



Info Pack for Participants

"Citizens and Voluntary Action"

Erasmus + KA1 – Mobility of Youth Workers - Training Course

2-9 February 2019

Cambridge - UK

Summary

"Citizens and Voluntary Action (CAVA)" is a training course to be held between 2-9 February 2019 in Cambridge, UK, for youth workers from programme countries under Erasmus+ Key Action 1 (KA1): Learning Mobility of Individuals, Mobility of Youth Workers. The project will be led by Balik Arts and will be organized by a consortium of partners from France, Greece, Italy, Poland, Romania, Slovenia, Spain and Turkey.

Active citizenship is the glue that keeps society together, because if everyone merely focused on going to work, earning a living and promoting their own individual interests, society would fall apart. Volunteering is in itself a rewarding experience, and often acts as a catalyst for change in people's lives. These days, life is not easy for young people in any states in Europe, with the latest unemployment figures rising to over 20 %. Through volunteering, an important element of active citizenship, they can become involved within their society, make a constructive contribution, and at the same time acquire new skills and experiences that will make them more employable and of a long-lasting value to society.

We believe that youth organisations and youth work in general can and should address the above-mentioned issues and can encourage, educate, train and engage young people to take an active part in society. In order to achieve this, the training course will support the professional development of youth workers by empowering them with the competences to provide more qualified services to young people on a local, national or international level that aim to train young people about active citizenship and volunteering. We believe that Active Citizenship is one of the key factors for development of societies and volunteering is one of the best ways to make it happen. We, Balik Arts, want to promote active citizenship and volunteering in our local community and impact positively on people's lives.

Participant Profile

The participants' profile for the project is:

- over 18 years of age
- a youth worker
- an active member of the partner organization
- one who has previously participated in voluntary activities
- enthusiastic to contribute to project preparation, implementation and follow-up activities

- wishing to develop their skills in active citizenship and volunteering
- motivated to transfer the competences they gain at the project to youth in their locality.

Participants with fewer opportunities: The aim is to include a significant percentage of disadvantaged young people. These groups are defined as those at a higher risk of becoming disengaged from society and facing significant barriers to becoming active citizens. This includes young people in poverty, not in education, training or employment, from minority groups or migrant backgrounds.

Methodology & Methods

The project is a non-formal education based training course. Non-formal education methods such as games, experiential learning, simulations, field visits and other non-formal and informal ways will be used to reach our aim and objectives.

Project Dates

Arrival day: 2nd February 2019

Departure day: 9th February 2019

Project Venue

Project will be in Cambridge, UK. **London Stansted** is the nearest international airport to Cambridge, located just 30 miles to the South of the city, with easy access by train (direct rail link to Cambridge) or coach. Cambridge is also within reach of London Luton, London Heathrow & London Gatwick.

From London **Stansted** Airport:

Rail – Crosscountry service from Stansted Airport [SSD] to Cambridge [CBG]. Approx 30 mins. Return £15.60 if booked in advance.

Bus – National Express from Stansted Airport to Cambridge Parkside. Approx. 50 mins. Return £14 if booked in advance.

From London **Luton** Airport:

Rail – Thameslink service from Luton Airport [LUA] to London St Pancras International [STP] Walk over to Kings Cross. Great Northern/Thameslink service from Kings Cross [KGX] to Cambridge [CBG]. Approx. 1h 55mins in total. Return £61.90 if booked in advance.

Bus – National Express service from London Luton Airport to Cambridge Parkside. Approx. 1h 40 mins. Return £23.80 if booked in advance.

From London **Heathrow** Airport:

Rail –

- Easiest option: Heathrow Express service from Heathrow Terminal [HWV] to London Paddington [PAD]. Take Tube to Kings Cross. Great Northern/Thameslink service from Kings Cross [KGX] to Cambridge [CBG]. Approx. 2h 03mins in total. Return £80.50 if booked in advance.

- b) Other options are available, but journey time increases to 2h 39mins approx. for more difficult routes.

Bus – National Express service from Heathrow Terminal 4 to Cambridge Parkside. Approx. 2h 45 mins. Return £30.40 if booked in advance.

From London **Gatwick** Airport:

Rail –

- c) Easiest option: Thameslink service from Gatwick Airport [GTW] to London St Pancras International [STP]. Walk over to Kings Cross. Great Northern/Thameslink service from Kings Cross [KGX] to Cambridge [CBG]. Approx. 1h 54mins in total. Return £49.10 if booked in advance.
- d) Other options are available, but journey time increases to 2h 30mins approx. for more difficult routes.

