



Co-funded by the
Erasmus+ Programme
of the European Union

INFO PACK

BEYOND THE STAGE!

CREATIVE PATHWAYS TO EMPOWER YOUTH WORKERS

“Art is not what you see, but what you make others see.”— Edgar Degas



7 - 13 April 2025



Madrid, SPAIN

We believe art is a powerful tool to break barriers and connect individuals from diverse backgrounds.

"Beyond the Stage: Creative Pathways to Empower Youth Workers" is a 7-day Erasmus+ training course aimed at empowering youth workers to use creative methods—such as theatre, poetry, and visual arts—to foster inclusion and empower marginalized young people. Through this course, participants will enhance their capacity to engage youth in creative, non-formal education activities that promote social inclusion and personal development.

In this Info Pack, you will find all the practical information you need about the programme ahead.

We can't wait to meet you!



CONTENT

★ *Preparation*

- ❖ *Reflection and Homework*
Virtual space to gather

ARRIVAL / DEPARTURE

- ❖ *Pick-up*
- ❖ *Drop off*

PROGRAMME

- ❖ *Open space*
- ❖ *Free time*

LOCATION AND VENUE:

- ❖ *Weather*
- ❖ *What to bring*
- ❖ *Checklist*

REIMBURSEMENT

- ❖ *Insurance*

- ❖ **PRINCIPLES**

- ❖ **CONTACT AND MORE DETAILS**

PREPARATION

Reflection and homework

You can slowly start turning your attention towards the training. You are invited for creating homework before the course starts:

1. An “empowered” notebook - We ask you to get yourself a notebook to bring to the training with you and focus on the following preparatory questions to journal about; to wander with:

- Why did I sign up for the project?
- What is my intention for this course?
- What does my voice mean to me?
- What is a quality I want to bring and share with participants?
- To which areas of my life do I wish to bring more clarity?

2. Song - Prepare a song of your choice. It can be any song, but preferably something in your native language and some that has a meaning for you. It doesn't have to be long and you don't have to sing it well at all. Feel free to be as out of tune or 'unmusical' as you like to be. Just something you feel you connect with and enjoy.

3. Text - Memorize a short piece of text - between 6-10 lines. Any language is fine. It can be a poem, an extract from a book, or a speech from a play. Piece of text that means something to you and that draws your attention towards it.

Enjoy the process and the discoveries!

Virtual space to gather

Here you can join the “Beyond the Stage: Creative Pathways to Empower Youth Workers - Whatsapp Group”



This is the official channel of communication, through which you will be able to keep in touch with the rest of the participants. In case you cannot access WhatsApp, please get in touch with somebody from your country and see whether they could find a way to share with you the information that will be posted there.

Please note this group is for everyone and to welcome and share positive care for one another. Please use it with the utmost respect, love and consideration.

ARRIVALS / DEPARTURES



Pick-up

The arrival day of the project is **Monday 7th of April**. When departing from an airport, always book your journey to depart 60 - 120 minutes after your flight has landed in order to ensure you do not miss your connection because of delays. Here are the tips for your journey;

From Adolfo Suarez Airport (Madrid) to Pradena del Rincon

1. Transport Subway: Line 8 - From Adolfo Suarez Airport T4 to Plaza de Castilla
2. Public Bus - From Plaza de Castilla to Buitrago del Lozoya
3. Public Minibus - From Buitrago del Lozoya to Pradena del Rincon

Here you can see the schedule of the transportation to our venue. We will pick you up there and walk together to the venue, as the venue is just 5 minute walking distance.

<https://www.redtransporte.com/madrid/autobuses-interurbanos/191-c-buitrago-del-lozoya-pinuecar-montejo-de-la-sierra.html>

You can get more information about the transportation below;

<https://www.alvientoturismorural.com/comollegar>

If you are running late, or need help about transportation, please;

Veli Esen, Contact Person, +90 551 411 1965.

Drop off

The departure day is **Saturday 13th of April**. Organised departure from the venue is at 2 pm Please keep this in mind when booking your tickets. Be aware you should arrive at the airport 2 hours prior to your scheduled departure so that you have enough time for airport security.

Important

Please note that we will not provide any additional accommodation for your stay in the city outside of the training dates. If you arrive before and/or you stay in Madrid after the training course, it is your own responsibility to arrange accommodation elsewhere for these dates.

PROGRAMME

Here is the general overview of the daily schedule, these may adapt slightly on the day, but should give you a general idea of the flow.

Approximate Daily flow	
7.30 - 8.00	Optional Morning Yoga / Movement
8.00 - 8.50	Service & Care
9.00 - 9.30	Getting ready for the course
9.30 - 13.00	Programme (with break)
13.00 - 14.00	Lunch & Rest
14.00 - 14.30	Quiet time
14.30 - 17.00	Programme (with break)
19.00 - 20.00	Dinner & Rest
20.00 - 22.00	After dinner activities
12.00 - 7.00 a.m.	Silent time

Each training day will start with an optional morning activity, followed by breakfast, service & care time and the first session from 9:30 am. Please be **ready** to start **before** the session begins.

Afterwards, we'll have a lunch break and a rest period. Then another block of activities with a tea break goes until 7 pm - we'll have closed by dinner at 7 pm on most days.

Open space

We know that each of us has a lot to offer. In this training, we would like to honour the amazing diversity this group is bringing and learn and grow together by offering each other something from our expertise, experience and knowledge. It can be something that you think would benefit the training or you can step out of your comfort zone, practice facilitation or offer something you haven't tried out yet!

