

RIACT Society

Erasmus+
Training Course

28th March- 4th April 2023
Obon (Teruel), Spain

21 participants from

Germany, Italy, France

Portugal, Sweden

Greece & Spain



Funded by
the European Union



Equipo
MANDRÁGORA

Context

Today discrimination and violence is part of our society and culture. In order to change this dynamic, we should be able to recognise these acts, increase our assertiveness and sensitivity



In general, youths do not yet have the emotional resources to be able to recognise, avoid or manage this kind of situations.

Therefore it is important to train youth workers to give them the tools to identify and know how to react, to generate reflection in the individual, both on the oppressor and the oppressed and spectators around.

By generating this reflection, the mentality of the person changes, achieving supportive, respectful and inclusive youths.

Involving these youths actively in their localities, the society will be able to transform.

Reflect Identify Act Care Transform

AIM

Train Youth Workers to gain skills to identify and react in discriminatory and/or abusive situations; inspire in youngs a process of reflection and change, accepting and celebrating the diversity of society.

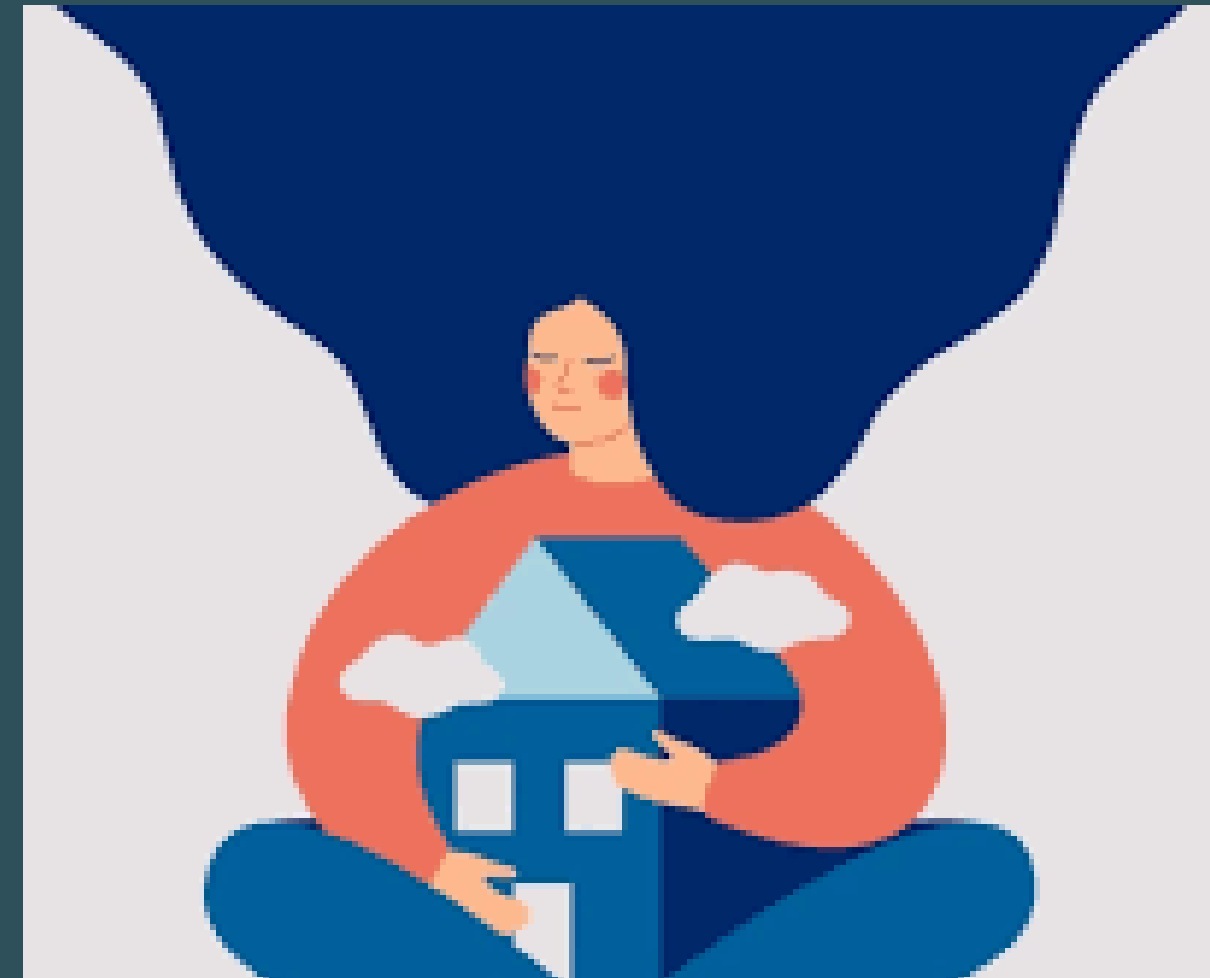
Content

Some of the sessions will be based in:

- practical group dynamics about stereotypes and roles.
- workshops for a transformative experience
- contributions of entities and collectives working in the topic at different levels
- creation of protocols to act in front of discriminatory attitudes.
- contribution and reflection of youth workers in their places of origin.

Methodologie

Based on horizontal self-training, working groups, practical and outdoor activities with the contribution of collaborating entities, participants, trainers and facilitators.



