

Training Course

“Youth Exchanges for Youth 2”

YOUTH
Y4U

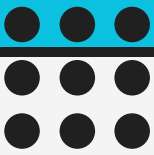


Co-funded by the
Erasmus+ Programme
of the European Union



📍 La Seu d'Urgell

29th April - 6th May 2024



Who are we?

Youth BCN is an accredited organization for Erasmus+ based in Barcelona, Spain. We work as an incubator for young entrepreneurs and a coworking space. We also provide advisory and consultancy services regarding European funds and entrepreneurship activities. Furthermore, we develop our local youth work in the district of Sant Martí implementing Erasmus+ and ESC projects.



We have several years of experience in implementing successful Erasmus+ projects with youth exchanges and mobility of youth workers' activities. During these years we have gathered enough knowledge in the non-formal education sector to train new youth workers, volunteers, facilitators, and trainers who are starting to take the first steps in this field.



What is a training course?

A training course aims to enhance the professional competencies of youth workers, enable them to exchange best practices, and promote collaboration and innovation in the field of youth work across Europe.

Training courses typically involve a combination of informative sessions, practical workshops, discussions, and experience-sharing based on non-formal education methodologies. Ideal for those who would like to grow as professionals and learn more about a specific topic.



It is a space to step out of your comfort zone and experiment. Don't be afraid to make mistakes, feel ridiculous sometimes, laugh at yourself, and laugh with others. Enjoy this unique learning process!



About this project

"Youth Exchanges for Youth 2" (YOU4YOU2) is the second edition of a project aiming to improve participants' knowledge in the field of non-formal education, and international mobilities, in particular about youth exchange projects (KA152-YOU).

This training course will focus on project design and help you navigate through the project cycle from the ideation to the evaluation. The key topics are needs assessment, goal setting, impact, learning cycle, communication, evaluation, and general project management.

We will share good practices, tools, and methods to improve the quality, helping you to design, implement, manage, and justify a project with the necessary quality standards within the KA1 of the Erasmus+ programme.

Check the after-movie of the previous edition of this project here





What are the goals?

Enhance the knowledge and expertise of youth workers in designing, coordinating, and managing youth exchange projects within the Erasmus+ program.

Share best practices, tools, and methods to improve the quality of youth exchanges, focusing on non-formal education and international youth mobility.

Empower youth workers to effectively engage young people in project creation, addressing their interests, needs, and concerns.

Foster collaboration and networking among participants, enabling them to learn from each other's experiences and insights.

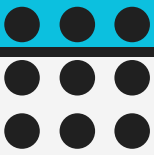
Provide project participants with knowledge about the functioning of the Erasmus+ program, its objectives, and project management.



Who can participate?

We are looking for participants with the following traits:

- No age limits (from 18 y.o.)
- With some experience in the field of local or international youth work.
- Motivated, proactive, and open-minded people willing to take advantage of participating in a program full of workshops.
- Ideally, has participated in youth exchanges or other Erasmus+ mobilities and wants to start designing and implementing youth exchange projects.
- Seeking personal and professional growth in the field of international youth work.
- Flexible and adaptable, ready to take on new challenges.
- Community-oriented, eager to keep working in developing youth exchange projects after this training course



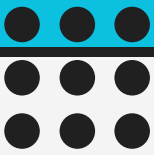
The venue

The accommodation for the youth exchange is the youth hostel Xanascat in la **Seu d'Urgell**, a medieval, charming small town in the North of Catalonia. The town is located between two very close Natural Parks, Cadí-Moixero and Alt Pirineu. It is 47 km from Puigcerdà and the border with France, and 10 km from the Principality of Andorra. The hostel is next to the river Valira and is surrounded by two parks: Els Enamorats and Valira's Park. Here you can check them out! <https://reaj.com/albergues/la-valira/>



The rooms are equipped with WiFi, lockers, bunk beds & shared bathrooms. Participants will be placed in rooms of mixing nationalities and always keeping the lowest ratio possible per room.





