCIACIÓ CULTURA CREATIVA DEVELOPS AND IMPLEMENTS PROJECTS AT LOCAL AND INTERNATIONAL LEVEL. WE ORGANIZE ALSO WORKSHOPS AND DIFFERENT CAMPAIGNS TO RAISE THE AWARENESS OF THE LOCAL COMMUNITY. OUR INTERNATIONAL TEAM PARTICIPATES ACTIVELY IN TRAINING COURSES AND OTHER PROGRAMMES WITH THE AIM TO DEVELOP NEW COMPETENCES AND WORKS CONSTANTLY FOR IMPROVING THE QUALITY OF OUR ACTIVITY.



PARTNER ORGANIZATIONS



INSPIRATION PATH (CYPRUS), ASSOCIAZIONE CULTURALE GIOVANI IDDOCCA (ITALY), PROGRESS CENTER (ESTONIA), EXPERIMENTACULO ASSOCIACAO CULTURAL (PORTUGAL), SDRUZHENIE "NIE" (BULGARIA), ASOCIATIA CURBA DE CULTURA (ROMANIA), FOUNDATION OF REGIONAL INITIATIVES (UKRAINE), ALIJANSA ZA PODRSKU DRUSTVU (SERBIA), WE GO PROJECT (LITHUANIA).

SUMMARY OF THE TRAINING COURSE

"COMMUNICATION SKILLS FOR QUALITY YOUTH WORK"



COMMUNICATION SKILLS ARE VERY IMPORTANT IN OUR DAILY LIVES BECAUSE THEY DETERMINE OUR ABILITY TO COMMUNICATE AND RELATE TO OTHERS. KNOWING HOW TO TRANSMIT AND CAPTURE IDEAS IS ESSENTIAL TO BE SUCCESSFUL IN OUR PERSONAL AND PROFESSIONAL RELATIONSHIPS.

IN A WORLD DOMINATED BY TECHNOLOGY AND AFFECTED BY THE GLOBAL PANDEMIC OF COVID-19, THE DEVELOPMENT OF COMMUNICATION SKILLS IS SERIOUSLY IMPAIRED. IN THIS CONTEXT, THE ROLE OF YOUTH WORKERS IN THE PROCESS OF CAPACITY BUILDING OF THE YOUNG POPULATION IS GROWING.

WITH THE AMBITION TO SUPPORT YOUTH WORKERS IN THEIR DAILY WORK AND IMPROVE THE QUALITY OF THEIR ACTIVITIES, WE CREATED THE TRAINING COURSE "COMMUNICATION SKILLS FOR QUALITY YOUTH WORK".

THE PROGRAM OF ACTIVITIES WILL BE BASED ON THE USE OF NON-FORMAL METHODOLOGIES THAT WILL ALLOW PARTICIPANTS TO ACQUIRE KNOWLEDGE IN A FRIENDLY AND EFFECTIVE WAY.

MAIN OBJECTIVES



- FAMILIARIZE PARTICIPANTS WITH THE CONCEPT OF COMMUNICATION AND PRESENT THE DIFFERENT COMMUNICATION SKILLS AND THEIR IMPORTANCE FOR OUR PROFESSIONAL AND PERSONAL DEVELOPMENT.
- DEVELOP AND IMPROVE THE COMMUNICATION SKILLS OF THE PARTICIPANTS SUCH AS: ACTIVE LISTENING; INTERCULTURAL COMMUNICATION; NON-VERBAL COMMUNICATION; NON-VIOLENT COMMUNICATION AND ABILITY TO MAKE PRESENTATIONS AND SPEAK IN PUBLIC.
- IMPROVE THE QUALITY OF THE ACTIVITIES AND THE DAILY WORK CARRIED OUT BY YOUTH ASSOCIATIONS
- INCREASE THE MOTIVATION AND PROFESSIONAL SATISFACTION OF THE PARTICIPANTS AND OFFER THEM THE OPPORTUNITY TO DEVELOP THEIR NETWORK OF CONTACTS.
- INSPIRE PARTICIPANTS TO FOSTER THE DEVELOPMENT OF COMMUNICATION SKILLS AMONG THEIR PEERS AND THE YOUNG PEOPLE THEY WORK WITH AND SUPPORT THEM IN THIS PROCESS.

