

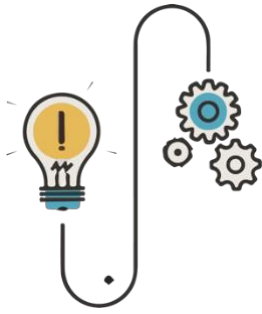
Erasmus+

Bridges - not Walls

Training Course



Ceuta, Spain
8th - 15th March 24



ABOUT US

We are a group of Young people active in youth work called **Asociación K'MON** from Spain with the aim of promoting non-formal education and to help students and young people to participate in intercultural exchanges and volunteer projects.

You can check us in Facebook or Instagram for more information and photos. Who exactly you can look forward to?

Vlad and Kelvin

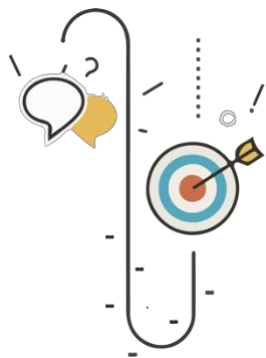
Vladislav Artiukhov - has been working in the field of education for more than 7 years, as a curriculum writer, educational advisor a lecturer and a trainer. Vladislav has a Master degree in Linguistics and Intercultural Communication. Currently working as a freelance trainer and is a member of several NGOs. His area of expertise is storytelling, non-formal education Methodologies, Migration, Inclusion and Human Rights.

Kelvin Akpaloo , he is a facilitator, trainer, dancer and spoken word artist, passionate about promoting human rights issues, inclusion and the integration of minorities, community development and youth development. He works on the national and international levels with the use of creative methods, including spoken word, movement, poetry and dance. He has more than 5 years of practical experience as a spoken word artist, youth leader, creative director, facilitator, and artistic director. He has worked with youth workers/youth leaders in Ireland, Europe and Ghana, as well as youth organisations, NGOs, artists, dancers etc.



Ony and Karol

They will be the ones who makes sure that you eat and sleep well. They will take care of everything you need. Responsible of logistics and reimbursements. If you have any concerns about the upcoming project, direct your questions to us (see contacts).



THE PROJECT

DATE AND LOCATION

The project will take place in Ceuta, Spain from from **08th to 15th of March 2024.**

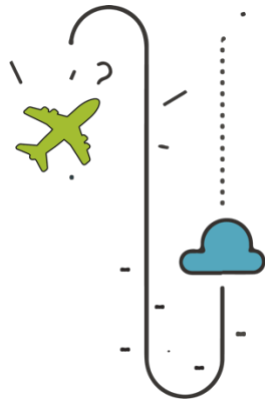
DESCRIPTION OF THE PROJECT

This project seeks to become an educational platform for youth workers, a collaborative space for representatives of NGOs, a booster to activate the local community and a unique opportunity to experience and reflect on the realities at the gateway of European migration. The training is designed to address the key challenges of Youth Work on topics of migration, multiculturalism and diversity, such as - Anti-Immigrant Attitudes and a Rise in Nationalism and Xenophobia. Creation of a safe space for youngsters, fostering intercultural dialogue and overcoming language barriers. Chosen Methodologies to address the needs - Non-formal, Participatory storytelling, Verbal and Non-verbal

OBJECTIVES

We have set the following objectives for the projects:

- To introduce Participatory Art methodologies, including verbal and non-verbal approaches to youth workers and participating organisations
- To educate youth workers with the theory and practice of non-formal methodology in a holistic and systematic manner.
- To provide time and space for the development of collaborations and initiatives to the participating organisations and interchange of experience
- To see the situation in depth at the gateway of migration to Europe and reflect on the experience (video format)
- To have a close look at interracial, interreligious and intercultural aspects of migration
- To improve the quality of ongoing local youth work and youth involvement in partner organisations



