

## The PLUS

KA1 Youth worker mobility – Training Course  
2 – 10 May 2018 , Sirmione, Italy



The historic centre of Sirmione is located at the end of a 4km peninsula. Strategically positioned at the entrance to the Sirmione is the 13th Century Scagliero castle, which was built under the instruction of Mastino I della Scala....The Lord Of Verona. The Sirmione castle is the only castle in the world with it's own port. Today the castle is home to the museum which displays Roman and Medieval artefacts.

The castle is protected by a moat and can only be accessed by one of it's two drawbridges. The other drawbridge serves as the main entrance to the peninsula and takes you over the pretty port of Sirmione.

The Grotto di Cattulo , named after the legendary Roman poet Cattulus, is the ruins of the largest Roman villa in northern Italy. The ruins were only discovered in the 19th century, but a full study was only undertaken in the 1940's when the ruins became public. There is a museum on the site of the ruins which displays relics from the villa.



Erasmus+

This project is Co-funded by the Erasmus+ Programme of the European Union.



KUNGÄLV  
KOMMUN



## SUMMARY OF THE PROJECT

The "The + » project is a KA1 mobility of youth workers under the Erasmus+ program, revolving around a Training course which focuses on enhanced competencies of youthworkers, in general.

"The + " aims to cultivate and enhance competencies of youthworkers and their work linked to the Erasmus+ programme. The project has the following objectives:

- Increasing the competence of youth workers to work in multicultural contexts
- Improving participants' competence in using NFE in implementing educational activities
- increase the skills of youth workers in youth work with fewer opportunities
- Increasing the participants' competence to use Erasmus + as a community development tool
- increasing the capacity of partner organizations to work in the youth field
- Providing a context for exchanging experience and exchanging best practice in the youth field.

During the 7 days of activities 20 youth workers, youth leaders, public body representatives and project managers from various countries will be part of a common setting for building strong competencies in order to obtain high quality in the implementation of future projects under Erasmus+.

The project is built on 2 learning pillars : Non formal education and Erasmus+. During these 2 modules we will build up on previous experience and go in depth into the themes.

Based on non formal education tools and methods, participants will undergo a complete process of identifying quality aspects, improve and synchronize with partners.

*This project is coordinated by the Kungälv Kommun of Sweden. For aspects regarding coordination please refer to Anneli Lagergren, project coordinator.*

*The activity will take place in Sirmione, Italy. The hosting partner is Associazione Sabbeen Group. For aspects regarding hosting please refer to Cosmin Saic and team.*



Erasmus+

This project is Co-funded by the Erasmus+ Programme of the European Union.



KUNGÄLVS  
KOMMUN



## Arrival and departure

We expect participants to arrive in Sirmione in time for dinner on the 2 May 2019. Activities start morning on the 3<sup>rd</sup>, up to evening of the 9<sup>th</sup>.

Departure is on the 10<sup>th</sup> of May 2019, preferably free the room by 10:00 or 12:00 (depending on the policy of the hotel).

At this point, we are still evaluating price offers from various hotel operators. Within this month we will decide on the best price/services offer.

Initially, in application phase the TC should have taken place sometime in June. Due to recent urgent changes in the work plan and dynamics in our municipality, we are unable to keep those dates. The only period left available is this one in first week of May.

Although spending an extra day, max 2 can be allowed **with prior notice and due to various reasons**, please note that the organisers will not provide any additional accommodation outside the dates of the training course!

## Accommodation and meals

The place where participants will be accommodated will be a hotel in the historical center or nearby in Sirmione, on the shores of Garda Lake which is a tourist hotspot, but also a very nice city to visit and be in. In Sirmione, we will have access to beaches, historical sites and also the “Terme di Sirmione” which are various spots for spa and relax. For more info, <https://www.termedisirmione.com/it/aquaria>

Please note that the Spa services are not included in the project budget, hence any related expense will have to be covered by the participants themselves. Also, visit to one of the Spa's will have to be during free time and not during TC times.

