

Training Course

“Youth Exchanges for Youth 3”

**YOUTH
for
YOUTH**



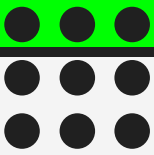
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15-23 March 2025



Vic, Barcelona



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.



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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.

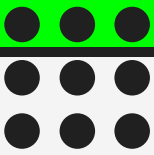


It is a space to step out of your comfort zone and experiment. Don't be afraid to make mistakes, feel ridiculous sometimes, laugh at yourself, and laugh with others. Enjoy this unique learning process!



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About this project

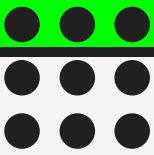
"Youth Exchanges for Youth 3" (YOU4YOU3) is the third edition of a project aiming to improve participants' knowledge in the field of non-formal education, and international mobilities, in particular about youth exchange projects (KA152-YOU).

This training course will focus on project design and help you navigate the project cycle from ideation to 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.

After-movies of the previous editions:





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.

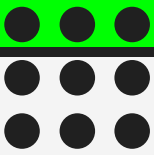
Foster collaboration and networking among participants, enabling them to learn from each other's experiences and insights.

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



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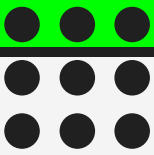


Who can participate?

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 on developing youth exchange projects after this training course





The venue

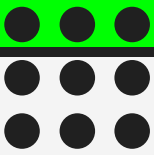
The accommodation for the training course is the youth hostel Xanascat located in Avinguda d'Olímpia, 4, Vic, Barcelona, Spain. Vic is a town located around 1,5h hours away from the city of Barcelona, nested between the mountains and green fields of Catalonia.

Here you can check them out! <https://bit.ly/AlbergVicXanascat>



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.





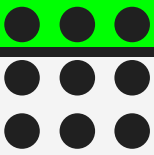
The venue

The hostel provides vegetarian and vegan food, and other dietary restrictions and preferences. Ask for the option you need 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 (outside of training course dates, these expenses will be covered by the participants).

The venue is located in a great area near many services such as a pharmacy, supermarket, cafés, bazar, etc. It is located 20 minutes from the city center. You can find different ways of arriving to Vic, however, depending on what terminal you land at, we advise these:

- 1)** From BCN Terminal 1 take bus A1 to Pl. Catalunya. From there, take the train R3 to the stop VIC, then walk 15 minutes to the hostel.
- 2)** From BCN Terminal 2 take bus A2 to Pl. Catalunya. From there, take the train R3 to the stop VIC, then walk 15 minutes to the hostel.





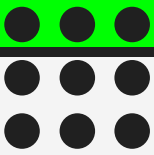
The venue

Buy tickets for buses A1 & A2 directly at the bus stop or in advance in the app. Buy a round-trip train ticket from Barcelona-Vic-Barcelona at the train station. Beware, when buying the train tickets, DON'T buy them from the Metro machines (usually red), buy them from the **Rodalies** vending machines (usually orange). If the round-trip ticket costs you more than €17 it's the wrong one! Ask us, or reach out to someone in the WhatsApp group for communications.

When you search for flight tickets, please remember that the latest you should arrive in Barcelona is at 7 pm on the 15th of March, and the earliest leaving from Barcelona is at 10 am on the 23rd of March. You can check the R3 train timetable at <https://bit.ly/trainR3> (it might change after the 1st of January 2025, please recheck at <https://rodalies.gencat.cat/en/horaris>)

The first meal and night covered at the venue by the project will be on the 15th of March.





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.



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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](#).

56 €

10 – 99 km

211 €

100 – 499 km

309 €

500 – 1999 km

395 €

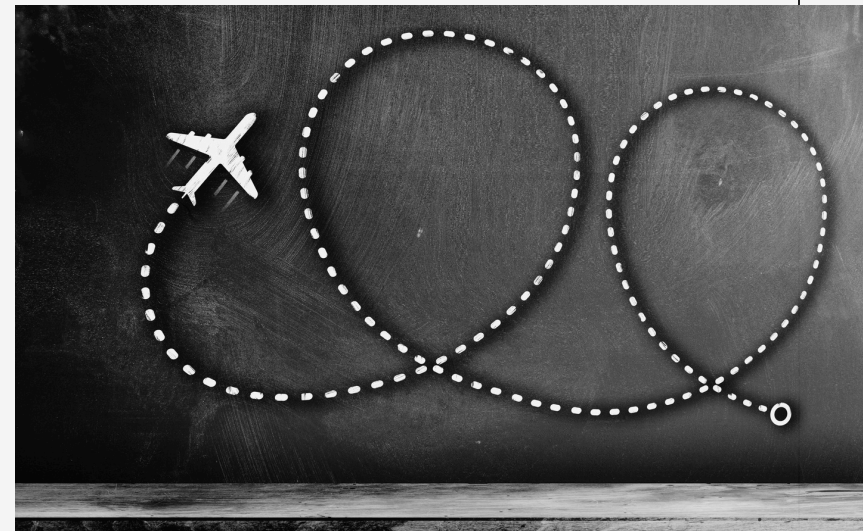
2000 – 2999 km

580 €

3000 – 3999 km

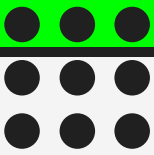
1188 €

4000 – 7999 km



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How can you participate?

For this particular training course, you must reside in one of the EU Member States or third countries associated with the Erasmus+ programme of the European Union. You can check them [here](#). Please, make sure you check it before applying. If you don't reside in one of those countries, we won't consider your application.

You can apply directly to **Youth BCN** through this open call until the **15th of January 2025**. All applicants will receive an email about their application status. Participants in this training need a support organization, you can find it before or after you are selected as a participant.

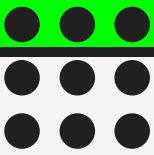
You will have 48 hours to reply if you are a selected participant. After this time, the next person on the waiting list will be contacted.

You can reach out to us anytime with your doubts at hello@youthbcn.com



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What to bring with you

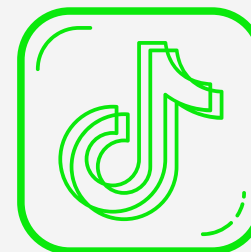
- Positive attitude and willingness to contribute to the experience :)
- Bring something that represents your country or culture. We will have an intercultural evening where you will have the space to present your country; we suggest that you bring some food, drinks, flags, etc. You will have a limited time & space to represent your country, bear in mind that 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.



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YOUTH for YOUNG



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Erasmus+
Accreditation