

INFO-PACK FOR PARTICIPANTS

TRAINING COURSE

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# CLOSER

KEY COMPETENCES AND HEALTHY LIFESTYLE IN  
YOUTH WORK

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Thursday 21/06/2018 – Tuesday 26/06/2018

Gran Canaria (Canary Islands – Spain)

Organizado por: En colaboración  
con:



Dear participant,

It's a pleasure for us to welcome you to the Training Course "CLOSER- Key competences and healthy lifestyle in youth work". We hope we will live together an intense experience.

This project is designed by Cabildo de Gran Canaria, Cámara de Comercio e Industria Italiana para España (CCIS) and co-funded by Erasmus Plus Program.

In this document, you will find all the details about the arrival, accommodation, weather and all the useful information for your trip. Please, read it carefully and don't hesitate to ask us (javier@grancanariajoven.es, rocio@grancanariajoven.es ) if you have any further questions!

Looking forward to meet you,  
The CLOSER Project Team!

Short presentation about us

Cabildo de Gran Canaria is a local public administration. It is the Government of Gran Canaria Island (one of the seven Canary Islands / Spain) and it is organized in departments. "Servicio de Educación y Juventud" (Education and Youth Department) is the area organizing this training course.

For more information visit: [www.grancanaria.com](http://www.grancanaria.com) /  
[www.grancanariajoven.es](http://www.grancanariajoven.es) [in Spanish]

## ABOUT THE ARRIVAL

When you arrive to Gran Canaria airport, a bus will be waiting for you and other participants.

The Bus Company is called MORENO. For more information, check this link:

<https://www.autobusesmoreno.com/home>

We will inform organisations about the meeting points.



## ABOUT THE WEATHER

This event is programmed in June, so there will be Summer.

Usually, the average daytime temperature during summer is around 26°, but some nights it could be colder (around 18°). For this reason, we recommend you bring some light over garment.

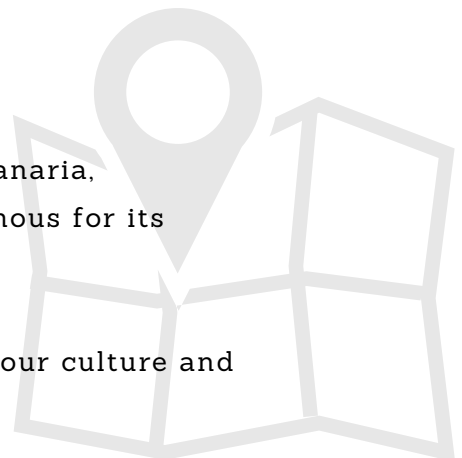
Please, don't forget to bring sun lotion, sun glasses, cap or what you need to protect yourself from the sun. We also recommend you to bring a swimsuit and a beach towel.



## ABOUT THE ACCOMMODATION

The venue of the Project is Las Palmas de Gran Canaria, a Spanish Municipality of 377.650 inhabitants, famous for its Carnival and for its weather, among other things.

During the Course, we will show you know part of our culture and our history.



For instance, 24th of June, Las Palmas de Gran Canaria celebrates its foundation and Saint John's day. It is an important celebration where people get together in the beach at night. We will go and we will enjoy together the fireworks.

The TC will take place in Tafira Baja (away from city center) and participants will be accommodated in Atlantic Club Residence.

Characteristics :

- Single rooms with individual baths.
- WI-FI available.
- Air conditioning in every room.
- Electricity in Spain: 220 Volts and 50 Herzts.
- Non-smoking Residence. We will point a place around where smokers can go.
- Activities end at 22:30 (approximately). From this time is not allowed to make loud noises.
- It is not permitted to drink alcohol inside the Residence (exceptions can be made for Intercultural Night and some dinners).
- Any laundry service must be afforded by the participant.

If you want to know more about Gran Canaria or Atlantic Club, check this links:

<http://www.grancanaria.com/turismo/en>

<http://lpavisit.com/en/discover-the-city/popular/1835-las-fiestas-fundacionales>

[https://drive.google.com/open?id=1zMcNu9X3kuvb\\_j2BfDynU118pCcJ6Woc&usp=sharing](https://drive.google.com/open?id=1zMcNu9X3kuvb_j2BfDynU118pCcJ6Woc&usp=sharing)



# ABOUT FOOD AND SPECIAL NEEDS

Participants will be provided with three daily meals (breakfast, lunch and dinner) and two “coffee breaks” (morning / afternoon) during the sessions (when possible).



We will design a menu according to the TC thematic (healthy food).



Any other meals outside the planned, mini-bar service, other extra expenses, etc... must be afforded by participants.



For any special needs or food restrictions (health problems, special diet, etc...) please contact with our staff in advance, Otherwise, we won't be able to take into account any special need.



