

TRAINING COURSE

ERASMUS+



LISBON, PORTUGAL

1 - 9 APRIL 2022



The ***Draw for Your Rights*** Training Course (TC) aims to develop the use of drawing as an educational tool within youth work and to promote Human Rights Education (HRE) through comics and illustration structured on communication principles.

Based on the idea that to be an illustrator you do not necessarily need to know how to draw but rather how to communicate effectively, we would like to explore drawing as an educational tool to empower youngsters and young adults.

On the one hand, we will explore Human Rights Education (HRE) under 3 dimensions: “me as a person”, “me as an educator” and “me in action” to fully understand and promote HRE within youth Youth, providing enough context for the participants to choose at least one subject to explore visually (citizenship, participation, discrimination, education, environment, etc.).

On the other hand, we will embrace drawing as an artistic practice (we will do our best to convey that practice is key to developing any form of art!) and explore it as a way of communication and action within our communities.

We aim to achieve the following objectives:

- Educate to promote Human Rights among youngsters and young adults;
- Develop drawing as an educational tool to be used by youth workers on a regular basis but also as a form of action;
- Improve communication skills;
- Improve creative thinking.

Profile of the Participants

For the ***Draw for Your Rights*** Training Course, structured within the triad - communication, Human Rights and drawing - and inspired by the neighborhood in which Spin is located ("Urban Art Gallery"), we are looking for **youth workers, youth leaders, trainers, facilitators, educators, volunteers** who:

- work directly with young people and/or the community;
- are eager to increase their knowledge about HUMAN RIGHTS EDUCATION through creative and empowering tools like COMICS and ILLUSTRATION;
- are willing to explore their inner artist to illustrate and/or draw comics (no previous experience needed, but very welcome!);
- are motivated to multiply the results in their local community after the Training Course;
- are able to express themselves and to understand others in English;
- reside in SPAIN, FRANCE, GREECE, CROATIA, BULGARIA, NORTH MACEDONIA or TURKEY;
- are 18 years old or older.

Timetable (working topics)

01/04 arrivals: no later than 6 p.m.	02/04 Get to know each other	03/04 HRE and drawing (me as a person)	04/04 HRE and drawing (me as an educator)
05/04 HRE and drawing (me as an educator)	06/04 Drawing the World Around (inspirational tour)	07/04 HRE and drawing (me in action)	08/04 Plans for the Future
09/04 - departures			

The **Spin Association** is a non-profit, non-governmental development organization, whose aim is to promote intercultural understanding, intercultural dialogue, sustainability as well as active and participatory citizenship and lifelong learning. We do it by promoting international mobility programs and other international cooperation projects.

The Spin Association has been an applicant, partner, hosting, coordinating and/or sending organization in over 150 successful international events in the past 13 years (both EU and non-EU-funded). Our activities included international youth exchanges, voluntary service, internships, training courses, seminars and summer camps. Spin has also organized countless information sessions about European mobility opportunities.

Even though we are a small-sized NGO, we have over 300 associated members. The NGO is also an active member of the Local Youth Council and participates in the Community Meetings of the Carnide area of Lisbon. We are officially recognized by the Portuguese state as a Development NGO and a public utility organization.



Partner Organisations

- PORTUGAL - ASSOCIAÇÃO SPIN
- SPAIN - KAEBNAI
- FRANCE - BOKRA SAWA
- BULGARIA - WALK TOGETHER
- GREECE - HELLAS FOR US
- CROATIA - INSTITUT ZA POTICANJE MLADIH
- NORTH MACEDONIA - CET PLATFORMA SKOPJE
- TURKEY - GENCLIKTE SPOR SANAT VE EGITIM DERNEGI

Participants

We are looking for **3** people (**18-30 years old**) from each country: youth workers, youngsters working or willing to work with youth, or volunteers at local youth organizations who are **motivated to learn new skills, develop new competences, broaden their horizons, and act as multipliers** on Human Rights Education.

Also, the participants must be fully present during the Training Course (arrival in Lisbon on April, 1st and departure from Lisbon on April, 9th 2022), participate in all activities, create a safe and respectful environment and take the most possible advantage of the experience!

Lodging and Travel Costs

Under the financial support from the *Erasmus + Youth in Action Program*, each participant has their food, accommodation and activities fully covered. The maximum budget for travel is up to:

country of residence	standard travel	green travel*
Portugal (<100 km)	23€	-
Portugal (>100 km)	180€	210€
France, Spain	275€	320€
Bulgaria, Croatia, Greece, North Macedonia	360€	410€
Turkey	530€	610€

*Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Reimbursement Rules

The travel expenses reimbursement is subject to submitting the travel reimbursement forms and original travel documents, as well as fulfilling the participation requirements. The maximum reimbursable amounts for each country have to be respected.

NOTE: Please use only public transportation and economy class. Taxi costs or other transport methods different from public transportation are not eligible costs.

