



# YOUNG SOUL



Co-funded by the  
Erasmus+ Programme  
of the European Union

## AIM OF THE PROJECT & METHODOLOGY

Young Soul is a training course/ seminar combining the topics of dialogue of generations and life-long learning among the youth workers to be organized in Malta 23-31 March 2023 (23 March – arrival date, 31 March – departure date), bringing together 35 participants from 11 participating countries Malta, Latvia, Italy, Sweden, Germany, Greece, Bulgaria, Poland, Norway, Belgium, Serbia. The seminar will be done in a form of an exchange of experiences between more experienced youth workers and the relative beginners in the field, using discussions, story-telling, case-studies, workshops, method exchanges, idea brainstorming and other non-formal education methods.

The project aims to create a favorable atmosphere for bringing together young, as well as more mature youth workers for inspiring and learning among the generations for a more balanced - experienced, professional and modern –work with young people with fewer opportunities.

The main objectives of this project are:

- Appreciate and support the invisible, but existing target group, that can be considered a group with fewer opportunities and definitely with special needs – more mature youth workers, usually staying in their customary conditions in home realities;
- Create proper supportive conditions, to motivate this target group to come out from its comfort zone (including travelling, speaking in English, communicating with younger colleagues);
- Learn from the experience and particular case-studies from this target group;
- Find out the secret of their youth elixir and the secret of long successful careers;
- Let the younger and tuned youth workers to inspire, motivate, update others with fresh ideas, new tools (including the digital ones), modern methods;
- Promote non-formal education, stimulate new creative techniques and life-long learning;
- Open the stage for a dialogue of generations, idea brainstorming, creation of new methods together;
- Encourage participants to continue to be active balanced youth workers, also planning particular follow up activities for young people and future cooperation within youth work field

## SUMMARY OF PARTICIPATING ORGANISATIONS

Country	Partner Organization	People per Country	Travel Budget Limit (€)
Malta	Fgura United F.C.	5	0
Latvia	Artilt-D	3	360
Italy	We Care	3	180
Sweden	Föreningen Framtidståget	3	530
Germany	FrauFam	3	360
Greece	Kinoniki Sinetairistiki Epicherisielliniki Sym Metochi Neon	3	275
Bulgaria	Mladezhki Forum	3	275
Poland	Tu Brzoza	3	360
Norway	Blindern Norsk	3	530
Belgium	Joetz	3	360
Serbia	Kibitz Kolektiv	3	275

**No exceptional costs for visa and visa-related expenses are foreseen in this project.**

## DATES OF THE PROJECT



**Arrival Date: 23<sup>rd</sup> March 2023 (17:00 – onwards).**



**Departure Date: 31<sup>st</sup> March 2023**

## PROFILE OF PARTNERS

We would like to invite highly motivated youth workers, youth leaders, youth managers, teachers, social workers, psychologists, and any other professionals/individuals who are working directly with young people with fewer opportunities due to the different educational spheres and structures.

## APPLICATION FORM

Young Soul – Erasmus+ Project Application Form ↓

[Application Form](#)

## PARTICIPATION FEE

There is a participation fee of €20 per person which will be paid in cash during the training course days.

We assure you that we have put our 100% effort to keep this fee as minimum as possible while providing you with the maximum quality of service and prepared events.

## USEFUL INFORMATION

- Driving in Malta is on the left.
- Dialing Prefix Code +356
- Voltage is 240 volts, and we use 3 pin plugs so you may need to bring with you plug converter for your charging adapters.
- GMT+1 Time Zone
- Euro is the currency.



## GUIDANCE OF TRAVELING TO MALTA

Malta is a small island in the middle of the Mediterranean Sea with a population of about 475,000. The **official languages are Maltese and English**, with Maltese officially recognized as the national language and the only semitic language in the European Union.

There is only one main airport in Malta, it is in the village of Luqa known as **Malta International Airport**. Therefore, it is imperative to plan your flights accordingly taking in consideration of the arrival and departure times.

Once you arrive at the Malta International Airport, take the **Malta Public Transport Bus (green color)** from the bus top right in front of the airport.

**Kalkara**, is where your venue is situated. Kindly use the **Malta Public Transport Bus Planner** (<https://www.publictransport.com.mt/en/trip-planner>) to plan your journey. The prices of the tickets can be accessed on (<https://www.publictransport.com.mt/en/bus-card-and-ticketing>).

