



Funded by
the European Union

"Walking towards Gender Equality"

Training course

27th April to 4th of May 2025
(Including traveling dates)

GANDIA (Valencia) - Spain

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1. Who we are?

Applying/coordinating organisation **ARREL D'IDEES** was created in 2018 by a group of EVS (European Voluntary Service) volunteers participating in a project hosted by Xeración Valencia in Gandia. We embrace gender equality, human dignity, cultural diversity, cooperation, social justice and inclusion. As well as practicing and promoting a sustainable development, healthy life styles and an active protection of the environment. We organise youth exchanges, Training courses, workcamps and coordinate European volunteers from different countries in environmental, social, entrepreneurial and educational projects.



2. Summary of the project & objectives

The purpose of the project is to work on the analysis, debate and reflection on the social system that we inhabit, called patriarchy. Through different methodologies and non formal education activities, we will identify the inequalities that it generates, how it affects men, women and dissidents; seeking to generate critical thinking and collectively analyzing alternative models and practices. Our association considered that it is essential to work on the awareness of these inequalities and to think together alternatives to a more equal and diverse society, understanding participation in democratic life is one of the key factors to pursue these objectives. Regarding the topics and content to be addressed these are:

- To know and identify the characteristics of patriarchy and the inequalities that it generates, delving into gender roles, stereotypes and identities.
- To recognize the different types of violence generated by the patriarchal system (psychological, physical, sexual, economic, labor, symbolic violence, etc.)
- To understand how patriarchy affects everybody, regardless of their sex and gender.
- To enhance participant's creativity and encourage self-reflection

- To exercise oral presentation and group debate ; and be open to discuss and think together about any other related topic that might arise during the course.

We believe that working on these topics with creative and innovative tools will provide the participants with resources for the development of future projects that they want to carry out, both collectively and individually, allowing the achievement of objectives.

* Providing non-formal and informal learning opportunities for the educational and professional development of workers in the field of youth, providing tools and experiences that enhance their skills.


* Creating a community and network of youth workers that can support the quality of projects and activities for young people in EU programs and beyond.

* Developing local work practices in the field of youth and contributing to the development of the capacity for quality work in the field of youth for the participants and their organizations.


This training course will take place from the 27th April to the 4th of May 2025 in HOTEL BORGIA in Gandia (Valencia). There will be a total of 28 participants with **no age limit**, from any EU member state and third countries associated to the Programme.

 VERY IMPORTANT INFORMATION BEFORE APPLYING 

This is a **non-formal learning activity** funded by the EU targeting youth workers, youth leaders or other members of organisations.

 If your main motivation is **partying, drinking, or sightseeing**, this is definitely not the right opportunity for you.

Please take into consideration that we will be walking 2 kms twice every day, once in the morning going from the hotel to our venue (around 25 mins) and once in the evening going back to the hotel (around 25 mins).

We appreciate your understanding and look forward to welcoming participants who are excited about this learning experience! 

3. Participant's profile

The profile of participants for this project are youth workers, teachers, youth leaders, coordinators and other members of youth associations with no age limit who:

- are members, work, volunteer or collaborate with an organisation;
- have a very basic or no knowledge at all and are interested in gender topics or feminism;
- are eager to organize their own activities with groups of youth in their local communities;
- are able to use the learning outcomes of the project in their daily work with youth;
- are flexible, open-minded and able to share with others respecting different opinions;
- enjoy meeting and coliving 24/7 with people from other countries;

**To make the most of this experience, you should be able to communicate in english.*

**Preference for participants who are working with youth with fewer opportunities.*

Participants must be residents in one of the following countries:

EU MEMBER STATES AND THIRD COUNTRIES ASSOCIATED TO THE PROGRAMME

The following countries can fully take part in all the Actions of the Erasmus+ Programme:

Member States of the European Union (EU)²⁷				
Belgium	Greece	Lithuania	Portugal	
Bulgaria	Spain	Luxembourg	Romania	
Czechia	France	Hungary	Slovenia	
Denmark	Croatia	Malta	Slovakia	
Germany	Italy	Netherlands	Finland	
Estonia	Cyprus	Austria	Sweden	
Ireland	Latvia	Poland		

Third countries associated to the Programme²⁸		
North Macedonia	Iceland	Norway
Serbia	Liechtenstein	Türkiye

4. Accommodation and location

Accommodation will be in triple and quadruple rooms in Hotel Borgia in Gandia (<https://hotelborgia.com/>) with all the facilities available to us.

Activities will be done at the Council of Youth in Gandia (<https://www.cjg.es/reserva-despais/sales-alqueria-laborde/>). There is a distance of 2 kms (around 25 mins walking) between our venue for the activities (Council of Youth) and our accommodation (hotel Borgia).

IMPORTANT INFO: Please take into consideration that we will be walking that distance twice every day, once in the morning going from the hotel to our venue (25 mins) and once in the evening going back to the hotel (25 mins).

The location of the project is in Gandia (capital of the region of “La Safor”), a city of a population of around 80.000 people in the Mediterranean east coast of Spain between the cities of Valencia and Alicante. It is one of the major national tourist destinations in Spain. More info about Gandia: <https://en.wikipedia.org/wiki/Gandia>

The temperature in May is expected to be from 15°C to 25°C with lots of sun and quite a lot of humidity.