PARTNERS & PARTICIPANTS

Who you'll meet

2 youngsters, youth workers or volunteers, in total 25 participants
age: 18+

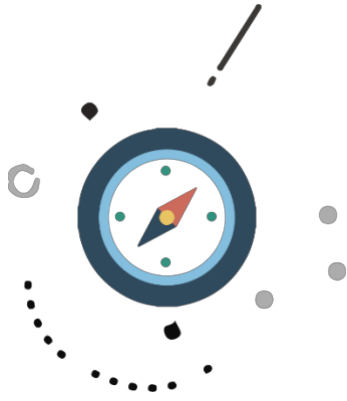
Interested in the topic

Available to participate in all the activities

English speaking skills needed

For application, contact your local NGO

Partners	NGO	Contact
Germany	CULTURE GOES EUROPE (CGE) - SOZIOKULTURELLE INITIATIVE ERFURT EV	artiukhov@cge-erfurt.org
Estonia	NGO Youth Club Active	info@clubactive.eu
Hungary	Tegyünk Együtt az Ifjúságért Alapítvány	eduardoganyan@gmail.com
Lithuania	Varėnos kultūros centras	aiste.ir.lt@gmail.com
Poland	ARTwarium	dawid.kosakiewicz@um.kepno.pl
Romania	Asociația de Tineret a Sudului	contactasociatiaoltenia@gmail.com
Italy	Active Youth for Europe	associazioneayfe@gmail.com
Ireland	Eurobug, International Youth Work Training and Collaboration Limited	Eurobuginternational@gmail.com
Portugal	Associação "Fortes Sempre"	fortessempe.projects@gmail.com
Spain	Asociación K'MON	kmon.asoc@gmail.com



THE VENUE

The mobility will take place in the Spanish autonomous city in the north coast of Africa, **CEUTA**.



Situated beside a bay, the fortified city of Ceuta has watched over the strait of Gibraltar since long ago. The walled area presides over the old quarter of this Cosmopolitan Mediterranean city. Since ancient times, Ceuta's strategic location has encouraged the settlement of different civilizations.

Ceuta has a population of 82,376 habitants. Its population consists of Christians, Muslims and small minorities of Sephardic Jews and ethnic Sindhi Hindus.

Spanish is the official language, while Darija Arabic is also spoken by 40-50% of the population, which is of Moroccan origin.

TRAVELLING TO THE VENUE

The best way to reach Ceuta is going to Algeciras and then taking a ferry from there. There are several ways to get into Algeciras as stated below:

MEETING POINT → Port of ALGECIRAS
ALL PARTICIPANTS MUST BE THERE BEFORE 15:00



- Málaga
- Jerez de la Frontera, Cadiz
- Sevilla
- You can also fly to Madrid or Barcelona and then to connect with one of the Andalusian cities



A) From Malaga:

If your intention is to travel from Malaga to Algeciras by bus, you could take one of the many buses of the company PORTILLO, which makes this distance every day. The price for this trip vary between 15 and 18 Euros, being the time of the trip 1 hour and 45 minutes (direct service), and 3 hours and 15 minutes (regular service).

For more information, consult the schedules in the bus company website, doing click [here](#).

B) From Seville:

In case to travel from Seville to Algeciras by bus you have to pick up one of the buses of the company COMES. The bus station in Seville from where you need to take the bus is called 'El Prado de San Sebastian" bus station. Approximate duration of the trip is 3 hours and 30 minutes. You can consult the schedules [here](#). Approximate price of the trip Seville – Algeciras is 21 Euros.

C) From Cádiz

If you prefer to travel from Cadiz, you have to take one of the COMES company buses that circulate among these two cities every day. The duration of the trip ranges between 1 hour and 45 minutes and 2 hours and 15 minutes (depending on the selected schedule). You can check the schedules clicking [here](#).

Price of this trip is around 16 Euros.

BEST OPTION



To **Malaga**



To **Algeciras**



All together to **Ceuta**.

All means of transport during the project will be ORGANISED by Asociación K'MON, so we demand absolute punctuality.

To check all options:

<https://www.rome2rio.com>

<https://www.goeuro.es>

Airplane:

<https://www.skyscanner.es>

Bus:

<https://www.alsa.es/>

Car:

<https://amovens.com/>

<https://www.blablacar.com/>

Ferry:

<https://www.balearia.com/es>

To buy tickets in the local transportation websites you may need a Spanish phone number, in that case you can use one of these: 675 45 23 21 or 622 29 85 98 - don't worry, no code confirmation is sent



PLEASE, DO NOT BUY TICKETS WITHOUT OUR APPROVAL ¡!

The project will take place at . . .



Accommodation



Hostal Plaza Ruiz

Plaza del Teniente Ruiz, 3, 51001 Ceuta, España –



The project covers directly the 100% of the accommodation

The participants will be accommodated in same-gender rooms from 2 to 4 people mixing nationalities to promote intercultural exchange.



