

# BACK TO THE ROOTS

**TRAINING COURSE**

**19-25 SEPTEMBER 2021**

**PONTEVEDRA (SPAIN)**



**Shokkin Group**  
International



## ABOUT THE PROJECT

“Back to the Roots” is a training course about rural development whose main aim of the project is to train 14 youth workers in the field of rural development, focusing on the knowledge, skills and attitudes to increase their future opportunities in rural areas, as well as strategies, tools and alternatives to create or recover a rural area and make it more inclusive and sustainable.

“Back to the Roots” offers a comprehensive theoretical and practical training on the tools and alternatives that exist for inclusive and sustainable rural development, with a wide variety and diversity of dynamic activities divided into thematic days.

It is expected that all the parties involved will grow and improve their skills to face the economic, sociocultural, generational and environmental challenges facing rural people today, through concrete and achievable ideas in their regions.

We want to empower youth workers to keep moving towards sustainability and to bet on the rural and on the youth, because a small group of people, in small places, can change the world!

## PARTNER ORGANIZATIONS

SPAIN - **TICKET2EUROPE** (host organization)  
[www.ticket2europe.eu](http://www.ticket2europe.eu)

ITALY - **ARCISTRAUSS**  
[www.arcistrauss.it](http://www.arcistrauss.it)

SLOVAKIA - **ARTKRUH**  
[www.artkruh.org](http://www.artkruh.org)

MACEDONIA - **NADEZH-HOPE**  
[www.hope.mk](http://www.hope.mk)

SLOVENIA - **YOUTH CENTER BIT**  
[www.mc-bit.si](http://www.mc-bit.si)

CROATIA - **SUNCOKRET**  
[www.suncokret-gvozd.hr](http://www.suncokret-gvozd.hr)

ROMANIA - **YOUTHOPOLIS**  
[www.youthopolis.ro](http://www.youthopolis.ro)

## PARTICIPANTS' PROFILE

Since this project is centred on the topic of rural development, all the participants will be youth workers from geographically disadvantaged areas, with less opportunities than those who live in urban areas: unemployed, refugees, educators in rural zones, young leaders, etc.

Hosting and sending organizations will co-select two participants for each country.

The requirements are:

- Preferably, living in a rural area;
- Being motivated and willing to actively participate in the project;
- Being interested in the topic and concerned about rural development and environmental issues;
- Being interested in putting into practice once back home the skills and knowledge acquired during the training and following with the development of the project leading to a positive improvement in their community;
- Being able to communicate efficiently in English;
- Engage in all the phases of the project (previous work, mobility, dissemination).

# OBJECTIVES

1

Offer an integrated program of experiential learning theory and practice to train, equip, and empower 14 youth workers from rural Europe with the tools and alternatives for sustainability and inclusion in rural areas, in order to develop rural areas and improve their future opportunities.

2

Create a safe space of inclusive co-learning and diverse coexistence, including gender equality, to inspire and equip youth workers with the acquired knowledge, skills, and attitudes needed for the purpose of rural development.

3

Create at several activities on rural, sustainable and inclusive development in Europe, and efforts are being made to promote rural employment, intercultural dialogue, collective intelligence and active participation.

4

Promote the importance of natural education and permaculture, cultural heritage, rural art, green and social entrepreneurship, as key activities for sustainable rural development and eco-tourism.

5

Expand the cooperation of our partners and networks at local, regional and European level; and to discover and promote opportunities of the Erasmus+ program, European Commission, countries, states, autonomous and municipal communities for rural development.

6

Evaluate and disseminate the results as an example of good practices, and inspire more people to bet on the rural.

## THE VENUE

"Back to the Roots" will be led in Pontevedra, one of the four provinces of the Autonomous Region of Galicia, in northwestern Spain. Galicia's landscape is mostly dominated by forest and mountains and it is well-known among national and international visitors by its seafood, nature and coastline sites.



The venue of the training course will be the Asador-Pensión Casa Justo, located in A Reigosa, at only 5 km from the city of Pontevedra.

To get there once in the city, we will set **Pontevedra bus station** as our meeting point. Participants should get there by 6 pm of the 19th September.



# HOW TO GET THERE

The cheapest and more convenient way of travelling to Pontevedra is by plane. However, **Peinador airport (Vigo)** or **Lavacolla airport (Santiago de Compostela)** are not very big, so you might struggle to find good deals for direct international flights. The best thing will be to travel from your country to Madrid or Barcelona, and then catch a national flight to Santiago. Flights between Vigo/Santiago and Madrid/Barcelona are operated mostly by Ryanair, Vueling and Iberia and the price for a return tickets goes usually from 30 to 80 euros.

Once you arrive to Vigo or Santiago, you can easily get to Pontevedra by bus.

Another good option is arriving to **Porto**: being only 170 km away, Porto airport (Francisco Sá Carneiro) will probably be the best option regarding duration of the trip and price. From this airport you can get to Pontevedra with three bus companies:

**AUTNA** covers the route Porto Airport - Vigo several times a day and from Vigo **MONBUS** runs to Pontevedra every 30 minutes.