5. Travelling and insurance

100% of the travel costs will be reimbursed (up to one month after the end of the training course and after we received all the required documents) [flights, trains, buses, carpooling...but NO TAXIS] up to the maximum amount [indicated by this EU distance calculator provided by the Erasmus Plus program](#) from your residence place to Gandia as it follows (including both ways):

- Locations up to 99 kms >> 56 EUR [traveling only by bus or train]
- 100kms to 500 kms > 285 EUR [traveling only by bus or train]
- 500 kms to 1999 kms >> 309 EUR (Most EU countries)
- 2000 kms to 2999 kms >> 395 EUR

PLEASE NOTE THAT DISTANCE MUST BE CALCULATED ONLY WITH THE DISTANCE CALCULATOR INDICATED ABOVE (not google maps or any other).

In order to get your reimbursements you must keep and send us:

- TICKETS/INVOICE (on paper/email for trains/buses with the price on it)
- BOARDING PASS (for both ways)

NOTE: TAXIS CANNOT BE REIMBURSED! (only exceptions, please ask us before)

Following the guidelines of the E+ program the travel must be within a **maximum of 2 days before or after the project (arrivals not before the 25/04 or departures not after the 06/05)**.

We offer our full support booking flights and bus/train connections so please let us know if you need any help. We recommend using skyscanner or any other engine to search and find flights, but booking directly with the flight company.

You can book flights to any of the following airports:

>> Valencia (EASIEST AND BEST OPTION)

>> Alicante (Poor connections. Please ask us before booking your flight!)

>> Madrid or Barcelona (ONLY IF ITS YOUR ONLY OPTION, ask us before booking it)

Please do not book your departure flight from Valencia airport on the 4th of May before 11:00 h. Please let us know if you don't have other options.

HEALTH INSURANCE: Please remember to bring your European Health Insurance Card or your private insurance.

6. PROGRAM

Day 1: ARRIVALS + visit to Valencia City. MEETING POINT at 20:30 in GANDIA.

Day 2: Welcome, knowing each other, program presentation and intro to main concepts.

Day 3: Activities, dynamics and debates to work on the topics.

Day 4: Working on the topics. Getting in groups to create the workshops.

Day 5: Presentations of participant's workshops.

Day 6: Presentations of participant's workshops. Learning outcomes.

Day 7: Youthpass, 8 key competences, Erasmus+ opportunities. Evaluation & closing.

Day 8: DEPARTURES.

Days 5 and 6 will be fully facilitated by participants (in groups). Please keep this in mind before applying. ✨ We will provide **full support**, and you'll have plenty of time to prepare everything. It's a great opportunity to be creative and take an active role in this experience! 😊

DAILY SCHEDULE:

Morning sessions from 10 to 13:30h (starting breakfast at 9h and coffee break at 11:30h)

LUNCH from 13:30h to 15:00h

Afternoon sessions from 15h to 18:30h (Coffee break at 16:30h and reflection at 18.00h)

DINNER at 20:30h

7. MEETING POINT

We are having our MEETING POINT on Sunday 27th of April 2025 at 20:30h at the main entrance of HOTEL BORGIA in Gandia to have dinner together, so in case you would like to visit Valencia as you arrive in the city, you can spend some time walking and enjoying around on that day.

There are some lockers near the station where you could leave your luggage if you want to visit the city before our meeting: <https://goo.gl/maps/d2yp6ADhgCzhSxzg7>

How to arrive?

Once you arrive at Valencia airport, find the metro station (you will need to go downstairs) and you can take any metro there! All of them are going to the train station “Estación del Norte/Nord” - Xativa metro stop). It’s 11 stops and around 20 minutes. Metro ticket is around 4,90€. You can check the route here: <https://goo.gl/maps/YJzMGmpGGR8Zw82c8>

Once you arrive at Valencia main train station (Valencia Norte/Nord) you need to buy a train ticket (Cercanias) to Gandia. There are trains more or less every hour. You can check the route here: <https://goo.gl/maps/9CTqUTRUEc3jk9hU9>, it takes a bit more of 1 hour with 10 stops and it costs around 6 euros. You can check timetable from Valencia Nord to Gandia here: <https://www.renfe.com/es/en/suburban/suburban-valencia/timetables>

Once you arrive in Gandia, there is a short walk (around 15 mins/ 1 kms) from the train station to the Hotel Borgia. This is the way: <https://goo.gl/maps/YkOWvqZaAZd2TkBA> and the location of Hotel Borgia: <https://g.page/hotelborgia?share>

8. What to bring?

- Your own toiletries (soap, toothpaste, shampoo...)
- Your own bottle of water/cup to refill (metal, glass or hard plastic)
- Comfortable shoes (to walk at least 1 hour every day)
- Mosquito repellent
- Sun cream
- A lot of good energy and a positive attitude!

9. Application process : Applications will be accepted until the group is complete through the following form: <https://forms.gle/KpsXwN1jBMcWdBUr5>

10. Contact info: If you have any questions please feel free to **contact us:** arredidees@gmail.com or via **WhatsApp** at **+34 617852439 (Josie)**.