Meals

3 meals per day + 2 coffee breaks

At Casino Militar - <https://maps.app.goo.gl/E1TB7fwsDL2i5bNe9>



Activity Room

Residencia de la juventud de Ceuta -

<https://maps.app.goo.gl/NV5dxi4TUHtzFo4E7>



COSTS, TRAVEL & HEALTH

FINANCE & REIMBURSEMENT OF TRAVEL COSTS

Financial support is from the Spanish National Agency, under the European Commission's "Erasmus+" – programme.

All costs will be covered, except for excessive budget of the international travel.

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and **provide all ORIGINAL tickets, boarding passes and email relating to their travel.**

The maximum reimbursement per participant from each country is up to as follows.

FROM	BUDGET	FERRY
Germany	310 €	50 € for the ferry, we will buy it for you !!
Estonia		
Hungary		
Lithuania		
Poland		
Romania		
Italy	225 €	
Ireland		
Portugal		
Spain	20 €	

TRAVEL & HEALTH INSURANCE

It is mandatory requirement for all participants to provide their own health insurance. This should cover you for the full duration of your time in Spain. You can use the free **European Health Insurance Card (EHIC)** to allow you access to public hospital treatment.

Please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs or being flown back to you home country. To learn more, please go to:

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

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT mandatory requirement, but it is advisable.

DIETARY, HEALTH & OTHER SPECIAL REQUIREMENTS

Please inform us as soon as possible if you have any food allergies or you have special dietary requirements so that we can inform the caterers and so that they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Spain (for example bug spray, headache tablets, travel sickness, pills, etc.) please arrange these yourself as we are unable to provide them for you. Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the youth exchanges activities, then please let us know what they are and how best to assist you.

REIMBURSEMENTS

When booking your tickets, please contact your sending organization or us in order to find the best and cheapest transport for you. Only approved tickets will be reimbursed on the basis of the cheapest tickets available, according to the rules of the Erasmus+.

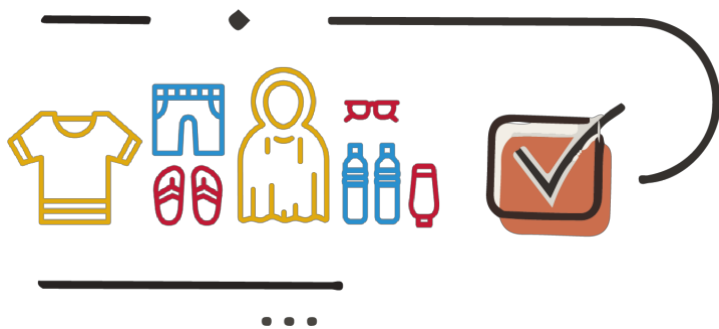
For more information, please visit:

<https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator>

The reimbursement will be transferred to the bank accounts of the leader of the national team or the account of the sending organization. For the exchange rates, we are using the official exchange rates issued by the European Central Bank. The day of the exchange rates is the day of the signature of the financial agreement with the Spanish National Agency. We kindly ask you for patience when expecting the reimbursement. **After handing all of your original tickets and payment confirmations, please, give us at least 2 months to process everything.**

Please note, that we are able to reimburse your travel expenses only after you help us with the dissemination of the outcomes of the project activities (photos, videos, reports, etc.). We will kindly ask you to help us with a report about our project, sharing it on social media and providing us links and print screens to those activities.

The travel costs will not be reimbursed to people who are not taking part in the entire youth exchange or not respecting the rules of the exchange.



WHAT TO BRING

We have a general tip what to bring to this project! Don't forget a towel and things for a shower, comfortable clothes, slippers, shoes, warm clothes, some repellent against insect and raincoats. Please, keep in mind that we are in near to the sea.

Make sure that each national group will have at least one laptop. In case you have camera or GoPro, do not hesitate to bring it.

Please, do not forget to take these following documents:

- ID or Passport
- Blue health insurance card "EHIC" (if applicable)
- Documents of your insurance valid in Spain
- Signed participant contract (last pages of this infopack)

WHAT TO PREPARE

Intercultural night: One of the significant parts of Erasmus Projects are the intercultural nights – and we love them! National groups usually bring some traditional food and beverages. Intercultural nights also aim to present your country. Be creative, it is gonna be fun!

Dissemination: Because we will create some catchy outcomes of the project, we would like to share with others to see what we have done and created.