## WHAT TO BRING WITH YOU (RECOMMENDATIONS ONLY)


- Hygiene products (like shampoo, gel, etc...). Atlactic Club Residence will not provide any of this products.
- Plug adapter.
- Camera/laptop/tablet. It is not required, but it will be very useful during activities.
- Outfits: bring comfortable clothes and shoes. We won't play sports but we may sit on the floor.
- Typical food or beverages from your country/region for Intercultural night. We challenge you to share something special from your home or place. Important: It is not allowed for externals to cook any kind of food inside the facilities so, please, bring only food that will not require heating.
- Good mood. Bring with you the best motivation and mood to meet new cultures and make new friends.



# BLAH BLAH BLAH

Hello	Hola
How are you?	¿Cómo estás?
Please	Por favor
Thank you	Gracias
Yes / No	Sí / No
I am sorry	Lo siento /disculpa
My name is...	Me llamo ...
Good morning	Buenos días
Good afternoon	Buenas tardes
Good evening/night	Buenas noches
Cheers!	¡Salud!
See you	Hasta luego
Bye	Adiós
Can I smoke here?	¿Puedo fumar aquí?
Excuse me, where are the toilets?	Disculpe, ¿dónde están los baños?
Do you accept credit cards?	¿Aceptan tarjeta?
How much is it?	¿Cuánto cuesta esto?
Taxi / Bus	Taxi / Bus
How can I get to...?	¿Cómo puedo llegar a...?
Right / Left	Derecha / Izquierda
Water	Agua
Beer	Cerveza
Half a pint	Caña
Wine	Vino
No Pork	Sin cerdo
Beach	Playa

## SOME LOCAL WORDS

Potato		Papas
Flip-flops		Cholas
Bus		Guagua
A lot		Fleje
Excited		Enralsarse
Cold		Pelete

## EXPECTED IMPACT

Expected impact: At the end of the TC, participants, are expected to implement what they have learned in their daily work, applying the skills acquired among the young people with whom they use to work in order to empower them personal and professionally, spreading at the same time healthy lifestyles indispensable for an integrated development of young people.

Organizations will improve their impact on daily work with young people by acquiring methods and methodologies to boost basic skills and healthy habits.

## WORKING METHODS

We will use a mix of the following methods depending on the needs of the participants and the group:

- Theoretical input.
- Creativity workshops.
- Good practices sharing (local and European).
- Visits.

We will perform activities that will help participants to develop the skills and abilities required for the performance of leadership, such as emotional intelligence, proactivity, motivation, communication, teamwork, conflict resolution, etc.

## PARTNERS



•Spain: Cabildo de Gran Canaria ([www.grancanariajoven.es](http://www.grancanariajoven.es)) / Camera di Commercio e Industria Italiana per la Spagna ([www.italcamara-es.com](http://www.italcamara-es.com)).



•Portugal: Camera di Commercio italiana per il Portogallo ([www.ccitalia.pt](http://www.ccitalia.pt)).



•Italy: AMFI Agenzia per la Mobilità e la Formazione Internazionale ([www.amfinternational.org](http://www.amfinternational.org)).



•Macedonia: HEPA MACED ([www.cindi.makedonija.com](http://www.cindi.makedonija.com)).



•Slovakia: CPM - Centrum prevencie mládeže (<http://cpmcadca.eu>).



•Jordan: JORDAN Youth Innovation Forum ([www.jyif.org](http://www.jyif.org)).



•Croatia: YOUTH ASSOCIATION BEDEKOVCINA ([www.buma.hr](http://www.buma.hr)).

# ACTIVITY PROGRAMME

TIME	Wednesday, 20th June	Thursday, 21st June	Friday, 22nd June	Saturday, 23rd June	Sunday, 24th June	Monday, 25th June	Tuesday, 26th June	Wednesday, 27th June
8:00 - 9:00	Breakfast							
9:00 - 11:30		-Project presentation -Code of conduct	-Warm-up and energizer game - The pursuit of diet	-Warm-up and energizer game - Legal and illegal drugs: key concepts	-Warm-up and energizer game - YOUTH PASS (10:00 - 12:00)	-Warm-up and energizer game - Active listening and positive feedback training	-Warm-up and energizer game - Conclusions and ways of application in our works and lives	
11:30 - 12:00	Coffee Break							
12:00 - 13:30	Arrivals	Icebreakers and presentation games	The Hunger Games	Drugs effects and types	Prepare to go to Maspalomas (12:30 - 13:00)	Empathy: reading feelings and emotions	Networking and NGO's fair	Departures
13:30 - 16:00		Lunch			Bus to Maspalomas at 13:00 h.	Lunch		
16:00 - 17:30		Team building games	Building my diet	Addictive behaviors		How can we build healthy relationships?	Youthpass evaluation and closure	
17:30 - 18:00		Coffee Break			(Picnic)	Coffee Break		
18:00 - 19:30		Fear and expectations analysis	Presentation: Mine the best	Let's create and promote a healthy event!		Mens sana in corpore sano and vice versa	Representing our own experience of the training course	
19:30 - 20:00		Guided meditation	Working on the resources guide (part 1, 2, 3, 4)				Reflection time	
20:00 - 21:00	Dinner							
21:00 - ---:--		Vegueta N.	Intercultural N.	San Juan N.	Free Evening	Free Evening	Good Bye N.	

\*Remember: local time UTC +1