



INFOPACK

CREATE YOUR OWN PROJECT

CYOP

A training course for youth workers
organized by

VIAJE A LA SOSTENIBILIDAD

From 27th March to 2nd April 2022, Zaragoza, Spain



Jonglirium e.V.



Hellenic Youth Participation



Viaje a la
Sostenibilidad

Cofinanciado por el
programa Erasmus+
de la Unión Europea





ABOUT THE PROJECT

Create Your Own Project (CYOP) is a training course for youth workers organized by Viaje a la Sostenibilidad which will host 19 participants in Zaragoza from 27th March to 4th April 2022.

It aims to enable youth workers coming from seven organizations from different European countries to develop ideas and projects within the Erasmus + and ESC programmes. CYOP offers tools and paradigms that allow young people to benefit from a greater knowledge of European programs and a development of their project management capabilities.





OBJECTIVES

- The idea is to develop projects from A to B working every phase of the project from partner searching, writing the form, collaborative tools, certificates of competences, participant searching, and final reports.
- CYOP aims to enable the organizations members to realize their ideas and those of the young people they work with and to offer them new possibilities within the Erasmus+ framework. The activities planned will use non-formal education methodology and tools and are designed for participants who will already have some basic knowledge at the beginning of the course.

THE IMPACT

The main impact we hope to generate is the following:

- Greater self-confidence when developing projects and ideas that benefit your community and your environment
- Empowerment to use the tools and resources that facilitate the development of projects and initiatives
- A new context, attitude and point of view on the possibilities in Europe that is applied daily at work and youth life in their countries of origin.

ABOUT

VIAJE A LA SOSTENIBILIDAD

Viaje a la Sostenibilidad is an independent, environmentalist social non-profit organization based in Zaragoza (Spain). We focus on sustainability, social entrepreneurship and we are committed to work towards a more inclusive, equitable society through non-formal educational activities with young people.

Viaje a la Sostenibilidad is actively involved in several projects at local and international level in order to:

- Empower young people to engage in making society more sustainable, by promoting environmental and social values.
- Increase physical activity among young people through sport, green mobility and recreation.
- Provide opportunities for young people to exchange their experiences in an intercultural environment.
- Empower young people by strengthening their entrepreneurial capacity; Promote tolerance, intercultural dialogue.



THE TEAM OF TRAINERS

Elena Kragulj



A cultural heritage specialist by background, Elena is Project Coordinator at Viaje a la Sostenibilidad and has years of experience in project management within the framework of Erasmus+ (KA1 and KA2) and ESC (volunteering and solidarity projects). As a non-formal education facilitator, she has implemented more than 20 Erasmus+ Youth projects. In the past, she worked as a researcher and co-author of the National Heritage Strategy of the Kingdom of Bahrain, a UNESCO nomination and management plan, and numerous heritage impact assessments.

With a background in information technology, he has developed various projects at international level. Since 2012 he has been trained as a facilitator with experience in the field of youth exchanges and training courses and education in the framework of Erasmus +. Jorge is a technology and ecology enthusiast, this mix leads him to develop innovative projects oriented towards sustainability and inclusion. He has also developed projects in the field of healthcare in Middle Eastern countries. He currently holds the position of president of Viaje a la Sostenibilidad and leads its strategic plan.

Jorge Vidal



Anna Rossi



Anna is an active person, a nature lover, who likes to get out of her comfort zone, face new challenges and experiment. Interested in sociology, gender studies and Lgbt+ rights activism, she participated in several international meetings with the aim of making the collective visible in all its nuances. Thanks to her international experience, she works on critical thinking with small groups, focusing on the deconstruction of complex concepts often based on prejudices.



PARTICIPATING ORGANIZATIONS

2 participants from each of the participating organizations:

- Stowarzyszenie Aktywne Kobiety. Poland
- Jonglirium e.V. Jonglirium  
- VulcanicaMente. Italy 
- Kinoniki Sinetairstiki Epicherisielliniki Symmetochi Neon. Greece
- Associação Move.T+. Portugal 
- Asociația pentru Promovarea Educației Creativ-Ecologice și a Abilităților Inovative. Romania  
- Via Brachy. France 

THE PROFILE OF THE PARTICIPANTS

The profile of the participants are youth workers who either work or have an interest to work with young people and who are likely to develop European projects and initiatives within the framework offered by European Union. In addition, the program is dedicated to the development of the potential use of learning outcomes to generate a project prepared to be presented and executed with a certain quality assurance.

TRAVEL



ARRIVAL DAY

27th March

DEPARTURE DAY

2nd April 2022

TRAVEL COST LIMITS

GERMANY 275

GRECIA 360

PORTUGAL 275

FRANCIA 180

RUMANIA 360

POLONIA 360

ITALIA 275

You must keep all the tickets, invoices and boarding passes of any transport you used to attend the project.

Otherwise we won't be able to refund any part of their your travelcosts. You must know that you have to travel not more than 48 hours before and after the project dates to get any refund of your travel expenses!

REMEMBER: TICKETS WITH LONGER EXTRA STAYS WILL NOT BE REIMBURSED.





Arrival to Zaragoza

Arriving to Madrid: you can reach Zaragoza by bus, train and plane.

By bus: from Madrid Airport you can go to Zaragoza. There is a direct bus but you can also take a bus from Madrid Avenida América. There are many buses and you can check the timetable and buy tickets at Alsa.es.

