



LEARNING TO EMPOWER

24 - 31 JULY 2019

SASSARI, ITALY

TRAINING COURSE

Hosting Organization:

Mine Vaganti NGO

Partners:

Slovakia: ADEL - Association for Development, Education and Labour

Brazil: Cooperbom Turismo

Costa Rica: ACI - Asociación Cultural de Intercambios

North Macedonia: Youth Council Next Generation Skopje

Uruguay: AUDELE - Asociación Uruguaya de Difusión del Español como Lengua Extranjera

Project Description:

CUSPYDAL - Customized SuPport to Youth Development of Active Leadership is a project based on cooperation between Europe (Slovakia, Italy, North Macedonia) and Latin America (Brazil, Costa Rica, Uruguay). Project is financed by the European Union, Erasmus+ Programme (Key Action 2, Capacity Building in the field of youth). There are various educational and research activities planned in the next months, this training is one of them.

Project Objectives:

CUSPYDAL aims to enhance social inclusion of disadvantaged young people (affected by unemployment, from rural or less developed areas); to contribute to their personal and professional development, enhance their soft and life skills, employability and entrepreneurship and to support their active participation in the local communities.

Training Course:

“Learning to Empower” is training course for youth workers that will be held in Sassari, Italy from 24 - 31 July, 2019. Objectives of the training course are:

- to foster youth workers competences in the development of the leadership potential of disadvantaged youth,
- to provide them with knowledge, skills, non-formal education methods how to promote social inclusion, and stimulate entrepreneurship and active citizenship of NEET in their communities,
- to test of non-formal educational models produced in the research results,
- to produce workshops and tools of NFE that will be tested during next youth exchange for young people from disadvantaged background.



Language: The official language of the training will be English.

Profile of participants: Training is intended for youth workers, volunteers or active members in NGOs (preferably those who work or volunteer with youngsters from disadvantaged background).

There will be 24 participants, 4 from each country.

Participants should be over 18 years old/no upper age limit and be able to understand and communicate in English (although no professional level required).

VENUE

Sassari, Italy



Sassari is the biggest and most important city in North Sardinia due to the economic and cultural activities carried out in loco. It is rich of museums, monuments, and cultural attractions and traditional events such as the *Cavalcata Sarda* in May and the *Discesa dei Candelieri*

It is about 40 km away from Alghero, a small and coastal city. Several beautiful beaches are situated in here.



COSTS and RESPONSIBILITIES

Accommodation and food during the training will be arranged and fully covered thanks to the financial support of Erasmus + grant.

Project coordinator (organization ADEL Slovakia) will buy flight tickets for all participants. Flight tickets will be selected and discussed with partner organization from each country, keeping on mind requirement to find the most cost-effective way of transportation.

Local transport tickets (either in home country or in Italy) will be paid by participants themselves and reimbursed after the training course. They will have to keep all travel tickets, or boarding-passes (without these documents, we will not be able to reimburse local transport costs). Participants will give all tickets from home country to Italy to coordinator during the training; return boarding passes and travel tickets should be given to the sending organization from respective country after arrival back to the country. Detailed instructions will be provided during the training.

Participants can arrive max. 2 days before the start date of training and leave max. 2 days after the end date of the training. Please take into consideration, that costs related to board and lodging during those days must be financed through own costs of participants.

Its obligatory for all selected participants **to attend whole training**. After selection of the participants, they will be obliged to sign document provided by project coordinator and commit, that they will participate actively during the training.



ARRIVAL: HOW TO REACH SASSARI?

Alghero and Olbia have airports which connect North Sardinia with many destinations in Italy and Europe.

HOW TO REACH SASSARI FROM ALGHERO AIRPORT?

From the airport you can take the big blue-red bus Arst (the busstop it's just on the right side of the main EXIT) and get off in the bus station of Sassari.

You can buy the tickets in the airport, or in the bus:

<https://www.aeroportoalghero.it/servizi.html>

Bus from Alghero Airport to Sassari: <http://www.arstspa.info/760.pdf>

HOW TO REACH SASSARI FROM OLBIA AIRPORT?

From the airport you can take the bus n.2 or 10 (the bus stop it's just in front of the main Exit on the right side) and get off in the city centre of Olbia (ask to get off in Via Mameli);

<http://www.geasar.it/ita/aeroporto/collegamenti-da-per-aeroporto/da-olbia>

<http://www.aspoolbia.it/>

In the train station, you can take the train to Sassari.

