



Growing Minds



Erasmus+

ERASMUS + TRAINING COURSE

GROWING MINDS

Erasmus + Youth Workers
Training Course
19th 25th May 2022
Tenerife. Canary Islands. Spain

22 Participants. (2 participants
per country + 2 Trainers)

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1. THE PROJECT



We are happy to send you the information about the Training Course Growing Minds, this is a very special project and we want you to be motivated and ready to put your energy and enthusiasm into it.

Please be sure that you have fulfilled your personal details on the participant form:

<https://forms.gle/Y9UpXKXAekTw6sAb6>

Growing Minds training course will take place in Tenerife, from May 19th to 25th, 2022,

We will meet 22 youth workers and youth leaders, to learn more about how to apply empathy based communication; art, nature and body work; mindfulness. The participants come from the following organisations: Isla CreActiva Spain, WICI Poland, Nomadways France, Bfree Bulgaria, Ask Yourself Romania Vice Versa Czech Republic, Ananda Marga Portugal, Betwen Us Chipre, LbaKT Latvia,

The course is planned to answer the need for easily adaptable tools to work with youngsters in nature which would support their well-being and their deeper self-reflection.

All these educational tools will be combined with dynamics of environmental education in nature, and through experiential methodologies, teamwork, and deeper reflection.

As a result of the course participants will take away easy and ready to use short practices to lead with their groups.



2. ACTIVITIES

Growing Minds training course will take place in Tenerife, from May 19th to 25th, 2022, at La Esperanza, where we will carry out various educational activities and workshops, using various non-formal education tools.

The program of our course is built around several thematic blocks, distributed throughout each working day:

- 1 - Getting to know each other, working as a community, building a support network
- 2 - Discovering the natural environment, outdoor educational tools
- 3 - Mindfulness Practice, Nature Work, Introduction to the Elements of Nonviolent Communication
- 4 - Designing educational itineraries for activities with young people
- 5 - Dissemination and evaluation activities

4. LANGUAGE

During all the activities and at the Training Course we will communicate with each other in English. With the help of the Trainers we will facilitate and translate when possible, but a good level of English is needed in order to be able to work together, get involved and understand in all activities.



TEAM of TRAINERS

Marta Skorczyńska – non-formal education trainer, certified in applied drama methodology, actor in Forum Theatre performances. Since 2009 supporting international volunteers as a mentor, coordinator, and coach. Since 2017 supporting other youth workers as a trainer and coordinator of projects developing their toolbox. as well as supporting their professional and personal satisfaction. In her work finding inspiration from voice and body training methods, coaching and solution focused approach, and educational games. Working with the Nonviolent Communication model and promoting empathic communication since 2018. In the process of training in NVC-based mediations and coaching.

[Ainhoa Magdalena](#) - pedagogue in Waldorf Steiner, Social Anthroposophical pedagogy, and non-formal education trainer. She has been part of associative schools and nonformal education projects combining humans' evolutionary stages companionship, specialised in children and diversity, since 2015. She has been part of Erasmus+ projects since 2009 in topics such as environmental development, embodiment, and art for social issues. As an educator, she focuses on the development and connection between the willing-feeling-thinking process in human beings through a rhythm of nature and artistic expression for holistic education, as well as the development of the senses as a tool for mindful observation and empathy.

4. ACCOMODATION

We will be in to venues, at youth hostel at Guía de Isora, and the forest camp “MADRE DEL AGUA, VILAFLOR” forest cabins. We will have most of the meals during the exchange there, covered by the project.

Once there we will explain the basic rules of the hostel and camp, like there is strictly not allowed to drink alcohol, during the whole project, or smoke at any place of the camping area.

The hostel is equipped with internet, but the capacity is very limited if everyone uses it at the same time, so it works most of the time. You can use your phone but the signal can be limited for most phone companies. You can see more info of the hostel here:



www.youtube.com/watch?v=NTRT7Y8_x6E



Campamento Madre del Agua, Vilaflor, on google maps

<https://goo.gl/maps/wCLb6mmZ7Kcbwejl6>

And some pictures of the cabins:



5. FOOD

We will have most of the meals during the project there, all covered by the project. When we will have some activities out, to simplify the logistics and help to co-found the project, we will ask participants to cover only the costs of one lunch and one dinner by yourself during the free time.

We will provide all the rest of the food at the hostel facilities, for environmental reasons, and to provide new learning experiences for all, we will have all of the meals based on vegetarian and vegan options.

We will have a staff cook specialised in vegetarian and vegan food for the project, but we will make turns to share tasks for help in the cleaning and serving the food for the whole group.

If you have any allergy, medical or food requirement, please let us know to be able to offer a suitable diet for you.



6. WHAT TO BRING



The weather in Tenerife is very changing and we will be at a certain altitude most of the time and moving a lot so it could change a lot, depending on the place of the island we are.

So if we are lucky with weather and for the activities outside we recommend you to bring **a strong solar cream and cap, sunglasses, some walking or sport shoes, backpack for hikes, towel and swimming suit.**

We will be running some activities at the mountains so it will be much colder and wet, especially during the evening, at the cabins so we recommend **a light rain jacket and jumper.**



Comfortable clothes as we will be working outside and inviting you to sit or lay on the ground.

