



Asociación
Socio-Cultural
Verdesur Alcalá



Co-funded by
the European Union

Training of Trainers on ARTistic Tools for Youth Workers

*31st of May- 7th of June
Alcala la Real, Spain*

Erasmus+ Training Course



About the Project

When young people are given opportunity to experiment with a range of art forms self-esteem, together with individual and societal wellbeing, can be enhanced. When such artistic and cultural activities take place in a community rather than a formal education setting there is very considerable potential to build local social networks. Social capital not only improves local relationships for the individual young people participating but also benefits the local area more widely. It is therefore critical that we do everything we can to unleash the full creative and artistic potential of our young people. Not surprisingly, given the centrality of self-discovery and self-expression to artistic practice, research also finds that community youth arts programs help young people develop self-confidence, self-efficacy, and self-awareness ; and the ability to self-regulate and express emotions. Therefore, there is a need to qualify the youth workers to increase the young people's skills through the art and promote their well-being while making them more included and welcomed in the community.

This project will benefit from the outputs of our two projects : ARTivistic : Artistic Approaches to Solidarity, Inclusion and Creativity in Europe that we have finalised in 2022 and Inclusive Photography for Youth – Tools for Youth Workers to Engage Young People with Photography that we have started to run this year. In addition to that "El Acto Creativo" and "Dibujando Realidades" Local Solidarity Projects have been the main starting point of this training course to increase the capacities of the organisations about the usage of art which we have the expertise on. During these projects, we have created handbooks and tools that can benefit the youth workers to create art activities for the young people in their own communities.

There have been several studies that boosting creativity increases the active citizenship and inclusion of the young people who are at risk of marginalisation. However, the NGOs working in the field of youth have less skills or do not have any tools to promote the artistic approaches within their work. Therefore, the project will increase the capacities of youth organisations while involving both art and youth organisations to its process.

We expect participants to gain a knowledge about the following aspects during this training course :

- A brief introduction of usage of artistic tools in youth work
- Understanding Art in Youth Work practice
- Creating Art-based educational programs
- Usage of Photography and Art Tools for Inclusion and Promoting Participation of Young People

The objectives of the project are;

- To create awareness on the usage of artistic tools for increasing the participation and involvement of young people to community
- To qualify the youth workers on how to develop art-based youth empowerment programs
- To increase the attractiveness of the participating organisations by making them able to offer art-based social programmes for the individuals
- To develop partnerships in the field of youth work

Participant Profile

- 20+ years old
- Involved in the organisation as youth trainer, youth worker or project coordinator
- Previously provided activities for the young people in non-formal education context based on youth empowerment or art
- Motivation to partake in learning process and like to provide his/her unique experiences during the implementation of the training course
- Has interest to increase his/her capacity to develop new art-based educational programs
- Has sufficient level of English (B1 – C1) to involve to the discussions and co-develop activities with the other participants
- Have lack of capacity on art-based educational programs or youth empowerment through art

Information About the City

Alcalá la Real is situated 71 kilometres (44 mi) from the provincial capital, Jaén, and 53 kilometres (33 mi) from Granada, on the slopes of La Mota, a hill in the Sierra Sur. It has an area of 261.36 km².^[3] The town is dominated by a large Moorish fortress around which, some centuries ago, the settlement evolved. Alcalá la Real is connected to the Guadalquivir valley via the Guadajoz tributary.



Remains from the Palaeolithic to the Bronze Age show the human presence in the area in Prehistoric times. It has been hypothesized that this was one of the last places inhabited by Neanderthal Man. Despite the presence of remains from the Iberians, dating to the late Bronze Age, the first traces of urban structures (perhaps identifiable with the ancient Sucaelo) date to the Roman times. Archaeological findings include a marble statue of Hercules, now in the National Archaeological Museum of Spain at Madrid.

After the Muslim conquest in 713, the town was renamed Qal'at (قلعة), an Arabic term meaning "fortified city". In the following centuries, Umayyad caliph Al-Hakam II (971–976) had a series of watchtowers built to defend the city from the Viking/Norman incursions; today 12 of the 15 original towers remain. Around the year 1000 the main of these tower, the Mota, became a true fortress, one of the mainstays of the Al-Andalus defence against the Christian Reconquista. In the 12th century it was the fief of the Banu Said family, and became known as Qal'at Banu Said, or Alcalá de Benzaide in Christian sources.