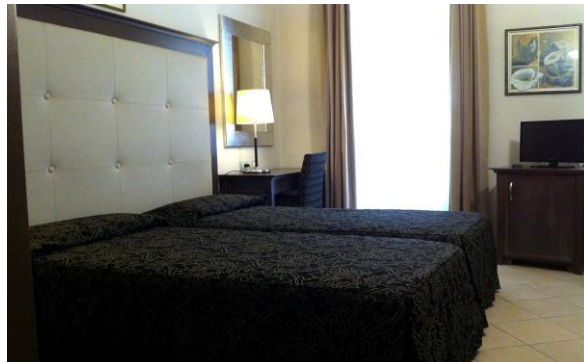
<http://www.trenitalia.com/>

Mine Vaganti NGO will **fix** a pick up point with the participants and will provide further information about the means of transportation between the airport and the venue.



ACCOMODATION and FOOD

Participants will be accommodated in the Hotel Vittorio Emanuele *** in Sassari. More information here: <http://www.hotelvittorioemanuele.ss.it/> Also food will be served here.



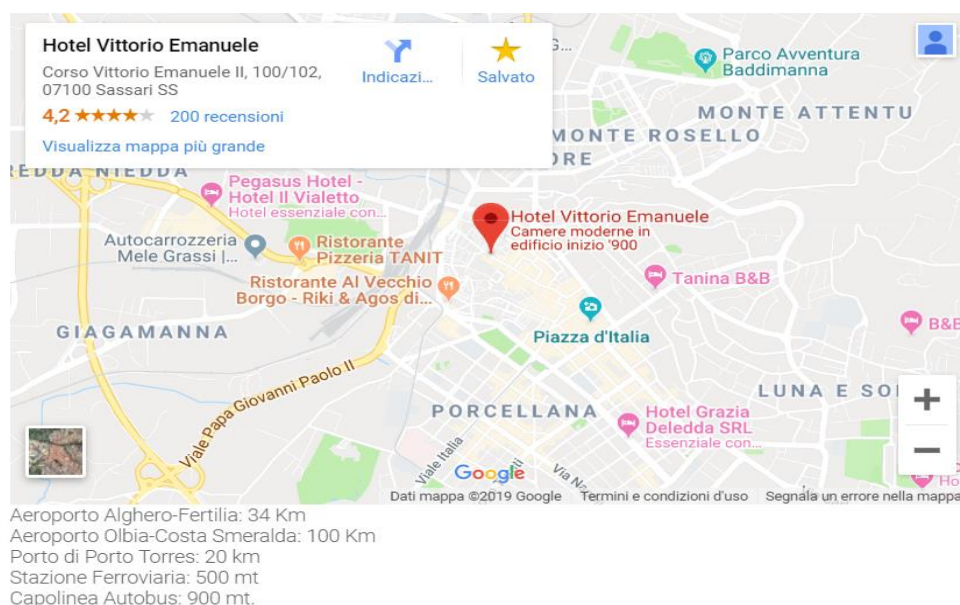
It is located in Corso Vittorio Emanuele II, a few minutes walking from Piazza d'Italia, and from Sassari's main attractions.

Contact Details:

Corso Vittorio Emanuele 100/102, Sassari (SS)

