



RU-MATES
Maieutic Tools for youth social Engagement in rural areas

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Erasmus +

KA1 - Mobility of youth workers Training Course

**Marina di Cinisi, Palermo 24/06/2023 (arrival) –
02/07/2023 (departure)**

INFO PACK

Centro per lo Sviluppo Creativo “Danilo Dolci”

www.danilodolci.org

Dear Participant,

congratulations on your selection to participate in the RU-MATES Training Course!

You are going to spend 8 days in a wonderful location in the Eco Villaggio Solidale Fiori di campo, a facility that has been confiscated by mafia and managed by the Cooperativa Sociale Libera– Mente Onlus since 2012. This eco-village is located in Maria di Cinisi, near to the sea and close to Palermo, the capital of Sicily.

In this Info Pack you will find information on the logistic aspects, preparation activity and many other details that will make your stay in Palermo enjoyable as soon as you arrive!

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RU - MATES in a nutshell

European policies recommend giving special attention to young people living in rural areas when designing social inclusion measures, moreover, “Moving rural youth forward” is one of the main goals of the EU Youth Strategy 2019-2027.

RUMATES Training Course intends to address the needs of disadvantaged youth and Youth Workers themselves in rural areas: at the moment in EU countries, the access to youth work services for young people in rural areas to reach their full personal and professional potential is still limited. The support from the local networks to develop their own businesses is reduced, the awareness regarding the importance of entrepreneurship to sustainable local development is limited and the access to information to encourage rural youth in starting their own entrepreneurial journey is not facilitated.

RU-MATES Training Course aims to increase the professional and personal skills of Youth Workers and Project Leaders in the field of social planning and re-engagement of youth in rural areas. The main objective is to give them concepts and practices that allow the creation of social projects in rural areas in order to re-engage unemployed and in need for upskilling young people and to promote effective participation and social inclusion of young people living in educational disadvantage (NEETS and ESLs).

RU-MATES is a valid initiative to increase youth work services in rural areas through non-formal education, giving Youth Workers knowledge and tools that allow the creation of social projects in rural areas in order to socially re-engage in need for upskilling youth. In line with the objectives of the Youth Workers mobility, the project aims to provide non-formal and informal learning opportunities for the personal and professional development of youth workers, and of the organisations involved. The increase in skills and knowledge that will result, will lead to an improvement in youth practice not only at the local level (participant organisations will embed the foreseen activities and methods in the work they normally carry out to address the issues of inclusion and engagement of youth in rural areas), but also at the national and above all European

level since the project also aims to strengthen international networks and disseminate good practices and methodologies that can be replicated to work with this target but also adapted according to the context.

The objectives of this Training Course

From the perspective of youth work practice, the specific objectives of the Training Course are:

- to strengthen the role of Youth Workers in the rural communities;
- to provide Youth Workers with new skills in Reciprocal Maieutic Approach and Emotion Management as tools to understand the needs of young people living in educational disadvantage;
- to empower Youth Workers with new skills in social planning for the inclusion of young people living in rural areas from an educational and occupational point of view, and to give them communication and digital skills to interact with geographically disadvantaged young people, in order to encourage their active participation in the territory
- to contribute to the capacity of youth organisations to promote non-formal education in the field of youth work as well as to strengthen cooperation with other youth organisations in EU countries.

About ERASMUS+

Erasmus+ is the EU Programme in the fields of education, training, youth and sport for the period 2021-2027. Education, training, youth and sport are key areas that support citizens in their personal and professional development. High quality, inclusive education and training, as well as informal and non-formal learning, ultimately equip young people and participants of all ages with the qualifications and skills needed for their meaningful participation in democratic society, intercultural understanding and successful transition in the labour market.