After the dissolution of the caliphate and its fragmentation in a series of taifa small kingdoms, Qa'lat was a stronghold of the Kingdom of Granada. From here numerous raids were launched against Jaén and other frontier areas of the Kingdom of Castile. The city was finally captured on 15 August 1341 by Alfonso XI of Castile, who conceded it the title of "Real" (Royal), which after that was part of its name.



Alcalá remained under the jurisdiction of Jorquera until 1364, when king Peter I gave it the privilege of a Government Council, under the royal crown and the state of Villena. It was elevated to the rank of city in 1432 by king John II. After a flourishing period, the conquest of Granada in 1492 stripped Alcalá of its strategical importance. The population started to move from the upper hill to the now safer slopes, thus gradually creating the current settlement. The city remained under the marquises of Villena until the early 16th century, when the centralism introduced by the Catholic Monarchs started to reduce the power of the barons, although the marquise remained in existence until the 19th century. The depopulation of the La Mota hill ended after the Peninsular War against the Napoleonic troops who occupied the fortress from 1810 and 1812. On retreat the Napoleonic forces set fire to the upper city, resulting in partial destruction of the Abbey Church.

Before the Project!

Due to the nature of the project, we expect participants to do activities prior to the project activity to equalise the knowledge of the participants and make the most out of the training course. After the selection of the participants, we will give participants' an access to involve in the online platform that we have been developing for the project. In the online platform, there will be tasks to complete which will take 2-3 hours of participants prior to the project activity.

Please be noted, these activities should be completed prior to the project activity and not doing so will be resulted with not receiving the reimbursement of the travel expenses. The travel expenses will be provided in cash or bank transfer during the project and in case of the non-completion of the tasks, the participants will not receive reimbursement until the tasks are complete.

-Getting to know each other : Participants will share particular things about themselves to learn about their work, personalities and daily lives during the first week and get to know each other..

-Reading about Art: We will provide readings for the participants concerning the usage of art in youth work and write reflections about the readings.

-Needs of my community regarding art-based educational programs: We will provide you with the survey questions to make needs-assessment in your community.

-Practices on art : You will develop a video about the best practices on artistic tools and usage of art tools in education and/or youth work as a country team.

These activities will not take more than a day of you :) if you do it in total prior to the project. So please, as a group do it so that we can have a fruitful training course. They are crucial for the implementation of the project, so we can deal with the activities in a intensive manner.

Travel Costs

General Rules

We will reimburse travel cost during the training course regarding to travel budget of the country in bank transfer or cash depending on the need of the participants.

! Note: Reimbursement of travel costs will only be done upon presentation of all (including return tickets) original tickets, receipt/ invoices and boarding passes. You will receive an e-mail about the Google Drive to upload your documents after your selection. In the drive, prior to the start of the project, all tickets (**except than the ones which cannot be bought prior to the travel (metro tickets, bus tickets etc.)**) has to be uploaded so that, we can provide your reimbursement during the project.

This will be very helpful for us to begin processing the financial and reimbursement data so that all payments may be made as efficiently as possible. **Not uploaded tickets (except than the ones explained above) will not be reimbursed.**

Please do not lose your boarding passes; you will need them for reimbursement of travel cost.

!!! Note: 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 January 2024 as stated in the official European Commission web-site at <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Keep in mind !

You should arrive to Alcalá la Real in 31st of May and leave on 7th of June. We will not have any activities during the arrival (31st of May) and departure days (7th of June). You can stay up to 2 days before or after the project in Spain. You should arrange your own accommodation in that case, during this time no accommodation and food costs will not be reimbursed or provided by us.

Travel Costs

As it is closed to Granada, one of the nicest cities in Spain, We recommend you to visit Granada before or after the project and so, take that into consideration when buying tickets. Be aware, we will NOT ORGANIZE ANY EXCURSION TO GRANADA DURING THE PROJECT, and GOING TO GRANADA DURING THE PROJECT IS COMPLETELY FORBIDDEN so, if you want to visit that city, must do before or after the project, never during the project time.