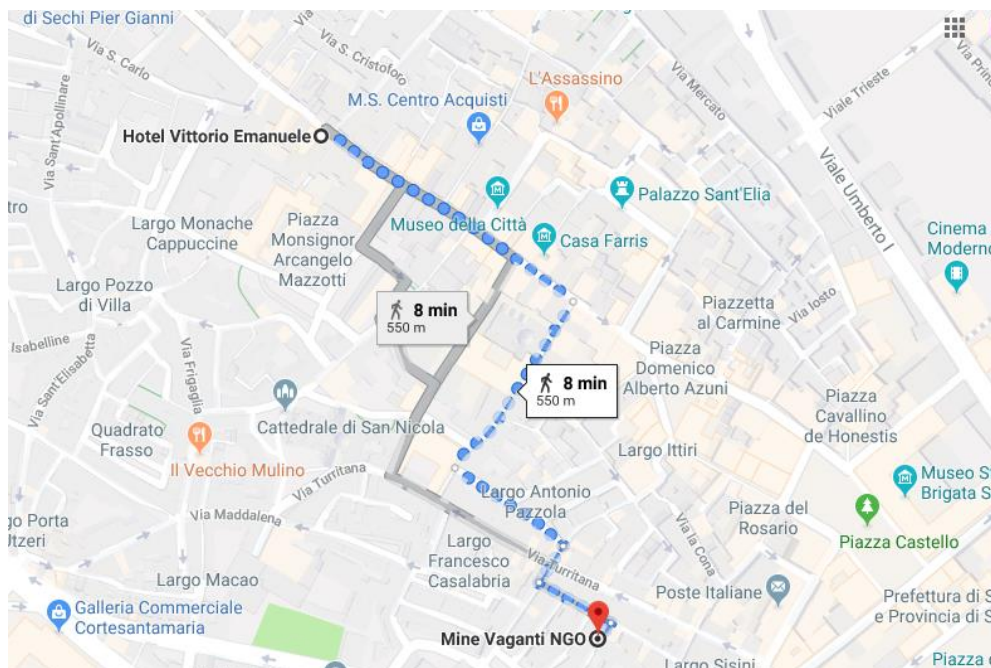
+39 079 235538

info@hotelvittorioemanuele.ss.it



TRAINING ROOM

The training will take place in Mine Vaganti NGO Office, Via del Fiore Bianco 13A which is very close to the hotel.



CURRENCY EXCHANGE

In Sassari, there are a lot ATM from which you can withdraw your money. So it is not necessary to do it in Alghero/Olbia cities. For those who wish to change their currency into Euros, we suggest doing it in the airport.

Olbia: <http://www.geasar.it/ita/aeroporto/servizi-in-aeroporto/bancomat-cambio>

Roma Fiumicino: <https://www.forexchange.it/l-azienda/i-nostri-sportelli/?city=Roma+Fiumicino#mappa>

Milano Malpensa: <http://www.milanomalpensa-airport.com/it/servizi/banche-e-servizi>

INTERCULTURAL NIGHT

The intercultural dimension of any international project is very important, as it is a great opportunity for you to present your country, traditions, culture, but also your lifestyle, your way of communication etc.

There will be intercultural night organized, therefore we ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others. It can be any kinds of food, drink...

You should also prepare interactive presentation of your country - whatever activities (games, thematic parties or quiz) in which you will present your country, your national food and drinks, music, dances, etc. (if needed you can use the projector).

WHAT TO BRING?

- some tasty food (salt or salty snacks) or drinks from your country to be shared with the rest of the group during intercultural night. Unfortunately you won't be able to cook therefore, please bring something already prepared;
- all your travel tickets like boarding passes, train tickets, bus tickets etc.
- personal belongings that you need (clothes, cosmetics etc.)
- own medicines if you take some;
- swimsuit and beach towel;
- if you work or volunteer in some NGO, please bring leaflets or brochures about it
- and of course, do not forget your smile, good mood, active and positive energy!

WEATHER

The climate in Sassari is warm with Mediterranean temperatures. It is characterized by mild and wet winters and hot and dry summers. During July, the weather in Sassari will be warm.



HOW TO APPLY?

If you are interested to participate in this training,
please, fill in this application form:

<https://docs.google.com/forms/d/e/1FAIpQLSfApDaZ8nrHz9HTaWya7PEV5F3dWY1aZGEG2GgU2vW8G8KYA/viewform?vc=0&c=0&w=1>

DEADLINE

You can apply the latest by
3 May, 23:59 CET

For further questions, please contact:

FOR QUESTIONS REGARDING LOCAL TRANSPORT, ACCOMMODATION or PROGRAM:

Maria Grazia Pirina

Vicepresident Mine Vaganti NGO

Email: minevaganti2010@gmail.com

Phone Number +39340757410 (Whatsapp)

Skype: minevagantingo

FOR QUESTIONS REGARDING SELECTION OR PURCHASE OF FLIGHT TICKETS:

Lenka Curillova

Executive Director of ADEL Slovakia

(coordinator of CUSPYDAL project)

Phone Number +421902582788 (Whatsapp)

Skype: curillova.lenka