PROFILE OF THE PARTICIPANTS



- NUMBER OF PARTICIPANTS PER ORGANIZATION:
3 - BULGARIA, CYPRUS, ITALY, LITHUANIA, SPAIN
2 - ROMANIA, PORTUGAL, ESTONIA, SERBIA, UKRAINE
- AGE: 18+
- PROFILE: YOUTH WORKERS, TRAINERS, FACILITATORS, VOLUNTEERS, SCHOOL STAFF, YOUTH
- READY TO TAKE PART AND FULLY ENGAGE IN THE WHOLE PROJECT
- ABLE TO COMMUNICATE IN THE ENGLISH LANGUAGE.
- PRIORITY FOR PARTICIPANTS WITH FEWER OPPORTUNITIES

LOCATION AND ACCOMMODATION



THE PROJECT WILL TAKE PLACE IN THE BEAUTIFUL TOWN OF ALICANTE, SPAIN. ALICANTE IS CENTRALLY LOCATED ON SPAIN'S MEDITERRANEAN COAST AND IT OFFERS MUCH MORE THAN SUN AND BEACH TOURISM. THE AREA ENGLOBES ENDLESS CULTURAL PROPOSALS ALLOWING ALL VISITORS TO ENJOY INTERESTING EXPERIENCES.



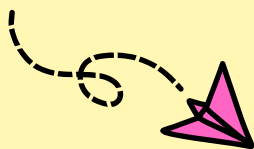
THE ACCOMMODATION WILL BE IN THE YOUTH HOSTEL "LA FLORIDA" IN INDIVIDUAL/DOUBLE OR TRIPLE ROOMS WITH BATHROOMS. THE PROPERTY IS SET 30 MINUTES' WALK FROM THE CENTRE OF ALICANTE. DURING THE PROJECT THE PARTICIPANTS WILL ENJOY 3 COMPLETE MEALS AND THEIR DIETARY RESTRICTIONS AND ALLERGIES WILL BE RESPECTED.

THE YOUTH HOSTEL HAS ITS RULES AND THE PARTICIPANTS ARE OBLIGED TO RESPECT THEM: FOR EXAMPLE, MAKING NOISE AFTER 23H OR DRINKING ALCOHOL INSIDE THE INSTALLATION IS TOTALLY FORBIDDEN. SOON YOU WILL GET TO KNOW ALL THE DETAILS.



TRAVEL AND FINANCE

- **HOW TO GET TO ALICANTE?**



TRAVELING DAYS:

05/10/2022
(WEDNESDAY)
AND
10/10/2022
(MONDAY)



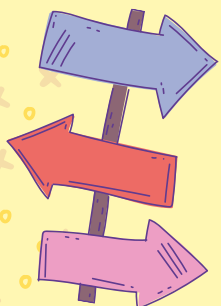
THE CLOSEST AIRPORT IS THE AIRPORT OF **ALICANTE** ("AEROPORT DE L'ALTET"). THERE IS A BUS WHICH TAKES YOU TO THE CITY CENTER. OTHER OPTIONS ARE THE AIRPORTS OF **VALENCIA** (165 KM) AND **MURCIA** (85 KM).

HOWEVER, IF YOU CANNOT FIND AFFORDABLE PRICES TO ANY OF THOSE AIRPORTS YOU CAN ALSO ARRIVE TO **MADRID (465 KM, VERY WELL CONNECTED)** OR **BARCELONA (530 KM)** BUT YOU SHOULD CONSIDER THAT YOU WILL NEED TO GET A BUS OR TRAIN WHICH WILL TAKE FROM FOUR TO SIX HOURS TO ARRIVE TO THE VENUE (THE FAST TRAIN COULD BE VERY EXPENSIVE).

