



*RESETTING
EMOTIONS*

Ronda

(from 21st to 29th july)

INFOPACK

SUMMARY

Association Reto por Europa has prepared this meeting with the main objective of promoting emotional skills in order to develop our emotional intelligence through coaching and PNL (Neuro Linguistic Programming: it works on the efficacy of certain way of communication on peoples mind in order to produce changes on them).

Apart from that, we will carry out some sessions devoting them on the emotions study through theatre. For this reason, during seven days we are going to work on these topics with profesional specialists. In spite of that, we are going to offer meeting point in order to organize future projects with the different participant associations.



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OBJECTIVES

Creating spaces which favour the exchange of good practices.

Connecting with emotions.



Setting up reciprocity.

Taking better emotional freedom.

Trusting our intuition.

Improving mental process.

Improving confort zone.

Being aware about interior potential and individual responsibility.

Trusting our leadership.

Developing as leaders.

Developing communicative habilities.

Developing critic thought.



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Participants profile

This course is aimed at youth workers, but also, in general, active and participatory people who have experience in the Erasmus plus programme.

25 people (7 organizations or less) will be selected. Each organization can be represented by **3 participants** over 20 years old, but if you don't currently belong to any association or if only you can come representing it.... Don't worry, you can bring any person you trust... as we are going to work on emotions and communication, everyone can benefit from it. For us, the most important thing is that you participate actively in the activities.



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PROJECTS CALENDAR

Preparation phase



Training course meeting



Arrival day



Departure day

Dissemination phase



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Phase r e p a r a t i o n

During this phase each partner will think about some kind of **project or activities** which can be made in collaboration with participant organisations in this training.

In addition, all of the organisations will prepare a **selection** of the best **activities** that they make or have made.

Finally, we will have **intercultural evenings**. So, one group will be responsible to prepare an activity (games, thematic parties, etc.) for one night in which you will also present your country, your national food and drinks, dances, etc. Please, remember that we can not use the kitchen of the hotel.



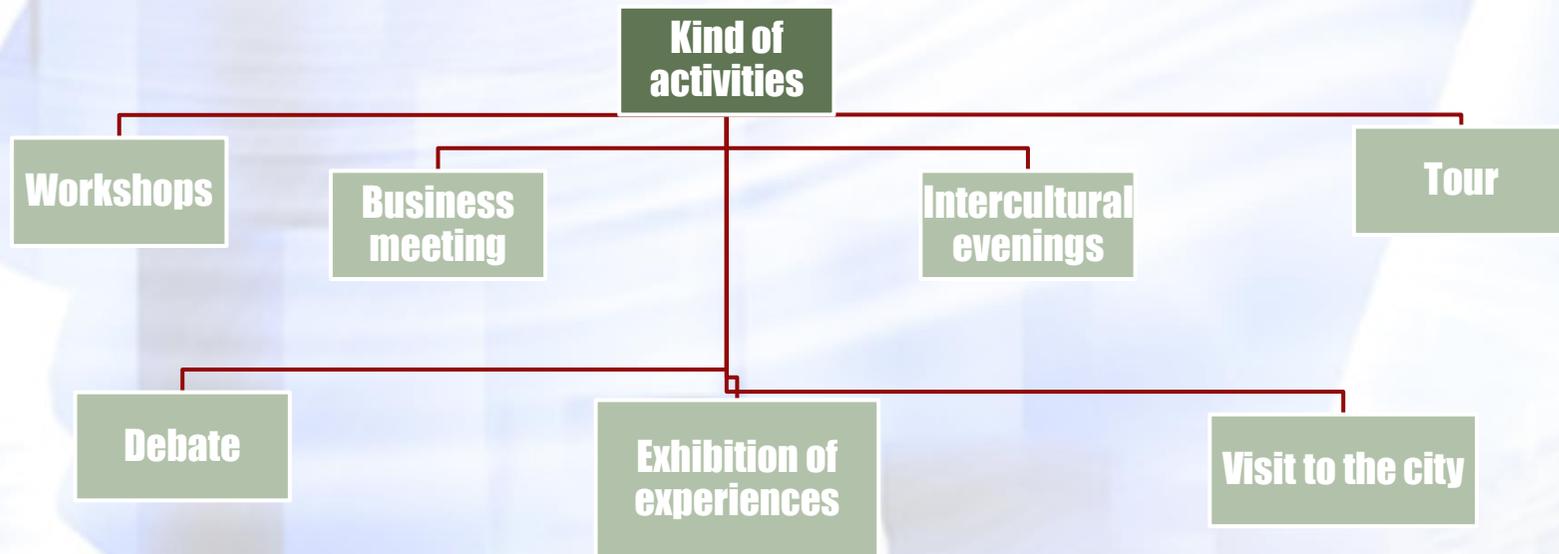
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All the people must arrive on 21 July 2021, before 18:00 pm for checking in and having dinner. The departure will take place on 29 July, 2021, after breakfast.