Travel Costs will be covered regardless of the budget in actual costs upon the presentation of the receipts.

The travel costs will be reimbursed up to the amounts indicated below for the countries.

Country	Pax	Travel Allowance
Croatia	3	275 EUR
Estonia	2	360 EUR
France	2	275 EUR
Germany	2	275 EUR
Hungary	2	360 EUR
Portugal	2	180 EUR
Slovenia	2	275 EUR
Macedonia	2	360 EUR
Turkiye	3	530 EUR

Travel Arrangements :

We will try to arrange private transportation for the participants according to the time schedules of the arrivals and departure. In case the participants are coming from Madrid Airport(MAD), they should take a bus to Granada. For the other cases that arrives to following airports, we will provide a transportation from the airport/city to Alcala la Real Sevilla Airport (SVQ), Malaga Airport (AGP), Granada Airport (GRX).

For buying the bus ticket, you can use alsa.es, there is no any other bus company operates in Spain. That's the only page that has bus services.

!!!!!! BEAR IN MIND !!!!!!

AT ANY CIRCUMSTANCES, ANY FLIGHT BOUGHT FROM KIWI, EDREAMS, GOTOGATE OR LIKewise TRAVEL AGENCIES WILL NOT BE REIMBURSED EVEN IT IS CHEAPER OR WHATSOEVER. IN CASE OF FLIGHT CANCELLATIONS, DELAYS AND ETC OR ADDITIONAL COSTS WILL NOT BE COVERED BY US!

THAT'S THE REASON, WE SUGGEST YOU TO BY FLIGHT TICKETS AT ANY CIRCUMSTANCE FROM THE WEBPAGE OF THE COMPANY THAT YOU ARE GOING TO FLY WITH.

List of To-Do and Not-To Do Before the Project



Uploaded the all tickets to drive before 1st of May
Bought tickets on time
Arriving in 31st of May (latest)
Departing in 7th of June (earliest)
Bought tickets from the flight company page
Flying to Sevilla / Malaga or Granada
No plans to visit Granada during the project
NO TRAVELLING AROUND SPAIN TO COME TO THE PROJECT

Arriving later than 31st of May
Departing before than 7th of June
Buying tickets from travel agency pages
Travelling around Spain before the project
Flying to Barcelona or Alicante or some other airport not in Andalucia
Visiting Granada during the project

These are forbidden acts, if you do, we cannot accommodate it and we want to inform you about it before! So please DON'T!

Participant Info Form

Please fill out the following form before you start to make your travel arrangements :

<https://forms.gle/DHssc63righbANm7> (Please fill this form before 16th of May 2024)

In case of any hesitations or issues that you want to discuss or raise any questions in your mind, do not hesitate to write to us.

Accommodation

We will provide you with double with private bathroom or quadruple or quintuple rooms with shared bedroom according to your genders in the dormitory. You will need to bring towels and necessary personal hygiene products that you might think it is important to have. We will try to put you in the in different rooms mixed concerning to nationality and with people from same gender.

The place has laundry, kitchen and likewise facilitates and the activities will not be carried in the accommodation place due to size of the group.



You packed the following :



Slippers - Towel - Water Bottle - Tooth brush

You are happy to share the room with other people! You can stay in bunk bed alike in the picture in the right!



You didn't pack your slippers, towel or tooth brush, we will not be able to provide these during your stay in the accommodation. During your arrival day, the volunteers can assist you to get them, but we suggest you to get them in advance, so you don't have to spend money on them once you are in Spain.

You cannot share the room or cannot stay in bunk-bed!

- We do not provide and will not be able to provide any single room at any circumstance.
- We do not have any beds rather than bunk beds, so please be sure while coming that you are alright to sleep in a bunk bed (up or down, you manage with your room mate :))
- Projects are for you to engage with the other people from different countries, unless you have a special need or justification to stay with people same country, the participants will stay in mixed rooms.

Contact Information

For the urgent cases, in the border, during your arrival if you could not find our team or you miss the flight or some assistance you need! Please feel free to call :

Mariano : +34 658 34 74 14

Estibaliz : +34 601 52 69 71

Onur : +34 644 829 402

E-mail : asociacionverdesur@gmail.com