In the mornings before the programme, on some of the evenings after dinner and in a dedicated part of the programme, we are offering you open space for optional activities. It will be up to **you** what happens then. There will be sessions focused on exploring facilitation and communication practices within the programme itself, but we are also encouraging you to take the chance to offer activities for one another that are inclusive and available to all. Let us know if you need extra support regarding this.

Free time

The additional initiatives in the mornings and some of the evenings are voluntary (to offer and to participate), so if you need this time to rest or focus on other things, you can. Please ensure you can attend the entirety of the course and that any other business is taken care of outside of the schedule (before 9 am or after 7 pm). We really encourage you to take lunch breaks off to rest and refresh.

We will be co-creating this experience altogether, so if you're attending, please know that you're expected to be fully present throughout the course and ideally give yourself a break from your day-to-day life, work and responsibilities.

We will have afternoon **off** on Thursday. You can have a rest, or take a short trip to Madrid. We will help you find some options on your off time.

LOCATION AND VENUE

The project will be held in Al Viento in Prádena del Rincón, Madrid, SPAIN.

Al Viento de Prádena del Rincón is a beautiful renovated stone and wood house that has 8 individual accommodations that share the entrance and a common patio. Each accommodation is independent and has a living room with fireplace and window with fabulous mountain views, American kitchen integrated in the living room, a bathroom and one or two bedrooms (depending on the accommodation). In front of the main house, there is a shared terrace with tables, chairs, umbrellas, and two barbecues, available exclusively for our guests.



They are equipped with

- a 32-inch TV with USB port,
- electric stove,
- microwave oven, l
- low fridge, toaster,
- juicer,
- coffee maker,
- crockery,
- cutlery,
- kitchen essentials,
- bed linen and towels,
- tablecloth,
- consultation books, hair dryer and heating.



All accommodations have WiFi service. To connect, use the following password: [2017alviento2017](#).

The heating system consists of electric radiators in all rooms and a fireplace in the living room. During winter, we provide firewood, along with a kit of matches and fire starters to help you light it. The firewood is stored in a shared woodshed in the interior patio, under a small roof to keep it dry.

We kindly ask that you use the fireplace and radiators responsibly and ensure that both are turned off when you leave.

Participants will stay in shared accommodation (4-5 people per room) with access to communal areas for relaxation and socializing. The training space will be in Town Hall which is 5 minute walking distance, is equipped with materials for artistic and theatrical work, allowing for dynamic, hands-on learning experiences.



Weather

Spring in this place is very changeable. Normally it is not very cold, but it can rain or have splendid days.

You can get more ideas about the weather on the link below;

<https://www.accuweather.com/en/es/cabanillas-de-la-sierra/1465646/april-weather/1465646?year=2025>

April 2025							DAILY →
S	M	T	W	T	F	S	
30	31	1	2	3	4	5	
11° 2°	12° 2°	14° 3°	12° 3°	10° 4°	13° 3°	12° 3°	
6	7	8	9	10	11	12	
12° 6°	15° 6°	16° 6°	16° 7°	16° 7°	17° 7°	17° 8°	
13	14	15	16	17	18	19	
16° 7°	17° 7°	16° 7°	15° 7°	14° 5°	16° 7°	16° 7°	




WHAT TO BRING

A check-list for you:

- Comfortable clothing for physical activities (movement workshops, theatre, etc.).
- Shoes suitable for outdoor activities.
- Any personal medication you may need.
- Items for cultural night (snacks, traditional clothing, music, etc.).
- A creative item or piece of art from your home country that is meaningful to you (e.g., poem, painting, etc.).
- A notebook and pen for reflection and note-taking.
- Reusable water bottle (we aim to be environmentally friendly!).
- Insurance documentation.



NUMBER OF PARTICIPANTS AND TRAVEL PAYMENTS

		TOTAL N° OF PARTICIPANTS	PARTICIPANTS WITH FEWER OPPORTUNITY	GRANT PER PARTICIPANT (EUR)
Spain		4	1	56,00€
Turkiye		3	1	395,00€
France		3	1	417,00€
Romania		3	1	395,00€
Ukraine		3	1	580,00€
Portugal		3	1	285,00€
Slovakia		3	1	395,00€

Grants in green color are green travel

REIMBURSEMENT

We would like to reimburse you as soon as possible!



As long as you keep all the tickets and their invoices and upload on the drive we will share with you in training course.



Insurance

It is recommended that you have travel insurance as well as a valid European Health Insurance Card (EHIC). Your insurance should cover medical expenses, flight cancellations, personal accidents, lost luggage, lost or stolen money, lost or stolen personal effects, and a level of personal liability cover. If the travel insurance is purchased with the airline together with the travel ticket as one invoice, it can be reimbursed up to the available travel budget. Travel insurance purchased separately isn't qualified for reimbursement.



PRINCIPLES TO EMBRACE

We invite you to the opportunity of having 5 days to connect - with yourself, one another, nature and the course content. This is a space for you to rest, to rejuvenate, to learn and to grow.

- ❖ *Please be aware that our project follows a no drugs and no alcohol policy so everyone can be as clear-minded and heart-centred as possible.*
 - ❖ *To limit your contact with technology and use it only for urgent work and essential conversations.*
 - ❖ *To dedicate yourself to the process, to give your 100%, and to be present.*
 - ❖ *To engage in meaningful conversations and activities that serve you and others.*
 - ❖ *To respect the spaces and places in which the program will take place, to consume the necessary resources with responsibility, humbleness and gratitude.*
-

CONTACT

Veli Esen - Contact Person
veliesen@gmail.com / +90 551 411 1965

Thank you for embarking on this journey and for dedicating your time to learn and grow so that you can better contribute to the great shift.

We are looking forward to meeting you in Madrid.

We wish you a safe and joyful journey

