

COURAGE TC

Cultivating Our Unique Resilience and Achieving Growth and Empowerment

30 May – 4 June 2025

San Lorenzo de El Escorial
MADRID



Co-funded by the Erasmus+ Programme of the European Union

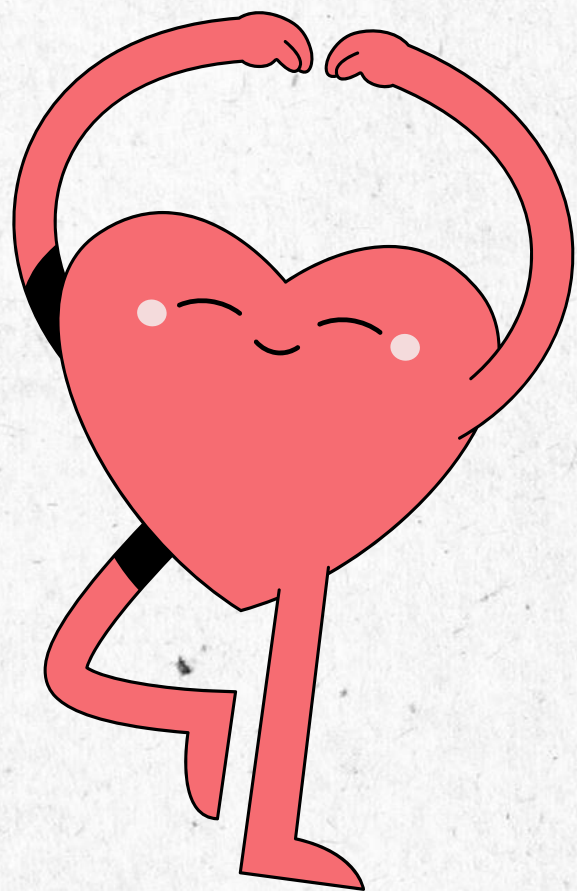
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The main objective of Euroactiva-T is the implementation of actions and projects focused on the promotion of equality, social inclusion, interculturality, employment and entrepreneurship, environmental awareness and well being.

Through these actions, we try to broaden understanding and improve the perception of belonging to the European community, as well as feelings of equality between people, regardless of religion, race and social origin.