**ALSA** connects as well Porto with Santiago de Compostela and this route has a stop in Pontevedra (website: [alsa.es](http://alsa.es) )

**FLIXBUS** connects as well Porto with Pontevedra (website: [flixbus.com](http://flixbus.com) )



We know that travelling to and around Galicia is not the easiest thing, so if you have any doubt or you are not very sure of which itinerary you should take, **please contact us on our email, Facebook page or phone number, we will be glad to assist you! (Check last page for contact information).**

## TICKETS AND REIMBURSEMENT

During the project days, accommodation, food and all other project-related expenses will be covered by the Erasmus+ programme. When buying tickets, bear in mind that there is a **fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, covers the travel costs from your home city to the venue and back. **Travel costs exceeding the maximum reimbursable amount will not be covered.**

Reimbursement of travel costs will be made via bank transfer to the sending organization upon presentation of all original tickets (including return tickets), receipts, invoices and/or boarding passes and **AFTER** receiving proof of dissemination activities carried out maximum 1 and a half months after the training course.

The maximum amount for travel costs is:

- **ITALY and SLOVENIA: 275 euros**
- **CROATIA, SLOVAKIA, ROMANIA, MACEDONIA: 360 EUROS**
- **SPAIN: 0 euros**



- ✈ Arrange all your travel in advance based on economy class tickets and plan the cheapest route possible.
- ✈ We can only reimburse public transportation (Bus, Train, Metro, ...)
- ✈ If you have any doubt about your travelling plans, please contact your sending coordinator or the hosting team **BEFORE** booking tickets.
- ✈ Participants can travel maximum 1 day before and 1 day after the official start and end of the project. During that extra time, food or accommodation are **NOT** provided.

**NOTE: PLEASE REMEMBER TO BRING THE ORIGINAL TICKETS AND INVOICES WITH YOU. WE WILL NOT BE ABLE TO REIMBURSE YOU WITHOUT THEM.**

## PRACTICALITIES

### PARTICIPATION FEE

There will be a **25 EUR participation fee** to be brought in cash at the beginning of the project. The money will be spent on the benefit of the activity to provide extra materials, activities and more fun times.

### INSURANCE

It is mandatory to have a valid travel and medical insurance (i.e. European Health Insurance Card) during your travel. The host organization will not cover any personal health costs.

If you need help with this, please contact your sending organisation.

### CULTURAL COFFEE BREAKS

During the week we will be able to discover one another's cultures and national delicacies.

The format is still to be decided, but it will involve traditional snacks or drinks from your country/region/culture. Be ready to share them! :)

### WEATHER

One of the most precious mysteries in Galicia, since you can never be sure of what the day will look like!

Generally, we can expect an average temperature of 19 °C for September. During the day we could get as warm as 21 °C, but evenings will be definitely fresh with 16 °C.

This might sound like beach weather for Nordic people, but we advise you to grab some warm clothes and raincoat. Still, do not forget your swimwear and sports clothes, in case you want to use the swimming pool and sports facilities in the venue.

## COVID-19 MEASURES

### BASIC INSTRUCTIONS

We take all the measures very seriously and we will adjust our programme to the existing legal restrictions and expert's recommendations.

You should have in mind that the situation is very dynamic, but for the moment, please take into consideration the following information:

- The use of protective mask in Spain is mandatory in all the indoor public spaces and for outdoor spaces when the safe distance of 1.5 m cannot be ensured. Please bring your own protective masks for all the days of the project.
- We will have disinfecting hydroalcoholic gel on our disposal during the activities, but you should bring your own sanitizer for your personal use.
- The capacity of the accommodation place was limited in order to ensure the safety of the guests.
- You should respect the rules and the security protocols to follow, especially when having access to the dining room and common rooms.

### TESTS COVERAGE

In case you need to make a PCR test or antigen test because you are not fully vaccinated yet, and you don't reach the limit with your traveling (check the infopack), the leftover money can be used to pay the necessary test to enter in Spain. We will also need a ticket/proof of payment and a copy of the certificate with your result.

We will cover only the tests that are legally required to enter the country. If you decide to test yourself before or after the project for your own tranquillity, we won't be able to cover this cost.

### RE-OPEN

The European Commission has created a platform which collects all COVID-19 measures from all EU countries (updated every day). We recommend you before traveling to check COVID measures at <https://reopen.europa.eu/en/>

# CHECKLIST AND CONTACTS



Interested? Fill in the [application form](#) and send it to your sending coordinator (see Page 2 "Our partners").



If you have been selected to participate, create your travel plan, send it to us ([ana.delvalle@ticket2europe.eu](mailto:ana.delvalle@ticket2europe.eu)) and wait for confirmation before buying tickets.



Once you have tickets, send us all travel confirmations to the same email address.



After selection, we will invite you to join the project's official Facebook group to make communication a lot easier.

## READY TO FLY? DON'T FORGET...

- Brief presentation of your organization and your country/culture.
- Traditional snacks/drinks for coffee breaks.
- Your passion items (guitar, juggling balls, board games, dancing monkeys).
- Comfortable/sporty clothes.
- Special personal items (towel, flip flops, medicine, etc.).

## CONTACT US

Ana del Valle

[ana.delvalle@ticket2europe.eu](mailto:ana.delvalle@ticket2europe.eu)

## OR FIND US HERE

