

FROM THE 15TH
TO THE 20TH OF
NOVEMBER 2026

TRAINING COURSE

4 DAYS
OF ACTIVITIES



2 DAYS
OF TRIP

EXCHANGE OF PRACTICES

THE PROJECT WILL FOCUS ON

- Strengthening the network,
- Ensure that participants leave with concrete new ideas of animations to apply to their projects,
- Give each participant the opportunity to discuss their challenges and strengths.

OUR ENGAGEMENTS

- No judgment,
- A good balance between activity time and free time,
- A participating and active training course.

YOUR ENGAGEMENT

- You must prepare the required work before coming to the project,
- Assist the preparatory meetings,
- Good energy always!



WHERE?
LA ROCHELLE

ORGANIZED BY



HI! FRANCE
Auberge de jeunesse 17
La Rochelle - Saintes - Rochefort

FINANCED BY



Funded by
the European Union



RÉGION
**Nouvelle-
Aquitaine**

**FROM THE
15TH TO THE
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2026**

EXCHANGE OF PRACTICES



PROGRAM

MONDAY 16/11

- Ice breaker
- Structure work n°1 : presentation + their past/upcoming projects
- Structure work n°2 : animation to raise awareness on a subject
- International snack time

TUESDAY 17/11

- Workshop : how to face the rise of extremism among young people in Europe
- Workshop : dealing with conflicts during projects
- Debate : can we satisfy all participants needs?
- Structure work n°3 : your best evaluation tools

WEDNESDAY 18/11

- Structure work n°4 : energizer ideas
- Workshops : how to prevent burn out?
- Visit of Rochefort's hostel

THURSDAY 19/11

- Structure work n°5 : sharing their best tools
- Workshop : How to film better videos?
- Free afternoon



We won't have activities planned on the travelling days . Most of the evenings will be free for you to rest or enjoy the city!

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STRUCTURE'S WORK N°1



STRUCTURE PRESENTATION

WHAT IS IT?

- **Before coming to the project**, we'll ask each organization to prepare a presentation of their structure (*what do you do, the public you are working with, the thematics you work on, where are you based....*),
- At the end of your presentation, you'll show videos/photos of **your last project(s)** (topic, number of participants...) and few **infos about the next ones**,
- Keep a short time for **questions and answers**.

DURATION?

- The total presentation must last **around 20/25 minutes per structure**

KEEP IN MIND

- You'll be able to use our computer and our screen/cable but you must **come with the presentation** (on USB key, sent by email...),
- Any document (in english) about your structure can be interesting to share,
- It's a great opportunity to **meet new european partners!**



DATE : 16/11
IN THE MORNING

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STRUCTURE'S WORK N°2



**ANIMATION : RAISING
AWARENESS ABOUT A SUBJECT**

WHAT IS IT?

- **Before coming to the project**, we'll ask each organization to prepare an animation they usually do with their participants, in order to **raise awareness about a topic related to UE values** (sustainability, equality, food waste, sexism,...)
- The training participants will play the role of the youngsters, just as in a real-life situation.

DURATION?

- The animation should last **around 20/25 minutes per structure**

KEEP IN MIND

- You'll be able to use our computer and our screen/cable,
- If you need specific material, you need to let us know, **at least 10 days before** the project starts,
- It's a way to get new ideas of animations to use in your future projects!
- Our total group of people during the training will be around **12/15 people**.



**DATE : 16/11
IN THE AFTERNOON**

FROM THE
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STRUCTURE'S WORK N°3



EVALUATION TOOLS

WHAT IS IT?

