



Erasmus+

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The PLUS

KA1 Youth worker mobility – Training Course
3 – 9 May 2018 , Sirmione, Italy



The historic centre of Sirmione is located at the end of a 4km peninsula. Strategically positioned at the entrance to the Sirmione is the 13th Century Scagliero castle, which was built under the instruction of Mastino I della Scala....The Lord Of Verona. The Sirmione castle is the only castle in the world with it's own port. Today the castle is home to the museum which displays Roman and Medieval artefacts.

The castle is protected by a moat and can only be accessed by one of it's two drawbridges. The other drawbridge serves as the main entrance to the peninsula and takes you over the pretty port of Sirmione.

The Grotto di Cattulo , named after the legendary Roman poet Cattulus, is the ruins of the largest Roman villa in northern Italy. The ruins were only discovered in he 19th century, but a full study was only undertaken in the 1940's when the ruins became public. There is a museum on the site of the ruins which displays relics from the villa.



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SUMMARY OF THE PROJECT

The "The + » project is a KA1 mobility of youth workers under the Erasmus+ program, revolving around a Training course which focuses on enhanced competencies of youthworkers, in general.

"The + " aims to cultivate and enhance competencies of youthworkers and their work linked to the Erasmus+ programme. The project has the following objectives:

- Increasing the competence of youth workers to work in multicultural contexts
- Improving participants' competence in using NFE in implementing educational activities
- increase the skills of youth workers in youth work with fewer opportunities
- Increasing the participants' competence to use Erasmus + as a community development tool
- increasing the capacity of partner organizations to work in the youth field
- Providing a context for exchanging experience and exchanging best practice in the youth field.

During the 7 days of activities 20 youth workers, youth leaders, public body representatives and project managers from various countries will be part of a common setting for building strong competencies in order to obtain high quality in the implementation of future projects under Erasmus+.

The project is built on 2 learning pillars : Non formal education and Erasmus+. During these 2 modules we will build up on previous experience and go in depth into the themes.

Based on non formal education tools and methods, participants will undergo a complete process of identifying quality aspects, improve and synchronize with partners.

This project is coordinated by the Kungälv Kommun of Sweden. For aspects regarding coordination please refer to Anneli Lagergren, project coordinator.

The activity will take place in Sirmione, Italy. The hosting partner is Associazione Sabbeen Group. For aspects regarding hosting please refer to Cosmin Saic and team.



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Arrival and departure

We expect participants to arrive in Sirmione in time for dinner on the 2 May 2019. Activities start morning on the 3rd, up to evening of the 9th.

Departure is on the 10th of May 2019, preferably free the room by 11:00 (policy of the hotel).

Although spending an extra day, max 2 can be allowed **with prior notice and due to valid reasons**, please note that the organisers will not provide any additional accommodation outside the dates of the training course!

Accommodation and meals

The place where participants will be accommodated is <http://www.hotelresidenceholiday.it/it/>

The hotel is situated near the lake and about 3 km from the historical center. In order to get to the center you can walk or take a special "Sirmione Shuttle" bus for the cost of 1.50 euro. The stop for the shuttle is 4 minutes away from the hotel. On the occasion of lunches/dinners in town, we will pay for the bus fare. All other evening walks etc will be your responsibility. Details about exact location of places will be given during the introduction session upon arrival.

In Sirmione, we will have access to beaches, historical sites and also the "Terme di Sirmione" which are various spots for spa and relax. For more info, <https://www.termedisirmione.com/it/aquaria>

Please note that the Spa services are not included in the project budget, hence any related expense will have to be covered by the participants themselves. Also, visit to one of the Spa's will have to be during free time and not during TC times.

Participants will be accommodated in rooms of 3 participants of same gender. Bathroom and toilets are available in each room. Bed linens and towels are provided by the hotel.

The hotel also provides free wi-fi, A/C in each room.

Meals will be provided three times a day plus eventual coffee breaks. Please let us know in advance if you have special needs (vegetarian, no pork meat, allergies, etc.). For this you have a link to an online registration form.