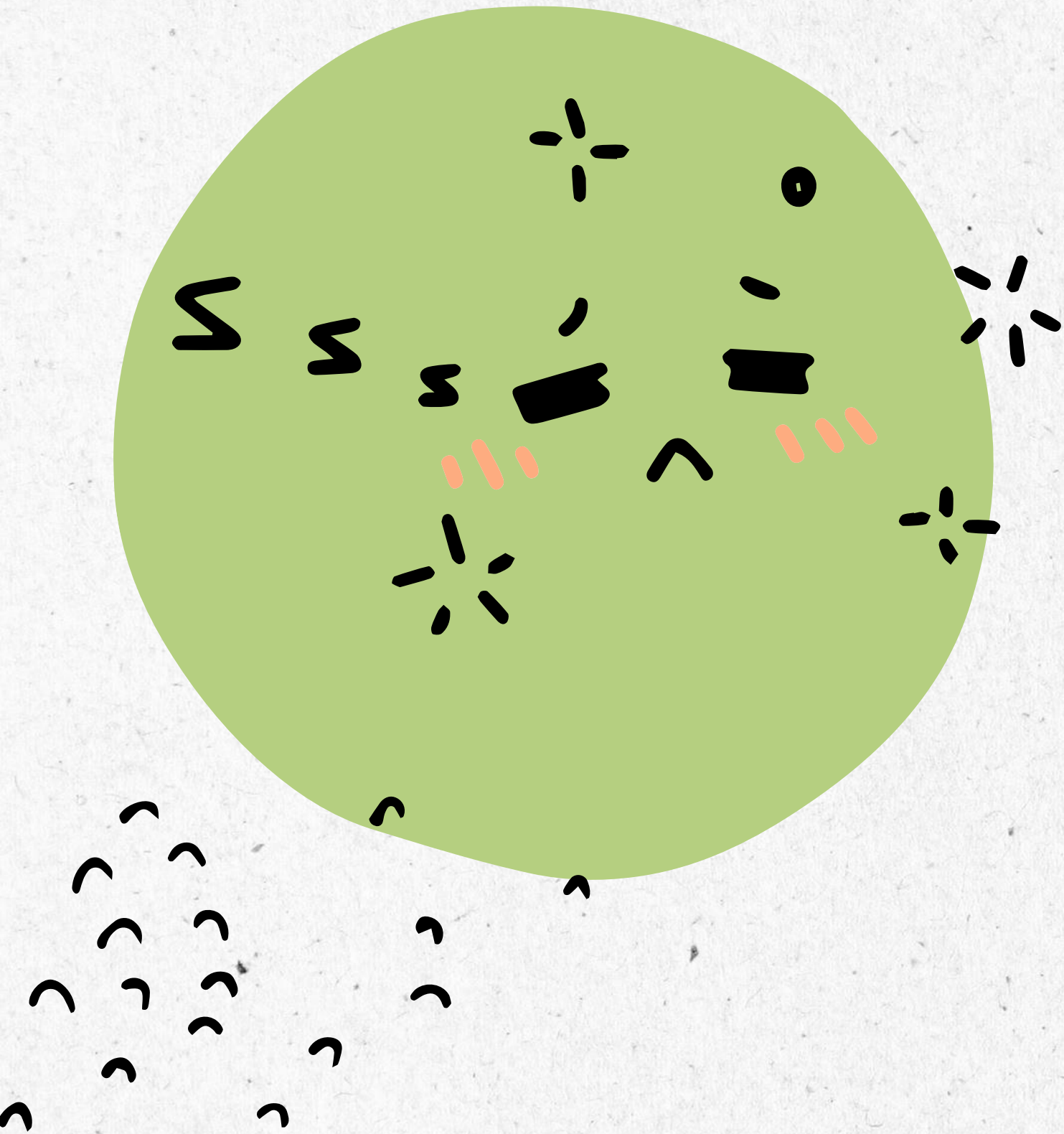
THE TRAINING COURSE

COURAGE is a Training Course aimed to empower youth workers to become agents of change in their communities, capable of guiding and supporting young people in their emotional and mental development.

We aspire to create a lasting impact on the lives of vulnerable young people and contribute to the creation of an international network of professionals committed to improving youth well-being and mental health.

METHODOLOGY

We will use the non-formal education methodology which will facilitate the development and acquisition of new skills, competences and attitudes and thus contribute to social and personal development through humor, art, creative approaches, psychological, empathic and symbolic activities to create attitude to develop our own positive mindset and lifestyle.



THE VENUE

The daily activities will be placed in the EL ESCORIAL residence in San Lorenzo de El Escorial. C/ Residencia, 14. San Lorenzo de El Escorial, 28200 Madrid.

[RESIDENCE EL ESCORIAL](#)

In the next update we will give you some more indications on how to reach the venue from Madrid Airport.



THE VENUE

San Lorenzo de El Escorial is a pretty town located 55 km of Madrid and is famous for the Real Monastery of El Escorial which is National Heritage.



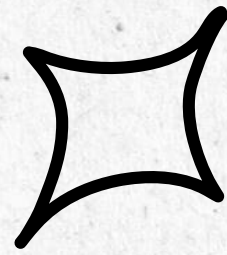
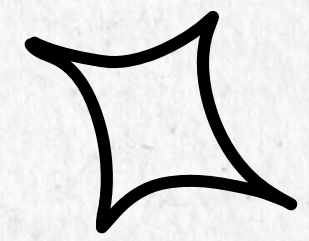


PHOTO PAGE

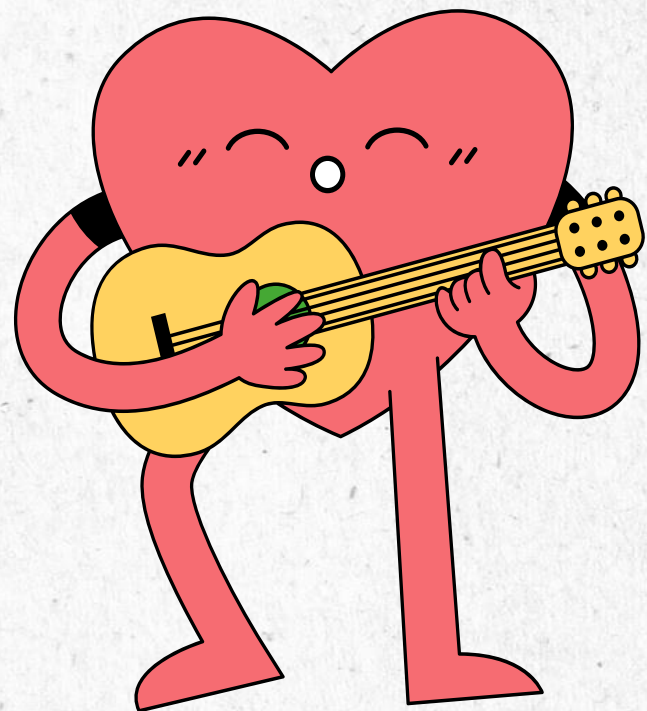


ACCOMODATION AND MEALS

The residence rooms are for 2 -3 or 4 people with bathroom ensuite.