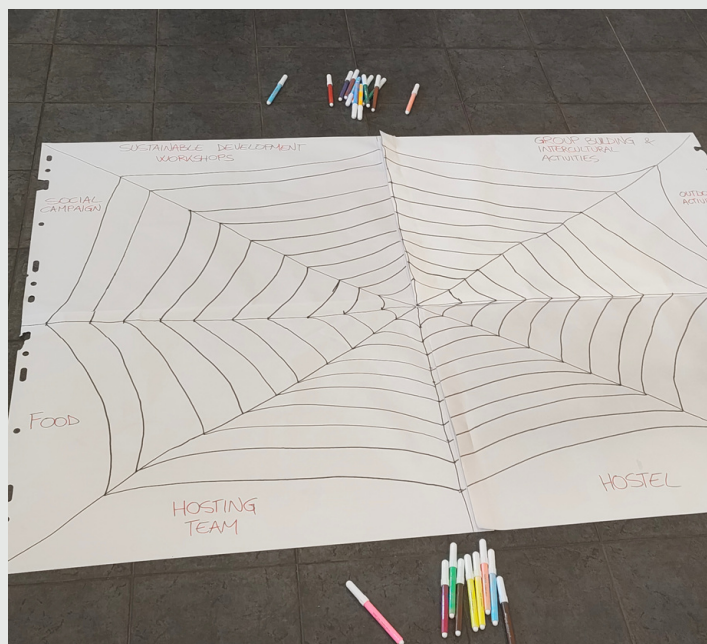
- **Before coming to the project**, we'll ask each organization to select a tool they use with youngsters to evaluate the success of the projects. (*How the project reached the initial goals? How do you measure satisfaction?...*)
- The training participants will play the role of the youngsters, just as in a real-life situation,
- Keep a moment of exchange with the participants at the end of your presentation.

DURATION?

- The animation should last **around 15/20 minutes per structure**

KEEP IN MIND

- You'll be able to use our computer and our screen/cable,
- If you need specific material, you need to let us know, **at least 10 days before the project starts**
- It's a way to get new ideas of evaluations to use in your future projects!



DATE : 17/11
IN THE AFTERNOON

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STRUCTURE'S WORK N°4



ENERGIZERS

WHAT IS IT?

- **Before coming to the project**, we'll ask each organization to come with one or two ideas of energizers (*the short animation you do to wake participants up or when the energy is low*), adapted for a 18/30 years old kind of public,
- The training participants will play the role of the youngsters, just as in a real-life situation,
- Keep a moment of exchange with the participants at the end of your presentation.

DURATION?

- The animation should last **around 10 minutes per energizer**

KEEP IN MIND

- You'll be able to use our computer and our screen/cable,
- If you need specific material, you need to let us know, **at least 10 days before** the project starts
- It's a way to get new ideas of energizers to use in your future projects!



**DATE : 18/11
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STRUCTURE'S WORK N°5



YOUR BEST TOOLS

WHAT IS IT?

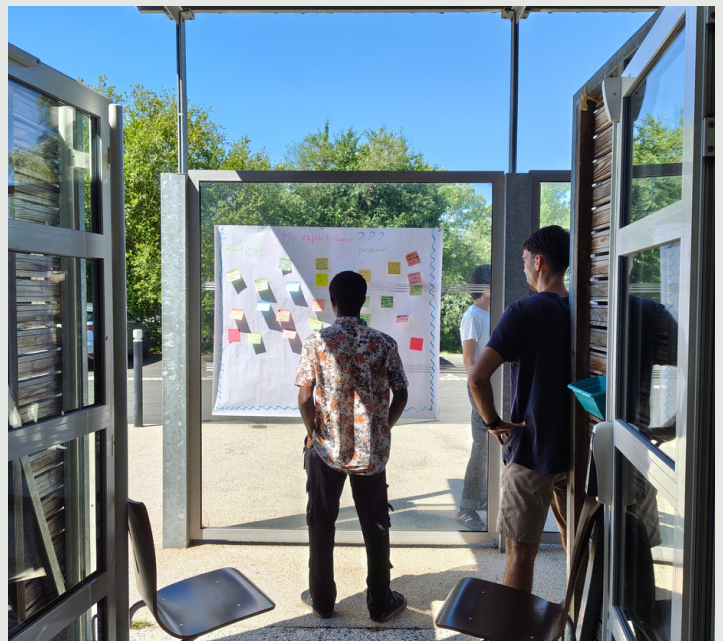
- **Before coming to the project**, we'll ask each organization to showcase one or two of their favorite **work tools**. This could be an app, a website, a physical object—**anything essential to you** that helps you save time, work more effectively, make participant feel safe, solve conflict...
- Keep a moment of exchange with the participants at the end of your presentation.