The **documents you will need to provide us** include:

- Original **boarding passes**
- **Invoices, receipts and travel bookings**
- ALL **return tickets** (sent by postal mail upon return to your country, or by email in case of online tickets; no scans will be accepted)

Travel arrangements:

- Make sure you have the **hosting organization's approval for your travel proposal before buying the tickets.**

The participation requirements you are expected to fulfill are:

- Mind that you cannot arrive after the program starting time (1st April, 6p.m.) and depart earlier than on the departure day (9th April).
- Your travel expenses will be reimbursed only in case you participate in all activities of the program.
- You must complete the official Erasmus+ evaluation form/online survey upon return to your country.

The reimbursement will be carried out by bank transfer (**in one transfer**), after the training course finishes (up to 90 days after) provided that all the documents have been submitted (invoices, tickets, etc.) and that the evaluation form has been filled.

Please be aware that **all reimbursements are paid out to your sending organization by bank transfer.**

Accommodation

Spin Hostel is a social project of the Spin Association and it is supported by the local council, Junta de Freguesia de Carnide. It is one of the first “social hostels” in Portugal and it is mostly used to host groups of young people coming to Lisbon for intercultural exchanges, training courses, study visits, and for some other social and educational international activities.

The hostel is situated right next to our office in Bairro Padre Cruz, a public housing neighborhood located in the northernmost part of Lisbon, about 35 mins from the city center. You can find one of the biggest European urban art galleries in our neighborhood (and we will be happy to show you around)!

Address: Rua do Rio Tejo, nº 7, 1600-746, Lisbon, Portugal

Phone: (+351) 217 145 520

Website: <http://hostel.a-spin.pt/>



Accommodation Guidelines

- Participants will be staying in 8-bed dorms (female, male and mixed gender) with shared WC.
- We will provide bed sheets but it is necessary to bring your own towel and bathroom supplies.
- You may also want to bring a little padlock in case you wish to secure your belongings in a locker, you can also hire one for an extra fee of 2€.
- In the hostel, there is a free Wi-Fi internet connection. Please remember that one of the objectives of the project is for you to meet and get to know other people in your free time.
- Every participant is responsible for their own belongings. The organizers of the project cannot be held responsible for any damage to or loss of personal items. We suggest you do not bring any valuables to the project (laptops, expensive cameras/equipment, jewelry, large sums of money, etc.)
- All breakfasts & dinners and nearly all lunches will be served at the hostel. The meals will be adapted to your allergies/special dietary needs according to what is specified in your **application form**.
- You should try to bring enough clothes for your entire stay.
- There is no hairdryer at the hostel.
- Hostel curfew is at 1 a.m. (this means that the hostel gate is closed between 1 a.m. and 8 a.m.). There can be no loud noise made at the hostel during the curfew hours.
- All participants are responsible for keeping the hostel clean.
- It is strictly forbidden to leave any tableware (dishes, glasses, utensils) outside the hostel.
- Spin Hostel recycles trash. The recycling bins are located in the kitchen. The room bins should only contain non-recyclable garbage.

How to get to SPIN HOSTEL?

Here's the easiest way to get to our incredible Spin Hostel:

1) Lisbon Airport has direct access to the metro (red line), so follow the displayed indications. One 60-minute ticket costs €1,50 (plus €0,50 for the rechargeable card that you should keep with you until the end of the program). Since the same card is also valid to use on buses, we advise you to charge it with 2 tickets (so in total you should pay 3,50€).

Also, make sure you keep all the receipts (the card is not enough, we need the printed paper receipt from the machine for reimbursement).

2) Take the metro in the direction of São Sebastião.

3) In the metro you will have to change to the green line. You should get off at Alameda station and change to the green line towards Telheiras. Note that to change lines, you don't need to buy another ticket, the purchased ticket allows you to change lines, so you don't have to get off the metro station.

4) Take the metro in the direction of Telheiras (last station of the line).

5) Leave the metro station at Telheiras and go to the bus stop at Rua Professor Vieira de Almeida, and then catch the 747 bus (direction to Bairro Padre Cruz).

And... please watch out for the pickpockets!



WHAT TO BRING!

- **ID/Passport** and some pocket money. Though you do not need to, you may want to bring some pocket money for your additional expenses, not covered by the program, such as souvenirs or postcards. Please do not bring large sums of money.
- **EU COVID certificate.**
- **Your European Health Card** + travel insurance documents.
- Some typical (tinned) dish/wine/cheese/sweets/etc. from your country or region for the intercultural moment.
- **Towels**
- **Adequate clothing.** The Lisbon weather in April can be tricky. You can expect sunny days and high temperatures like 22°C or a lot of rain and a bit of cold. That's why it's important to be ready for both scenarios.
- If you're taking **any medicine**, DON'T FORGET TO BRING IT ALONG.
- **Masks and hand sanitizer.**
- Any materials you may want to use during practical exercises (comics and illustration)! Not essential.
- Motivation to learn and share about empowering tools to support young people and... share your inner artist!

If what you just read suits you...

you are very welcome to apply for this Training Course!

You can do it through this **application form** (mandatory) and if needed, by contacting one of our partner organisations (mentioned above) according to your country of residence, or write to us directly at international@a-spin.pt.

The TRAINERS



*click the images to discover more about the trainers!

plus ALL SPIN TEAM and VOLUNTEERS are waiting for you!

Join us!



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