



Funded by
the European Union



Malaga, Spain

Sept 30th – Oct 07th, 2023

“Arrival Day “

“Departure Day”

PARTNERS AND PARTICIPANTS INFOPACK

DEAR PARTNERS AND FRIENDS

We are happy to inform you that the Erasmus+ KA1 mobility of youth workers **‘Get out of your comfort zone’** was approved and supported by the Erasmus.

This training course will take place in **Malaga, Spain from Sept 30 to Oct 7th, 2023**. Malaga is set in a beautiful environment with impressive number of masterpieces of architecture and art.

Now you are reading the **Info-Pack** that will provide you with the basic information you will need during your stay in Spain.

If you want to take part in this project, the first thing what you must do is to fill in the [Application form](#) no later than **August 15th .2023** The information provided by you in the Application form will help us to better prepare our training for you to learn the best of what we can. Moreover, you will be chosen according the information given in your Application form by our team.



DESCRIPTION OF THE YOUTH EXCHANGE

Unemployment is one of the biggest world-wide problems nowadays and conditions are getting even worse with Covid situation all over the Europe. Therefore, this topic is considered as one of the priorities of Erasmus+ program. More and more it's up to the future employees to take initiatives by themselves to create possibilities and be pro-active to be employed. For that you need two things: being creative and having confidence. Two steps to achieve them: develop your unique personal talent and develop a mental healthy lifestyle. These two go hand-in-hand.

The economy and society are waiting for: flexible and creative people who are willing to take action and inspire others. The base of being pro-active and creative is a healthy lifestyle incorporated in an Inner Leadership: a strong personality who can carry responsibility for him/herself and others. That means relying on yourself and making conscious decisions based on your own feelings and thoughts. We believe that gaining

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a deeper understanding of 'who we are' is an empowering process which can lead to positive healthy life changes and inner leadership, in particular by focusing on developing your talents and mental health. Empowering young people through this process leads to increased employability. There is a strong need of guiding young people to discover and use tools when they are going to apply for their future job. For young people it is important that they receive more than only knowledge and tailor-made information. They are really served by a personal touch: a good talk with an accessible, authentic and open minded youth worker who gives the youngster the feeling of recognition by taking their question seriously. This encouragement from youth workers works as a reference for the young people to build a solid base of confidence for future experiences. Moreover, there is a need among youth workers to explore how their daily work is connected to their own identity in growing to an even more authentic professional youth worker.

➤ **OBJECTIVES OF THE PROJECT :**

- To support youth workers to become more aware of themselves, thus to enable them to make conscious choices and decisions that fit with the core of their identity and their goals in life.
- To frame a learning process where youth workers can fill in their own future story concerning unexpected changes in their life.
- To look how you can rely on ambiguity and powerless feelings and deal constructively with them (resilience) by exploring the effect of stretching the comfort zone.
- To provide youth workers with tools to support a deep connection with young persons they work with through a similar process.

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PARTNERS, PARTICIPANTS AND TRAVEL COSTS REIMBURSEMENT

This youth exchange will host **24** young worker (**aged 20+**),coming from **10** European and Non-European countries.

List of countries, partners and travel costs limits:

Country	Organisation	Number of participants	Travel cost limit per participant (€)
Spain	Torca Espacio Joven	4	23
Morocco	Youth Hub Morocco	2	275
Lithuania	DRUŠTVO AKADEMIJA ZA RAZVOJ MLADIH - ARM	2	360
Ukraine	CHARITABLEORGANIZATION VZAYEMOPOMICH	2	530
Portugal	Associação para a Igualdade AEQUALITAS	2	275
Georgia	Youth Corner Tbilisi	2	820
Italy	M.Y.CULTURE	2	275
Romania	ASOCIATIA TINERILOR CU INITIATIVA CIVICA	2	360
Slovenia	DRUŠTVO AKADEMIJA ZA RAZVOJ MLADIH - ARM	2	275
Greece	INNOVATINGACTIVITIES IN EDUCATION, TOURISM, HEALTH AND INTERCULTURALITY	2	360
Morocco	Mediterranean Forum For Social Development	2	275

It is possible to come to **Morocco max 2** days before the official arrival day OR leave max.2 day after the official departure day.