Breakfast, lunch and dinner + coffee breaks.

We will have a varied, healthy and mediterranean based menu suitable for everyone.



THE PROGRAM

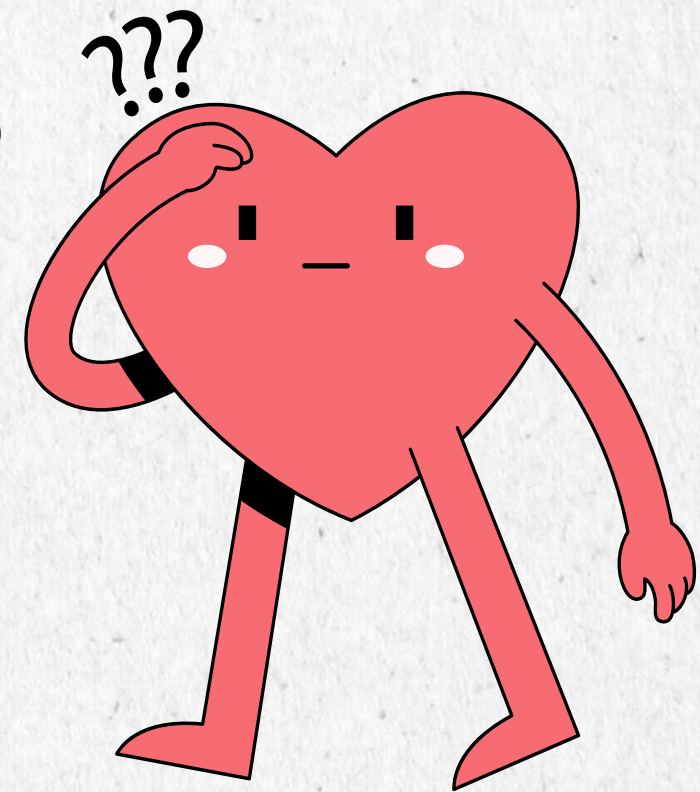
TC "COURAGE" San Lorenzo de el Escorial, Spain 30th May - 4th June 2025						
"	30th May	31st May	1st June	2nd June	3rd June	4th June
	Arrival of participants	Departure of journey	Initiation - crossing the threshold	Transformation I	Evaluation	Departure of participants
8:30	Breakfast					
9:30		Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	
9.45		Presentations and Team Building	Traits of personality and relationships (TA)	Photo narration	Follow up and dissemination plan	Departures of participants
11:00	Comfort Break					
11:30	Arrivals	Call to Adventure	Traits of personality and relationships (TA)	Photo narration	Presentation of eye collection and discussion	Departures of participants
14:00	Lunch					
15:30	Arrivals	Hero's traits	Empathy	Negative self talk and cognitive distortions	Final evaluation	
16:30	Comfort break					
16.45	Presentations	Hero's fears	David and Goliath	Definition of me	Final Evaluation	
17.45	Name games and getting to know each other	Hero's thoughts	Hero's thoughts	Hero's thoughts	Celebration time	
20.00	Dinner					
21.00	Official welcome	Cultures: Mode ON	Time for connection	Free night	Farewell Party	



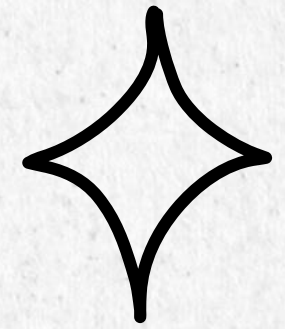


PERSONAL STUFF

- ✓ Personal hygiene products (TOWEL, shampoo, toothpaste...)
 - ✓ Comfortable clothes and shoes
 - ✓ Your Health European Card
- ✓ Your energy, good mood, willing to share with the others and to develop yourself and your skills!