CONTACT US



In case of any questions, please contact your sending organization. If you want, you can also directly approach us via e-mail kmon.asoc@gmail.com

For ticket proposal, please contact us at kmon.asoc@gmail.com

If you have a Facebook account, please join us in **FB group**
<https://www.facebook.com/groups/603771851618683>



We will share there all important information and it is the place where you can easily meet the others and us before the project.



Asociación K'MON

Paseo de la marina española
CEUTA, Spain



Karol: +44 792 308 12 62

Ludo: +39 327 639 35 74

or +34 622 29 85 98

September - October	Friday 8th	Saturday 9th	Sunday 10th	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30-11:00	Arrival	Getting to know each other/ Presenting the movement	Introduction of the topic of Migration	Inclusion&Privileges	WHY NFE?	Debriefing - What/When/How?	OPEN EVENT in CEUTA	Departure
11:00 - 11:30		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break		
11:30-13:00		Team building activities	Sensitivity to Diversity&Migration	(Spoken Word) Mthodology	Non-Verbal participatory methodologies in NFE (Music)	Group assignment		
13:00 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00-16:30		Your learning Goals	Challenges in work with Ethnic Minorities, Interreligious and Intercultural	Study Visits in CEUTA	Non-Verbal participatory methodologies in NFE (Dance)	Workshops development	Ngo Fair & Follow UP	
16:30-17:00		Coffee Break	Coffee Break		Coffee Break	Coffee Break	Coffee Break	
17:00-19:00		Erasmus+ opportunities for Organisations	Conflicting identities and sense of Belonging		Non-Verbal participatory methodologies in NFE (Theater)	Workshops development	Evaluation time	
19:00-19:15	Welcome word	Wrap-up & reflection / Learning Buddy	Wrap-up & reflection / Learning Buddy	Wrap-up & reflection / Learning Buddy	Wrap-up & reflection / Learning Buddy	Wrap-up & reflection / Learning Buddy	Farewell evening	
19:30 - 20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:30 - 21:30	Welcome Evening	Welcome Evening	Evening Activity	Community Dinner	Evening Activity	Evening Activity	Farewell evening	



Contract for participation in the
EC Number 2022-3-ES02-KA153-YOU-000098508
Ceuta, Spain

For Asociación K'MON is important to point out values and rules during this project, to contribute significantly to the personal and professional development of the people who participate in our mobility actions.

Between organizations and the people who collaborate on our projects is of particular importance this type of positive relationship. To achieve this we want to be sure that everybody agree on the following:

- I am of legal age (if minor, I have the legal permission of my parents/tutor) and I agree to participate in the project for which I have been selected and to be punctual to all the activities. I will attend all Program sessions. I understand that I may not skip any sessions.
- I know and I give my authorization for my image to appear in reports, news, social networks and project websites, because during the activities of the event, photos and/or videos will be taken.
- I will pay in advance the total price of my round trip (airplanes, bus, trains, metro). I agree that the host entity will refund me the whole amount after returning to my country of origin, and only if I have provided all the relevant supporting documents (boarding passes, invoices and tickets).

I'm also aware that I can travel 2 days before and 2 days after the project in order to find the best solution for coming back home; in this case food and accommodation during the days out of the project will be on my own expenses.

The reimbursement will be done only after the dissemination of the project.

- I am aware that these activities are conducted in English, so a minimum level of this language is required.
- I will actively participate in all the parts of this project: preparation, implementation, evaluation and dissemination and eventual follow up activities.
I will respect the different levels of language ability of other participants, encourage participation from everybody and will not exclude people.



- Obtaining the European Health Insurance Card for EU countries, as well as travel insurance, is under my responsibility. The necessary travel documents (passport, visa) are issued by me and I undertake to check in advance the necessary documents and their validity.
- I will respect the environments in which the activities will take place and all the objects and devices provided. I will take care of the spaces in which I will stay and respect the ownership of the place and the ownership of others participants.

I am aware that if I damage the property of others I will have to refund it, even with the reimbursement of my trip.

- I will share my ideas and opinions and respect the ideas and opinions of others, as well as any cultural differences.
I will help with any preparation and set-up needs during the Program.
- I understand that this is a **working Erasmus+ project** and not a tourist trip.
- I will avoid any conflicts with the police and I will not break local laws.

By signing this contract, I agree that I will participate in the activities for the duration of the program. I also agree that I will be available at least 2 days before and two days after the dates of the Program as it might be needed for the trip.

I understand that I am making a commitment to participate and that I will not be allowed to cancel my participation once I have committed.

.....
Person responsible for the project management

.....
Participant