Participants will be accommodated in rooms of 2 or 3 participants of same sex. Bathroom and toilets are available in each room. Bed linens and towels are provided by the hotel.

The hotel also provides free wi-fi, A/C in each room.

Meals will be provided three times a day plus eventual coffee breaks. Please let us know in advance if you have special needs (vegetarian, no pork meat, allergies, etc.). For this you will receive soon a link to an online registration form.



**Erasmus+**

This project is Co-funded by the Erasmus+ Programme of the European Union.



**KUNGÄLVS  
KOMMUN**



## Transport to and from the venue

*Participants must not forget to keep originals of all invoices, tickets, boarding passes, etc. since we will need them for reimbursement. Missing documents mean impossibility of reimbursement.*

### **By plane**

**Verona Airport** - The nearest airport which is located approximately 40 minutes by car from the historical centre of Sirmione.

**Bergamo Orio al Serio** (1h 15min away)

**Milan Linate and Malpensa** (approximately two hours away).

**Venice Marco Polo** (approximately two hours away).

### **By train**

From any of those airports use the public service transfer to the train services.

The nearest railway stations to Sirmione are those of **Peschiera** and **Desenzano sul Garda** (Milan-Venice line). Both are about 20 minutes by road from Sirmione.

When we will send out the info pack for participants, we will give them exact timetable of bus services and directions from the above train stations to Sirmione. Also, if there are several participants arriving in approximately same time frames, we might be able to organize a transfer service ourselves.



Erasmus+

This project is Co-funded by the Erasmus+ Programme of the European Union.



KUNGÄLVS  
KOMMUN



## Travel Reimbursements

The organizers cover the real travel costs from your home to the venue and back, based on the EU distance calculator. Costs over this quota will be your own contribution.

Partner	Country	Travel quota (euro/person)
Kungälv kommun	Sweden	275
ACT FOR GRANTS C.I.C.	UK	275
Associazione Sabbeen Group	Italy	0
Lolivers	Greece	180***
Associação Spin para o Intercâmbio, Formação e Cooperação entre os Povos	Portugal	275
AT Onix	Romania	275
Young Folks LV	Latvia	275
KIPRIAKOS ORGANISMOS KENTRON NEOTITAS (KOKEN) LTD	Cyprus	180***
MITTETULUNDUSUHING VITATIIM	Estonia	275

The reimbursements will be done by bank transfer **only** upon the presentation of all travel documents (invoices, receipts, boarding passes, train/bus tickets).

**Reimbursement of travel costs will only be done** upon full attendance of the training activities and **presentation of the original travel tickets with boarding passes, receipts and invoices**. Car travel and taxi are usually not eligible for reimbursements.

Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month when the ticket/s were purchased, as stated in the official European Commission web-site at <http://ec.europa.eu/budget/inforeuro/>

\*For the travel budget of the highlighted partners, there was a system error, that the NA has not yet resolved since we signaled it to them. Until any other update, we will work with this travel budget and hope that we might have budget to cover supplementary cost within the limit that should have been.



Erasmus+

This project is Co-funded by the Erasmus+ Programme of the European Union.



KUNGÄLV  
KOMMUN



## Health Insurance

The organizers do not provide any health insurance for the participants. The participants are requested to purchase individual health insurance for their stay in Italy. Please bring the medications you may need as well.

## Participant profile

- Organization leaders
- Project coordinators
- Youth workers and similar professionals working for or with young people on different grounds

This TC is a follow up on a previous one we had last year – Level up, which was for beginner level.

The level of this TC is *intermediate-experienced*. Please take into account that entry level participants may find it difficult to follow up.

Please take into account that we are looking only for partners who **DIRECTLY** work with young people in non-formal education (no project travellers, not organizations that find participants via facebook, not schools).

Considering it is a training course, participants have to be able to speak English at least at B1/B2 level.

These conditions are vital for the project as we all want proper results. Having the financial responsibility, the management ethics and being accountable directly to the national NA, the coordinator can veto on the selected participants if they do not fit the profile.