TRAINER



LARIS GUERRI



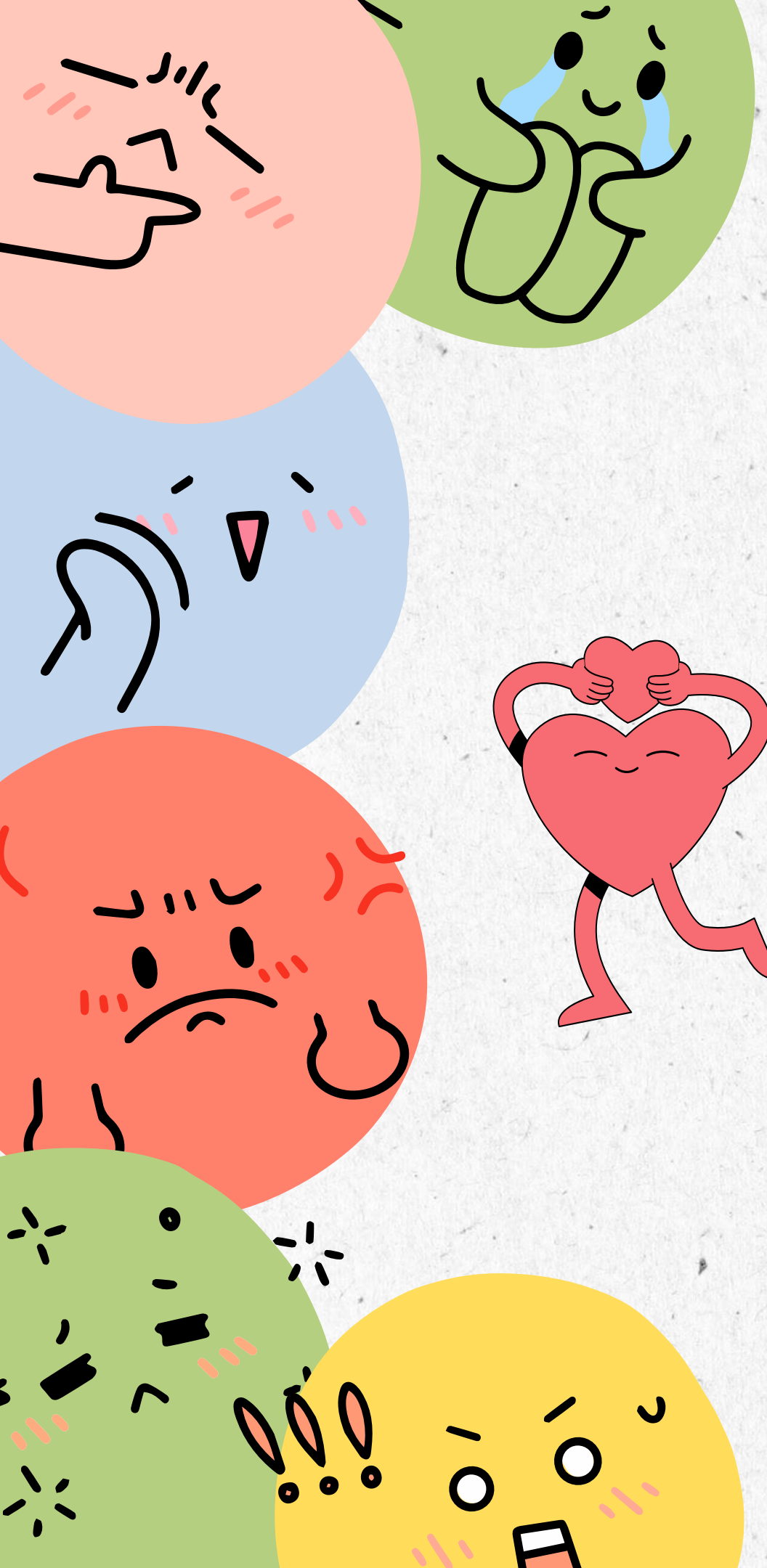
President of Associazione Agrado APS and founder of it in 2000

Freelance trainer in the Erasmus+ Program

Project designer and Project manager

I'm also a professional psychological Counselor (in Transactional Analysis) and apply this method (on communication and relationships) in the training sessions.

Expertise: Non formal education methods, Emotional management, Communication, Transactional Analysis, Feedback.



