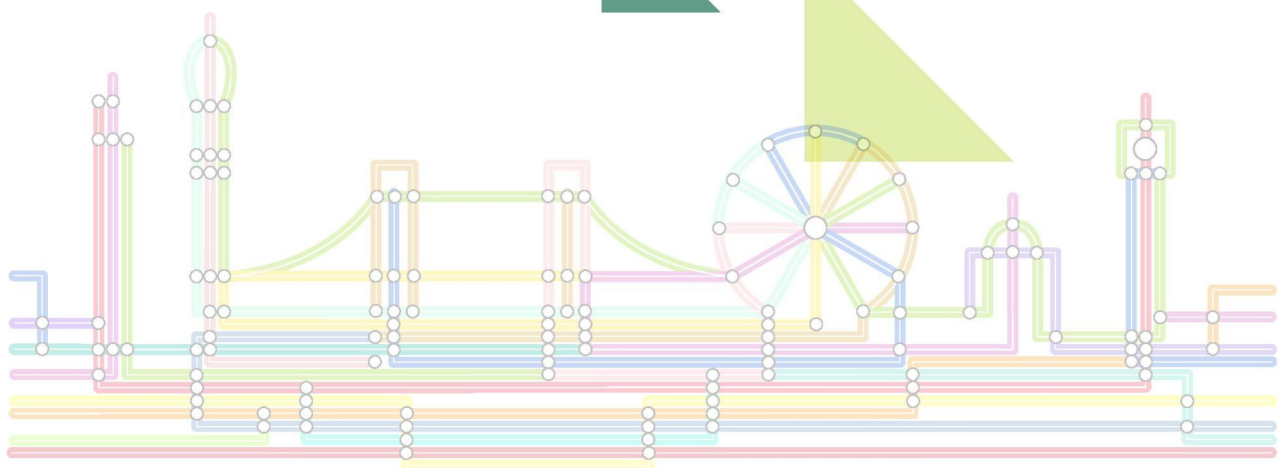


ERASMUS+ YOUTH
KEY ACTION 1
SEMINAR

Be active! Make a change in 2020!

Ashford, UNITED KINGDOM
17th-24th April 2022

INFO PACK



Tree Of Colours CIC



Erasmus+

Welcome

Hello you,

Great you decided to join our seminar 'Be active! Make a Change in 2020!' organised by Tree Of Colours organisation and co-founded by Erasmus + Programme in UK. This document contains the basic information to make your participation as worthwhile as possible. It is an informative document with the essential information. Any other questions or requirements, contact us if you did not find the answer elsewhere.

What can you find in this document:

- Information about the project
- Where it will take place
- When does it concretely start and ends
- How to get there
- What to take along / prepare for this event
- Other useful information

About the project

"Be active! Make a change in 2020!", a 7-day-lasting international seminar with different 8 countries involved: Greece, Cyprus, Malta, Romania, Latvia, Italy, Turkey and United Kingdom, designed for youth workers/educators/ youth leaders/facilitators to improve communication and social skills of the youths.

The topics addressed are wellbeing, inclusion and social dialog. The seminar is taking place from 17th April to April 24th in Ashford, United Kingdom. The event will start on 17th in the afternoon and end morning on April 24th 2022.

Aim

'Be active! Make a change in 2020!' project aims to promote quality in youth work projects and their impact through creating a groundwork to build enhanced compassionate, thoughtful and healthy communities where participants can be confident with their emotions, share experiences, develop positive mind-sets and develop tools and strategies designed to address their social issues efficiently and develop their capacity.

Objectives

- To explore the concept of wellbeing, how to improve and maintain wellbeing;
- To familiarise with and better understand how to create healthy, compassionate and supportive communities;
- To promote values such as social inclusion, tolerance and empathy;
- To raise attention about non-formal education as a tool to promote integration and fight against racism and xenophobia;
- To explore concepts as compassion, empathy and mindfulness;
- To develop youth workers' skills, competences and knowledge in positive physiology, teamwork, leadership and coaching;
- To develop their capacity to communicate in compassionate and non-violent manner;
- To create space for supporting process and development in order to build up competences of the participants on how to be a good learner and how to be creative;
- To assess and exchange good practices and common pitfalls;
- To create space for creating new networks and for the fostering of new partnerships in the framework of the Erasmus + programme.

Participants

The seminar is designed for leaders working directly with and for young people on a daily basis like youth workers, trainers, teachers, facilitators and community leaders.

