



Info Pack



Co-funded by
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ECOrasmus – Sustainable and eco-friendly practices in educational youth work

Training programme on eco-friendly practices in educational youth work

January – March 2023

Dear participants,

We are glad to welcome you on board of our ECOrasmus journey.

With this info pack we would like to provide you with essential information about the training course.

It contains the following information:

- Short description of the educational programme
- The team
- The venue, boarding and lodging
- Covid-19 health regulations
- Environmental practices
- Travel information
- Financial conditions and reimbursement
- Next steps

Kind greetings,
Your Team

Project purpose

The training programme would like to contribute to make international and local youth work greener and eco-friendlier. It is particularly designed for residential educational youth activities, that often come along with a **significant environmental footprint**, especially international ones.

While some organisers of educational activities at international level already undertake a wide range of measures to reduce this footprint, many are still in search of **concrete practices and guidance** to make them environmentally friendly.

That is why we would like to offer support with our programme by doing the following:

- To **develop skills** for organising eco-friendly educational youth activities
- To **share and co-create** eco-friendly practices and tools
- To **build partnerships** for a greener youth work across Europe

Our educational programme is composed of **two educational activities**:

- a preparatory **4-week online course** in February 2023 with a weekly workload of no more than 1,5 hours accompanied by two **2-hours webinars**
- a **6-days residential training** course in Vilanova i la Geltrú, Spain (08 – 15 March 2023)

The educational approach of both programme parts is based on **non-formal education** and makes use of a great variety of interactive and learner-centred educational methods including excursions and **on-site visits** in Barcelona and Vilanova. A **tentative programme** of the residential training course is at the end of the document.

What **can you gain** from this training?

- Know-how for making your own (international) youth projects more eco-friendly
- New applicable green practices and tools
- New friends and partners for future international educational youth projects
- New information, skills, ideas, and inspiration for future work

What **do we expect** from participants?

- Willingness to challenge yourself and try out eco-friendly practices during and after the activity
- To share own experience and eco-practices
- To emerge into a mutual learning process with a diverse group of people
- To give us feedback on how to improve and become more environmentally friendly

Project activities

Activity 1: Webinar I (16 January 2023; 4-6pm CET)

The webinar is the first educational activity and serves primarily to get to know each other, introduce the educational process and facilitate the search of green travel routes to the training venue.

Activity 2: Webinar II (03 February 2023, 4-6pm CET)

Before the launch of the 4-weeks online course, we would like to introduce you to the e-learning platform and the course itself. Besides, the 2nd webinar serves to find out more about your learning needs helping us to adapt the training course to your needs

Activity 3: Online course (06 February – 05 March 2023)

The online aims to prepare you for the training course. The course is composed of four modules each with a duration of a week and a weekly workload of no more than 1,5 hours. The course should provide you with support and guidance for preparing your contributions to the training course.

Activity 4: Residential training course (Vilanova i la Geltrú, Spain; 08 – 15 March 2023)

The training course is composed of a wide range of activities including workshops, participant-led sessions, on-site visits, and excursions. It will be hands-on and serve to explore applicable green tools for educational youth activities, share practices through a peer-to-peer process and offer time for networking and partnership building. *The tentative programme is at the end of this document.*

your team

The project team that will host you in Vilanova is composed of the following members:

- Project coordinator: **Sebastian Schweitzer**, responsible for project management, administration and travel reimbursements
- Activity manager: **Lluc Martí**, responsible for activity logistics
- Rapporteurs: **Maria Sher** responsible for project documentation and reporting
- Trainers: **Julia Stollenwerk, Pedro Miguélez and János-Zsolt Hermán Mostert**, responsible for educational content and training delivery

Julia Stollenwerk works as an educator, youth trainer and language coach in Spain and Germany. She currently lives in Barcelona, where she likes to take care of her garden, learn about permaculture, go for hikes and climbing. She is also into social theatre as a tool for transformation and is always in search of new fun educational tools. Her dream is to live in an ecovillage and host cultural exchanges in nature.

Pedro Miguélez Casas is a social worker, community mediator and founder of a green NGO in Asturias, Spain. He is volunteering for the protection of minority languages and the support of LGTB+ community. He has been living and working in Hungary helping civil society organisations and initiatives to develop and implement programmes related to innovation and education. Pedro is also interested in the world of podcasting and is planning to make his own podcast.

János-Zsolt Hermán Mostert works as project manager in the field of political and societal education and as an educator, trainer and facilitator and coordinates tree-planting and tree-related activities for The Tree Party Foundation. Workshops in the range from poetry writing, debating, networking, a walk to find edible weeds or simply planting some trees in the neighbourhood: almost always there is a good learning opportunity there.

The training venue

The training course will take place in Vilanova i la Geltrú (Catalonia, Spain). It is the capital city of the county of Garraf, located in the province of Barcelona (Catalonia, Spain). It is a small city 40 KM south of Barcelona, with a growing population of +60.000 people. It's a major fishing port with a long history (+2500 years) reaching its heyday during the Romantic period in the XIX Century. The city is famous for its Carnival festival, gastronomy, summer music festivals, and beaches.



For more information about the city, you can check www.vilanovaturisme.cat.

The group will be accommodated at Hotel Cesar, in double rooms. Bed sheets and towels will be provided. Breakfast, lunch, dinner, and coffee breaks will be served in the venue, where the indoor activities will take place.

