



INFO PACK



# HOW FAR WILL YOU GO?

TRAINING COURSE KA153-YOU



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

## WHERE AND WHEN?



**TENERIFE, SPAIN**  
**2-10 December 2022**  
**7 days (training) + 2 days (travel)**

## **INFO PACK SUMMARY**

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## INTRODUCTION

Dear participant,

We are very glad and proud to announce our training course **How far will you go?**. Our journey will take place between the 2nd and 10th of December 2022 in Tenerife, Spain.

In order to know what you can expect from this training and intense learning adventure we are sending you this Information Pack, which covers all you need to know if you are thinking of being part of this journey.

If you have any questions or concerns, please, do not hesitate to get in touch with us. You will find contact details at the end of this document.



## PROJECT THEME

For a long time, we have been watching young people become inactive, take refuge in the fantasy world of social networks, live their imaginary life as someone perfect, because anyone can be anyone online. After the crisis 20/21, we realised we overreached the boundaries of a society which we believed to be limitless. There is a new order of priorities. Because of this modification we need to re-adjust the stimulation of inclusion, employability and the flexibility of our youngsters. In reality, however they face the facts about themselves, relationships, self-image and everything else, which leads, on the one hand to ever greater hardships and, great social alienation on the other. Teachers and youth workers, as well as everyone involved in the education of young people, notice how difficult it is to influence young people, how difficult it is to establish an authentic relationship that would be the base for changes, which is why we have carried out projects in the past where we included outdoor activities and sports activities to understand and influence young people. Through our own experience, we want to guide the participants to become aware of the great power of this method both as a diagnostic and as a therapeutic tool for influencing young people. Sports activities are miniature societies with their rules, dynamics, relationships and everything that is also found in society with the difference that results are much faster and relationships are much more intense, which leads to changes. That's why we invite you to join us on a sports journey through the upcoming project-training that we will organise in the field of **Erasmus + KA1 in Tenerife, SPAIN**. The training will be very extensive, as the program will be designed to promote healthy lifestyle, recreation, nutrition, mutual help, solidarity and many other topics such as **how to use sport as diagnostic and therapeutic tool**. You will be challenged mentally and physically. Are you ready?



## AIM OF THE PROJECT

This project will implement two goals.

1.) Challenging you to discover who you truly are, to know yourself better, to go deeper into yourself and to understand how you can use this knowledge to be closer to yourself, to find out what you want, what makes you happy and fulfilled and what gives meaning to your life and work. When you know that you can transmit that knowledge and information around you and make sure more people are in touch with themselves, being able to find their life purpose and go for more meaningful actions which will have a positive impact and effect in our society.

2.) Providing methods of working with young people (how to improve personal skills, connecting young people in a group, influencing changes in their behaviour, and how to implement this in organizations), and how to use sports and activities as a diagnostic and therapeutic tool.



## OBJECTIVES



We intend to do that using sports and outdoor activities as a main tool. To make you get out of their comfort zone, to trigger you, to make you see and experience things differently, we will teach participants how to recognize and perceive personality traits through artificially created situations through sport, and above all how to influence young people through sports and planned outdoor activities and help them overcome stress and problems in everyday life.

### #1

Empower 21 youth workers to work with young people through sport.

### #2

Develop a methodology on how to use sport as a diagnostic tool to identify deficits in young people and others.

### #3

Develop a methodology on how to improve an individual's personality traits through sport.



## OBJECTIVES



**#4**

Develop a methodology on how to prevent mental distress and increase confidentiality among people for better therapeutic work in the future.

**#5**

Develop a methodology on how to use sport as a therapeutic tool.

**#6**

Develop a methodology for youth self-help through sport.

**#7**

Disseminate results to 30 people in partner organizations.

**#8**

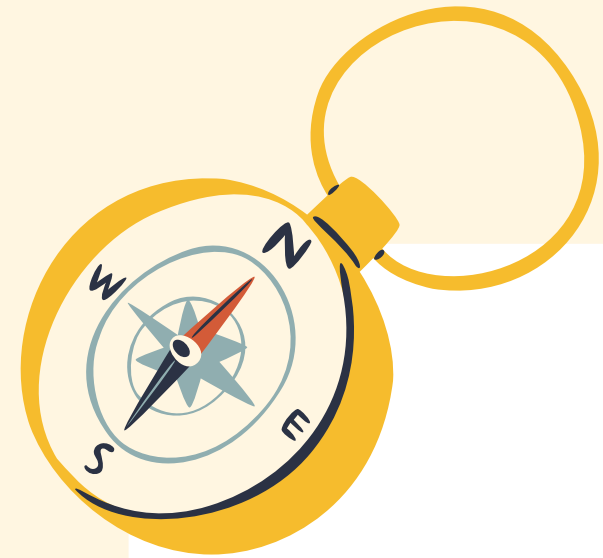
To publish an article about this experience.

**#9**

Present the project and results in an international context.







