



INFOPACK

Training Course “Smoke in the forest”

23rd – 30th August, 2023
Puente Genil, Spain

✓ WHAT?

This project aims to develop skills in youth workers for the **prevention of addictions in young people**.

The specific objectives we propose for this project are:

- Understand the concepts related to drugs and addictions.
- Become aware that addictions are a problem that affects the whole society and analyze our personal history with drugs.
- Understand how different drugs work.
- Understand the risk and protective factors that influence the development of addictions.
- Analyze the risk and protective factors that have influenced our life history.
- Know the role of public administration in the fight against addictions.
- Learn about the operation of a therapeutic community, the role of the private initiative in the fight against addictions and live with people in the process of addiction rehabilitation.
- To become aware that drugs are very linked to our culture and to know the reality of each one of the participant countries.
- Know the different forms of intervention that exist to fight against addictions, both from the preventive point of view and harm reduction.
- Develop activities for young people that help them in the fight against addictions (risk prevention, early detection and intervention or risk reduction).

So, the results we expect with the implementation of this project are related to the achievement of a number of learning outcomes related to improve our skills to work with youth in prevention of addictions.

✓ HOW?

The methodology will be based on: learning among peers, constructive debates, role playing, presentations, active participation, learning through experiences, cooperation and group dynamics, artistic creations, theater forum, dancing, creating arts and learning spaces, etc...





✓ WHERE?

In **Puente Genil**, a town from Andalusia (Spain).



They will be lodged in a **youth residence in Puente Genil**, very close to the centre of the town.

Furthermore, the building has a garden and is located in the centre of the city. Regarding the places where we will do the activities, we will use a big room in the same municipal residence, and outdoor places.

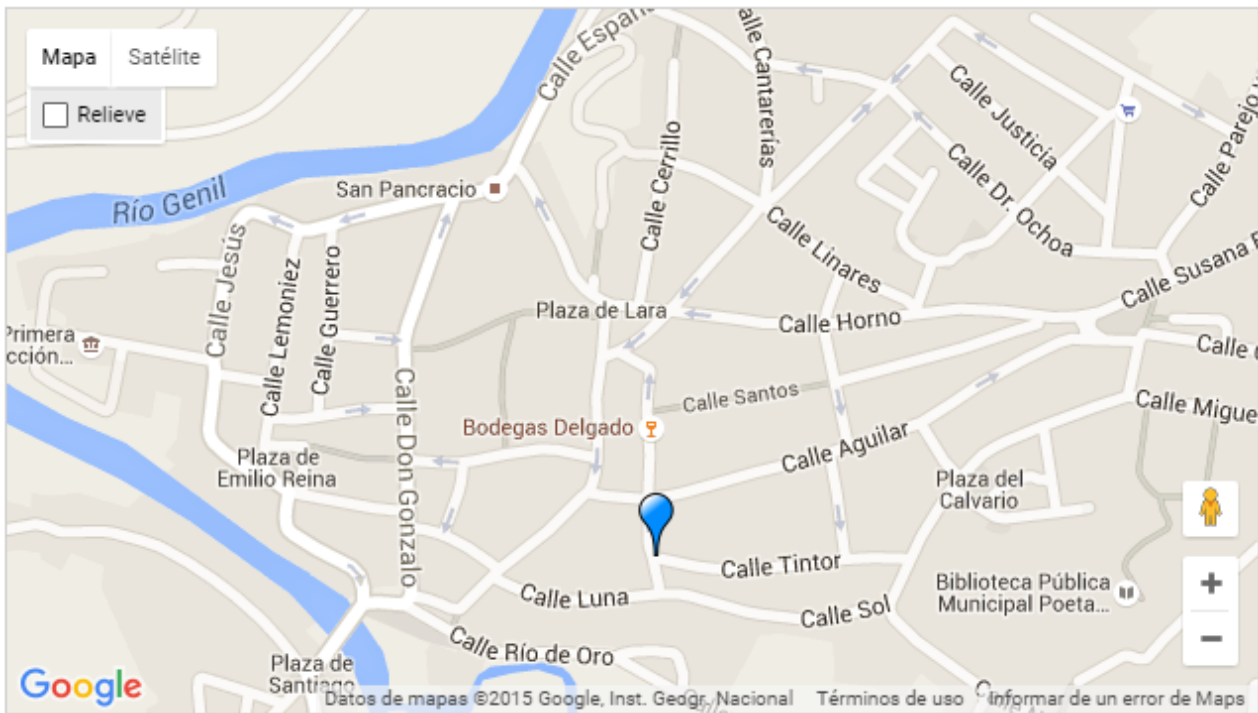
WE WILL APPRECIATE THAT PARTICIPANTS TAKE NOTE that the rooms will be organized according to gender equality and cultural diversity.





Venue:

The address of the residence is "Calle Modesto Carmona" s/n, next to "Afasur".