The general objective of the Programme is to support, through lifelong learning, the educational, professional and personal development of people in education, training, youth and sport, in Europe and beyond, thereby contributing to sustainable growth, quality jobs and social cohesion, to driving innovation, and to strengthening European identity and active citizenship. As such, the Programme shall be a key instrument for building a European Education Area, supporting the implementation of the European strategic cooperation in the field of education and training, with its underlying sectoral agendas, advancing youth policy cooperation under the Union Youth Strategy 2019-2027 and developing the European dimension in sport.

KEY ACTION 1: LEARNING MOBILITY OF INDIVIDUALS

The Actions supported under this Key Action are expected to bring positive and long-lasting effects on the participants and participating organisations involved, as well as on the policy systems in which such activities are framed.

As regards staff, youth workers and professionals involved in education, training and youth, the mobility activities are expected to produce one or more of the following outcomes:

- improved competences, linked to their occupational profiles (teaching, training, youth work, etc.);
- broader understanding of practices, policies and systems in education, training or youth work across countries;
- increased capacity to trigger changes in terms of modernisation and international opening within their educational organisations;
- greater understanding of interconnections between formal and non-formal education, vocational training and the labour market respectively;
- better quality of their work and activities in favour of students, trainees, apprentices, pupils, adult learners, young people and volunteers;
- greater understanding and responsiveness to social, linguistic and cultural diversity;
- increased ability to address the needs of the disadvantaged;
- increased support for and promotion of mobility activities for learners;
- increased opportunities for professional and career development;
- improved foreign language and digital competences;
- increased motivation and satisfaction in their daily work

KEY ACTION 2: COOPERATION AMONG ORGANISATIONS AND INSTITUTIONS

This Key Action supports:

- Partnerships for Cooperation, including Cooperation Partnerships and Small-scale Partnerships;
- Partnerships for Excellence, including Centres for Vocational Excellence, Teachers Academy and Erasmus Mundus Action;
- Partnerships for Innovation, including Alliances and Forward-looking projects;
- Capacity Building projects in the field of youth;
- Not-for-profit European sport events.

KEY ACTION 3: SUPPORT TO POLICY DEVELOPMENT AND COOPERATION

Key Action 3 provides support to policy cooperation at European Union level, thereby contributing to the development of new policies, which can trigger modernisation and reforms, at European Union, and systems' level, in the fields of education, training youth and sport.

More information on ERASMUS+ program can be found [here](#).

Contact details during the training course

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Do not forget to verify that your telephone package includes international communications!!

Financial and Reimbursement Information

Travel costs are based on the automatic calculation of the costs based on the distance calculator from the European Commission: http://ec.europa.eu/programmes/erasmusplus/tools/distance_en.htm.

In order to get your reimbursement, please pay attention to the following procedure.

First of all, **KEEP ALL the tickets you get to prove your expenses** (bus tickets, train tickets, electronic flight ticket, travel agency reservations, etc.) from the city your travel starts to the arrival.

Second, **KEEP ALL your flight boarding passes (outward and return).**

We cannot reimburse you if we do not receive the details of your travel and proofs of your expenses!

During the TC we will ask you to provide printed copies of

- all original tickets and receipts with the price and itinerary (electronic receipts without the price cannot be considered)
- outward boarding pass
- photocopy of your ID card or Passport
- bank details for the reimbursement

Please bring it directly with you because it is not possible to print anything in Fiori di campo!

The reimbursement will be up to the maximum cost covered by the EU grant (always on the base of actual costs). The eventual exceeding amount has to be covered by participant's own financial contribution.

All your tickets and receipts will be copied and checked with you during the TC by CSC financial department. **The reimbursement will be done by bank transfer after the TC**, once CSC has all the originals - even that prove the expenses of your way back: return boarding passes, transport tickets, reservations, receipts from travel companies, etc.

Preparation activities

Please read carefully the following guidelines and feel always free to ask for further clarifications if needed.

Ice-breaking activities and daily energizers

Every morning, before start of the sessions you will be free (and more than welcome!) to propose your own activities and games. Thus, you can already prepare some energizers in order to start the day in a good mood! Please, keep in mind that it should last no longer than 15min.