Be aware that **we are not able to refund any costs for your accommodation, food etc. during these extra days.**

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Please, before buying your tickets, send them for approval

ameyfe@gmail.com

We will refund only travel tickets that we approved prior purchase!

You have to choose the most economical and eco-friendly way of transport (e.g. student fares, low cost airlines, 2nd class trains, etc.). Also, be aware of your travel cost limitation. We reimburse the travel cost **ONLY** up to the limit designed for your country. We will also reimburse only those ticket that will show the currency, dates of your travel, places you are traveling from/to and your name (or number of passengers). It is important **to keep all your tickets** (also from your local buses and trains). **It is NOT possible to travel by car or taxi!**

The **travel costs** within the budget limit of your country (please see above) **will be reimbursed after the youth exchange to the bank account of your sending organisation and only if these 3 conditions are fulfilled:**

- 1) You gave all the ORIGINAL tickets to our organization. It's fundamental to bring the invoices or the travel confirmations where is clearly shown the price;
- 2) You attended the full duration of the youth exchange;
- 3) You submitted all reports that our organization or EU requested.



ACCOMMODATION AND FOOD

You will be accommodated in **Barbatuke Hostel** (in rooms for 3 / 4 persons.)

There are bedsheets, towels, TV and bathroom in each room. The pension offers also free Wi-Fi, swimming pool and a terrace.

The Hotel is situation in the heart of Malaga, no transportation needed to go to the city center, it is situated in a peaceful surrounding

The **contact details of the venue** are the following **Calle Octavio Picón 33, 29017 - Málaga**

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All meals will be served in the hotel including (Breakfast-Coffee breaks- Lunch-Dinner)

Kindly let us know about any specific dietary requirements, allergies or special needs you have by filling out the application form. Despite the fact that Morocco may not be the most ideal place for vegetarians,

INTERCULTURAL EVENING

During the project, we plan to arrange an Intercultural evening. You will present your own cultures – national, regional, personal or any kind of culture you feel you belong to. A culture may be presented by a song, a story, a poem, a dance, some drink or food, etc. You may bring pictures, music or anything which you consider to be most appropriate to present your culture.

We appreciate if you find some creative way to present your culture. We will not have a kitchen to prepare the meals for the intercultural evening, so we suggest that you adapt your food and drinks to that reality. It will be also the opportunity to share information about your organization the work you do so please bring some brochure and flyers with you.

WEATHER IN Malaga

October is usually hot, with temperatures about 20 °C. It might be 15 °C in the morning, Hot, during the day and warm at night. The weather can vary, so please do check the weather forecast for Malaga before you pack your suitcase.

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Most of the course will be held indoors,. Take your medication – it is good to take pills from your country (you know yourself the best so take painkillers, antipyretic, something against cold that works for you.

VISA

In case you need a visa to come to Spain ; please apply for it immediately as we confirm your participation because it may take long time. If you need an invitation letter from us, please let us know.

INSURANCE, MEDICAL AND SAFETY ADVICES

Be aware that it is compulsory to have your **travel insurance** covering the whole duration of your stay in Spain, including the days of your arrival and departure. Travel insurance cannot be covered by us, but you are obliged to arrange it by yourself before coming to Spain, Participants outside the EU and make sure to book your travel insurance that would cover your journey to Spain

If you have any special needs (allergies, diets, disabilities, disadvantages, etc.), please state them clearly in the Application Form so we can arrange everything in advance and we do not meet the problem of solving your special needs problem after your arrival to the Spain. **Also, please take your medication with yourself.**

CURRENCY AND PRICES

The national currency is **EURO**

In general, **Granada** is a touristic place some areas are cheaper others are expensive, you can expect prices as following :

Water (1,5 l)	0.60 €
Coffee	1,40€ €
a beer with a tapa	2,10 – 3,00€

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Some words to know

Hello	Hola !
Thank you	Gracias
No !	No
Please	Por Favor

The Coordinating organization of the project is : Torcal Espacio Joven

**If you have any inquiries regarding your air travel tickets, kindly reach out to:
Our team at : ameyfe@gmail.com**

See you soon in Malaga !