

E.S.C. EUROPEAN SUPPORT AND COOPERATION

ERASMUS + KA1
MOBILITY OF YOUTH
WORKERS



Plasencia, Spain
12th-17th December



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



Partner Organizations



Asociación Multideportiva Euexia - Spain
Coordinating Organization



Abrigo Seguro -Associação de Solidariedade Social -
Portugal
Partner Organization



EURASIA NET - France
Partner Organization



Coda di Lupo - Italy
Partner Organization



UNITED SOCIETIES OF BALKANS - Greece
Partner Organization



MITTETULUNDUSUHING CONTINUOUS ACTION - Estonia
Partner Organization



ASOCIATIA GEYC - Romania
Partner Organization



Association Walktogether

SDRUZHENIE WALK TOGETHER - Bulgaria
Partner Organization

Description of the Project

The "**E.S.C. European Support and Cooperation**" is a KA1 - Mobility of Youth Workers, that aims at creating a **community** of youth workers and ESC accredited organizations to collaborate in the **implementation of new European Volunteering Projects**.

It will be a time to **reflect**, exchange **goodworking practices**, consolidate **international cooperation**, and improve our "know-how" towards volunteers and partner organizations in ESC actions.

Youth workers will be provided with **concrete tools** and **innovative methodologies** to be able to reach out to youth groups and advise them adequately in their personal and professional development.

To summarize, this project will result in:

- The creation of a consolidated network among entities working with the ESC;
- The exchange of good practices in accompanying young volunteers;
- Providing tools aimed at improving the selection process of partners and volunteers;
- Planning of new ESC projects;
- The dissemination of the European Solidarity Corps programme, its objectives and benefits in the short and long term.

Group Information

24 youth workers (+ 2 facilitators from A.M. Euexia) from Spain, Portugal, France, Italy, Greece, Estonia, Romania and Bulgaria will be involved in the project: **3 participants per organization.**

The profile of the participants should address the following needs:

- Youth worker with experience in the implementation and monitoring of European Solidarity Corps (E.S.C.) and youth mobility projects;
- Mentor of European volunteers and/or supervisor of volunteering programmes;
- Members of youth organisations involved in the promotion and support of young people;
- Person with communication skills, leadership qualities, active listening and flexibility;
- Responsible for sending, hosting and coordinating European volunteers;
- Members of organisations newly accredited to the European Solidarity Corps.

The venue: Plasencia

Plasencia is a walled market city in the province of **Cáceres, Extremadura**, Western Spain (200km west of Madrid). In 2021, the population was 39.558 inhabitants.

Situated on the bank of the **Jerte River**, Plasencia has a historic quarter that is a consequence of the city's strategic location along the Silver Route, or Ruta de la Plata. Since the XVth century, the noble men of the region began to move to Plasencia, defining its current appearance.

Accomodation

Participants will be hosted at the **Hostal Goyesco Plaza**, located in the city center, at Calle Vinagras No. 10, 10600 - Plasencia, Cáceres.

The breakfast will be provided at the hotel, and lunch and dinner at local restaurants.

Dates and Address

The KA1 “E.S.C. European Support and Cooperation” will take place from **12th to 17th of December 2023 (12th and 17th will be travelling days and 13th,14th,15th and 16th activity days)**.

The activities will be implemented in Casa de la Juventud, Puerta Berrozana, 3 - 10600 PLASENCIA (Cáceres).

How to arrive to Plasencia

1) By plane to **Madrid Barajas Airport**.

2) From Madrid Barajas Airport to **Atocha's Train Station**.

You can reach the Atocha's Train Station in 2 different ways:

- Metro Line 8 (pink) connects to all parts of Madrid, daily from 6 a.m to 2 a.m. There are Maps on which you can see which lines you need to take in order to reach the Atocha's Train Station.
- At the airport there is an **express bus** going from the airport terminals to the Atocha's Train Station every 15-20 minutes. This option is simpler and cheaper than the metro, as it allows to arrive directly to Atocha with no need to change the line. The bus also has got enough space to store all your luggage. (Cost for the bus: 5€ / Driving time: 45min).

3) From Atocha's Train Station to Plasencia: you can take a **train** to Plasencia. You can book it at: www.renfe.com

Budget

For this activity, the coordinating organization will organize the accommodation and meals for each working day.

For the transport, **EACH PARTNER GROUP** will **organize its own trip in autonomy and independently**. The coordinating association will not be responsible of your travel to Plasencia.

It is very important to keep **all supporting documents**, to prove that costs for travel are eligible to the actual amount spent and related to the project. The Agency could request them before making the final payment, but they should also be kept available in any case for a possible ex-post audit or control.

Moreover, these costs need to remain reasonable regarding local prices, and exclusively linked to the trip, so as they are considered as eligible.

Travel costs reimbursement

Asociación Multideportiva Euexia will reimburse the travel expenses according to the travel limits defined by the Erasmus + Programme (European Commission Distance Calculator).

Please remember that taxi and business class flight tickets will not be reimbursed, only the **economy class flight tickets, train tickets and bus tickets** will be reimbursed.

Please remember to **keep all the boarding passes and original tickets**, otherwise we can't proceed to the reimbursement. The reimbursement of the travel costs will be done in EURO, regardless of the currency indicated on the tickets, receipts or invoices.

The reimbursement will be done by realizing a bank transfer at the bank account of each partner organization, once the participants will:

- Present **original tickets, receipts/invoices and boarding passes**;
- Complete the **Online Report** sent by the European Commission right after the mobility.
- Travel budget per participant:

Bulgaria - 360 €

Estonia - 530 €

France - 275 €

Greece - 360 €

Italy - 275 €

Portugal - 180 €

Romania - 360 €

What to prepare and bring

During the sessions all the participants will have the opportunity to share information about their own **countries and organizations**.

Each national group has to bring:

- **Information about its organization** (posters, guides, ppt, business cards, leaflets, brochures etc.);
- **Flag** of your country and typical food and drink for the intercultural dinner;
- Bring also your **positive energy** and **good vibes!!!**

Contacts

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