

INFOPACK

SEMINAR: Where is myself-power?: facilitating youth empowerment

Seminar in Spain

Dates: 13/11/2019 - 18/11/2019

Arrival day: 13/11/2019

Departure day: 19/11/2019

Location: Errenteria / Donostia-San Sebastián (Gipuzkoa), Spain

Organization: KAEBNAI

Topic: Youth empowerment and self-knowledge

PROJECT DESCRIPTION AND OBJECTIVES:

This seminar aims to work on the youth empowerment. We will work in order to youth workers or youth leaders acquire techniques and methodologies to facilitate the own self exploration of our target group of youngsters and help in their self development.

For the society in which we live and the educational system we have, generally people do not have a very broad self-knowledge and we do not usually spend much time to get to know ourselves, to explore our desires, abilities and dreams, and largely because of our rhythm of life. Thus, young people are usually a clear example of this. They reach the critical stage of youth and do not know what they want to do with their lives because do not know very well their knowledge and desires nor do they have sufficient confidence in themselves.

Consequently, this is one of the many factors that can lead to youth unemployment, addictions, anti-social behaviours, different types of discriminations, low social participation, passivity and little hope for the future.

Thanks to this seminar, we are going to work in the origin, in oneself: self-knowledge, self-esteem, self-confidence... Thus, we will see different techniques, methodologies and projects to be able to work with young people and to help developing their empowerment.

We will also have spaces to be able to exchange good practices. In addition, we will put in practice on ourselves some of these methods to reflect us first and then to be able to carry out an outreach with young people in a more effective and comprehensive way.

Main objectives:

- Raise awareness about the importance and value of the youth empowerment.
- Promote the self-knowledge, self-confidence and self-esteem as an educative topic on the field of non formal education on youth work.
- Learn and exchange different and new techniques, methodologies and projects to work with youngster in their self development.
- Develop different skills and abilities in the participants as: creativity, initiative, organization, social skills, as well as digital skills.
- Encourage and promote reflection on the competence development of youth workers within the ERASMUS + program.

ELIGIBILITY

VERY IMPORTANT!!! To keep the conditions of Erasmus+ program fundings all the partners must guarantee: COMPLETE THE GROUP OF 3 PARTICIPANTS AND THE PARTICIPATION OF THEM IN THE WHOLE SEMINAR.

- Each organization will bring **3 participants**. Please, try to **respect the gender balance**.
- Able to select and prepare 3 participants who are:
 - Over 18 years old and no top age limit.
 - Youth workers (professional or volunteers)/youth leaders/ educators/ teachers...
 - Or any person related with the youth field and interested to learn.
 - Or actively involved in work with groups of youngsters.
 - Able to understand and express themselves in English (and it will be appreciated a basic level of Spanish)
- Eager to gain new skills and competences.
- Each partner organization involved in the project must gather and send the

participants well aware of the topic and with some previous tasks done.

- The language used will be English.

- There is NO participation fee for this project.

PARTICIPANTS' TASKS

So please understand that your commitment to preparing the sessions will directly impact the exchange and the quality of the seminar.

These are the things you are expected to bring/prepare. Each country (or organization) will be asked to prepare and facilitate:

- 2 Energizers

- Prepare a **presentation** of your experience and **good practices** working in the youth field **related to the aim of youth empowerment** (projects, methodologies, techniques...) at local, regional or national level. You will have maximum 15 minutes for country group and you can do it however you want (Prezi, Power Point, videos, theatre, etc...).

- Prepare a **short presentation/explanation of your sending organization**. Bring flyers, stickers, posters, contacts...

- **Euronight/cultural evening**: as usual in many Erasmus+ projects, we would be glad to try different delicious stuff from your countries. If you'd like to give a presentation on your country/culture, you will have maximum 15 minutes for each country group.