Bus – National Express service from Gatwick South Terminal to Cambridge Parkside. Approx. 4h 36 mins. Return £32.60 if booked in advance.

From other airports in the UK:

It is up to you to decide which travel option is the cheapest to get to Cambridge. Those airports listed above are the easiest, but if you decide to travel any other way, the most common train stations to travel to Cambridge from in London are Kings Cross and Liverpool Street.

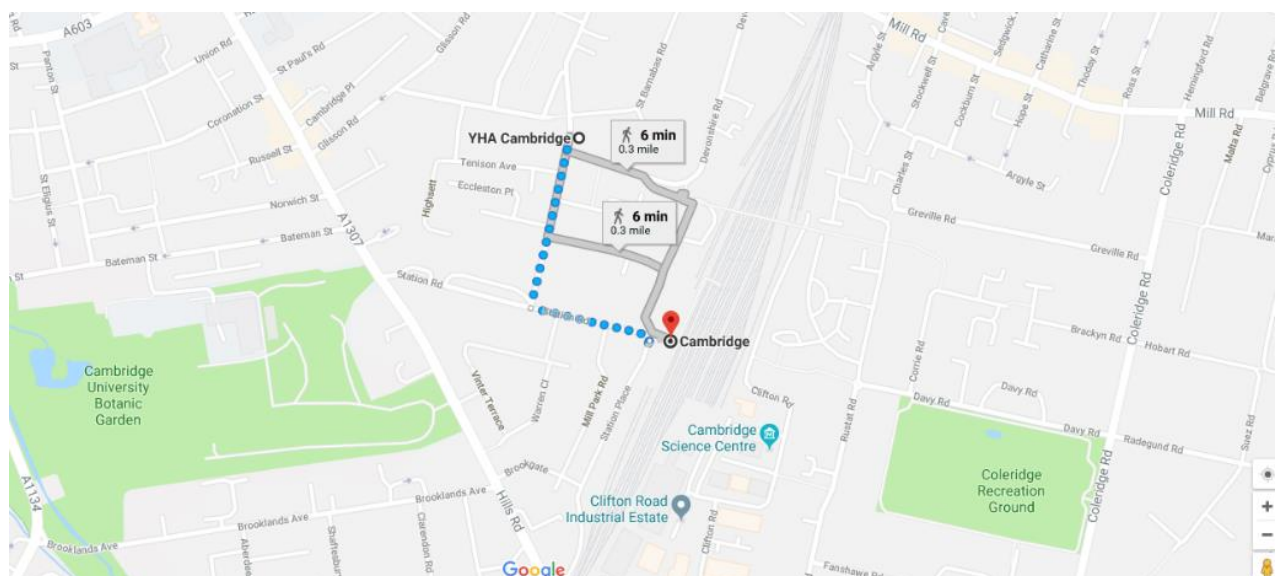
Accommodation

We will stay in YHA Cambridge Hostel which is a very popular hostel with nice food and friendly staff. It is at the heart of the city. Rooms will be for 6 people per room. <https://www.yha.org.uk/hostel/yha-cambridge>. We will arrange training rooms nearby the hostel which will include some walking so be prepared.

Arrival to the Hostel

It is easy reachable on foot from Cambridge train station.

The address is 97 Tenison Rd, Cambridge CB1 2DN, UK.



Project Calendar

Finalizing participants	until 30th September 2018
Suggesting travel itinerary	until 8th October 2018
Booking flights	until 14th October 2018

Participation to the project

Each partner organization will send according to the table below (ideally gender balanced). We kindly ask you reserve 1 extra participant, in case one of your team withdraws, that way we can replace them easily. Please let us know your participants' names and ask them to fill the forms in the following address <https://goo.gl/forms/xBWfy4iVeZZXKpl82> until 30th September 2018.

Insurance

Insurance is the responsibility of participants. We suggest you have insurance, which helps if any unexpected things happen.

Financial Issues

Participants of the project will be reimbursed for their travel expenses according to the table below. Visa cost will be reimbursed for Turkish participants in line with the amounts awarded by the National Agency. Organizers will provide accommodation and food during the whole period of the project.

