

TRAINING COURSE

# PRO Writing

Training European projects designing and writing skills



LOGROÑO, LA RIOJA, SPAIN

21 - 27 JUNE 2026

(Travel days included)

# About Gantalcalá

Gantalcalá is a youth organisation based in Spain, with delegations in the regions of Andalucía and La Rioja.

Since 2008, it has helped to promote educational and volunteering opportunities for young people at an international level. As a result, Gantalcalá has a team with extensive experience and expertise in managing international mobility projects.

Gantalcalá currently holds an Erasmus+ accreditation in youth, through which it runs annual training courses aimed at contributing to the professionalisation and internationalisation of youth work.



David Castillo is an English philologist with over 18 years of experience in coordinating and managing European projects.

He is trained as an Erasmus+ project evaluator, and works as a professional trainer and consultant specialised in European funded programmes and transnational project management.

Víctor González has more than 13 years' experience in youth work, both as a volunteer and in a professional capacity.

As a social worker, he has experience in various fields, focusing in the designing of social projects. He is coordinating the youth area in Gantalcalá, where he has coordinated and implemented dozens of European projects in the field of youth.



# Aim of the project

PRO Writing emerges from the need for social organizations to reinvent themselves and to increase the quality of their activities. In a sector where access to resources is often very limited, especially at European level, it is essential that our projects and proposals stand out and are clearly structured, both in content and in structure.

**For this reason, our aim is to PROMote PROfessional skills in designing and writing of social PROjects. To be true PROs.**

Our goals are:

- To identify and understand different European funding programmes and how to access them.
- To develop professional skills in structuring and designing social projects.
- To strengthen the capacity of youth workers to write high-quality project proposals.
- To exchange experiences and share best practices in managing international social and educational projects.
- To build stronger connections and foster collaboration among European youth organisations.

## Methodology

In the mornings, using non-formal education methods, we will focus on theoretical concepts, to develop an understanding of the different phases involved in designing a social project.

In the afternoons, each participant will be provided with a personalized template simulating a European project application. Building on the concepts covered in the morning sessions, participants will have time to develop and draft their own project ideas.

By the end of the project, each participant will have a professional project draft and potential partners interested in joining it, leaving only the final development and submission of the application to be completed.

# Plan of the week



All workshops will follow a clear structure based on non-formal methodologies, incorporating theoretical, experiential, and reflective learning.

Our team will facilitate a shared learning environment where knowledge is co-created by all participants, enabling them to take an active role in the learning process.

Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
<b>Introduction</b>	<b>Structuring our plan</b> <i>(needs, goals, impact)</i>	<b>Generating changes</b> <i>(activities, communication)</i>	<b>Making it possible</b> <i>(management)</i>	<b>Stablishing alliances</b> <i>(partnerships)</i>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<u>Activity 1A</u> <b>Teambuilding</b>	<u>Activity 2A</u> <b>Addressing a problem</b>	<u>Activity 3A</u> <b>From problems to solutions</b>	<u>Activity 4A</u> <b>Monitoring our projects</b>	<u>Activity 5A</u> <b>Finalising project drafts</b>
Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
<u>Activity 1B</u> <b>Who are we representing?</b>	<u>Activity 2B</u> <b>Logical frameworks</b>	<u>Activity 3B</u> <b>Reaching out... to everyone?</b>	<u>Activity 4B</u> <b>Draft of ideas</b>	<u>Activity 5B</u> <b>Market of ideas</b>
Lunch	Lunch	Lunch	Local traditional lunch	Lunch
<u>Activity 1C</u> <b>EU funded programs</b>	<u>Activity 2C</u> <b>Draft of ideas</b>	<u>Activity 3C</u> <b>Draft of ideas</b>	Free time	<u>Activity 5C</u> <b>Tips to write applications</b>
Thoughts of the day	Thoughts of the day	Thoughts of the day		Evaluation - Next steps
Free time	Free time	Free time		Free time
Old city walking tour (optional)		Self-paid winery visit (optional)		
Spanish traditional dinner	Dinner	Dinner	Dinner	Final event and dinner at a private bar
Free night	St John bonfires (optional)	Free night	Free night	

Meals at the accommodation will be at:

- Breakfast: from 8:00 to 9:30
- Lunch: from 13:30 to 15:00
- Dinner: from 20:30 to 22:00

Activities will be from 10:00 to 13:30 (including break), and from 15:00 to 17:00



# Accommodation

All the group will be accommodated at the university residence Francisco Jordán, located 10 minutes away from the city centre by foot.

Facilities:

- All rooms are single with private bathroom, a wardrobe, desk and bedside table.
- Spaces at the venue include a small gym, library, study rooms and sport courts.
- Breakfast, lunch and dinner will be served at the canteen, with two options to choose.
- Bedding is provided, but you should bring your own towel.
- No access to laundry machines.

Most workshops will take place in a private working room in the same building.



# Logroño

Logroño is the capital city of La Rioja, with a population of roughly 160.000 inhabitants.

It is a compact city that is very accessible and easy to get around on foot, as you can reach any part of it in a short walk. It boasts plenty of green spaces and pedestrian streets. The historic centre often hosts a variety of social events and has a lively atmosphere. In the afternoons, it becomes quite busy with people and tourists of many different nationalities.

