



Organised by:
EAST•WEST•EAST
G E R M A N Y

Europe Unlocked

Exploring the values, Understanding the institutions

 Cahors, France



Training Course Dates: 20–28/10

About the project

The Training Course brings together youth workers from France, Germany, Türkiye, Spain and Estonia to explore the European Union, its institutions and the role young people can play in shaping Europe's future.

Today, many young people interact with the European Union in their daily lives without fully understanding how it works, how decisions are made or what opportunities are available to them. At the same time, youth workers often need more tools and knowledge to discuss European topics, democratic participation and European citizenship with the young people they support.

This project aims to empower youth workers with knowledge, methods and practical tools to make the European Union more accessible and meaningful for young people. Through non-formal learning activities, participants will explore EU institutions, decision-making processes, European values and ways to encourage active citizenship.

During the training course, participants will:

- discover how the European Union works and how its institutions influence everyday life
- explore European citizenship, democratic participation and youth engagement
- develop creative methods to discuss EU topics with young people
- practice debates, role plays and simulations inspired by European decision-making processes
- exchange experiences and good practices from different youth work realities
- create ideas and tools that can be used in their local communities

By the end of the training course, participants will feel more confident in addressing European topics in their youth work and become multipliers who can inspire young people to engage with Europe and their communities.

Profile of participants

The Training Course will bring together 23 youth workers from France, Germany, Türkiye, Spain and Estonia.

The group will include:

- 🇫🇷 France – 7 participants
- 🇩🇪 Germany – 5 participants
- 🇹🇷 Türkiye – 4 participants
- 🇪🇸 Spain – 4 participants
- 🇪🇪 Estonia – 3 participants

We are looking for youth workers and active young people who are:

- interested in the European Union, European citizenship and democratic participation
- motivated to learn new non-formal education methods
- working with young people or involved in youth activities
- willing to exchange experiences and good practices with international participants
- open to intercultural learning and teamwork
- motivated to bring new knowledge and tools back to their communities
- able to communicate in English

Participants will have different backgrounds and experiences. The project particularly welcomes people working with young people facing fewer opportunities, including young people from rural areas, economic difficulties or migration backgrounds. The diversity of the group will create a space for sharing different perspectives on Europe and youth work.



PROJECT VENUE – Auberge de Jeunesse HI Cahors – Le Chai

Located in the green district of Cahors, the Cahors youth hostel enjoys a prime location and exceptional views of the Valentré Bridge, a UNESCO World Heritage site on the Routes of Santiago de Compostela. Featuring a magnificent rooftop terrace and floor-to-ceiling windows that flood the interiors with natural light, the hostel offers a stylish, contemporary atmosphere in the city center, just minutes from the train station and the banks of the Lot River.

Internet access / Wi-Fi / Laundry facilities / Library / Relaxation area / TV room / Garden / Bike rental



Traveling

Paris airports

Take the subway to Austerlitz train station (gare d'Austerlitz).

Take the train to Cahors (you can book it with the app/website SNCF connect in advance).

Once in Cahors, you can walk 7 minutes to the hostel.