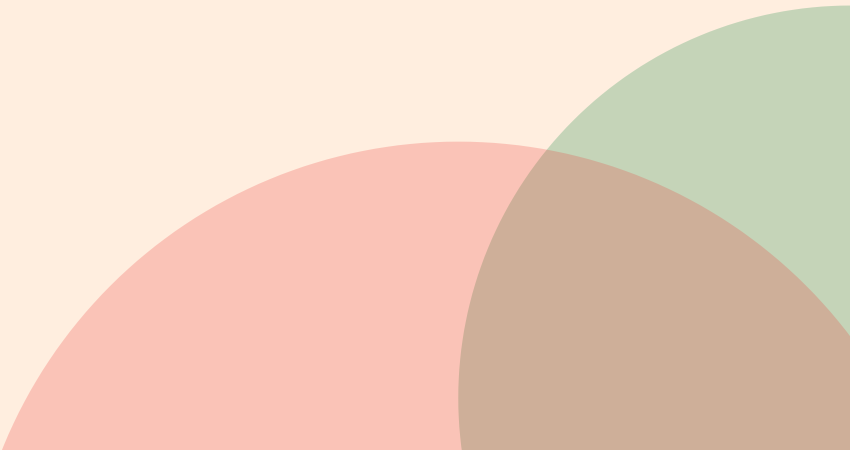
By train: you can take a train to Zaragoza from Madrid-P. de Atocha train station. These are high-speed trains which are much more expensive. If you choose to take a train we will only reimburse the amount up to the price of the bus ticket. Check the timetable and buy tickets at renfe.com and ouigo.com

Arriving to Barcelona: you can reach Zaragoza by bus or train.

By bus: You can take a bus to Zaragoza from Nord Bus Station (station Arc Triomf if you come by metro or train from the airport). There are many buses and you can check the timetable and buy tickets at Alsa.es.

By train: You can take a train to Zaragoza from Sants train station. These are high-speeds trains which are much more expensive. If you choose to take a train we will only reimburse the amount up to the price of the bus ticket. Check the timetable and buy tickets at renfe.com and ouigo.com

Flying to Zaragoza: Zaragoza has an airport connected with a few European cities.





ZARAGOZA

Zaragoza also called Saragossa in English is one of Spain's major cities and capital of Aragon region. It is located on the banks of the Ebro River, halfway between Madrid and Barcelona.

Despite its medium size (0.7 million people), walking or biking around Zaragoza is common and within everyone's reach. This city is compact, ideal to wander on foot, and its boulevards, avenues and pedestrian areas are perfect for a walk. There abundant night light and cultural life and a vibrant alternative scene with lots of concerts.

You will find a lot of monumental legacy in its streets, as Romans, Muslims, Jews and Christians left their mark on this place: ruins of Roman civilisation such as the Theatre; the Aljafería Palace; Mudejar-style churches, declared a World Heritage Site; Baroque jewels such as the basilica of Pilar; the work of Francisco de Goya... And also, the site of the modern Expo 2008.

The weather in Zaragoza in March varies between 15° and 12°, but it is very changeable so... bring a jacket just in case!



ACCOMODATION

Albergue Hostel Baltasar Gracian

In the urban area, very close to the San Francisco University Campus and close to the Delicias intermodal station and the city center, it will allow you to enjoy the attractions of this historic city. Easily accessible both by public transport, since several bus lines and the tram pass through its surroundings, as well as by private transport since it has parking spaces (on request).

In 2010 a complete renovation of the entire complex began, including the student residence and the facilities of the Aragonés Youth Institute.

It has several rooms where you can hold meetings and conferences with different capacities ranging from 15 to 216 seats. These rooms have a public address system, projector and computer to support the presentations. The outdoor facilities have a sports court where you can practice soccer or basketball.

Also it is adapted and some of the services offered are free wifi, dining room, meeting room and close to heritage



WHAT TO BRING?

You can bring your laptop and prepare some information about the organization you represent.



COVID PREVENTION

Interpersonal safety distance, mandatory use of mask

In general, a minimum interpersonal distance of 1.5 meters is established in public spaces, with special attention to enclosed spaces.

People aged six and over are required to wear masks.

Capacities and schedules

Hospitality and catering.

The operating hours may not exceed 24 hours, no new customers being admitted half an hour before closing.

Consumption will always be made sitting at a table, both indoors and on the terrace, and the bars can only be used by consumers to order and collect their consumption.

Each table may be occupied by a maximum of ten people inside or outside the establishment, unless all of them are cohabiting, guaranteeing the distance between tables or groupings of tables of 1.5 meters.

It will not be possible to smoke on public roads or in outdoor spaces when a minimum interpersonal distance of at least 2 meters cannot be respected. Likewise, it will not be possible to smoke on the terraces of the establishments or in open-air shows. This limitation will also apply to the use of any tobacco inhalation device, such as water pipes, hookahs or similar.



Covid Certificate

They must present one of these documents in nightlife establishments:

Certificate of having received the complete COVID-19 vaccination schedule, with at least 14 days having elapsed since the last dose of it.

Certificate of having recovered from the diagnosed SARS-CoV-2 infection and being in the period between days 11 and 180, both inclusive, after a positive diagnostic test.

Document accrediting the negative infection diagnostic test carried out by health professionals in authorized centers or establishments (within the last 72 hours in the case of PCR or 48 hours in the case of rapid antigen tests).



**We look forward to
embarking on the CYOP
journey together with you!
If you have any questions or
doubts,**

CONTACT US!

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