The city is a stop on the famous Way of St James, so hundreds of pilgrims pass through it every day, bringing a lively atmosphere to its streets.



The city is considered to have the most bars per inhabitant in Spain. It also has one of the most famous gastronomies in the country, based on its "pinchos". Also, the whole region is famous for its wine, considered to be the one of highest quality in Spain.



# Economic conditions

No fee!

Accommodation and meals will be fully covered during the activity days.

Travel tickets will be bought by the participants (ONCE CONFIRMED) and will be reimbursed based on the distance in straight line between the Logroño and the starting point of the trip.

## Maximum travel budget

DISTANCE BAND	GREEN TRAVEL*	REGULAR TRAVEL
10 km - 99 km	56 €	28 €
100 km - 499 km	285 €	211 €
500 km - 1.999 km	417 €	309 €
2.000 km - 2.999 km	535 €	395 €
3.000 km - 3.999 km	785 €	580 €

*\*Green travel: No flights, no car (shared car is allowed)*

## Documents needed for reimbursement

Flight: Boarding pass and flight reservation (with invoice if possible)

Train/bus/ferry/taxi: Ticket (with invoice if possible)

Metro/urban bus: Physical ticket

Rent car: Invoice and contract, and gas stations tickets

Owned car: Reimbursed cost per kilometer will be 0,26€



## Reimbursement procedure

Every participant will have to provide all ORIGINAL documents required to justify their travel costs; by email if the document is online, and by postal mail if the document is printed. Once this is done, the transfer will be sent to the participant.

# Arrival and departure

## ARRIVAL

You must arrive at the accommodation anytime on the 21st of June.

Address: [Residencia Francisco Jordan, Paseo del Prior 6, Logroño](#)

At 20:30 we will have a brief welcoming event at the venue for those who already arrived.

After that, dinner will be available at the canteen, until 21:30. For those who arrive later, you'll find a small picnic dinner at your rooms.

## DEPARTURE

You are able to depart from Logroño anytime on the 27th of June (not before).

**You can take up to 3 days for the arrival trip, and 3 for the departure trip.**



# Travel guide to Logroño

Some recommendations

For those participants flying, we recommend to land in Logroño, Bilbao, Madrid or Barcelona.

## **LOGROÑO AIRPORT (RJL)**

There are daily connections with Barcelona and Madrid. To arrive to the city center, in the weekends, only taxis are available.

## **FROM BILBAO TO LOGROÑO**

Take bus A3247 from Bilbao Airport to Intermodal Bus Station. It takes 30 min.

From there, there are several daily buses to Logroño. The bus company operating the line is [Cuadrabus](#).

## **FROM MADRID TO LOGROÑO**

There are several daily buses from Madrid-Barajas Airport (T4) to Logroño.

The bus companies operating the line are [ALSA](#) and [JIMENEZ](#).

## **FROM BARCELONA TO LOGROÑO**

From Barcelona Airport (T2), take train line R2-Nord to Sants Station. Once there, you can take a train from Sants Station, or a bus from Sants and Nord Stations:

TRAIN: The main train company is [RENFE](#). There are some direct trains, but for most options you will have to change in Zaragoza.

If needed, you'll find more trains between Barcelona and Zaragoza in [OUIGO](#) and [IRYO](#), and then another train from Zaragoza to Logroño in [RENFE](#).

BUS: There are several daily buses from Barcelona (Sants and Nord) to Logroño. The bus company operating the line is [ALSA](#).

## **GREEN TRAVEL OPTIONS**

One way is arriving to San Sebastián by bus: [BLABLACAR](#) or [FLIXBUS](#). Then, there are several daily buses to Logroño. The company operating the line is [LA ESTELLESA](#).

Another way is taking the daily [AVE Internacional](#) train, from Marseille to Zaragoza. Then, from Zaragoza to Logroño you can take either train or bus: [RENFE](#) or [JIMENEZ](#).

For portuguese participants, there are weekly direct buses from the area of Braga/Porto to Logroño. The company operating the line is [LA ANDORRANA](#).

# Participants profile

## All participants will have to meet the next requirements:

- Being 18 years old or older
- Residing in a member country of the EU or the Erasmus+ program
- Meeting all legal requirements to travel to Spain
- Being active at a European organisation (with OID)
- Having experience in the field of youth
- Holding a European Health Card, or a private travel insurance

## The selection process is open, and will be based on:

- Maximum of 2 participants representing the same organisation
- Maximum of 2 organisations per country
- Level of involvement in a youth organisation (staff, volunteer or intern)
- Previous experience in Erasmus+ or other EU funded programmes
- Motivations to participate
- Previous partnerships between Gantalcalá and the sending organisation

## How to apply

To be part of the selection process, complete this online form:

[APPLICATION FORM](#) (Link!)

Deadline to apply:  
**TUESDAY 4th of MAY at 23:59**

Once the selection process is closed, you'll receive the result by email.



# Contact

For any question you would like to ask, let us know!

- /// → Email: [mobility@gantalcala.org](mailto:mobility@gantalcala.org)
- /// → WhatsApp: +34 623959192
- /// → Instagram: @gantalcala



**This is what we  
do, and we really  
love it.**

**Gantalcalá**