

# *infopack*



## A BOTTLE FOR YOUR MESSAGE

24.10.16 / 29.10.16

*Sas del Rey Católica / Spain*



ERASMUS+ TRAINING COURSE



Asociación  
**MUNDUS**



Funded by the  
Erasmus+ Programme  
of the European Union

## *DEAR partners & participants*

We welcome you in our training course project which has been approved by the Spanish National Agency that will take place in Sos del Rey Católico (Zaragoza), Spain from 24th to 29th of October 2016. Here you will find more specific & practical information about this training course.

We kindly ask you to fill in the online application form before 20th of September in order to buy the tickets (with our previous confirmation) before 30th of September.

## *WHO are we?*

A BOTTLE FOR YOUR MESSAGE is created in partnership between the associations ASOCIACIÓN MUNDUS -Un mundo a tus pies- (Barcelona) & PREPIRINEO ACTIVO (Zaragoza). These two organizations are experts on youth mobility in Europe, non-formal education and the development of personal skills.

The scope of our work is focused on Europe with a particular emphasis at Spanish context. Between our two associations, we collect over 20 years of experience in the youth area and training field. Projects of adult education, volunteering, youth exchanges, internships, training courses and many types of projects gave us a notorious and important experience where our way of working is based.

Asociación Mundus - Un mundo a tus pies

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## *Project Summary*

Often small and medium size NGO's do not have a PR strategy: their website is not updated, they do not know how to use social media and nobody in town knows about their wonderful initiatives. The main aim of the project is to empower partner organizations with relevant competences and practical tools in the area of public relations, social media, journalism, advocacy and promotion of their work.

Furthermore, this TC aims also to empower youth workers and their youth organizations to gain better access to the media, more publicity, working more effectively and rationally. Preparing a strategic approach in PR and media relations will allow youth organizations to improve their visibility and to be more recognized as vital actors both in their local community and in Europe.

## *Working Methods*

The working process will be carried out through non formal education methods and "learning by doing" methodologies. The participants will be invited to work intensively and to improve their skills related to the diverse topics tackled and also their attitudes towards communication for the youth sector, particularly relating to EU issues.

Active involvement and teamwork, as well as theoretical inputs from the trainers will be essential elements of the training program. The participants will contribute to "tell the story" of the training course through social network and will be prepared to apply further the acquired competencies by organizing follow up activities within their respective organizations and among the local youth. Special attention will be paid also in making the learning points of the training course relevant, sustainable and shareable, by giving a large space for reflection, by providing guidance and coaching for future action plans and career development.

## *Participants Profile*

This project expects to count on ~18 youth workers, members of the partner countries organizations whose work is connected with the communication field. The participants must have good/medium IT competences. All partners must take care keeping gender balance of the group. Number of participants per country: 2 (~18 years old)

FILL IN THE APPLICATION FORM ONLINE  
JOIN THE OFFICIAL FACEBOOK GROUP  
(both links will be sent by email to all partners)

## *TC Venue & Accommodation*

### SOS DEL REY CATÓLICO / ZARAGOZA

The TC will take place in a beautiful & small village close to the Spanish Pyrenees: Sos del Rey Católico. It's a medieval and calm village, but with all facilities needed, bank, 24h hospital, shops, etc.

Founded in 907 as a border town during the "Reconquista", Sos, as it is called by its population of below 1000 people, is one of the best preserved medieval towns in Spain, retaining many of the 15th century features that would have been familiar to the Catholic king Fernando, after whom the town was renamed.

• INFO: [www.sosdelreycatolico.com](http://www.sosdelreycatolico.com)



### HOSTAL LAS CORONAS

Participants will stay in rooms for 2/3 people with private bathroom. Bed sheets & towels are provided. The hotel has free WiFi.

• INFO: [www.hostallascoronas.com](http://www.hostallascoronas.com)





## Travel to Zaragoza

The participants must be at Zaragoza city the 24th October before 17:00 pm.

MUNDUS will arrange transfer from a meeting point in Zaragoza to Sos del Rey Católico due to the fact that there are no good public bus connections. The journey Zaragoza-Sos del Rey Católico lasts 1h 20m.

Zaragoza has Ryanair and Wizzair flights. If you are not able to find a proper itinerary to Zaragoza, you may try to fly to Madrid or Barcelona, from where you we will help you getting to Zaragoza (by bus or train).

Flights: SKYSCANNER / RYANAIR / Skyscanner.com

Train: RENFE [www.renfe.com](http://www.renfe.com) GOEURO [goeuro.com](http://goeuro.com)

Buses: ALSA [www.alsa.es](http://www.alsa.es) GOEURO [goeuro.com](http://goeuro.com)

**PLEASE, DO NOT BOOK ANY TICKET BEFORE RECEIVING OUR APPROVAL :**  
[vet@asociacionmundus.com](mailto:vet@asociacionmundus.com) / [comunicacion@asociacionmundus.com](mailto:comunicacion@asociacionmundus.com)

Regarding travel costs, remember to reduce them as much as possible. The limits are set in the Erasmus+ guide according to the distance of your departure city.



COUNTRY	PARTICIPANTS	BUDGET
Czech Rep.	2	275€ (max. / participant)
Romania	2	275€ (max. / participant)
Croatia	2	275€ (max. / participant)
Portugal	2	275€ (max. / participant)
Poland	2	275€ (max. / participant)
Germany	2	275€ (max. / participant)



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