You can arrive to Ronda in two different ways:

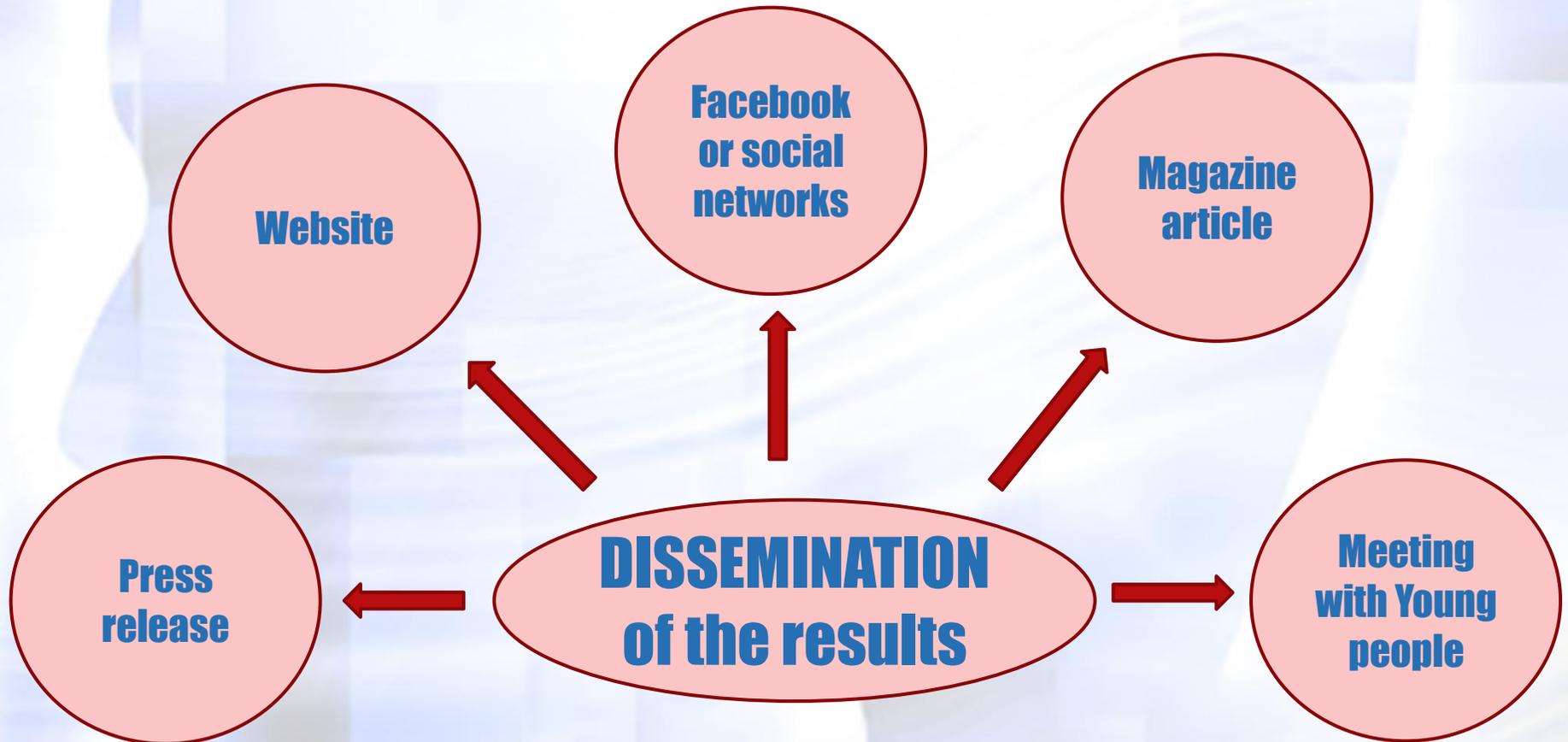
-By plane to Seville airport and by bus to Ronda.

