



Funded by
the European Union

Walking towards Gender Equality

Training course

15th to 22nd May 2026
(Including traveling dates)

Cocentaina (Alicante) - Spain

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1. Who we are?

Applying/coordinating organisation **ARREL D'IDEES** was created in 2018 by a group of EVS (European Voluntary Service) volunteers participating in a project hosted by Xeración Valencia in Gandia. We embrace gender equality, human dignity, cultural diversity, cooperation, social justice and inclusion. As well as practicing and promoting a sustainable development, healthy life styles and an active protection of the environment. We organise youth exchanges, training courses, workcamps and coordinate European volunteers from different countries in environmental, social, entrepreneurial and educational projects.



2. Summary of the project & objectives

The purpose of the project is to work on the analysis, debate and reflection on the social system that we inhabit, called *patriarchy*. Through different methodologies and non formal education activities, we will identify the inequalities that it generates, how it affects men, women and dissidents; seeking to generate critical thinking and collectively analyzing alternative models and practices. Our association considers that it is essential to work on the awareness of these inequalities and to think together alternatives to a more equal and diverse society, understanding participation in democratic life is one of the key factors to pursue these objectives.

2.1 General objective of the project:

To empower youth workers and youth leaders to challenge patriarchy and promote gender equality and respect for diversity, by developing critical understanding of gender-based stereotypes and their impact on individuals and communities, fostering reflective learning, exchanging good practices, and co-creating adaptable non-formal education tools applicable in their local contexts.

2.2 Specific objectives:

1. To understand patriarchy as a systemic social structure and explore its social, cultural and political impacts on all people, regardless of sex and gender.
2. To recognize and critically analyse how gender stereotypes shape identities and experiences, applying an intersectional perspective.
3. To share, map and reflect on effective practices, activities and educational resources from participating countries aimed at raising awareness on gender equality among young people.
4. To strengthen facilitation and safe-space management skills through experiential and peer-to-peer non-formal learning methods, increasing participants' confidence to address sensitive gender-related topics in a responsible and inclusive way.
5. To foster youth workers' capacity to promote youth empowerment and agency by supporting young people in developing counter-narratives that challenge patriarchal norms and raise awareness on gender equality.

VERY IMPORTANT: One important aspect to take into consideration: as part of the training course, participants are required to plan and implement a dissemination activity after the training, once they return to their home countries. This activity is an essential component of the training course and involves applying the knowledge and tools gained, as well as sharing the results and materials with a group of young people or youth workers. Participants are also expected to submit a short report documenting the dissemination activity, including some pictures and a description.

This dissemination activity must be completed and report submitted before July 15th.

We believe that working on these topics with creative and innovative tools will provide the participants with resources for the development of future projects that they want to carry out, both collectively and individually, allowing the achievement of these objectives:

- Providing non-formal and informal learning opportunities for the educational and professional development of workers in the field of youth, providing tools and experiences that enhance their skills.
- Creating a community and network of youth workers that can support the quality of projects and activities for young people in EU programs and beyond.

-Developing local work practices in the field of youth and contributing to the development of the capacity for quality work in the field of youth for the participants and their organizations.

This training course will take place from the 15th until the 22nd of May 2026 in HOTEL ANNA in Cocentaina (Alicante). There will be a total of 26 participants with **no age limit**, from any EU country or third countries associated to the Programme.

⚠️⚠️⚠️ VERY IMPORTANT INFORMATION BEFORE APPLYING ⚠️⚠️⚠️

This is a **non-formal learning activity** funded by the EU targeting **youth workers, youth leaders or other members of organisations.**

It is NOT a youth exchange for youngsters.

🚫 If your motivation is **partying, drinking, or having free time/holidays**, this is definitely not the right opportunity for you, so please don't come.

We appreciate your understanding and look forward to welcoming participants who are excited about this learning experience! 😊 **THANK YOU!**

3. Participant's profile

The profile of participants for this project are **youth workers, teachers, youth leaders, coordinators and other members of youth associations** with no age limit resident in [any EU Member States and third countries associated to the Programme](#) who:

- are members, work, volunteer or collaborate with a youth organisation;
- are able to communicate fluently in english;
- have a very basic or no knowledge at all and are interested in gender topics & feminism;
- are eager to organize their own activities with groups of youth in their local communities;
- are able to use the learning outcomes of the project in their daily work with youth;
- are flexible, open-minded and able to share with others respecting other's opinions;
- enjoy meeting and coliving 24/7 with people from other countries and cultures;

**There is priority for participants with fewer opportunities ([according to this definition of the Erasmus+ program](#)) and those who are working with youth with fewer opportunities.*

**Unfortunately this activity is not open for participants residents in Third countries not associated to the Programme.*

4. Accommodation and location

Accommodation will be in Hotel Anna (<https://hotelanna.es/>) in **Cocentaina (Alicante, Spain)** in triple rooms. Activities will be taking place at the Council of Youth of the same town, right in front of the hotel. All meals will be included (breakfast, lunch, dinner and coffee breaks).