It is not compulsory that all participants who will travel for the training course must travel from their home country to Malta. The latest guidance received from **EUPA Malta**, and **European Commission** is that for example it will be accepted that a participant representing Poland and has connection to Poland (citizenship, residence permit, being a member of an organization and whatsoever) and for some reasons right now the participant is situated let's say in Bulgaria, it is totally accepted to travel from Bulgaria **but keeping the original budget limit as per Poland**. It is imperative to keep **all original receipts of your travel costs**.





## REIMBURSEMENT

To complete the transaction and be eligible to receive the refunds for transportation costs, please keep **all original invoices, tickets, boarding passes or any other transport document/receipts**. The funds will be reimbursed **via a bank transfer**, upon completion of the **Mobility Tool+** which is considered mandatory under the Erasmus+ and after submitting all the original documents.

The receipts can be also transmitted via **one single** email on the following email address:



**youngsoulmalta@gmail.com**

The subject of the email **should include full name, country and organization for easy reference**. If a participant wishes to come to Malta one or two days earlier or leave one or two days later after the end of the project, you will have to cover this extra cost for accommodation and food.

## INTERCULTURAL NIGHT

For the intercultural evening, we kindly ask you to **present your country's food, drinks, music, traditional dances, games and more**). No boring power point presentations required.

## EUROPEAN HEALTH INSURANCE CARD (EHIC)

It is strictly the participant's responsibility to have a travel health insurance. For program countries there is the European Health Insurance which is accepted in every country within the European union. It can be obtained for free from your country. Any other private insurance policies apply.



## ACCOMMODATIONS

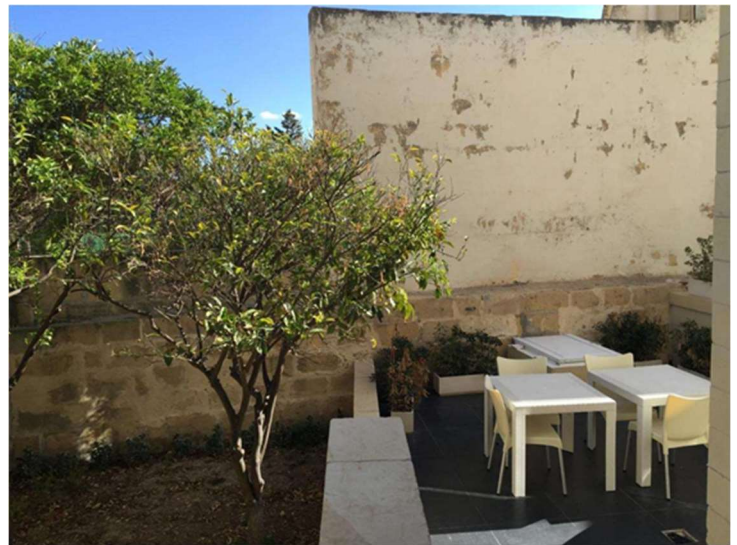
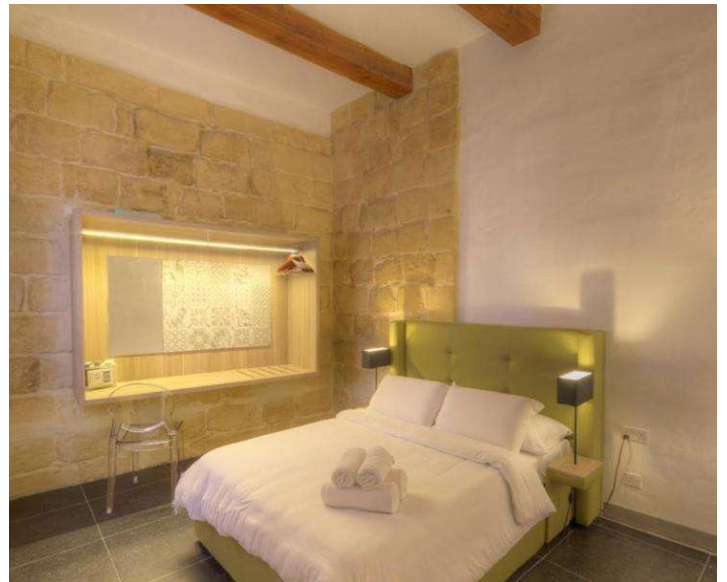
Participants will be accommodated into **two separate villas**.