-By plane to Malaga airport and by bus to Ronda (In this case, Reto por Europa will rent a bus and pick you up at the airport).



Every organization must prepare some dissemination activities in its country or with the young people which you work with.

Some examples could be:





"Wake up"

We will focalize the emotional waking-up of each person. Connecting and explaining our senses for a fluid vocal and corporal communication.



"Feeling good vibes"

Changing the point of our view, feeding our optimism, specially in negative situations that can present, as COVID 19



Connecting people

Understanding that we are not alone, we live in a society. For this reason, we look for enriching the possibilities that each person has and enforcing new ones with the objective of linking to others.



"We are here"

Understanding the concept of "here" and "now", not "yesterday" or "tomorrow". In order to advance in our objectives, it is important to recognize and accept our present.



"You can do it"

Understanding that we are social entities and we live collectively, we look for enforcing our presence as leaders. Trusting and emphasizing personal possibilities in order to reach our objectives.





"Personal leadership"

We will help participants to become aware of their own potential, to acquire an attitude of protagonism in their personal and professional life and to obtain a better management of themselves that allows them to advance towards their objectives and generate well-being in their lives. While developing a critical and flexible thinking.



"Communication and Language"

We will provides the participants the opportunity to improve their communication skills. By helping them to have a more effective comunication and also more asertive. Being able to deliver better messages, conversations and talks.



"Emotional management"

This workshop will help participants to improve the skills involved in managing their emotions and others. This workshop gives a better undestarding about how our brain works and how we can use it in a more usefull way when it comes to our emotions. This will provide more emotional freedom in general.





Debate

We will have debates in which we will discuss how COVID19 has affected us in carrying out activities with our young people. Does the number of volunteers in our associations has decreased? What is the current situation in each country?



Good practices Exchange

We will share our most innovative methodologies so that they can be applied in the different contexts of each country.



Bussiness meeting

We will begin to develop ideas for future projects with the aim of forming a network of work that allows us to energize international gatherings of young people.



Intercultural evening



Each organization will have the opportunity to show the customs, culture, dances, gastronomy... of his country on intercultural nights.





"Bandit's museum"

Museum dedicated to banditry in Andalusia, with five rooms on bandits, romantic travelers, smugglers, history of the Civil Guard of the eighteenth and nineteenth centuries.



"Setenil"

Locality that is embedded in the square formed by the Guadalporcún River. It has caves where objects from 5,000 years ago have been found



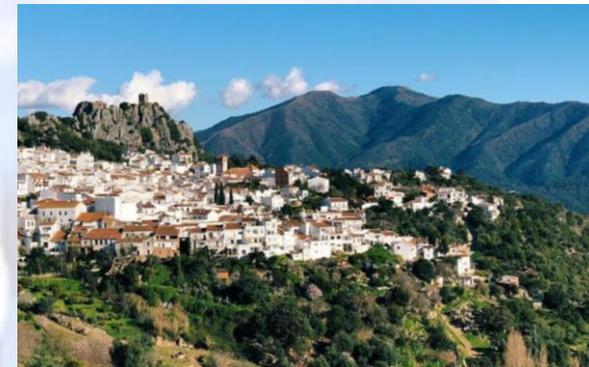
"Acinipo"

Archaeological site with samples belonging to the Copper Age and the Bronze Age whose greatest splendor was the Roman stage of the late 1st century a.D.



"Grazalema"

Locality located in the northeast of the province of Cádiz, in the reserve area of the Sierra de Grazalema natural park.



Accommodation and food



The **accommodation** is 100% covered by Erasmus+ Programme, between 21st of July 2021 (Check in after 18:00) and 29th of July 2021 (Check out before 12:00). You will stay in rooms with private bath, air conditionate, TV, wifi... of two or three people. If you want to stay in the same room with a particular person, please let us know it.



The **food** are 100% covered by Erasmus+ Programme. There will be three meals per day (breakfast, lunch and dinner). On the arrival day it is included just the dinner and on the departure day it is included the breakfast. If your are selected, it is very important to tell us if you have any allergies or if is there something that you do not eat, if you are vegetarian, etc.