PROGRAM

DAY 1 **DAY 2** **DAY 3** **DAY 4** **DAY 5** **DAY 6** **DAY 7** **DAY 8**

8.30 **BREAKFAST**

9.30		PRESENTATION TIME	WORKSHOP TO RECOGNICE GENDERS DISCRIMINATIONS	WORKSHOP FOR THE INTERCULTURALITY	WORKSHOP HABILITIES INCLUSION	ACTIVITY WITH OBONERS	ACTIVE YOUTHS WORKSHOP	ARRIVAL TO SARAGOSSA
11-11.15								
11.30		ROLES GAME	WORKSHOP FOR THE TRANSFORMATION	WORKSHOP FOR INCLUSIVE ACT.	PREPARATION ACTIVITY OBON		ERASMUS + PROGRAM	

13.30 **LUNCH**

15.30		GROUPS TIME	TEAMS WORK "YOUTHS ACTING WITH CARE"	WORKSHOP "BUILDING DIVERSITY"	HIKING TRAIL	TEAMS WORK "CREATING EQUALITY"	FINAL GROUP TIME
18.30	ARRIVAL TO OBON	DISCOVERING OBON	GROUPS TIME	RELAXING TIME	GROUP CIRCLE	RELAXING TIME	

20.30 **DINNER**

22	BREAKING THE ICE		TAPAS INTERCULTURAL NIGHT	INTERCULTURAL TRAVEL NIGHT I		INTERCULTURAL TRAVEL NIGHT II	FAREWELL PARTY
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R.I.A.C.T Society

Target Group

Youths Workers/ volunteers or monitors

Age: + 18 years old with no age limit

From: 3 from each country from

Portugal, Germany, Italy, France, Sweden,
Greece & Spain.

Working with youths/kids/adults in
collective or organizations that want to gain
skills to recognice any kind of discrimination,
to create action plans within the entity for
their target groups.



It's your time



Activity for the Village

It will be an "Activity with the people of Obon" where participants are invited to prepare dances, drawings or workshops to increase awareness about this topic. Or suggest an activity to do something useful for the village and surroundings.

This is an opportunity to share knowledge and learn from each other.

Intercultural Nights

This is about sharing the most authentic part of your country in 2 ways:

1) "Tapas Night" : One night we will taste each country through local and traditional food, appetizers, etc... (brought from the country).

2) "Intercultural travel" : countries will share the night preparing activities music, dances or games.

No Youtube videos or presentations. Let be original !!!



66 Practicalities



- We will be hosted in our rural hostel "La Marisica" (www.alberguemunicipaldeobon.es) 5 mins walk from the village of Obon (Teruel).
- Obon is part of the "Cultural Park of Martin River", is 680 masl and counts 45 inhabitants, surrounded by nature and hiking trails and far away from any other locality.
- There are only 2 bars and 1 basic store.
- Bring all that you will need for the whole week.
- Our meals will be based in a rich, diverse & sustainable diet.

Getting there

Saragozza - Obon - Saragozza

There is no public transport to get to the place.
We will rent a bus to go and come back from Saragozza to Obon (Teruel).
The expenses (25€/both ways/participant) will be taken from the budget of the travel costs.



MEETING POINT

Saragossa Delicias Main Station

To go: March 28th at 7 p.m. (spanish time)

To come back: April 4th at 10 am

(Times will be confirm)

Connections

Saragossa is very well connected with bus and train to Barcelona and Madrid.

Last minute high speed train (AVE) could be very expensive and might not be fully reimbursable.

Check with us before book it!

Transport links:

By BUS: Check at www.alsa.en/web/bus/home

By TRAIN: Check at www.renfe.com/es/en

TRAVEL COSTS / REIMBURSEMENT



Green Travels

-> travelling by land
(bus, train, shared car,...)
NOT flights

Could be reimbursed up to
360€ per participant.



Regular Travel

-> travelling by plane

Will be reimbursed up to:
300€ per participant
from all countries



Reimbursement

keep the tickets of all
your travels.
Travelling green, keep all
receipts of accomodation
& meals during your way

Reimbursement will be
done after the project.

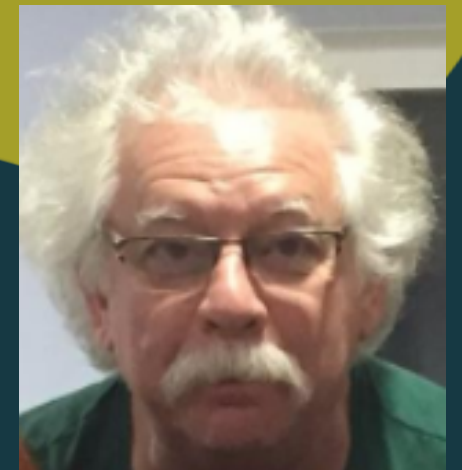
Mandragora Team



Marta Calvo

**Project coordinator, facilitator/
trainer. Youth worker and trainer
in environmental education and
clean energies. Activist in different
women and environmental
collectives living abroad.**

**President Mandragora Team ass./ trainer in
non-formal education for kids, youth and
adults. Leisure monitors and animators for
youth activities in Environment and
Sustainability. Chemistrian and artisan of
Natural cosmetics**



Jose Manuel Calvo

**+ other collaborators and trainers
taking part...**

we kindly invite you to...

Get Involved

we need everyone active and partecipative

Self-Reliance

You are responsible for yourself and to make a positive impact on the event

Respect each other

Be patient, respectful and cooperatrive

Learn and Share

Share what you know, absorb everything and spread it back home!

Contact person:

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