Funding is provided the British National Agency for ERASMUS+: Youth in Action, Key Action 1, Mobility of Youth Workers. Participants need to be willing and committed to fully participated during all sessions of the seminar and should furthermore commit to carry out agreed preparatory tasks and be willing to follow-up on the seminar outcomes via active youth work, ideally in co-operation with their partner organisation.

Participants will be selected by the partner organisations in close cooperation with leading organisation according to the following criteria (selection process will be made public, and will be fair and transparent):

- being youth workers, teachers, trainers, facilitators and community leaders, to be directly working with and for young people on a daily basis;
- must be willing to practice meditation and diverse sport activities during the training course;
- must be aged 18+ and be residents in the country of the nominating partner organisation;
- are able and ready to work in English;
- are motivated and willing to commit to work on the objectives of the seminar;
- are able to act as multipliers after the end of the educational activity and transfer the obtained knowledge back to their organisations and young people;
- should commit to carry out agreed preparatory tasks and be willing to follow-up on the seminar training course via active youth work.

Hosting & partner organisations

-  TREE OF COLOURS CIC- United Kingdom (hosting organisation)
-  UNITED SOCIETIES OF BALKANS -Greece
-  YOUTH FOR EXCHANGE AND UNDERSTANDING - Cyprus
-  GENISTA RESEARCH FOUNDATION - Malta
-  Asociația Generația Schimbării AGES- Romania
-  Young Folks LV -Latvia
-  Associazione Culturale EUTOPIA- Italy
-  IYACA youth organisation -Turkey

Main activity

The main activity of this project is the seminar, which will take place in Ashford, UK on the 17/04-24/04/2022.

Our participants are from 8 countries (Greece, Cyprus, Malta, Romania, Latvia, Italy, Turkey and United Kingdom) and will actively participate at the training seminar to gain competences in the field.

BE ACTIVE! MAKE A CHANGE IN 2020!

17th-24th April 2022 , United Kingdom

DAY2DAY programme

05

	17/04/22	18/04/22	19/04/22	20/04/22	21/04/22	22/04/22	23/04/22	24/04/22	
ARRIVAL (@)	LANDING	presenting	youth work	wellbeing	discovery	creativity	future	BYE BYE	
07.15 – 09.00	arrival	breakfast	breakfast	Breakfast	breakfast	breakfast	breakfast	breakfast	
09.00 – 9.30		Official Opening	learning diary mirror & hat	learning diary mirror & hat	learning diary mirror & hat	learning diary mirror & hat	learning diary mirror & hat	Where does our personal learning go from here?	
9.30 – 10.30			Youth work	the young person	NFE applications	Leadership styles	Recap		
10.30 – 11.00	transfer to venue	coffee break	coffee break	coffee break	coffee break	coffee break	coffee break	departure	
11.00 – 12.30		Group building	Exploring emotional wellbeing in the community	Interactions/ perspectives	Emotion seeds	intro to project management and ideas to follow up	networking		
12.30 – 14.30		checking in	lunch break	lunch break	lunch break	lunch break	lunch break		lunch break
14.30 – 16.00		@ venue	setting the grounds	The general portrait	debate	discovery	Erasmus + solutions		presentation of follow-up actions
16.00 – 16.15		First Welcoming Introduction to the project	coffee break	coffee break	coffee break		free time traditional		coffee break
16.15 – 17.30	coffee break		daily reflection	daily reflection	daily reflection	youthpass, personal development plan, evaluation			
17.30 – 18.30	youthpass & learning diary		case studies	NFE Laboratory	Me as a multiplier Youthpass and key competences				
18.30 – 19.30	dinner break	dinner break	dinner break	dinner break	dinner	dinner break	dinner break		
20.00 - 🍷🍷🍷	welcome evening	exploring each other	intercultural evening	games evening		hunting 4 pearls	C U soon party		
➔	reflection & assessment of learning		➔ setting the frame & discovery			➔ content & practice			

Please note that certain programme parts may undergo slight changes, according to further preparations by the team, confirmations (or not) of other engaged stakeholders and changing realities. You will get a detailed programme with timetable and contents at your arrival, anyhow, no worries: the objectives have not been changed 😊.

