



INFOPACK



CORE

Communication, Mediation &
Conflict Resolution in Youth Work

Training Course

22 to 28 of April 2026

Arcos de Valdevez - PORTUGAL



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



Funded by
the European Union



Erasmus+ Accreditation Strategy

Associação Juventude de Vila Fonche has been awarded a 4-year Erasmus+ Accreditation in the field of youth. Our strategic plan focuses on empowering young people, particularly those with fewer opportunities from rural and marginalized areas, to actively participate in Erasmus+ projects and beyond.

The core objectives of our Accreditation strategy are:

- To empower youth organizations and youth workers to support young people with fewer opportunities at the local level.
- To enable young people to take the lead in addressing challenges they face and driving positive change in their communities.
- To foster the inclusion of young people with fewer opportunities, ensuring they are active participants in society regardless of their background.

Training Course

CORE Training is a **6-day international training course** organised by **Associação Juventude de Vila Fonche** under its Erasmus+ Accreditation in the youth field. It brings together youth workers, volunteers and partner organisations **working with young people with fewer opportunities, particularly in rural and marginalised areas.**

Through collaborative learning and non-formal education, the course will focus on:

- **Communication in youth work** (clear, inclusive, intentional communication)
- **Mediation and conflict resolution** (tools, attitudes, and facilitation skills)
- **Teamwork & group dynamics** (building cooperation and preventing escalation)
- **Applying these tools with young people, especially in rural and vulnerable contexts.**

Objectives

- **To strengthen** youth workers' practical skills in communication, with a focus on clarity, inclusion, and intentional language in youth work settings.
- **To equip** participants with tools for mediation and conflict resolution, including prevention, de-escalation, and constructive dialogue.
- **To explore and practise** approaches such as active listening, feedback, assertive communication and restorative perspectives, adapted to real youth work contexts.
- **To connect** methods and learning outcomes to the ETS Competence Model and Youthpass, supporting recognition of competencies and reflection on professional practice.
- **To enable** the exchange of good practices and real case studies among partner organisations, reinforcing peer-learning and international networking.



TRAVEL ADVICES

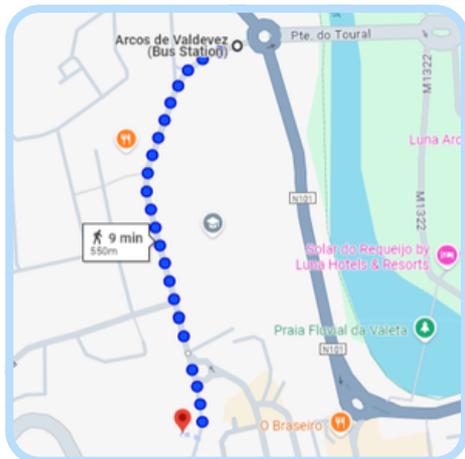
The travel costs will be supported until the maximum allowed by Erasmus + according to the distance, please confirm the value using the **distance calculator** (to Arcos de Valdevez) and the following information:

TRAVEL DISTANCE	GREEN TRAVEL	NON-GREEN TRAVEL
10 - 99Km	56,00€	28,00€
100 - 499Km	285,00€	211,00€
500 - 1999Km	417,00€	309,00€
2000 - 2999Km	535,00€	395,00€
3000 - 3999Km	785,00€	580,00€
4000 - 7999Km	1.188,00€	1.188,00€

Important advice for planning your trip to Arcos de Valdevez:

- **Before booking**, send us (projetos.juventude@arcosv.pt) your travel options and we will give you feedback and suggestions if you have doubts
- If a participant travel from different a city or country the sending organization should send us a declaration informing us about the situation
- The **closest airport** from Arcos de Valdevez is in Porto - Porto Airport (OPO). There are direct buses from Porto airport to Arcos de Valdevez. You can **check the bus schedule** in:
 - <https://www.getbus.eu/pt/> OR <https://rede-expressos.pt/pt>
- Don't forget to **collect all the invoices, boarding passes and bus/train tickets** otherwise we cannot make the reimbursement for the travel costs. According to your arrival time in Arcos de Valdevez we will meet up at Centro Jovem.

HOW TO GET TO CENTRO JOVEM



As you can see in the map it's really easy to get to **Centro Jovem** from the bus station on foot.

It takes around 9 minutes.

The link to the directions:

<https://goo.gl/maps/XBtZYmizaSdVceBu8>

ACCOMODATION

Participants will be lodged in Pousadinha, **lodging center belonging to the association** with capacity for 30 people.

The participants will **share bedrooms and bathrooms**.

The building has free **Wi-Fi in the common areas** and an exterior space that will allow the interaction of the participants during free times.

It's easy to get to the center of the village, making it easier to improve the participant's interaction with the local community.

Pousadinha will also be used to the training as well as some public spaces in Arcos de Valdevez that allow a better interaction with local villagers and its culture.

Bed linen and towels will be provided. All bathrooms are **equipped with shower gel and shampoo** for participants' use.



DON'T FORGET

- Bring clothes/shoes that you would feel comfortable in, according to the temperature. Here you can **check the weather forecast** and decide what kind of clothes are good for you.
<https://www.ipma.pt/pt/otempo/prev.localidade.hora/index.jsp#Viana%20do%20Castelo&Arcos%20de%20Valdevez>
- Be aware that in Portugal, **April can already be warm and rainy**, so be prepared for that.
- **European Health Insurance Card.**
<https://ec.europa.eu/social/main.jsp?catId=559>
- **The plugs in Portugal are type F** (see the image). Don't forget your adaptor if you need one!



LANGUAGE & USEFULL EXPRESSIONS

Bom dia/ Boa tarde/ Boa noite: Good morning/good afternoon/good night

Obrigado /Obrigada: Thank you!

Olá: Hi!

Bem-vindo: Welcome

Como está? or Tudo bem?: How are you ?

Muito bem, obrigado/a, e tu?: Very good thanks and you ?

Sim / Não: Yes/ No

Se faz favor / Por favor: Please

De nada / É um prazer: You're Welcome

Com licença / Desculpe: Excuse me

HOW TO APPLY

We expect each organisation to **involve 1 or 2 members** who will later be able to apply and/or share the knowledge gained during the training course.

PROFILE

- Has a **real connection** to the partner organization
- Can share the organization dynamic and **work on the field of Erasmus+ Program & European Solidarity Corps**
- **Commitment to active participate** during the TC
- **Able to work in English**
- **Ability to replicate and implement the knowledge and skills acquired/developed in the partner organizations**

If you want to make part of our TC, please fill

>>> THIS FORM <<<

until 08/03/2026



heldercosta.juventude@gmail.com