The temperature average will be around 17°, but the humidity will be around 80% so the fell is colder.

We will be allocated in a wooden cabin with basic facilities, that means there is only the mattress and pillows, so we do NOT have blankets or bed sheets.

Each participant has to bring his own **sleeping bag**.



7. INSURANCE

We have all participants covered with Third Party Liability insurance in case of accident, and medical insurance during the time of the Project.

In case some medical attention is needed we strongly recommend you to bring with you, also the European Health Card. (The Blue Card) than normally you can ask for free in your health office.



If each participant wants to have extra travel insurance, they will have to cover it by itself.

We are expecting that for the time of the project most of the European population will be vaccinated against Covid, but we cannot foreseen any changes in medical situation, so we recommend every participant to be fully vaccinated in order to protect each other and being able to do all activities together.

8. TRAVEL & TRAVELING COSTS

TRAVEL

You can choose different options to arrive in Tenerife, there are two international airports on the island. Depending on which airport you choose we will set a meeting time, according to your arriving times. It is very important that you tell us in advance your travel plan.

The SOUTH airport is closer to the venue, but the bus connection is good for both airports, so pick the cheaper option for you.



The meeting point will be Costa Adeje Bus Station, (also know as Las Americas bus station)

<https://goo.gl/maps/GvgJQutz3LkexLtB8>

You can get there from the airport, or any part of the island, by public bus :

<https://titsa.com/index.php/en/tenerife-by-bus/getting-to-the-airport/tenerife-south-airport/linea-40>

TRAVELING COSTS

We have a travel limit cost per each country and per person, and from that total cost of the trip, we will reimbursement up to the maximum allowed according to the Erasmus+ distance calculator:

Spain 0€
Poland 820€
France 360€
Bulgaria 530€
Romania 820€
Czech Republic 530€
Portugal 275€
Chipre 820€
Latvia 820€



Only the long distance transport is covered, no local bus, or transport to the closest airport.

We are in the middle of the Atlantic ocean, so the only valid transport to arrive is by plane. We recommend buying the plane ticket with option to change or refund, just in case.

We will try to do the reimbursement as soon as possible after the training course, and for that we need the original receipts of the plane tickets, as well as the boarding passes. We will make the international bank transfers when all individual reports and dissemination activities will be done.

All participants must attend the whole activities of the course, and follow the common rules, in order to receive back the refund of travel cost.

If you need to do a PCR or covid test to travel, this cost is not covered by the project, and neither cover by the insurance, so we recommend to be sure to have and print the covid passport before the travel to facilitate the trip.



9. INFORMATION & LINKS

Here you can check some information about our association, Isla CreActiva

www.islacreactiva.org

<https://www.facebook.com/AsociacionIslaCreActiva?fref=ts>

Here you can find some more information about youth in action, and youth exchanges:

http://eacea.ec.europa.eu/erasmus-plus_en

Here you can find some more information about the Canary Islands:

en.wikipedia.org/wiki/Canary_Islands

And here some tourism information about Tenerife:

www.webtenerife.co.uk



10. COVID

At this moment, only people with one of the following: a negative PCR test/completed vaccination/Certificate of Recovery, can travel to the island.

We are optimistic that the situation will be better in early spring, where the project is projected to take place.

It is of importance to state that throughout all the phases of the project, we will not discriminate on the basis of vaccination status, or of course any other status, and we are in accord with the official protocols issued by the Ministry of Health and WHO. Furthermore, we will advise everyone to do a negative self-test before taking the plane, to make sure that a covid outbreak will not be the case.

To enhance the Health and Safety measures, we will give each participant an antigen self-test on the first day of the project, and in the middle of the week.

We will take a bubble approach, and avoid crowded places, and the project will take place in the forest, and it will be an ideal covid-free zone. We will take into consideration all the national protocols to ensure maximised health standards.



The process of booking tickets should be done in coordination with your country leader, as times are extremely uncertain, we advise the participants to book a refundable ticket in the case that the project gets cancelled (or are covid positive just before the project).

Due to the Erasmus+ policies, we cannot refund anyone if the project is cancelled, delayed, or if a participant can't travel because they tested positive covid test and couldn't take the flight.

In the case that someone has covid symptoms in the project, we will take all the measures that are set by the official protocols, and we will prepare an isolation area to stay, until the end of the project. We cannot host after the youth exchange, so if a participant is covid positive after the Youth Exchange, we need to cover the medical and host costs.



To conclude with, we are really doing our best to physically host the project, and for it to be a great learning experience for everyone involved. We want to hike, talk and laugh, and be close to each other, carefree, without contemplating about covid, for that we need everyone's cooperation, so we all will enjoy this experience.

11. CONTACT

To start to know each other, share info and keep contact after the exchange we have opened a group on Facebook, so please join in and feel free to ask anything that you need.

<https://www.facebook.com/groups/3144060289191464>

For anything else you can ask your group leader, or use the group to ask.

This infosheet is not finished, and will be completed and modified as we will gather more informations and prepare some more activities !!!!





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