Cocentaina is a locality in comarca of Comtat, in the province of Alicante, Spain. The village is located between the mountainous Serra de Mariola national park and the Serpis river. Cocentaina is conveniently situated for both road and mountain biking. Many of the roads are used for training by professional teams.

The most important monuments in Cocentaina are the convents of the orders of Saint Clare (from the 16th century) and Saint Francis, the Catholic church of L'Assumpció and the Palace of the Counts of Cocentaina.

Cocentaina has a Mediterranean climate with distinct warm, humid, and mostly clear summers (June to September) and long, cold, windy, and partly cloudy winters (November to March).

Temperatures typically range from a lowest of 5°C to a highest of 35°C during the year. During May temperatures are expected to be between 18-24°C. The area is characterized as dry year-round, with August being the hottest month. However with climate change the weather is changing having higher temperatures during the summer and more aggressive raining during the winter, being very variable.



More info about Cocentaina:

<https://www.comunitatvalenciana.com/en/alicant-alicante/cocentaina>

5. Travelling and insurance

100% of the travel costs will be reimbursed (up to one month after the end of the training course and after we received all the required documents) [flights, trains, buses, carpooling...but NO TAXIS] up to the maximum amount [indicated by this EU distance calculator provided by the Erasmus Plus program](#) from your residence place to Cocentaina as it follows (including both ways):

- Locations up to 99 kms >> 56 EUR [traveling only by bus or train]
- 100kms to 500 kms > 285 EUR [traveling only by bus or train]
- 500 kms to 1999 kms >> 309 EUR (Most EU countries)
- 2000 kms to 2999 kms >> 395 EUR

PLEASE NOTE THAT DISTANCE MUST BE CALCULATED ONLY WITH THE DISTANCE CALCULATOR INDICATED ABOVE (not google maps or any other).

In order to get your reimbursements you must keep and send us:

- TICKETS/INVOICE (on paper/email for trains/buses with the price on it)
- BOARDING PASS (for both ways)

NOTE: TAXIS CANNOT BE REIMBURSED! (only exceptions, please ask us before)

Following the guidelines of the E+ program the travel must be within a **maximum of 2 days before or after the project (arrivals not before the 13th OR departures not after the 24th)**.

We offer our full support booking flights and bus/train connections so please let us know if you need any help. We recommend using Skyscanner or any other engine to search flight options, but booking directly with the flight company on their official website.

You can book flights to any of the following airports:

>> Valencia (EASIEST AND BEST OPTION)

>> Alicante (Poor connections. Please ask us before booking your flight!)

>> Madrid or Barcelona (ONLY IF ITS YOUR ONLY OPTION, ask us before booking it)

PLEASE NOTE: The earliest you can arrive to Valencia bus station on friday 22nd of May is around 10h. Therefore please do not book your departure flight from Valencia airport on the 22nd before 12:30h (ish).

Please let us know if you don't have other options and we can try to find alternatives together.

HEALTH INSURANCE: Please remember to bring your European Health Insurance Card or your private insurance.

6. PROGRAM DRAFT (It's a draft open to some small changes)

Day 1: ARRIVALS. MEETING POINT at 20h in COCENTAINA

Day 2: Welcome, knowing each other, program presentation and intro to main concepts.

Day 3: Activities, dynamics and debates to work on the topics, team building and more.

Day 4: Sharing good practices and preparing activities.

Day 5: Working in groups, preparing workshops.

Day 6: Presentations of participant's workshops.

Day 7: Learning outcomes. Evaluation & closing.

Day 8: DEPARTURES.

APPROX. DAILY SCHEDULE ((It's a draft open to some small changes)):

Morning sessions from 10h to 13:30h (breakfast at 9h and coffee break at 11:30h)

LUNCH from 13:30h to 15:00h

Afternoon sessions from 15h to 18:30h (Coffee break at 16:30h)

DINNER at 20h

7. MEETING POINT: *The meeting point details will be announced later.*

8. What to bring?

- Your own toiletries (soap, toothpaste, shampoo...)
- Your own bottle of water/cup to refill (metal, glass or hard plastic)
- Comfortable shoes
- Mosquito repellent
- Sun cream

A lot of good energy and a positive attitude! 😊

9. Application process : Applications will be accepted until the 16th of March through the following form: <https://forms.gle/Wvo2ZedVgnfmgN9m7>

10. Contact info: If you have any questions please feel free to **contact us:** arredidees@gmail.com or via **WhatsApp** at +34 626 905 529 (Josie).