



Joint

TRAINING COURSE

INCLUSION IN ERASMUS+ MOBILITIES FOR GROUP LEADERS

GALBIATE, ITALY
FEBRUARY 7- 14, 2025



1 About the Training Course



Joint

This Training Course on Inclusion in Youth Mobility projects is a part of Associazione Joint's Erasmus+ Accreditation strategy.

The aim is **to train ~20 group leaders** who will be involved in the Erasmus+ Youth Exchanges hosted by Joint and the international inclusion network in 2025 and in the future.

The training will focus on **quality standards** and methodologies to guarantee an effective involvement of young people with fewer opportunities and of highly vulnerable young people in Erasmus+ Youth Exchanges.

Participants will be trained on how to offer effective support to participants during the pre-departure, implementation and follow-up phases of a youth exchange.



1 About the Training Course



Joint

OBJECTIVES:

- Training future group leaders on topics related to inclusion in Erasmus + youth exchanges and about strategies to support and empower participants with fewer opportunities before, during and after a mobility.
- Offering participants a detailed understanding of their roles and responsibilities as group leaders in a youth exchange, especially in preventing risk situations and ensuring a safer space for learning.
- Reaching a common level of knowledge regarding the impact of Erasmus+ youth exchanges on youth development.





To apply for the training course,
fill out this form not later than January 15, 2025:

APPLICATION FORM

Participants will be selected on a rolling basis. Strong applications may be approved before the deadline, so applying early increases your chances of being selected.

Participant profile:

- at least 18 years old,
- have at least a medium level of English
- willing and interested to work with young people with fewer opportunities



All the activities will take place at "Ostello Parco Monte Barro" in Galbiate.

The building is managed by "Legambiente Lecco", an environmental organization which also works with young people, mostly on the topic of environment and sustainability.

Participants will be hosted in shared rooms with 2-4 beds with a shared bathroom and shower. For specific accommodation needs, please write us in advance.





To reach Galbiate, the best option is to fly to Milan or to Bergamo.

Please,

- for the ARRIVAL search for flights landing **by 4PM** on FEBRUARY 7th
- for the RETURN search for flights taking off **from 2PM** on FEBRUARY 14th.

It is possible to arrive also 1 day earlier/ leave 1 day later if you cover your own accommodation.

Pick-ups will be organised in train station "**Sala al Barro – Galbiate**".

Since it is not possible to reach the accommodation with public transport, we will need to organise a private transport. For logistical reasons, the pick-up will start after 5PM. Therefore, we invite you to use this time to visit Milan, Bergamo or Lecco (that are all worth to be visited).



WHAT TO SEE IN MILAN?

WHAT TO SEE IN BERGAMO?

WHAT TO SEE IN LECCO?



Travel costs will be covered in the framework of Erasmus+ travel bands. It is possible to use the option of "Green Travels", communicating it before.

- 100–499 km: 211€ (traditional travel); 285€ (green travel)
- 500–1999km: 309€ (traditional travel); 417€ (green travel)
- 2000+ km: 395€

The cost of transportation from the train station to the venue and back, together with a 8€ tax from the hostel for bedsheets and towels, will be covered with a deduction up to 20€ of the travel budget.

E.G.: if your travel budget is 309€, please consider it as 289€.

In case it is not possible to meet the travel times or budget, please inform us as soon as possible and we will look for possible solutions.



BEFORE purchasing tickets for international travel, send them to exchanges@associazionejoint.org for approval, including travel times and ticket price.

No reimbursement will be made for tickets purchased prior to receiving confirmation from the host organisation.

If we find a better offer in terms of time, quality and price, we may send you another offer for your trip.