- **COVERED COSTS**

ACCOMMODATION, MEALS AND WORKING MATERIALS ARE PROVIDED BY THE ORGANIZERS.

100% OF THE TRAVEL COSTS TO THE VENUE AND BACK WILL BE REIMBURSED UP TO THE MAXIMUM OF THE AMOUNT INDICATED BY THE DISTANCE CALCULATOR PROVIDED BY THE EC.



SPAIN - UP TO 23.00 EUR
ITALY, PORTUGAL, SERBIA - 275,00 EUR
BULGARIA, LITHUANIA, ROMANIA, UKRAINE - 360.00 EUR
CYPRUS, ESTONIA - 530.00 EUR



- **CONDITIONS FOR REIMBURSEMENT**

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all original tickets, invoices, boarding passes, emails and bank confirmations relating to their travel. The participants should participate also in the dissemination phase :)

05/10/2022 - ARRIVAL (IN THE AFTERNOON, FIRST MEAL DINNER)
06/10/2022 -09/10/2022 - 4 PROGRAMME DAYS OF ACTIVITIES
10/10/2022 - DEPARTURE (IN THE MORNING)



IMPORTANT!

PLEASE CONFIRM YOUR FLIGHTS BEFORE BOOKING THEM.

An important detail is that you should buy your tickets after our confirmation. Otherwise, your tickets could be considered not reimbursable. We engage ourselves to reimburse only tickets which were confirmed by our team.



We can cover only the costs for public transport such as planes, buses, trains, etc. The costs for taxi or BlaBlaCar can be covered only in exceptional cases and after our previous confirmation.



In order to make sure that all participants book the cheapest and most sustainable option available for their travel, we offer our full support helping them with their bookings and bus/train connections :)



EXTRA-DAYS: following the guidelines of the Erasmus+ programme the travel must be realised by the participants: arrival max 2 days before the project and departure max 2 days after the project. In case of longer stays not confirmed with us we will not be able to reimburse your travel. During the extra-days the participants should cover all of their expenses such as accommodation, food, etc.

INSURANCE, HEALTH ASPECTS

ALL THE PARTICIPANTS SHOULD BRING THEIR EUROPEAN HEALTH CARD. YOU CAN USE THE FREE EUROPEAN HEALTH INSURANCE CARD (EHIC) TO ALLOW YOU ACCESS TO PUBLIC HOSPITAL TREATMENT. PLEASE BE AWARE THAT THE EHIC IS NOT A TRAVEL INSURANCE POLICY, IT WILL NOT COVER PRIVATE HEALTH CARE, NON-EMERGENCY HEALTH COSTS, OR BEING FLOWN BACK TO YOUR HOME COUNTRY.

PARTICIPANTS WHO CANNOT HAVE THE EUROPEAN HEALTH INSURANCE CARD SHOULD HAVE AN INSURANCE. VALID FOR THE WHOLE DURATION OF THE PROJECT



WE HIGHLY RECOMMEND YOU TO MAKE A **HEALTH & TRAVEL INSURANCE** FOR THE FULL DURATION OF YOUR TIME IN SPAIN. IF YOU HAVE TO ISOLATE AND MAKE QUARANTINE WE CANNOT COVER THE COST FOR IT.

IF YOU NEED TO TAKE REGULAR MEDICATIONS, PLEASE ARRANGE IT BY YOURSELF AS WE ARE UNABLE TO PROVIDE THEM FOR YOU.

LIKEWISE, IF YOU HAVE ANY HEALTH CONDITIONS, DISABILITIES OR MOBILITY ISSUES THAT YOU FEEL WE NEED TO BE AWARE OF OR THAT MAY AFFECT YOUR PARTICIPATION IN THE ACTIVITIES, THEN PLEASE LET US KNOW WHAT THEY ARE AND HOW WE COULD ASSIST YOU :)



INSURANCE, HEALTH ASPECTS

WE TAKE ALL THE MEASURES VERY SERIOUSLY AND WE WILL ADJUST OUR PROGRAMME TO THE EXISTING LEGAL RESTRICTIONS AND EXPERT'S RECOMMENDATIONS.