EXPENSES OF PARTICIPANTS

- **Travel Costs** are based on unit cost and are calculated with the distance calculator provided by the EC (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm). Please provide your organisation departure city so we can calculate the amount. We will try to balance the grant received, with all the real costs of all participants' travel expenses, in order to make that every participant pays a fair amount of co-financing;

- **Subsistence, accommodation and other expenses** related with the participation in the seminar are **100% covered** by the EC grant during the training period.

CALENDAR

Each organisation (and participant) involved in the project is expected to take full responsibility as a partner in all the stages of the project. This include:

- Respecting the deadlines for each phase.
- Selecting the participants according to the eligibility requirements previously described.
- Making the travel arrangements according to the dates of the programme and upon approval of the host organisation.
- To prepare different contents and activities for the seminar in advance.

Phases and Deadlines

	Phase	Deadline
1.	Application and selection of participants	22nd september
2.	Travel arrangements	6th october
3.	Submission of different tasks	20th october

VENUE

Belabaratz Youth Hostel, Errenteria, Spain

This traditional Basque house located in Errenteria (by Donostia-San Sebastián) will be our home for the time of the seminar. Apart from being fully equipped to work inside, we will hopefully be able to enjoy the different areas surrounding the house.



WHAT TO BRING WITH YOU

DO NOT FORGET TO BRING ALONG!

- Your Passport / ID
- Your European Health Card.
- Some typical (tinned) dish / wine / cheese / sweet from your country or region for the Euronight.
- Towels.
- If you're taking any medicines, DON'T FORGET THEM. It might also be useful to bring a prescription for those medicines along.
- The materials you may need for the sessions you are responsible for.
- A laptop, tablet... if available. (1/country is enough)

TRAVELS

There are several airports in the area and they are all connected to the city of Donostia-San Sebastián by bus.

Bilbao is the biggest airport and usually the one with the cheapest connections. There are direct buses from there to Donostia-San Sebastián-Errenteria.

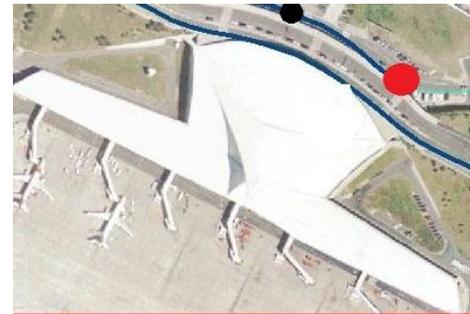
Donostia-San Sebastián also has its own airport but you can only reach there via Madrid or Barcelona (there may be some flights from London during summer months) **Biarritz**, located in France, is a quite small airport but could also be an option as Ryanair operates there.

Once you are in Donostia-San Sebastián, you have several options to reach Errenteria as it is very close by.

HOW TO ARRIVE

In case you are coming by plane, the **best way** is landing on **Bilbao's airport (Loiu Airport)**.

Once you leave the airport (**black dot**), there is a bus stop for direct bus to **Donostia-San Sebastian** that stops also in **Zarautz (red dot)**.



The bus company is **PESA** and it costs **17.00€**.

Bus picture



Check the timetables in the website:

<http://www.pesa.net/pesa/en/horarios>

Origin: AEROPUERTO LOIU AIREPORTUA

Destination: DONOSTIA-SAN SEBASTIAN

There is also **another possibility** (taking two buses) and a cheaper option:

- **From the Airport to Bilbao city:**

- Bizkaibus Line A3247 Bilbao-Airport

Service that connects the Bilbao Termibus with the airport with stops in Gran Vía 79, Plaza Moyua and Alameda Recalde 11. On the arrivals floor there is a customer services desk and ticket office.

Stops at the airport:

- [Bus stop. Departures level](#)
- [Bus stop. Arrivals level](#)
- [Customer Services. Arrivals level](#)

Single ticket: 3€ (€1.14 with Barik card).

Opening hours: From Bilbao, they leave every 15 minutes from 05:15 to 22:00; from the airport, every 15 minutes, from 06:15 to 0:00.

