

E(a)ffective Communication

Youth Exchange

Canet de Mar,
Spain

22/02/17 - 02/03/17

About the project:

Our aim is to reduce the amount of conflicts that participants face due to deficient communication. Using a personal development approach, we will empower participants providing them with effective communication techniques that take into account the affective dimension of human beings.

Objectives:

1. To share knowledge about different types of communication, promoting it to be effective and affective at the same time.
2. To explore alternative ways of expression, improving the self-confidence of the participants.
3. To facilitate the creation of an environment in which everybody feels safe and comfortable.
4. To provide the tools to bring that environment in participants' everyday life.
5. To promote the Erasmus+ programme and raise awareness of Europe's multiculturalism.

This Youth Exchange is for you if:

- You are between 18 and 30 years old
- You are currently living in Spain, Bulgaria, Croatia, Poland, Portugal or Czech Republic
- You want to improve your chances of getting a (better) job by improving the quality of your communication
- You want to be able to identify and clarify misunderstandings in communication
- You are ready to explore alternative ways of communicating
- You are able to work in English
- You are highly motivated and willing to actively participate during the whole exchange

Program:

This youth exchange is based on non-formal education, being highly participatory and interactive using experiential methods.

The preliminary program per day:

- 1 and 2: Creation of a safe environment in which participants can express freely without feeling judged.
- 3: Improvement of self-confidence regarding communication.
- 4, 5 and 6: Exploration of different communication methods.
- 7: Evaluation and follow up.

Venue:

The Youth Exchange will take place in Canet de Mar, situated 43 km away from Barcelona. The closest airports are Barcelona airport (El Prat) and Girona airport.

Once you arrive to Barcelona you can reach Canet de Mar by train in less than 1 hour.

Detailed information regarding the accommodation and how to reach the venue will be provided to participants before travel arrangements.

Financial arrangements:

The participation fee is **20€** per person and you pay it upon arrival.

This youth exchange is funded through the Erasmus+ program, therefore accommodation, food, materials, the program and the travel costs up to the maximum allowed amount will be fully covered.

Conditions to reimbursement:

- You must travel in the most cost-efficient way available to you. Before attending the youth exchange, you must provide details of your travel plans to us for verification and approval.
- You must supply all the ORIGINAL travel documents (receipts, invoices, tickets and boarding passes) for BOTH your journeys to and from the training course. Digital copies of travel documents are also very useful, so please also email these to us before you come to Spain at **amagi.projects@gmail.com**.
- You must attend all the sessions and commit yourself fully to the activities.
- You must complete and sign a Reimbursement Form.
- After coming back home, you should send the remaining ORIGINAL boarding passes and any other documents from your return journey by post to:

Alejandro Muñoz Garcia
Carrer Barcelona 26 2nd 3a
08360 Canet de Mar (Barcelona)
Spain

- We recommend that you ask for a confirmation of receipt when you post. Also, before you post your tickets, please scan them and keep the scanned copy.

The process for receiving your reimbursement is as follows:

1. After you have successfully completed the youth exchange and returned home, you will send any remaining ORIGINAL travel documents to us for validation.
2. Once we have approved all the documents of ALL the participants from a country, we will send the collective reimbursement money to our partner organisation in that country – we use a lump sum payment to keep bank fees as low as possible.
3. Our partner organisation will then divide the amount that remains after bank fees and transfer the corresponding amount of money to each individual participant from that country.

This whole process usually takes between 6 and 8 weeks – you can help us do it faster by submitting your documents quickly and correctly.

Limits on travel cost and number of participants:

Spain	20€	4 + 1
Portugal	170€	4 + 1
Croatia	170€	4 + 1
Bulgaria	170€	4 + 1
Poland	170€	4 + 1
Czech Republic	170€	4 + 1

Partner organizations:

Spain	Amagi Projects	amagi.projects@gmail.com
Portugal	Agoraveiro	agora.aveiro@gmail.com
Croatia	Udruga Slon	marcela.velfl@gmail.com
Bulgaria	Cultural Center 20:19	my.culture2019@gmail.com
Poland	Europe4Youth	info@europe4youth.eu
Czech Republic	Brno Connected	brnoconnected@gmail.com

Practical information:

Travel and Health Insurance:

Health insurance will NOT be provided or reimbursed by the mobility organisers. However, it is a mandatory requirement for all participants to provide your own health insurance. This should cover you for the full duration of your time in Spain. When you have arranged your insurance policy, please provide us with the details of it before you attend the youth exchange, by sending us a scanned copy at amagi.projects@gmail.com.

If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Having this card means you may be able to receive free medical treatment in the event of an emergency, but it is NOT guaranteed. Also please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country. To learn more, please go to ehic.europa.eu/

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT a mandatory requirement, but it is advisable.

Dietary, health and other special requirements:

Please inform us as soon as possible if you have any food allergies or special dietary requirements so that we can inform the caterers and so that they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Spain (for example bug spray, headache tablets, travel sickness pills, etc) please arrange these yourself as we are unable to provide them for you.

Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the training course activities, then please let us know what they are and how best to assist you.

Timeframe of the project:

Applications deadline: **15th January** at 12pm

Selection results: **17th January**

Confirmation by participants and booking of travel tickets: until **22nd January** at 12pm

Arrival day: **22nd February** until 6 pm

Start of the program: **23rd February** at 9:30 am

End of the program: **1st March** around 7 pm

Departure day: **2nd March** until noon

You are allowed to arrive or depart max. 2 days before or after the Youth Exchange. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. If your stay is longer than 2 days, we are NOT able to reimburse your travel costs.

How to apply:

Fill in the application form provided in this [link](#), latest by the 15th January 2017 at 12pm and contact your sending organisation.

We ask you to fill in the application and answer ALL the questions in it.

Contact details:

Any questions related to the youth exchange or travel to Spain shall be addressed to the project coordinator **Alejandro Muñoz Garcia** on **amagi.projects@gmail.com**.

We'll appreciate any ideas and suggestions of yours that could be incorporated at the time of preparations to the project or during the activity itself. This is going to be a youth exchange which we wish to implement NOT FOR YOU but TOGETHER WITH YOU! Let's make it an exciting learning journey!

This youth exchange has been funded by the Erasmus+ Program. If you would like to find out more about the program, please visit http://eacea.ec.europa.eu/erasmus-plus_en.