Country	Number of Participants	Distance band	Max travel costs
France	3 people	100 - 499 km	180 €
Greece	3 people	2000 - 2999 km	360 €
Italy	3 people	500 - 1999 km	275 €
Poland	3 people	500 - 1999 km	275 €
Romania	3 people	500 - 1999 km	275 €
Slovenia	3 people	500 - 1999 km	275 €
Spain	3 people	500 - 1999 km	275 €
Turkey	4 people	2000 - 2999 km	360 €
UK	6 people	0 - 9 km	0 €

Notes:

- If participants spend more than the calculation of the Distance Calculator, it will be the participants' responsibility to pay the rest of the travelling costs. If participants spend less than the calculation of the Distance Calculator, they will be only covered for the amount they spend. The residual amount of the money will stay in the applicant organisation.

- You will need to get your draft itinerary confirmed BEFORE you purchase your tickets.
- If all documents are provided (original ticket, boarding passes....), then the reimbursement will be done at the end of the project. If not, after the course, by bank transfer. Please note that Erasmus+ allows up to two months for reimbursements.
- Please ask your participants to keep their boarding passes with them both ways. We need all your receipts, tickets and boarding passes. So when you are coming, keep them. After the project you should send us (scanned by email and originals by post) all the tickets and boarding passes of the travel back home from the UK.
- You will need to buy your return ticket before you arrive to the project.
- Taxi fares will not be reimbursed.
- Early arrivals or late departures will be the own responsibility of the participants. According to the UK NA the return travel must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc.) there is no chance of reimbursement.

Contribution Fee

A 30 € contribution fee will be required on the project by cash to the applicant organisation per person.

Tasks for participants

- **Organisation fair:** Each national group will prepare to present their organization. Please bring information/posters/presentation to present your NGO.
- **Intercultural night:** Each national group will present their country on the intercultural evening, some foods, games, music... No ppp, please 😊
- **Short street interviews:** Each national group will interview in their localities the topic of young people, active citizenship and volunteering to present at the project.
- **Volunteering presentation:** Each national group will create a presentation on volunteering and good practices in their respective countries to be presented at the project.

Youthpass

All participants receive Youthpass certificates. Youthpass is a part of the European Commission's strategy to foster the recognition of non-formal learning. It is available for projects funded by Erasmus+: Youth in Action (2014-2020) As a tool to document and recognise learning outcomes, it puts policy into practice and practice into policy: while creating their Youthpass Certificate, the participants of the projects have the possibility to describe what they have done in their project and which competences they have acquired. Thus, Youthpass supports the reflection upon the personal non-formal learning process and outcomes.

Balik Arts

Balik Arts is a registered charity set up in 1999 to work with children and young people through the arts, especially film. It has run numerous projects over the years, including filmmaking workshops, transnational youth exchanges, film screenings and festivals. It has a wide network around the world and cooperates with voluntary, private and statutory sectors.

Communication

To facilitate the communication between all, we have created a Facebook group. Please add yourself to the group through the following link:

<https://www.facebook.com/groups/202352580446133/>

Blog

The blog will be active with your contributions mainly during and after the project.

<http://citizenandvoluntaryaction.blogspot.com>

Contact



Please read the pack carefully and if you have still some questions, do not hesitate to contact with us.

citizenandvoluntaryaction@gmail.com

Looking forward to see you in the UK.

Greetings,
CAVA Team

Draft Programme*

Days Hour	Day 1 2nd Feb	Day 2 3th Feb	Day 3 4th Feb	Day 4 5th Feb	Day 5 6th Feb	Day 6 7th Feb	Day 7 8th Feb	Day 8 9th Feb
8.30	<div>  Arrival </div>	Breakfast						
9.30		Opening of the TC	Presentation of short interviews	Field visit to Cambridge Council for Voluntary Service	EU Citizenship and its ambiguity	Developing strategies on active citizenship	Presentation of projects	<div>  Departure </div>
11.00		Coffee Break						
11.30		Getting to know each other	Citizenship & Active citizenship	Field visit to Cambridge City Council	Inclusion: Fighting isolation	Erasmus+ as a tool for active citizenship	Follow up - Personal and group action plans	
13.00		Lunch Break						
15.00		Organisation Fair	Volunteering	Cambridge city visit & Free time	Active citizenship & volunteering in the digital era	Working on new projects-1	Learning outcomes - Key competence	
16.30		Coffee Break			Coffee Break			
17.00		Active citizenship	Volunteering management		Film & Active citizenship	Working on new projects-2	General Evaluation	
18.30		Reflection groups			Reflection groups			
19.00		Dinner						
20.30	Welcome	Intercultural Night	Free time	Reflection groups	Movie Night	Free time	Farewell - Youth-pass	

*The programme is draft. So, it may change.