On Stage!

Before the beginning of the Training Course, participants, divided in national groups, needs to carry out a research on the topic of how is the situation of youth with educational difficulties in the rural areas in their countries and what are some of the good practices implemented, in terms of social planning for social inclusion, which will be useful during the 2nd day of training to perform the 'On Stage' activity.

During this activity each group will have to present its results and findings.

Please bring with your information materials to present them. This will be in an interactive and informal way to exchange experiences and skills. The presentation can be oral, or other alternative tools of presentations can be used (posters, leaflets, social media and other online content as well as any other visibility objects or gadgets).

Intercultural Evenings

During the TC all national groups will be given the time to present their culture during the Intercultural Dinners, which will be a great opportunity to learn about each other's cultures, share traditions and have fun all together.

Prepare a creative presentation, we are not against Power-Point but we would be very happy if you challenge yourself with using more interactive ways like singing, dancing, acting or whatever suits you. Remember that you will present during the evening and you need to catch the attention of participants who might be tired from the working.

Please bring with you products such as food and drinks which don't need to be cooked because there won't be such option. However, there will be a fridge where you can preserve some food.

You can also share with the rest of the participants your country's traditional music and dance! Although try to manage your time as the duration of the presentation of your country can be maximum 15 minutes.

How to get to Palermo?

To get to the training course venue...

To get to the training course venue... The easiest and fastest way to reach Palermo from abroad is by plane. The Palermo airport or also known as Falcone – Borsellino airport¹, which is located 35 km outside the city of Palermo but very close to the TC venue. Various low-cost airline companies fly daily from and to Palermo, making Palermo airport one of the busiest airports of South Italy.

ONCE YOU GET AT THE AIRPORT, PLEASE, SEND US A MESSAGE

It's very important for us to know your arrival time in advance in order to organize the transfer to "Fiori di Campo". In case of delay of your flight please contact us or send a text message

You don't need to reach Palermo city center: person of the CSC support staff will wait for you at the airport holding a paper CSC and will take you to "Fiori di Campo" – venue of the Training Course. It will take about 10 minutes.

Accommodation and Training Location

The Training Course will take place in an eco-village "Fiori di Campo" in Marina di Cinisi, on the seaside and 25km from Palermo. The place is surrounded by tree-lined streets and Mediterranean vegetation that make it a unique place. Accommodation will be done in shared rooms of 4 to 8 people.

Link to the website of the association managing the accommodation:
https://www.facebook.com/fioridicampoecovillaggio/?locale=it_IT

¹ 3 The airport was given the name Falcone – Borsellino in memory of the two leading anti-mafia judges Giovanni Falcone and Paolo Borsellino who were murdered by the mafia in 1992.



Things to bring

- Towels
- We recommended to bring warm clothes with you, the venue is next to the sea
- Personal things such as toothpaste, shower gel etc. There are no shops near to the venue, so, bring with you your personal things





Useful Italian Sentences

My name is	Mi chiamo.....
Good morning	Buon Giorno
Good afternoon	Buon pomeriggio
Good evening	Buona sera
Good night	Buonanotte
How are you?	Come stai?
I'm fine	Sto bene
I feel bad	Sto male
I would like to buy a bottle of water	Vorrei comprare una bottiglia d'acqua
I would like to buy a sandwich	Vorrei comprare un panino
I would like to buy an ice-cream	Vorrei comprare un gelato
How much is it?	Quanto costa?
Thank you	Grazie
Excuse me	Scusa/Scusi

I'm sorry	Mi dispiace
I don't understand	Non capisco
Do you speak English?	Parli inglese?
I don't speak Italian	Non parlo italiano
The bill, please	Il conto, per favore

WE REMAIN AT YOUR DISPOSAL FOR ANY FURTHER INFORMATION YOU MAY NEED!