The whole project will be based on a journey where you will be challenged from the very first to the very last moment. The idea is to make you see things from a different angle by experiencing it yourself, that's why you will be able to understand how to use this tool when working with youths. To develop your critical thinking and to be able to act as an observer of your own and other feelings and behaviours, to get your own coping mechanisms, understand them and be able to use this information and data in your daily life when dealing with different situations. We believe gaining these self-development and self-knowledge tools will enable youth workers and youngsters to increase their self-confidence, to increase meaningful actions with a real impact on society, to be more empathic and understanding to help others on their own path. Also to be able to train and coach themselves mentally as this is what sports does, it makes us discover our own limits but also teaches us to break those limits and to challenge ourselves, realizing we can do something we thought we couldn't, breaking conditioning and patterns. Which will have an impact on a deeper level. Participants will then be able to use these mental coaching techniques in different situations in their personal and professional life and be able to teach them to others as well.



## PARTICIPANTS PROFILE

Participants will be youth workers, project leaders and educators involved in youth work.

The participants will have a multiplier role - in other words: you will adapt what you learn in this training course to your own context of working with young people. In your future projects and daily work you can incorporate tools, methods and theories which you have learned during this Training Course. You can also use your personal learning and development in your daily work with your own target groups. This Training Course will be an emotionally challenging project for trainers and trainees. That's why we expect from you as trainees at all times to do your best to:

- be fully committed to the process - to reflect, share, experience and participate in all activities,
- keep a clear mind, that is neither intoxicated nor distracted,
- have taken care of important personal and professional matters beforehand, so that these do not intervene with the Training Course (please, be completely present with the group during the whole learning process!),
- be on time for all of the deadlines, sessions and appointments,
- challenge yourself to step out of their comfort zones,
- be willing to look into yourself and reflect on your professional and private life,
- to be very physically active and in shape to walk long distances,
- to be aware that there is no bad weather only bad clothes,
- and to join us on an intensive, immersive and unforgettable journey.





## **IMPORTANT - THIS PROJECT IS NOT A YOUTH EXCHANGE**

It is meant as a serious and intrinsic training course with a strict designed learning flow. This journey stands and falls with the motivation and active contribution of ALL participants. This project can only be a success by you and your involvement with a serious approach. Only then we are able to create the stimulating atmosphere to go on an intensive, personal and emotional learning journey where we explore identity and discover varied views on this topic.

If you want to come to Tenerife for other reasons than the learning process – maybe because you’ve never been here before and this TC is a great opportunity for you for tourism – we would like to ask you kindly to find another project in Tenerife. This project can only be a success if all of us - trainers, supportive persons, but in the first place you, our dear participants - are completely with us in the learning process which will be really intense.

Please, consider this training course as an investment in your personal as well professional life. We all are deeply grateful to take this in consideration.



## TRAVEL INFO



- This program is financed by the Erasmus+ Programme of the European Union.
- Accommodation and food are 100% covered.
- The traveling costs (plane, train, bus) are also covered and will be reimbursed to the participants after the course in the amount limit presented in the table below.

Belgium, Italy, The Netherlands, Slovenia and Serbia,	530€
Spain (Murcia)	275€
Spain (Canary Islands)	180€

Flight tickets must be booked before 30th October.



- Participants are responsible for booking their own travel.
- The project will take place in North Tenerife, Spain.
- Airports are: Tenerife Norte or Tenerife Sur
- We will let you know how to get to the venue from the airport (exact place will be given when participants are selected).
- Your travel costs from your home city to the venue and back will be reimbursed according to the rules of Erasmus+ program. In order to do that, participants must keep and provide to organizers all the documents (tickets, boarding passes, etc.).
- Those of you who are planning to stay in Tenerife outside project dates you will need organizers approval first (maximum 2 days before or after project dates).
- Tickets for travel outside the official travel dates purchased without organizers approval may not be reimbursed.

Keep in mind that you should arrive at the venue before 19h00 (2 Dec) and have departure flight NOT before 12h00 (10 Dec).

**Thank you for respecting this request.**



## PRACTICAL INFO

When participants are selected, they will receive detailed information about the location, rooms and equipment needed. However, there are a few things that we would like you to consider before applying:

- Rooms will be shared (same gender).
- The training will take place mostly outside, so participants will need clothes for all weather conditions and very comfortable shoes or hiking boots.
- For an accurate weather forecast, visit this [link](#)
- Participants must also bring a small backpack and a sleeping bag.
- Health insurance is mandatory.



### FOOD.

Be prepared for typical Spanish dishes, as the Mediterranean diet is one of the most famous and tasty ones.

All specific dietary requirements will be catered for. We will take the info regarding this aspect from the Personal Questionnaire form.



### COVID.

At the moment the Covid situation in Spain is under control. We will closely monitor the development of its spread and come back to you if anything is changing.

Travels are not restricted to only the ones who got the vaccines nor requires testing.

For attending this program we are not having any requirements, though it is recommended to have had the vaccines before traveling. Any Covid test will not be reimbursed.

**Important:** In case you buy your travel ticket and afterwards for a reason or another, you cannot come anymore, we will not be able to reimburse your travel ticket.

## HOW TO APPLY?

If you are up for this experience, please fill in the personal questionnaire form and we will get back to you once the selection has been made.

Personal Questionnaire form [LINK](#)



## CONTACT

### COORDINATORS

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**mladinski dom jarše**

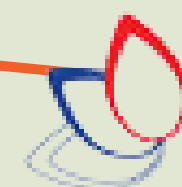
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**THANK YOU**