Financial conditions

Following the rules of ERASMUS+, the costs of your international travel are covered up to the following total amounts (if you prove that your travel falls into the corresponding distance band). Only the cheapest means of transportation will be accepted between the country of the Partner Organisation and the venue. We will cover your travel costs and the reimbursement is up to a maximum amount per country but no more than:

20 Euro	(km 10 – 99)	United Kingdom
275 Euro	(km 500 – 1999)	Latvia and Italy
360 Euro	(km 2000 – 2999)	Greece, Romania, Malta and Turkey
530 Euro	(km 3000-3999)	Cyprus

Furthermore

- ▶ you are in charge of arranging your own insurance (Covid, health, accident, liability) for your travel/stay in UK*
- ▶ full participation in the programme from evening of 17th to morning of 24th April is mandatory to be eligible for the reimbursement of travel and subsistence costs, you cannot arrive later or leave earlier from/to Ashford , Academy Grosvenor Hall*

Financial conditions

What we need in order to be able to transfer your money after the mobility:

- Keep all your tickets (bus tickets, train tickets, electronic flight ticket, travel agency reservations, local bus tickets, local train tickets, booking reservations etc.)
- Keep all the receipts/invoices (you should ask for a receipt with your train/bus tickets and for an invoice for your flight tickets)
- All your flight boarding passes (outward and return for all your flights).
- You should **use only public transportation**. You need to receive our **written approval before booking your tickets for the mobility**.
- We can accept a taxi receipt **ONLY** if you can prove (written) that the time you travel there isn't any public transportation

- **If you cannot provide your original tickets, receipts, boarding passes and invoices clearly stating the travel company, your name and the exact costs of the tickets, we will not be able to reimburse you.**
- **If you don't have our written approval before for your booked tickets, we will not be able to reimburse you.**

Please DO NOT BUY any tickets before the final, written approval from the organisers!

Reimbursement will be done **via bank transfer to the account** of partner organisation or for the group to the group leader, after the training and as soon as we receive all original documents.

BE ACTIVE! MAKE A CHANGE IN 2020!

The venue

The seminar will take place at Academy Grosvenor Hall, a delightful residential education and activity centre, set in peaceful, countryside setting with majestic buildings and beautiful grounds in the town of Ashford, the county of Kent, England. The distance is about one hour and half train ride away from central London. The selected participants will share of two, three or four-bedrooms and bathrooms with several other participants, divided into male and female. The activity will take place in the same location, in a fully equipped seminar and conference room. Please be however open-minded and curious to sample British renown cuisine.

During the activity, are offered a choice of nutritious food at each mealtime: breakfast, lunch and dinner. Every menu includes a selection of hot and cold items including fresh fruits and vegetables. You will be provided with coffee breaks (coffee, tea, etc) and meals at the venue's restaurant. Academy Grosvenor Hall residency is situated within 15-min walk away from shops and supermarket.

Towels and basic shower/shampoo are **NOT provided**.



Web: <https://www.kingswood.co.uk/activity-centres/grosvenor-hall/>

Address: **GROSVENOR HALL, Kennington, Ashford, TN25 4AJ**

How to get there

09

For participants coming from abroad, the very best for you would be to travel to a nearby AIRPORT. Please keep in mind when arranging your travel the distance between London airports and location of the seminar. There are many ways to arrive to the venue and the address is:

GROSVENOR HALL, Kennington, Ashford, TN25 4AJ.

The location is easily accessible by train and bus. The closest rail station is Ashford International (services to/from London St. Pancras). The station is a short local bus ride away from Academy Grosvenor Hall. Also, Ashford International city rail station is a good possible way to get there with a 17 min bus drive to the location. Only local buses stop near venue and are around 8 min walk away from Grasmere Road bus stop to the location.



Travel information:

The main International airports are:

- London Luton 120 km
- London Heathrow 99 km
- London Stansted 93 km
- London Gatwick Airport - 85km (60 minutes)

From Central London: You can take the Southeastern train from **London St Pancras International(STP)** to **Ashford International(AFK)** (about 38 min). Train Tickets, Rail Times & UK Train Fares (www.southeasternrailway.co.uk) for about £13.70 one way- and the local bus to **Grasmere Road bus stop**.

Getting here:

GROSVENOR HALL, Kennington, Ashford, TN25 4AJ

By rail – Nearest railway station is: **Ashford International** (4.34 km)

Useful information

Currency

UK's currency is the Pound. No other currency is accepted and it is best to exchange other currency at a bank before the activity.