The venue

The hostel provides vegetarian and vegan options for food, as well as other dietary restrictions. Just make sure to ask for that option once you are selected as a participant.

During the training course, costs for board and lodging are covered by the project. This includes breakfast, coffee breaks, lunch, and dinner (Extra expenses, such as lodgment, or food during extra days have to be covered by the participants).

The venue is located in a great area near many services such as a pharmacy, supermarket, cafés, bazaar, etc. Within walking distance of 10 minutes to the old town and the town's XII-century cathedral.

Please, note that if you would like to arrive earlier at the venue, or stay later you will need to arrange your booking with the accommodation. You can pin it on Google Maps: <https://maps.app.goo.gl/qfA41d81tMPJCbMz7>





The venue

The best way to reach the venue is by bus. La Seu d'Urgell is a considerable distance from Barcelona, for this reason, you will need to search for flights landing no later than 5 pm on the 29th of April, and leaving no sooner than 11 am on the 6th of May. By following [this link](#), you can find the available buses on the arrival and departure day of the company ALSA. Count on a budget of approximately €60 for the bus. This will be part of your “travel budget”. Please note that if you buy return tickets it'll be cheaper, as well, check for any other available discounts on their platform.

To reach the bus station “*Estació del Nord*” these are the fastest options:

From Terminal 1, take the shuttle A1 to Pl. Espanya (first stop), then take the metro L1 to the Arc de Triomf stop. You can follow it on Google Maps [here](#).

From Terminal 2, take the shuttle A2 to Pl. Espanya (first stop), then take the metro L1 to the Arc de Triomf stop. You can follow it on Google Maps [here](#).



Travel costs reimbursement

We will reimburse your travel costs according to the rules of the Erasmus + Programme. The reimbursement process of the pertinent travel costs will start upon presenting original tickets, receipts/invoices/boarding passes, & the points of dissemination have been completed.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt, or invoice. We will reimburse each sending organization or one representative per country.

IMPORTANT NOTE: Please, DO NOT buy any flight ticket without consulting us at afrias@youthbcn.com / Any ticket purchased without consulting might be not eligible and not reimbursed.

IMPORTANT NOTE 2: It is possible to travel 2 days (in total) out of the program, but the project is NOT covering the costs for accommodation & food outside the program.

IMPORTANT NOTE 3: Full participation in this training course is required to get the reimbursement.

Travel costs reimbursement

The calculation for the reimbursement will depend on the Erasmus+ official distance bands. We will calculate the distance band between the location of your sending organization and Barcelona. To do so, we will use the Distance Calculator of Erasmus+. You can find it [here](#).

23 €

10 – 99 km

180 €

100 – 499 km

275 €

500 – 1999 km

360 €

2000 – 2999 km

530 €

3000 – 3999 km





What to bring with you

- Positive attitude and willingness to contribute to the experience :)
- Bring something that represents your country or culture. We will have an intercultural evening where you will have the space to present your country; we suggest that you bring some food, drinks, flags, etc. You will have a limited time & space to represent your country, bear in mind that pre-made videos won't be allowed!
- Toiletry products, towels, flip-flops for the shower. Iron, hairdryer, and other personal care items aren't provided by the accommodation.
- **EU member healthcare** card or any other equivalent health insurance (this is not covered by the project).
- Comfortable clothes & shoes for walking. We're near amazing nature to discover together.
- We will have workshops where you must use Google Drive and other digital tools, plan accordingly.



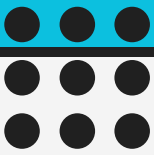
How can you participate?

You need to reside in one of the eligible countries of the Erasmus+ programme, EU Member States, third countries associated to the Programme, and not associated to the Programme from Regions 1 to 4. You can check out if your country belongs to one of the mentioned [here](#).

You can apply directly to Youth BCN through an open call. We will confirm your participation by email at the latest on the 2nd of April. All applicants will receive an email about their application status.

The deadline to apply in the link below is the 1st of April.





YOUNG

YOUNG



Co-funded by the
Erasmus+ Programme
of the European Union