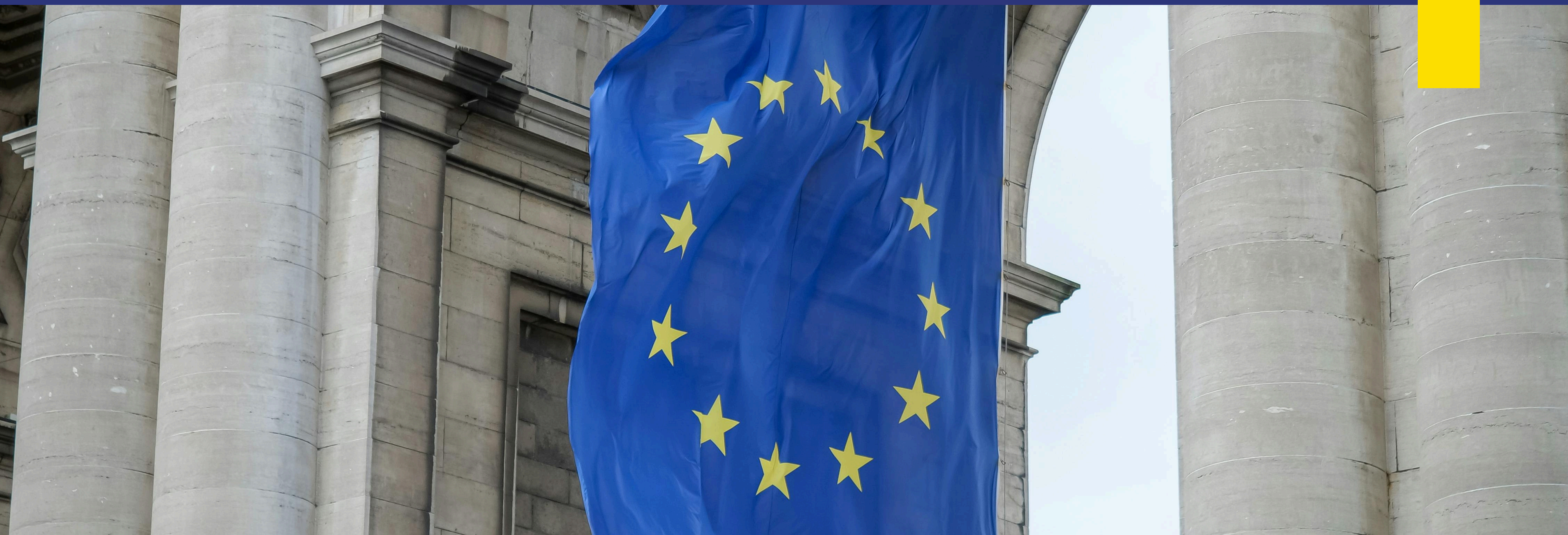
Toulouse airport

Take the shuttle to Toulouse Bus station (gare routière). It will cost you 9€.

Then take a train going to Cahors (you can book it at the train station or with the app SNCF connect).

Once in Cahors, you can walk 7 minutes to the hostel.





Reimbursement

Don't book flights without our confirmation if you want to get your money back! We would reimburse the travel costs during the project. Please, print out and bring all your receipts, boarding passes and local tickets. It is especially important to keep the receipts with the price of the ticket on them!

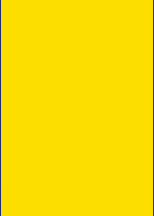
Travel budget

- 🇪🇺 Estonia – up to 395€
- 🇹🇷 Türkiye – up to 395€
- 🇩🇪 Germany – up to 309 € (or 417 € with green travel)
- 🇪🇸 Spain – up to 309 € (or 417 € with green travel)
- 🇫🇷 France – it depends on the distance (ask a team member)

TRAVEL COSTS REIMBURSEMENT REGULATIONS

100% accommodation, food and program materials are covered under the Erasmus+ Programme. Please note that the program does not include touristic trips, therefore in case you are interested in such possibilities we invite you to plan them for yourselves by arranging (on your own costs) some days before or after the project. You can travel +3 days before OR +3 days after the project.





Each participant should send all the booked tickets to the facilitators of the project as soon as they have them.

EWE covers travel costs for every participant to get to the project venue and return back to the home country if the total reimbursement sum per participant does not exceed the lump sum stated in Infopack. In case the total travel cost exceeds the stated limit, the participant should cover the overcosts by themselves.

EWE reimburses the money for flights, train and bus tickets as well as a cabin bag. Any extra costs that were not agreed upon before and occurred to happen during the travel e.g. additional luggage, meal on board, fines and penalties for late check-in, oversized luggage, etc. should be covered by participants themselves.

Should the participant break the project rules EWE has the right to eliminate them from the project and refuse travel costs reimbursement.

If the participant does not attend the sessions, EWE has the right to refuse travel costs reimbursement.

Reimbursement will be done during the project in cash and in euros.

EWE will NOT REFUND any tickets that have been purchased by a travel agency or a website that is not the company's official website.

EWE will NOT REFUND the cost of taxi, unless it is green travel, so please use public transport and local trains TER and Intercité.

What to take with you

- Health insurance (European Health Insurance Card if you have one).
- Comfortable clothes and shoes for indoors.
- Your own bottle of water. We want to be eco-friendly and not to waste water washing a lot of cups. Tap water is drinkable in France.
- SPF Sunscreen and Allergy - and other Medication you use.
- Bathroom supplies, towels, slippers, hairdryer and whatever else you might need with you.



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Contact

More info needed?

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the European Union