



Rooted in the principles of experiential learning and intercultural dialogue, the training course focuses on empowering participants experience diverse non-formal educational tools and methods in topics related to the current interest of the young people.





Funded by the European Union

TO WHOM?

Tools4(ex)Change is designed **for young people aged 18–25** who are interested in becoming youth
exchange leaders. The training is ideal for individuals
who are passionate about working with peers,
facilitating inclusive group experiences and using
non-formal education to make a positive impact.

This training course is especially suitable for:

- Aspiring or emerging youth leaders;
- Participants with some experience in youth exchanges as participants willing to become leaders;
- Young people eager to explore non-formal educational methods and experiential learning;
- Those who want to gain hands-on skills in facilitation youth-driven learning activities.

Participants must be able to communicate in English.

THE AGENDA

The programme will be conducted in English.

The training course will be based on an interactive and participative approach. The processes of learning from each other and learning by doing will be crucial, as well as self-directed peer learning, where partners equally share their knowledge while placing emphasis on integration and promoting independent learning experience.

During the training methods of non-formal and informal education will be used, such as individual, pair and group work, creative workshops, theatre methods, simulation and situation games, problem solving and debate exercises, presentations and discussions, indoor and outdoor elements.

Day 1: Getting to know, teambulding

Day 2: Non-formal education

Day 3: Mental Health & Wellbeing

Day 4: Environment & Sustainability

Day 5: Digitalization, digital wellbeing & critical

media literacy

Day 6: Peacebuilding & Intercultural Learning

Day 7: Evaluation, closing



THE VENUE ALICANTE

Alicante is a city in Spain, located in the southern part of the Valencian Community. The city is a sea port and a tourist centre.

YOUTH HOSTEL ALBERG JUVENIL LA FLORIDA

ADDRESS: AV. D'ORIOLA, 59, 03007 ALACANT, ALICANTE

Youth Hostel La Florida is a student community accommodation.

An inspiring environment for activities which create values of youth and training courses. You will be accommodated in private rooms with private facilities. (May vary according to availability)

There is a huge meeting room, some cozy areas, a dining area and a garden for our use.
The Hostel is situated in the Southern area of Alicante, just a short walk or bus ride from
the historical centre.







TRAVEL

Travel costs are determined by standards set strictly by Erasmus+ Programme based on the distance between your hometown and Alicante.

Travel Distance	Non-Green Travel	Green Travel
10 - 99 km	28 EUR	56 EUR
100 - 499 km	211 EUR	285 EUR
500 - 1999 km	309 EUR	417 EUR
2000 - 2999 km	395 EUR	535 EUR
3000 - 3999 km	580 EUR	785 EUR

Distance is calculated one direction, based on <u>this calculation page</u> provided by the Erasmus+ Programme.

Arrival: before 18:00 on 16th July 2025

Departure: any time on the 24th July 2025

Arrival and departure shall be made to/from Alicante Airport/Train Station You are invited to stay up to 2 days extra before or after the training in Alicante on your own expenses.





Adequate clothing for indoor and outdoor activities
Documents for reimbursement: flight ticket, visa papers, invoices
National food and/or drinks to share during the intercultural events
Bottle and/or cup for water and beverages
Personal hygiene products (shampoo, cream etc..)
Personal Medication (if its needed)
Insurance, EU Insurance card
Towels - for shower and beach
Swimming suit, suncream







APPLICATION DEADLINE: 30. JUNE 2025

We will send you selection results by the 2. JULY 2025

FILL IN THE APPLICATION FORM HERE

Contact us

ENRIQUE MONRABAL RUIZ

+34 671249320

voluntariat@amics.eu