Links of interest:

- [Bizkaibus](#)

- With this option, you arrive to **Bilbao center**, to the **bus station**. There, you must take another bus:

- **Direct to Donostia-San Sebastian** with <https://www.alsa.es/en/>

Single ticket: 5.78€

- Or with: <http://www.pesa.net/pesa/en/horarios>

Single ticket: 9.40€

You can also travel to **Biarritz, Barcelona or Madrid** international airports and then take a **bus or train to Donostia-San Sebastián**. You can see some buses for these lines in www.alsa.es and trains in www.renfe.es **but there are several more options.**

The **closest biggest city from Errenteria is Donostia-San Sebastian**. So, if you arrive there (doesn't matter train or bus because **it is the same station**) you have to take the public transport train, also at the same train station (Renfe).

There are trains from Donostia-San Sebastián to Lezo-Renteria more or less every 30 minutes and the trip takes 12 minutes.

Check here the timetables:

<http://www.renfe.com/EN/viajeros/cercanias/sansebastian/index.html>

Origin: Donostia-San Sebastian. Destination: Lezo-Renteria

Single ticket: 1.90€.



Train station of Lezo-Rentería

- Mind that you cannot arrive after the project starting date and departure earlier than project departure date!

- Please email the travel form to kaebnaierasmusplus@gmail.com

- Do not buy tickets before we confirm your arrangements!

TRAVEL EXPENSES PER PARTICIPANT

Partner	Country	Number of pax	Travel costs per person
Associação Spin para o Intercâmbio, Formação e Cooperação entre os Povos - SPIN	Portugal	3	275€
AKTYVISTAI	Lithuania	3	360€
World-Our Home	Latvia	3	360€
Compass Egyesület	Hungary	3	275€
UNITED SOCIETIES OF BALKANS ASTIKI ETAIREIA	Greece	3	360€
StepEurope	Finland	3	360€
NGO Youth Club Active	Estonia	3	360€
Društvo Lojtra	Slovenia	3	275€
Udruga gluhih i nagluhih Nova Gradiska	Croatia	3	275€
JuBuK	Germany	3	275€

REIMBURSEMENTS

The reimbursement of the travel expenses is subject to submission of travel forms and original travel documents and the fulfillment of all the participation requirements. The maximum reimbursable amounts for each have been calculated according to the Distance Calculator of the European Commission.

The **documents** you will need to provide us with include:

- Original boarding passes
- Invoices
- ALL return tickets (sent by postal mail upon return to your country)

No photos or electronic versions of travel documents will be accepted.

The **participation conditions** you are expected to fulfill are:

Attendance:

- Mind that you cannot arrive after the project programme starting time and departure earlier than project departure time.
- Your travel expenses will be reimbursed only in case you participate in all activities of the programme.

Travel arrangements:

- Make sure you have the hosting organisation's approval for your travel proposal before buying the tickets.

Formal requirements:

- Fill in the travel form **properly** and contact organizers if there are any concerns.
- Complete the evaluation form in the Mobility Tool upon return to your country.

The reimbursement will be carried out in **two stages and by bank transfer:**

1. The last days of the activity: **the 80% of the expenses** incurred into until that moment will be reimbursed upon proper filling of the travel form and submission of the required travel documents.

2. Upon return to your country: **the remaining 20% and plus travel expenses** of the back way will be reimbursed after receiving the return documents by postal mail and the online filling of the evaluation form in the Mobility Tool.

Please mind that all reimbursements without exception are paid out to your sending organisation by bank transfer. The individual transfer to personal accounts falls under their responsibility.

You'd like to participate? Please complete the form on the following link:

<https://forms.gle/pArBBpDTWqN6mGTJ6>

QUESTIONS & CONTACT: kaebnaierasmusplus@gmail.com

Eskerrik asko! Muchas gracias! Thank you!