



Association La Villa



Erasmus+

TRAINING COURSE

“Keep Calm/tools for youth mental well-being”

25.08 - 01.09.2021, Urdos (France)

DESCRIPTION OF THE PROJECT

The training course " **Keep Calm/tools for youth mental well-being** " is organized by Association La Villa (FR) in Urdos, France, during the period of **25.08 - 01.09.2021**, including 26 participants and 4 team members from 13 countries (France, Slovakia, Slovenia, Latvia, Turkey, Bulgaria, Italy, Portugal, Czech Republic, Romania, Croatia, Spain, Lithuania, Greece).

The 8-days training course is created to to promote mental hygiene and mental wellbeing in everyday life and to secure smooth inclusion of young people with emotional distress/mental issue/ mental disorders into society. Through this training we aim to equip youth workers with innovative methods to help youngsters regularly maintain psychological balance using mix of:

- artistic activities
- physical activities
- personal care activities.

Our training course is using elements from methods appied: experiential learning, circus pedagogy, counscious travel, art therapy, meditation, yoga, forest therapy and others.

Number of participants per country:

2 participants per country, keeping gender balance of one male and one female when possible.

PARTICIPANT'S PROFILE



We are looking for youth workers/youth leaders who are **over the age of 18** with a good level of English, who will be willing and committed to participate actively in ALL sessions (about 8 hours a day):

- All participants **HAVE TO BE OVER 18 YEARS OLD** and **HAVE RESIDENCY IN THE SENDING COUNTRY.**
- There should be a gender balance; half of the participants should be male and half should be female.
- All participants should speak and understand English.
- Participants should already be involved in youth work or be motivated to get involved with it.
- Participants should be interested in making follow up international projects.

Please send us participants forms filled in latest till **28.07.2021**

THE VENUE : URDOS (FRANCE)

The Training Course will take place in Urdos, a small mountain village situated in the south-west part of France. Our venue, le chalet Peyraneres, is located in the heart of the Pyrenees national park, high in the mountains and a few kilometers from the Spanish border.

Participants will be accommodated in 4 to 6-bed rooms at the chalet Peyraneres. <https://somport-chalet-peyranere.fr/>



Address: route du Col du Somport, 64490 Urdos, France

HOW TO GET THERE

Byplane:

Flying to Biarritz, San-Sebastian, Bordeaux, Hondaribia, Pau, Tarbes/Lourdes, Bilbao or Toulouse.

There are cheap flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Momondo, Skyscanner, Opodo, Kayak or Expedia.

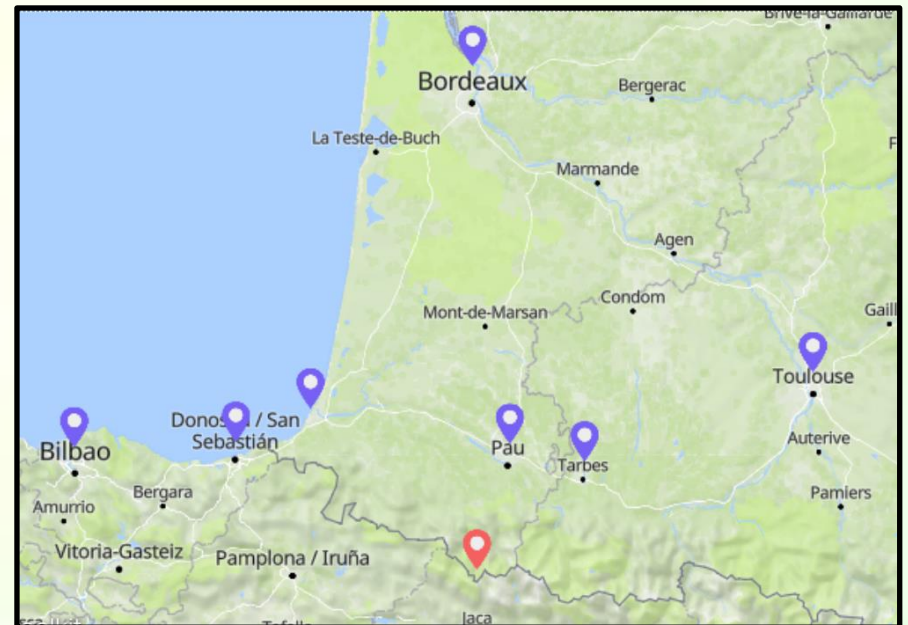
By bus or train

From your country or from the airport you can get to Urdos by taking a train or a bus to the village of Bedous and we will come and pick you there.

Check the best prices and all the options on Rome2rio website.

Usually the cheapest buses are the Flixbus, Ouibus or Blablabus ones but you can find cheap Eurolines buses as well.

Do not hesitate to contact us at lavilla64@orange.fr for more information about the transport options



ARRIVAL AND DEPARTURE

The arrival day is **Wednesday, 25th of August** and the departure day, **Wednesday, 01st of September**. All participants have to arrive on the arrival day to the venue. If you plan to come a bit before or leave a bit after the project you have to first talk to us about that.

TICKETS AND TRAVEL COSTS

Travel costs will be reimbursed to your organization **AFTER** the project and it might take some time (up to two months). Also, when buying the tickets, bear in mind that **there is a fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, is for return tickets and covers the travel costs from the participants' home to Gelos. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

France	Slovenia, Slovakia, Portugal, Czech Republic, Italy, Croatia	Latvia, Turkey, Bulgaria, Romania, Greece, Lithuania
180 eur	275 eur	360 eur

IMPORTANT: In order to reimburse you, we need all **original invoices, tickets and boarding passes** you will use during your trip. **WITHOUT THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU**. On all travel documents has to be written your name and surname, date of travel, from where to where was the journey, and the price. Once you book your trip, **LATEST TILL 11.08.2021** please send all confirmations to lavilla64@orange.fr

TRAVEL TIPS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- Arrange all your travel in advance based on **economy class tickets** and plan the cheapest route possible to the project venue and back home.
- If possible travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
- Taxi rides can only be refunded in **special situations and have to be discussed in advance with us.**
- Please note that car travel is not refundable.
- If you have any doubt about your travelling plans, please contact the coordinator **before booking tickets.**

Failure to participating in a minimum of 80% of the content sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.



PRACTICALITIES

HEALTH INSURANCE

It is mandatory to have a valid travel and medical insurance ([European Health Insurance Card](#)) during your travel. The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) **is their own responsibility. We strongly recommend it. Please ask your sending coordinator if you have any doubt.**

INTERCULTURAL EVENING

We'll have the opportunity to **discover one another's cultures and national delicacies** during multicultural night. For this, you can bring some **typical snacks or drinks from your country.**

CHECK LIST

- Prepare brief presentation of your sending organization (maximum 2 minutes long)
- Prepare brief presentation of your country and culture (some funny facts, music, pictures...)
- Bring some traditional snacks/drinks/sweets from your country for multi-cultural night.
- Prepare one energizer game to share with the group (warm up game).
- Bring your passion items (guitar, face painting, knitting set...).
- Send us filled in and signed application form and declaration of acknowledgement **latest till 28.07.21** at lavilla64@orange.fr
- Book transportation according to budget limits and send us the info **latest till 11.08.21** at lavilla64@orange.fr

CONTACT INFORMATION

For questions contact Association La Villa: lavilla64@orange.fr



Association La Villa



Erasmus+