PARTICIPANTS PROFILE

- ✓ **Youth workers, Youth leaders, Social workers, Educators**
- ✓ **Over 18 years old**
- ✓ **Live in the country of the partner organization**
- ✓ **Able to work and discuss in English**
- ✓ **Working/volunteering in an organization with young people**
- ✓ **Fully committed and active for all the length of the Training (4+2 days)**
- ✓ **Able to disseminate the results after the TC**



PARTICIPANTS SELECTION

- ✓ **Participants from 8 countries: Spain, Italy, Portugal, Bulgaria, Ukraine, France, Lithuania and Croatia.**
- ✓ **Each country organization will send 3 motivated participants (for a total of 24 participants)**
- ✓ **Each organization will be in charge to select their 3 participants and to make the 3 enroll in the following application form by 5th April:**

[APPLY HERE](#)



TRAVEL BUDGET

COUNTRY	BUDGET
SPAIN	56 €
PORTUGAL (Green Travel)	285 €
ITALY, FRANCE, CROATIA	309 €
UKRAINE, BULGARIA, LITHUANIA	395 €



TRAVEL RULES

- ✓ **Your destination is Adolfo Suárez Airport - Madrid Barajas**
- ✓ **The rules of the ERASMUS+ programme for this project are the ones established for the Erasmus + KA1 T.C. Grants.**
- ✓ **The organizers must approve your travel plan before buying the tickets.**
- ✓ **No travel agencies are allowed to buy the tickets. We can assist you in a future update to buy the flight tickets.**



TRAVEL RULES

- ✓ **Plan your flight to be in Madrid before 17:00 h the 30th of May 2025.**
- ✓ **You can buy the tickets maximum 2 days before or/and after project dates in case you want to visit Madrid. Those extra days are not covered by the project.**

IMPORTANT: In any case keep all the boarding passes and tickets of airplane, bus, train, metro (they are needed for reimbursement). Also, all receipts / invoices are needed, without any exception. The reimbursement will be done the next week after the Training Course by bank transfer.



INSURANCE

- ✓ **Bring with you the European Sanitary Card to be safe in case of emergency.**
- ✓ **Participants are responsible for getting any medicaments and treatment that they use.**

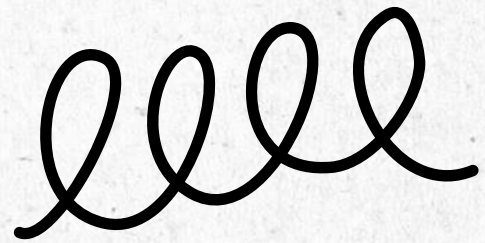


CONTACT INFO

EUROACTIVA-T PROJECT MANAGER: Josep Vilalta

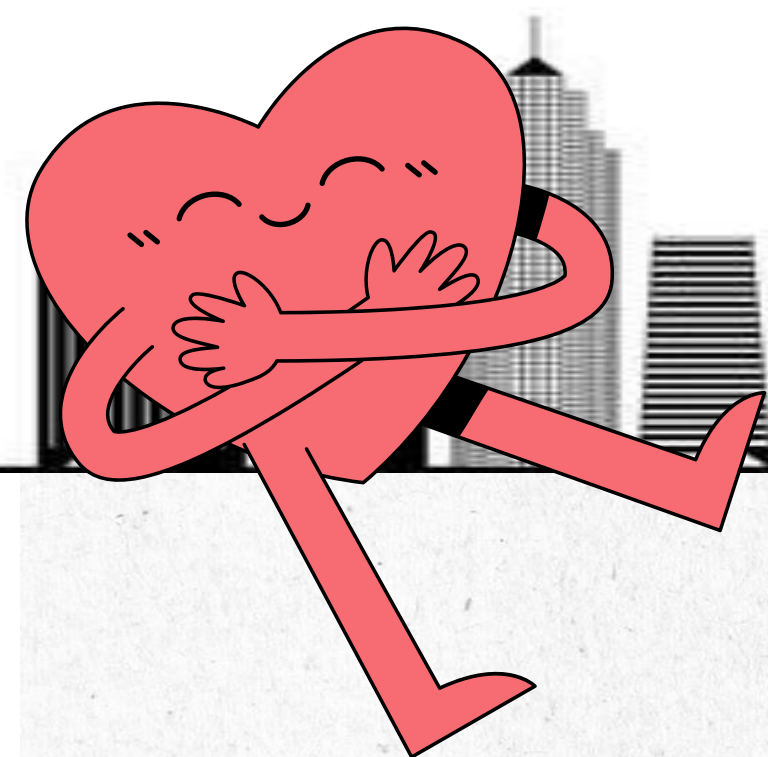
EUROACTIVA-T PROJECT FACILITATOR: Isidro Pedrajas

MAIL: general@euroactivat.org





¡MADRID!



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