In case of Emergency

Emergency number in UK is **999** and it can be called for free from any telephone line! National Non-Emergency Police is **101** and UK National Medical Helpline - NHS Direct (24 hours) is **111**.

Health Insurance

All participants will buy a travel insurance with a special health insurance covering Covid-19 and repatriation. All the participants should have a European health insurance card.

<http://ec.europa.eu/social/main.jsp?catId=559>

In case you are not able to have a European health insurance card, you should have a private or public insurance valid in UK.

Medical Issues / Special Diet

For special diet requirements (vegetarian / vegan / no pork etc.), allergies or any possible medical issue (for which you will need support during your stay), please inform the organisers prior your arrival.

Drugs & Alcohol

All kind of drugs (both use and sell) are prohibited in UK. Alcohol can only be consumed by those aged 18 and over. The only place on site where you'll be able to buy and drink alcohol is adult only loft bar, usually open from 10.00-22.00 each day.

Smoking & Vaping

It is permitted only to the designated areas for both smoking and vaping. Anyone caught smoking or vaping inside the building will be dismissed from site **immediately**.

Code of conduct & Quiet Hours

We expect respect and no noise disturbance for others on the site during the activity. You should avoid parties (especially in rooms) and to be loud during 'common quiet hours' (**23:00- 07:00**) it is **illegal** and consequences may follow.

Electricity

In UK and at the location electricity plugs are UK-type 3-pin plugs, 220-240V, 50Hz AC.

Local Taxi Prime taxi Ashford Tel:01233 367 075 Mob:07979157905

Local Area Information

Location is in Ashford which is a town in the county of Kent, England, with really easy access to all areas of London, motorways, and airports. This year-round school have a complete indoor and outdoor education facility set in the grounds of a former manor house in Ashford, Kent within easy reach of London and international transport links (only 98 km) southeast of central London. One of our largest centres, Grosvenor Hall is perfect for larger groups and more advanced development programmes.

From the moment the visitors enter the gates, they are immersed in the high-adrenaline excitement of the centre as they pass the adventure park and the brand new lake. As they explore the centre the guests continue to discover everything Grosvenor Hall has to offer; including an indoor heated swimming pool and a 25,000 sq ft sports hall which caters for a wide range of indoor activities.

Kingswood residential centres are safe and secure destinations that create a great environment for students to express themselves. All have an authentic 'British' feel, from historic manor houses to contemporary state-of-the-art adventure complexes. Grosvenor Hall and Isle of Wight have trinity exam status, with Grosvenor Hall accredited by the British Council.

The centre deliver adventure and education programmes which are excellent value for money for groups and individuals. Above all, our focus is on the welfare of our young guests – their safety comes first – and the life changing experiences they gain through outdoor adventure.

Teaching facilities are spacious and modern, with large classrooms, many with interactive whiteboards. Accommodation is in twin, triple and quadruple rooms, and there are many hectares of beautiful grounds for relaxation and outdoor activities.



BE ACTIVE! MAKE A CHANGE IN 2020!

What to take along

What to take along/prepare for this event:

- All travel documents and insurance.
- On various occasions we will spend some sessions outdoors and make sure to bring warm and comfortable clothes. During April the weather in UK can be very cold. You will need some warm clothes along with few short sleeve T-shirts. Rain is always a possibility in UK so be prepared! Do not forget to bring a jacket and check the weather forecast before packing.
- Blankets, sheets and pillows are provided at the venue but the bathroom towels are not. So, please bring your own towels and toiletries.
- Clear information (in English, if possible) about the main activities of your organisation, so that you can present it at the organisation gallery during the seminar. Please be aware that your presentation would be very brief!
- Map, posters, flags, postcards about your country/region/town to be displayed during the International Evening.
- Some gastronomic specialities (food and/or drinks) for the International Evening. Please note that it may not be possible to cook food at the training centre, only fridge, kettle and microwaves can be found! Feel free to bring some things along to share.
- Positive energy and smiles :)

Contacts

TREE OF COLOURS TEAM

E-mail: treeofcolours2020@gmail.com

Phone number: +44 7379 727477

Tree Of Colours CIC



We are looking forward to work with you soon!

JOIN US!

Website: <https://treeofcolours.com/>

Facebook: <https://www.facebook.com/TreeOfColours/>

Instagram: <https://www.instagram.com/treeofcolourslondon/>



BE ACTIVE! MAKE A CHANGE IN 2020!