PLEASE TAKE INTO CONSIDERATION THE FOLLOWING INFORMATION:



- THE USE OF PROTECTIVE MASK IN SPAIN IS MANDATORY IN PUBLIC TRANSPORT AND HEALTH CENTERS AND HOSPITALS.

- WE WILL HAVE DISINFECTING HYDROALCOHOLIC GEL ON OUR DISPOSAL DURING THE ACTIVITIES, BUT YOU SHOULD BRING YOUR OWN SANITIZER FOR YOUR PERSONAL USE.

- YOU SHOULD RESPECT THE RULES AND THE SECURITY PROTOCOLS TO FOLLOW, ESPECIALLY WHEN HAVING ACCESS TO COMMON ROOMS.

- SMOKING IN ANY PUBLIC SPACE IS FORBIDDEN (IN VALENCIA COMMUNITY). 

IMPORTANT!

HAVING YOUR TRAVELING DOCUMENTS IN ORDER IS YOUR RESPONSIBILITY!
FOR PEOPLE ENTERING SPAIN FROM ANOTHER EU MEMBER STATE OR SCHENGEN ASSOCIATED COUNTRY COVID-19 TRAVEL RESTRICTIONS HAVE BEEN LIFTED. PROVIDING PROOF OF VACCINATION, RECOVERY FROM COVID-19 OR NEGATIVE TEST RESULTS IS NO LONGER REQUIRED, BUT YOU SHOULD CHECK THE LAST UPDATED INFORMATION BEFORE YOUR DEPARTURE.

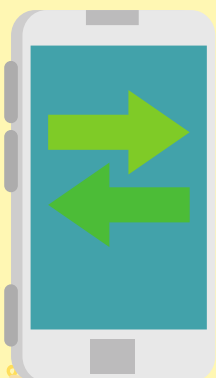
PARTICIPANTS WHO WILL TRAVEL FROM COUNTRIES OUTSIDE THE EU OR THE SCHENGEN ZONE OR WILL MAKE A STOPOVER IN SUCH A COUNTRY SHOULD CAREFULLY CHECK THE RESTRICTIONS.

WHAT MORE TO EXPECT?

ONCE THE SELECTION OF PARTICIPANTS IS COMPLETED YOU WILL ALSO RECEIVE:

- THE PROGRAMME OF THE ACTIVITIES + SOME TASKS WHICH WILL HELP YOU TO COME MORE PREPARED TO THE TRAINING COURSE
- SOME PRACTICAL INFORMATION - WEATHER CONDITION, CURRENCY, LAST UPDATES ABOUT THE COVID RESTRICTIONS
- WHAT TO BRING? - A LIST OF THINGS WHICH WILL HELP YOU TO BE PREPARED FOR EVERYTHING
- A FORM WHERE YOU CAN SHARE WITH US YOUR DIETARY REQUIREMENTS AND OTHER PREFERENCES.
- A FACEBOOK GROUP TO START GETTING IN TOUCH WITH EVERYONE.

CONTACT INFORMATION



PLEASE FEEL FREE TO CONTACT US IF YOU NEED MORE INFORMATION, OR HAVE ANY QUESTION OR DOUBT:

BY EMAIL:

INFO.CULTURACREATIVA@GMAIL.COM

BY FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/ASSOCIACIOCULTURACREATIVA/](https://www.facebook.com/ASSOCIACIOCULTURACREATIVA/)

VERY IMPORTANT: Please before applying to this training course take into consideration that this is a non-formal LEARNING ACTIVITY financed with public money. We will have fun for sure, but if your priorities are partying hard and visiting Spain we won't meet your expectations. We are looking for open-minded and motivated participants :)