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Organization

- All the participants are advised to take care and respect hotels' property, including the keys. If, in any circumstances they lose the key or damage anything they will be obliged to cover all costs towards the hotel.
- All hotel **rooms** are being cleaned by hotel staff. All participants however need to maintain their spaces cleaned and tidied, demonstrating respect to the hotel staff.
- **Personal properties** and belongings are each participant's own responsibility; therefore they should take all necessary precautions.
- Breakfast, lunches and dinners are offered by the hotel during the official programme of the mobility. Please, be respectful with the time. They are working.
- **Alcoholic drinks** are not included in any lunch or dinner.
- You are going to participate in an Exchange. Participation at the programme's activities is **COMPULSORY**.
- We have to respect **sleeping time**, we will share the hotel with other people.
- Being **punctual** is really important for the whole group and for programmed activities.
- We must wear **hygienic mask** and use **hydroalcoholic gel** all the time.
- Respect the **security distance**.



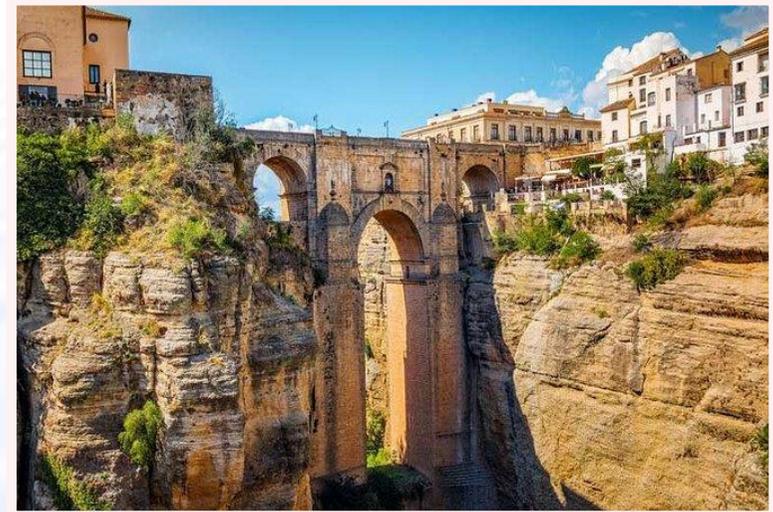
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ABOUT Ronda

The city of **Ronda** lies in Southern Spain, half way between Seville and Malaga. It is a small community of about forty thousand people, and it is surrounded by beautiful mountains.

Ronda was a town in Roman times, so we have testimonies of the muslims arrival, the catholic reconquest... and it was a very important point for romantic writers in the XIX century, with bandits as the main character.

Also, you could find an important wine tradition, a delicious gastronomy and a marvellous landscape which let us enjoy beautiful views and the environment.



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We hope that by July on the next year the situation regarding COVID-19 will have improved. In any case, we will take the necessary **safety measures** to carry out the activities: distribution of masks, temperature intake, safety distance, distribution of alcoholic gel, disinfection of hands when we share an object, etc.

We ask for you have a medical travel **insurance** before coming for your staying in Ronda. The travel insurance costs it isn't an eligible cost for the project budget so it cannot be reimbursed... The European Health Card is recommended.

The **fee** per participant is 60€.

Please, don't forget to bring with you the **flag** of your country.



Refund

Before comparing the flight tickets, please send us the **itinerary** so that we can confirm that you can buy them. For reimbursement it is necessary that you send us the original boarding passes, bus/train ticket and invoices by post or by email if they are e-tickets. (Taxi and 1st class tickets are not reimbursed). We will proceed to the refund when we have the original tickets and at most two months after the completion of the project..

For routes between	Maximum amount
100 and 499 km	180 €
500 and 1999 km	275 €
2.000 and 2.999 km	360 €
3.000 and 3.999 km	530 €



Calculate your distance on this link

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en



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ABOUT US

The Association **Reto por Europa** was founded in 1995 in a student residence in Seville. Since then, he has carried out a variety of activities with young people: training courses, job orientation, academic support, volunteering, international exchanges...

Our goal is to offer young people with fewer resources the opportunity to learn about other cultures, allowing them to interact with young people from different countries, which we consider essential to see life from other perspectives and complement their training in a non-formal way.



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