



INFO PACK
MOTYOUTH
TRAINING COURSE IN SPAIN



Motivando a los jóvenes - Empowering Youth

Through this training, Eco compartimos intends to share with its partners, the experience, dynamics and workshops carried out by young people. The training will equip the participants with new tools like how to create curriculum vitae in a more efficient personalized manner, creating an inspired motivational letter as well as how to prepare for possible interviews. Our aim is not to avail absolute release but make available reliefs to better prepare young people on fitting into the job market.

Objectives:

- To ensure that the participants of these trainings are able to identify their qualities and learn the dynamics of identification for effective maximization of their potential.
- To ensure that the participants develop their Curriculum vitae and Motivation Letter through different methods available to aid the young population
- To ensure that the participants learn about verbal and non-verbal communication to enable effective face to face interview for future purposes.
- To ensure that the participants live an international experience, improve their English while meet new people with different cultures.

5 DAYS OF TRAINING

- Day 1 - Get to know each other and get to know the environment
- Day 2 - What is emotional intelligence?
- Day 3 - Communication
- Day 4 - Leadership
- Day 5 - Conclusions, evaluation and closing

General information

- Activity duration: from 14/03/2022 to 18/03/2022. Arrival 13/03/2022, departure 19/03/2022.
- Number of participants: 3 per country (Morocco, Tunisia, North Macedonia, Italia and Bulgaria) and 3+1 per country (Estonia and Spain)

Financial information

The project is financed by the European Commission through the Erasmus+ programme. Food, accommodation and training are fully covered. The travel costs are reimbursed up to the limits. These limits are described in the table below. Please note that to be able



to reimburse your travel costs we need all your original travel documents (tickets, boarding passes, invoices...)

- Morocco 275€
- Tunisia 275€
- North Macedonia 360€
- Italia 275€
- Bulgaria 360€
- Estonia 360€

Interesting information

Accommodation:

The participants will be hosted in a castle called San Servando in Toledo:

<http://juventud.jccm.es/sanservando/es/>

You don't need to bring bed sheets but yes towels. In case you won't want to bring towels also it's possible to rent it there per 2€

How to arrive:

To arrive from the airport this will be the best way:



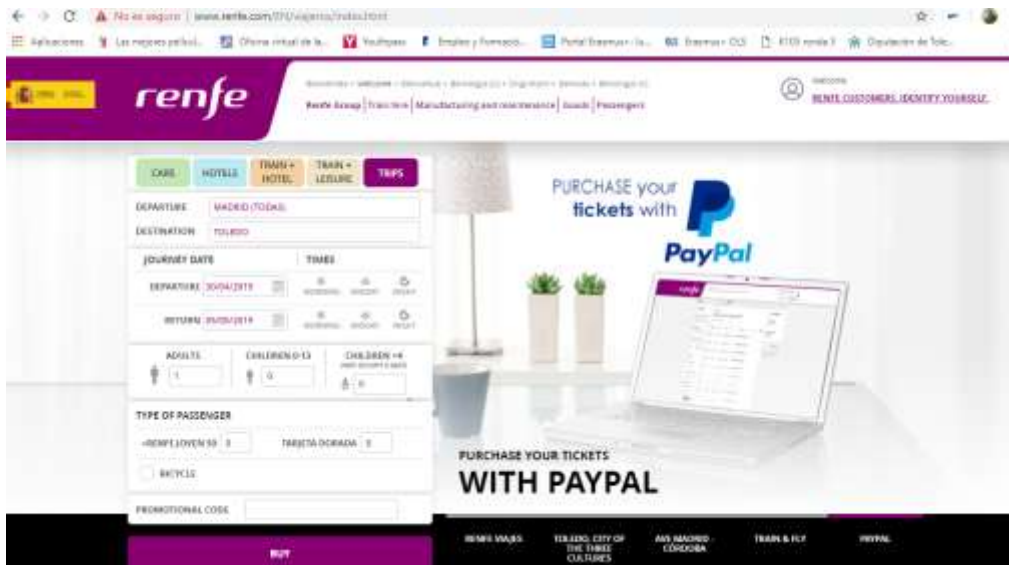
1. If you land in a terminal different to T4, go to T4
For that you need to take the bus outside the terminal which you arrive. It only takes 10 minutes to arrive from T1 to T4 and it's free.
2. Take the **line BLUE C1** of Cercanias, it is the train, not the metro. From T4 stop you have to go to ATOCHA stop. This is free with your AVE train ticket.
3. From Atocha you have to take the AVE train to TOLEDO, I'll pick you up in Toledo Train Station.

Where to buy the train ticket:

In this link you can buy the tickets (go and back):

<http://www.renfe.com/EN/viajeros/index.html>

I send you the example:



Departure Madrid, destination Toledo, dates and number of adults, then **buy**
 You will see the timetable and you could choose the best time to arrive and to leave.
Remember that with this ticket you can take the Cercanías from the airport to Toledo without paying anymore

Weather:



The weather next week seems to be sunny, cloudy and perhaps rainy. A typical Spanish spring week. Temperatures could be between 5 and .

Intercultural night:



Remember that we will have a night when we could share some typical food and talk about our traditions with our project partners. As the wifi in the castle is slow, we won't use videos to present our countries so... be creative and think other ways to introduce it.

Energizers and traditional games:

To know more about games and traditions of each country, we propose you to bring some energizers, traditional games or games that could use to know each other to share with the group.

Clothes:



As we will have some activities outside, bring some comfortable clothes

Schedule



Erasmus+



MOTYOUTH	13, Sunday	14, Monday	15, Tuesday	16, Wednesday	17, Thursday	18, Friday	19, Saturday		
8:30-9:30	Breakfast								
10:00 - 11:45	Participants arrival	Time to know eachother	Icebreaker bingo Self-portrait Interview game	Icebreaker Whell of life How is our life	Icebraker Ikigai The value of values	Conclusions Evaluation	Participants departure		
11:45 - 12:15		Coffe break							
12:15 - 14:00		Fears and expectations Program presentation	Time to reflect, how to use these methods with our target group	Listening game reflexion	Making a CV and motivation letter Use of Canva	Time to make the Youthpass			
14:00 - 16:00		Lunch / free time							
16:00 - 18:00		Knowing Toledo Gymkana	Icebreaker YOU Self-portrait My positive qualities	Video activity (I)	Interviews evening (I)	Free evening			
18:00 - 18:30		Break							
18:30 - 20:30		Youthpass	Sharing time	Video activity (II)	Interviews evening (II)				
20:30 - 21:30		Dinner							
22:00 - xx		Free time	Reflection / Free time	Intercultural night	Toledo guided visit	Video activity presentation			

Cercanías map (Train map)



Any questions you can call me at +34 648 537 837

Have a nice trip and SEE YOU SOON!!!