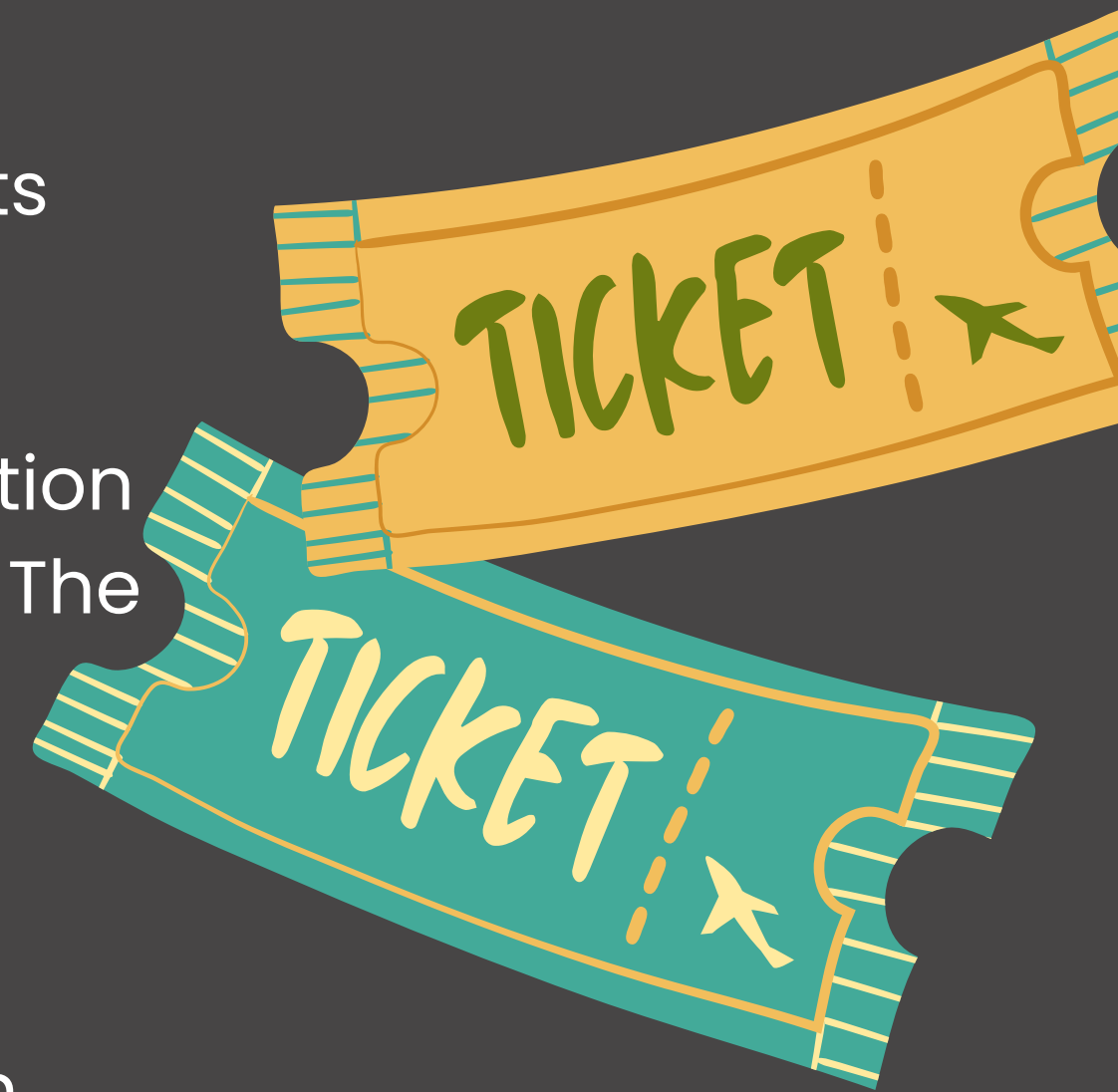




FROM BERGAMO ORIO AL SERIO AIRPORT:

- At the airport, catch the bus "line 1" to the CENTRE OF BERGAMO and stop at the Railway station (1 stop, around 5 euros).
- Catch the train to LECCO (there is a train each hour at :08. The trip lasts 40 minutes and costs 4€).
- Once in LECCO, catch the train to SALA AL BARRO – GALBIATE (the direction of the train is Milano Porta Garibaldi). There is a train each hour at :07. The trip lasts 10 minutes and costs 1,90€.
- A car or a mini-bus will pick you up at the railway station.

For more information, check the schedule and buy the tickets, you can use this website: <https://www.trenitalia.com/en.html>





FROM MILANO MALPENSA AIRPORT:

- At the airport of MALPENSA, catch the train to MILANO PORTA GARIBALDI. There is a train every 30 minutes. The trip lasts 50 minutes and costs 13,00€.
- In Milano Porta Garibaldi, catch the train directed to Lecco. This train will stop also in SALA AL BARRO - GALBIATE. This is where you will need to get off the train. There is a train every hour at :17. The trip lasts about 1 hour and 20 minutes and costs 5,20€.
- A car or a mini-bus will pick you up at the railway station.
- For more information, check the schedule and buy the tickets, you can use this website: <https://www.trenitalia.com/en.html>



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What to Bring?



- Comfortable, warm and waterproof clothes
- Waterproof and warm shoes
- Winter jacket, beanie, scarf and gloves
- Cantine/bottle (water here is drinkable)
- Hygiene products (ecological, ex. natural solid soap)
- Socket Adapter (Italian plugs are as in the picture)
- European Health insurance card or private medical insurance
- Snacks and drinks for the Intercultural Night





**If you have any question, please do not hesitate
to contact us!**

Phone: +39 02 56 56 87 79

Email: exchanges@associazionejoint.org

www.associazionejoint.org

www.scambiinternazionali.it

www.youthforeurope.eu

www.volontariatointernazionale.org