✓ WHO?

This project is aimed to youth workers **over 18 years old**. The number of participants per country is **3 per country**. The participant countries are Cyprus, Bulgaria, Poland, Hungary, Italy, France and Spain.

These youth workers should:

- Have experience working or as a volunteer with young people
- Good English level, enough to be able to communicate in this language
- Teamwork skills
- Previous knowledge in Erasmus + program
- Be able to exploit the results obtained in this training in other contexts once they back to the origin country
- It would be desirable if they have experience in youth with fewer opportunities
- Have interest in the topic

✓ COSTS

This project will be implemented within the framework of **Erasmus + Programme** of the European Commission (**K1**). Hence, all costs related to food, accommodation and activities will be paid in full. The travel costs are financed by European Commission, attending to the programme rules according to distance calculator.

France, Italy up to 275€
Poland, Bulgaria, Hungary up to 360€
Cyprus up to 530€

✓ PARTICIPANTS REGISTRATION

Please, once the participants have been selected, they should **fill in the following participant registration form**: <https://forms.gle/wnzQTXj3D58t4y1eA>

✓ TRAVEL INFORMATION

***Please, before purchasing your travel tickets, let us know your options to advise you with the best option and authorize it (trips for tourism in Spain aren't reimbursed) And once you have your final itinerary, please fill in the following table:**

<https://docs.google.com/spreadsheets/d/1bFnYBdZ21NdOzHCnQ4TIEoiZovfdEVLe/edit?usp=sharing&oid=108042412155154679482&rtpof=true&sd=true>

Please, bear in mind that in order to keep our coordination going, we need to fix **deadlines to provide us information** about your participants and their travelling information and completing all forms. In the case of this project it will be **23rd July**.

Here you can find some recommendations depending on the airport the participants arrive...

➤ ARRIVAL:

If the participants land at Malaga Airport, they have the next option:

- **Train ("Renfe"):**
At Malaga Airport they can take a commuter train (in front of arrivals) which will take them to the Central Train Station, "Malaga Maria Zambrano", where they should take a train to "Puente Genil - Herrera" high speed train station.

If the participants arrive at Sevilla Airport, they have two options:

- **Bus ("Monbus"):**
They can take a bus from the airport to the Bus Station "Prado San Sebastian", where they can take a bus to "Puente Genil Bus Station".
- **Train ("Renfe"):**
They can take a bus to "Sevilla Santa Justa" train station, where they can take a train to "Puente Genil-Herrera" train station.

Finally, if the participants land at Madrid-Barajas Airport, there are three options:

- **Bus ("Socibus") + Bus ("Carrera"):**
They can take a bus or metro to "Estación Sur" Bus Station, where they can take a bus to Córdoba. At "Cordoba bus station", they can take another bus to "Puente Genil Bus Station".
- **Bus ("Socibus") + Train ("Renfe"):**



They can take a bus or metro to "Estación Sur" Bus Station, where they can take a bus to Córdoba. Opposite "Córdoba Bus Station", it is the train station where they can take a train to "Puente Genil-Herrera" train station.

- **Train ("Renfe"):**
Taking a bus or metro to "Atocha train station", where they can take a train directly to Puente Genil-Herrera.

They can consult the **bus** and **train schedules and prices** on these websites:

Bus "**Carrera**": <http://www.autocarescarrera.es/lineas-regulares/horarios>

Train "**Renfe**": <http://www.renfe.com/EN/viajeros/index.html>

Bus "**Socibus**": <http://socibus.es/wp/>

Bus "**Requenense**": <http://www.monbus.es/en>

Once the participants arrive to "Puente Genil – Herrera Train Station" or "Puente Genil Bus Station", they have to take a taxi to **Calle Modesto Carmona s/n** (the accommodation venue). The trip: train station - accommodation, in a seven-seater taxi would be around 16,50€ and, in a four-seater taxi around 11€; and bus station – accommodation, in a seven-seater taxi around 10€ and four-seater taxi around 6€. **(PLEASE, IN BOTH CASES, DON'T FORGET TO ASK FOR THE TICKETS TO THE TAXI DRIVER, it's really important for the reimbursement)**

Here you are a taxi driver phone contact that is used to working with us. He's got Whatsapp so you may contact him in advance to schedule a meeting time.

- Manuel Roa (taxi driver) +34 639590465

Anyway, we use to coordinate taxi trips to get it cheaper one sharing it with other people.

✓ RETURN TRIP

For returning, there are two different means of transport in Puente Genil:

- "Puente Genil bus station", where they can take a bus to Cordoba.
- "Puente Genil-Herrera train station", where they can take a train to Córdoba, Málaga, Seville or Madrid.

They can consult the schedules in the same links we have provided above.

✓ HEALTH INSURANCE

We strongly recommend the participants to bring their **European Health Insurance Card** to be covered in case they need medical assistance.