We have booked rooms and spaces for the activities, but we have not booked the whole hotel premises, meaning that the group will be sharing the common spaces with other hotel clients.

The hotel is located on the second sea line, at the 'sea district' (Barri de mar), which is a calm, peaceful and safe area, 15 minutes walking distance to the city centre and train station.

The Hotel address is **Isaac Peral St. Nr 4-8, 08800 Vilanova i la Geltrú.**

Website: <https://www.hotelcesar.net/en/>

Social media: <https://www.instagram.com/hotelcesar/>

Phone: +34 93 815 11 25.

Covid-19 and health

Currently, there are no restrictions or limitations to enter Spain due to the Covid-19 pandemic. There is **no need to bring a vaccination certificate or any other document regarding Covid-19.**

Once in Spain it still is **compulsory by law to wear a mask inside any type of public transport.** You might use public transport to move from the airport to the venue by bus or train and during the training course, we will travel to Barcelona by train. Thus, **bring your face masks with you.**

Please remember to bring a **European Health Card or private insurance Card** in case you have one.

Reducing the environmental impact of the training

ECOrasmus commits to environmental practices to reduce the impact of training activities. Therefore, we undertake the following steps:

- **No air travel** supported for individuals coming from Germany, France, Spain and the Netherlands since it is possible to travel by bus or train to the training venue
- **Offsetting CO2 emissions** of all flights with our environmental partner [The Tree Party](#) who plants trees across the globe
- **Reduced meat-diet** during our residential training activities and encouraging all participants to try out a fully vegetarian diet during the training course
- **Symbolic planting of a tree** during the training course

We count on your support for this initiative. If you have any recommendations for us, please share your ideas.

Travel to Vilanova

Travel is a very sensitive issue for environmentally friendly international educational projects. While not all of the ecological footprint of a residential training course depends on it, it has a large influence on it.

That is why we would like to think together about how to green travel to Vilanova. Bear in mind, if you reside in Spain, Germany, France or the Netherlands, you will need to make it to Vilanova without using a plane. Of course, if you come from Hungary we invite you to try this as well.

Unfortunately, it often proves difficult to find suitable connections by train or bus. Thus, during the webinar on January 16 2023, we assist you in finding the best green travel route from your home to the training venue.

We are looking forward to this, and count on you for being part of this challenge.

Travel reimbursements

The course is implemented in the frame of the Erasmus+ Programme. Accommodation, food and activities are fully covered by the organisers.

100% of the travel costs to the venue and back will be reimbursed up to the maximum of the amount indicated below. Please consult the travel budget list below!

Reimbursement will only be done for travel costs (cheapest means of transportation, direct travel, only economy class, no taxi) upon presentation of original tickets and invoices (and boarding tags for flight tickets).

No reimbursement will be calculated based on non-booked tickets or estimations!

Participants will receive the reimbursements via **bank transfer** after the course upon reception of the return travel documents and international bank details. No exception to this rule will be done.

!! Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/ invoice. Any tickets purchased in a currency other than EUR, will be converted and calculated according to the exchange rate of the month when the ticket/s were purchased. We will use the exchange rate of the official **European Commission web-site**.

Travel budget

Country	Maximum travel budget per person
France	320 EUR
Germany	320 EUR
Hungary	320 EUR for green travel (no air travel); otherwise 200 EUR
Netherlands	320 EUR
Spain	100 EUR

Contact

Project coordination

Sebastian Schweitzer: eif.germany@googlemail.com

Next steps

- Please complete the **registration form** by Thursday, January 16 2023 before 11:59am CET. If you fail to do so, we will assume you are not interested in the training course anymore.
- Join the **1st Webinar** on January 16 2023 from 4-6pm CET, please use this link: <https://us02web.zoom.us/j/86870025264>

Tentative Programme

Timing/ Dates	Day 1 - March 08	Day 2 - March 09	Day 3 - March 10	Day 4 - March 11	Day 5 - March 12	Day 6 - March 13	Day 7 - March 14	Day 8 - March 15
08:00	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30		Morning ritual	Morning ritual	Morning ritual	Morning ritual	Morning ritual	Morning ritual	Departures
10:00		Getting to know	'Learning with Nature' workshops	Sharing our handbook on green practices	Exploring Barcelona through green lenses	Open space	Tree planting	
11:30		Break	Break	Break			Break	
12:00		Framing expectations and learning	'Learning with Nature' workshops	Collecting feedback on the handbook			Final evaluation and closing	
13:30		Lunch	Lunch out	Lunch	Lunch in Barcelona	Lunch	Lunch	
16:00		Exploring the group, the venue and its surroundings	Sharing eco-friendly practices in youth work	Sharing eco-friendly practices in youth work	Visit a local green project In Barcelona	What's next? Project follow-up and networking	Personal time for disconnecting and any other business	
17:30			Break	Break	Break	Break		
18:00			Sharing eco-friendly practices in youth work	Sharing eco-friendly practices in youth work	Free time in Barcelona	Planning follow-up and networking		
19:30			Daily reflection	Daily reflection		Daily reflection		
20:00	Dinner	Dinner	Dinner	Dinner	Dinner in Barcelona	Dinner out	Dinner	
21:30	Course opening	Intergalactic night	Free space	NGO Fair	Travel back to Vilanova	Free space	See you soon celebration	