DURATION?

- The animation should last **around 10 minutes max per organization**

KEEP IN MIND

- You'll be able to use our computer and our screen/cable,
- If you need specific material, you need to let us know, **at least 10 days before** the project starts
- It's a way to get new ideas of energizers to use in your future projects!



**DATE : 18/11
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EXCHANGE OF PRACTICES



CONDITIONS

ACCOMODATION

Auberge de jeunesse La Rochelle

- 5 nights in total
- Shared room of 2
- Toilets and shower in the room
- Single sex
- Free WIFI
- No hairdryer, no towels or products
- Bed sheets provided

TRANSPORT

- **Arrival and departure**

In "Gare La Rochelle Ville"

- **Green**

Favor train, bus and carpooling types of transport rather than planes and private cars.

FOOD

Our team will do its best to adapt to different diets. Please send us infos about it, **maximum 3 weeks before** the project.



TO PACK

RAIN CLOTHES

PERSONAL BELONGINGS (SOAP...)

A FOOD SPECIALITY

MORE ABOUT US

WWW.AUBERGESDEJEUNESSE17.FR

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EXCHANGE OF PRACTICES



CONDITIONS

FINANCIAL ASPECT

- Reimbursement limit per person according to the [distance calculator](#) and the Erasmus + guide. We invite you to choose green travel (cf last page),
- Participation fee: **25€ per person**
- All the other costs (activities, food, accommodation) will be covered by the hosting organization (except during free time),
- In order to have a good deal with the tickets, the participants **must respect the deadline** to purchase it. Extra budget won't be covered,
- The travel plan have to be **validated by the organizer** of the project (Lison) before you purchase it,
- In case of last minute cancellation of the participant, the tickets won't be refunded.

PROFIL AND NUMBER OF PARTICIPANTS

- In total : **12 and 15 participants** for this training,
- Each organization must send **2 or 3 people maximum**,
- The participants : animators or organizers, **who have already animated/coordinated youth exchanges** or similar youth projects,
- You can send an experimented person and a beggininers.



For more details

LISON HERLEDAN
PROJETS.CULTURELS@AJ17.FR

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Q&A

I want to participate, but I'm not sure I'll have the time to prepare the required activities. Is that a problem?

Yes, this training requires effort from everyone. The preparatory work is not necessarily time-consuming, but it is **essential for us to discuss our practices and come away with new ideas**. We all have busy schedules; make sure you can deliver this work before committing!

Why do we have to pay 25 euros fees, and how should we pay?

The participation fees are a way to **support the association AJ17**. Training and youth exchanges are not our main activities, and the Erasmus+ and regional funds don't cover all of the expenses (especially the activities). This money will be reinvested in future projects with youngsters.

Participation fees must be **in cash only and in an envelope with the participant name** written on it. This has to be prepared before the training.

For the international snack time on 16/11, what should I bring?

Any specialty from your country—savory or sweet—but **nothing perishable**, because of the journey. The goal is to introduce others to it and share a moment together over food.

I will be coming with a participant of the opposite sex, but we would like to stay in the same room. Is that possible?

Yes, no problem, we just need to know it in advance (minimum 3 weeks before).

Can I travel before/after the date of the project?

Unfortunately no, it won't be covered. The only exception is for the green travel. Green travel budget is only approved if the trip is **100% green** (train, carpooling, buses...) **both ways**. If the participant is traveling by plane at some point of the trip, it's not considered as green travel.

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MORE INFOS

ADRESSE

- **La Rochelle's hostel**

Avenue des Minimes, 17000 La Rochelle

TRANSPORT REIMBURSEMENT BASE

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285EUR	211 EUR
500 – 1999 km	417 EUR	309EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1180 EUR	1180 EUR
8000 km or more	1735 EUR	1735 EUR



TICKETS PURCHASED DEADLINES

30/09/2026



STRUCTURE WORK DEADLINE

NEEDS IN MATERIAL, THEMATICS...

05/10/2026