✓ PARTICIPANTS SHOULD BRING...

- **1 laptop per group.** It is important to do some of the activities.
- Suitable Clothes for a **weather** between 20° and 45°C approximately.
- **Towels** and products for their **personal hygiene**.
- Original passport/identification document, **original invoice** of their flight, transport **tickets** and **boarding passes**.
- **Electric adapter** (if it would be necessary) for this socket.
- **Comfortable clothes** for outdoor activities.
- **Refillable bottle.**



✓ TASKS TO PREPARE BEFORE COMING

- ☑ Some **energizers** (games to put energy in participants)
- ☑ **Presentation about the sending organization:** we only need that, before coming, participants have the sending organizations information about: its target group, main activities it carries out, contact details and social media links.
- ☑ **Intercultural evening** about your country. You can bring some traditional food and drinks for a tasting, flags, some brochures about your town and your organization, a general presentation of your country, basic expressions in your language, traditional dances or whatever material or game you consider for this activity. Please, bear in mind that this activity could take place in a different place, where there isn't a projector or internet, so we recommend you to prepare something creative no digital. It is not possible to use kitchen for cooking, so we recommend you to bring food that doesn't need to be cooked, such as dairy products, cold meat, tinned food or sweets.
We apologize we cannot reimburse you the costs of this intercultural evening activity.

Because of the topic of this project, we would like to suggest that you don't bring alcoholic drinks for the intercultural evenings.
- ☑ **Whatsapp group:** we are going to create it to make easier and faster our communication with all groups about logistical and practical issues before coming but also during the youth exchange to share photos, information... We'll send you the link to join some weeks before youth exchange.

✓ ANOTHER RELEVANT INFORMATION

- ☞ Regarding **accommodation**: we can provide them accommodation from 23rd August (The meeting time will be from 17:00) to 30th August (no later than 10:00h).
- ☞ Regarding **meals**: for the arrival day (23rd August) we can only provide dinner and for the departure day (30th August) only breakfast.
- ☞ **NO DRUGS ALLOWED!!!**
- ☞ **NO ALCOHOL ALLOWED in the accommodation.** In case the intercultural evening is in the accommodation, just A LITTLE taste is possible during this activity. *Anyways, because of the topic of the project, we would like to suggest not to bring alcoholic drinks.*
- ☞ During the youth exchange, it's mandatory to **attend and be involved in ALL ACTIVITIES.**

✓ REIMBURSEMENT RULES

In order to get the travel costs back, we need to be sent by you all the **ORIGINAL TRAVEL DOCUMENTS** (bus/train tickets, electronic tickets with prices, boarding passes...) **AND INVOICES** together **with a SUMMARY TABLE** (round trip) just after the youth exchange. You have to send us:

- **Electronic travel documents** by mail to: conrumbopropio.info@gmail.com
- **Original travel documents (no digital version) printed on paper** by post to: Asociación Con Rumbo Propio. C/Mimosa, 61. 14500 Puente Genil, Córdoba, Spain. *One day during youth exchange, we will collect all your tickets from your country to Puente Genil.*

☞ Moreover, leaders must **fill in the SURVEY** provided by Mobility Tool.

☞ And, send us all **dissemination links** about the project and its results through all your channels such as social networks, web, media... once the activity has finished.

IMPORTANT! The reimbursement will be according to the Erasmus + program rules and distance calculator. It will be done after the project when we receive all ORIGINAL TRAVEL DOCUMENTS and the maximum deadline for the reimbursement will be when our NA reimburses us the remaining 20% of the granted project. In case it is very delayed, we

can assume 50% of the refund just after youth exchange and the rest of 50% travel reimbursement when NA pay the remaining quantity.

The reimbursed amount will be based on the tickets/invoices presented and eligible (no trips for tourism in Spain).

**Please note that you can only claim the amount within the limits of the travel cost and exceptional costs budget. If your total travel and/or exceptional costs exceed this limit, your organization or your participants will have to cover these extra expenses by themselves.*

We will do **only one transfer for every country**.

*If you stay longer in Spain, you can do it 2 extra days maximum and are in your charge.

✓ SENDING ORGANIZATION ROLE AND TASKS:

- Project dissemination before, during and after training course (at least in one digital channel: social networks, web...)
- Participants selection
- Meeting with participants to inform about:
 - Infopack sent by Asociación Con Rumbo Propio (CRP)
 - Travel options in coordination with Con Rumbo Propio
 - Fill in registration form and travel itinerary table provided by CRP
 - Tasks to prepare before coming (some energizers, intercultural evening, sending organization presentation and whatever related to the topic).
 - Join to whatsapp group with the rest of participants and organizers
 - Reimbursement rules
- Send us all travel documents (according reimbursement rules) or make sure that participants do it.
- Send us dissemination links.

Please, if you have any question, don't hesitate to contact us.



Erasmus+



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