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Transport to and from the venue

Participants must not forget to keep originals of all invoices, tickets, boarding passes, etc. since we will need them for reimbursement. Missing documents mean impossibility of reimbursement.

By plane

Verona Airport - The nearest airport which is located approximately 40 minutes by car from the historical centre of Sirmione.

Bergamo Orio al Serio (1h 15min away)

Milan Linate and Malpensa (approximately two hours away).

Venice Marco Polo (approximately two hours away).

By train

From any of those airports use the public service transfer to the train services. Please go to www.trenitalia.com for more info on train times.

The nearest railway station to Sirmione is **Desenzano sul Garda** (Milan-Venice line), approx. 20 minutes by road from Sirmione.

From this train station you have to take a bus for Sirmione LN026, which is the Brescia-Verona line. If coming from Desenzano take the bus towards Verona.

Your stop is in Sirmione, via Roma stop. From this station we can pick you up, as it is approx 1.2 km walk to the hotel. Timetable for the buses will be posted on the facebook group.

Please bear in mind that taxi is not an eligible cost in this project, but if you see fit to cover the expense yourself feel free to use it. Less headache for you 😊

Important detail about train tickets! Before getting on the train, you have to validate your tickets! This is done by inserting your tickets in one of the validation machines in the stations (yellow or gray/green small things). If you buy your ticket online and have a digital document, no need to stress about validation.



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Travel Reimbursements

The organizers cover the real travel costs from your home to the venue and back, based on the EU distance calculator. Costs over this quota will be your own contribution.

During the TC, you will receive clear instruction on what to do in order to send tickets to us for reimbursement.

The reimbursements will be done by bank transfer **only** upon the presentation of all travel documents (invoices, receipts, boarding passes, train/bus tickets) according to the instructions you will receive.

Reimbursement of travel costs will only be done **upon full attendance** of the training activities and **presentation of the original travel tickets with boarding passes, receipts and invoices**. Car travel and taxi are usually not eligible for reimbursements.

Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month when the ticket/s were purchased, as stated in the official European Commission web-site at <http://ec.europa.eu/budget/inforeuro/>

Health Insurance

The organizers do not provide any health insurance for the participants. The participants are responsible for their own purchase of individual health insurance for their stay in Italy. Please bring the medications you may need as well.



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Participant profile

- Organization leaders
- Project coordinators
- Youth workers and similar professionals working for or with young people on different grounds

This TC is a follow up on a previous one we had last year – Level up, which was for beginner level.

The level of this TC is *intermediate-experienced*. Please take into account that entry level participants may find it difficult to follow up.

Please take into account that we are looking only for partners who **DIRECTLY** work with young people in non-formal education (no project travellers, not organizations that find participants via facebook, not schools).

Considering it is a training course, participants have to be able to speak English at least at B1/B2 level.

Other info

Climate and temperatures

You can consult the weather forecasts on this site:

<https://www.accuweather.com/en/it/sirmione/213934/daily-weather-forecast/213934?day=11>

Time: The local time in Sirmione is GMT + 2.

Clothing The activity is based on non-formal education methods and movement activities can also be provided outdoors. We therefore recommend comfortable clothing.

Intercultural evening We all know and love the special moment when we get together and enjoy each other's cultural aspects in regards to sweets, snacks, drinks etc. For this based on everyone's availability, we would be delighted, if everyone brought some representative goodies to set up the intercultural evening.



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What to bring:

- Motivation and a spirit of participation sufficient enough to be able to share it with your colleagues and friends even after returning home.
- Bring your laptop / tablet / camera, if possible, to work on digital tools. Attention, bring plug converters with you to recharge your phone or computer, you may need it in Italy.
- Swimming suit, if you plan to visit the famous Acquaria spa or even take a dip in the hotel swimming pool, if it'll be available at the time.
- Materials, brochures, pictures, video materials to present your organizations if you'd like to
- 1 personal item that represents you in the youth field, in your work

Useful information and contacts number

Contacts:

Anneli Lagergren – anneli.lagergren@kungalv.se

Cosmin Saic – cosmin.saic@yahoo.com

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