**Accommodation 1 - Villa del Porto** in Kalkara.





## Accommodation 2 – Le Margherite in Kalkara.

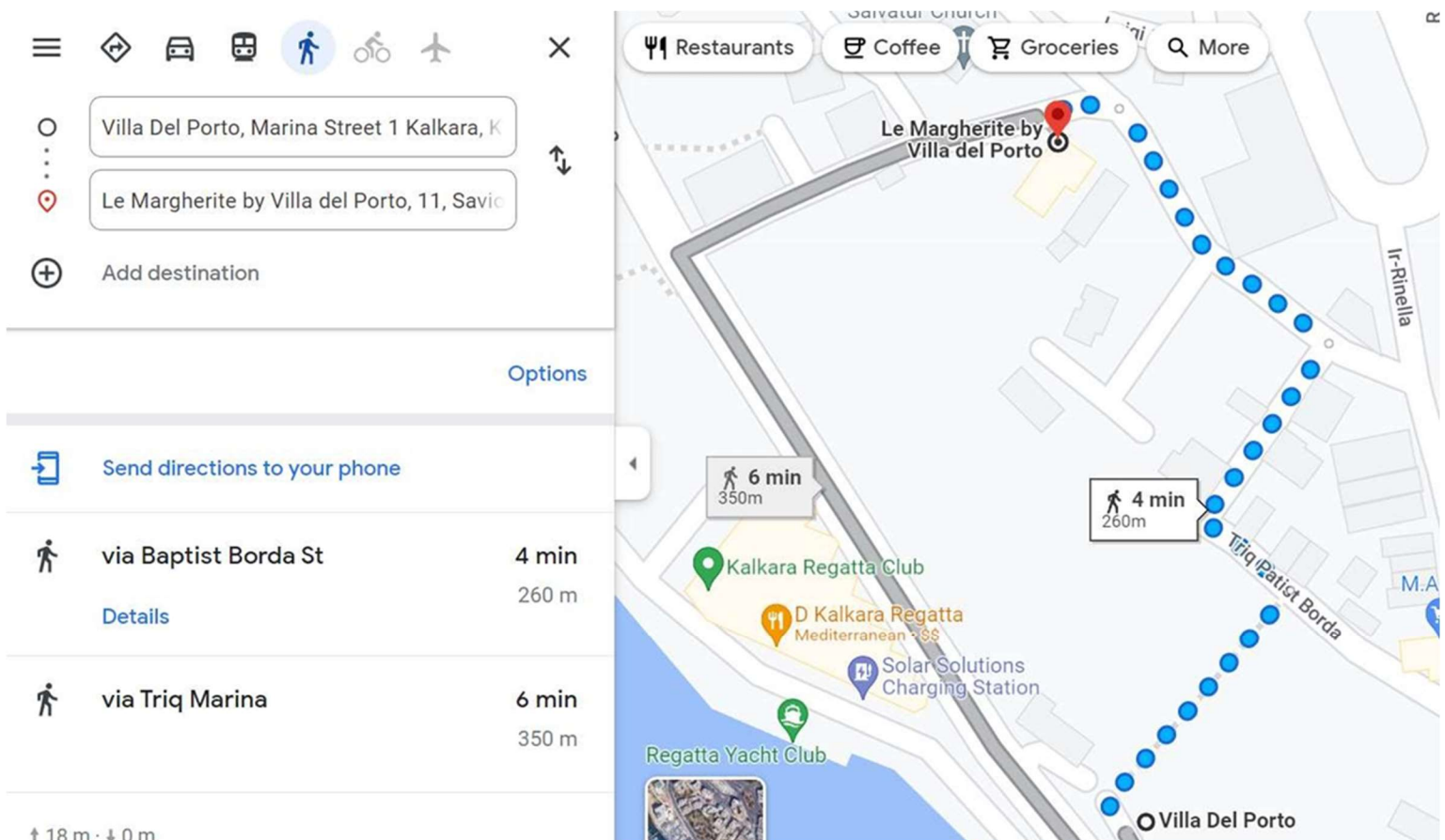




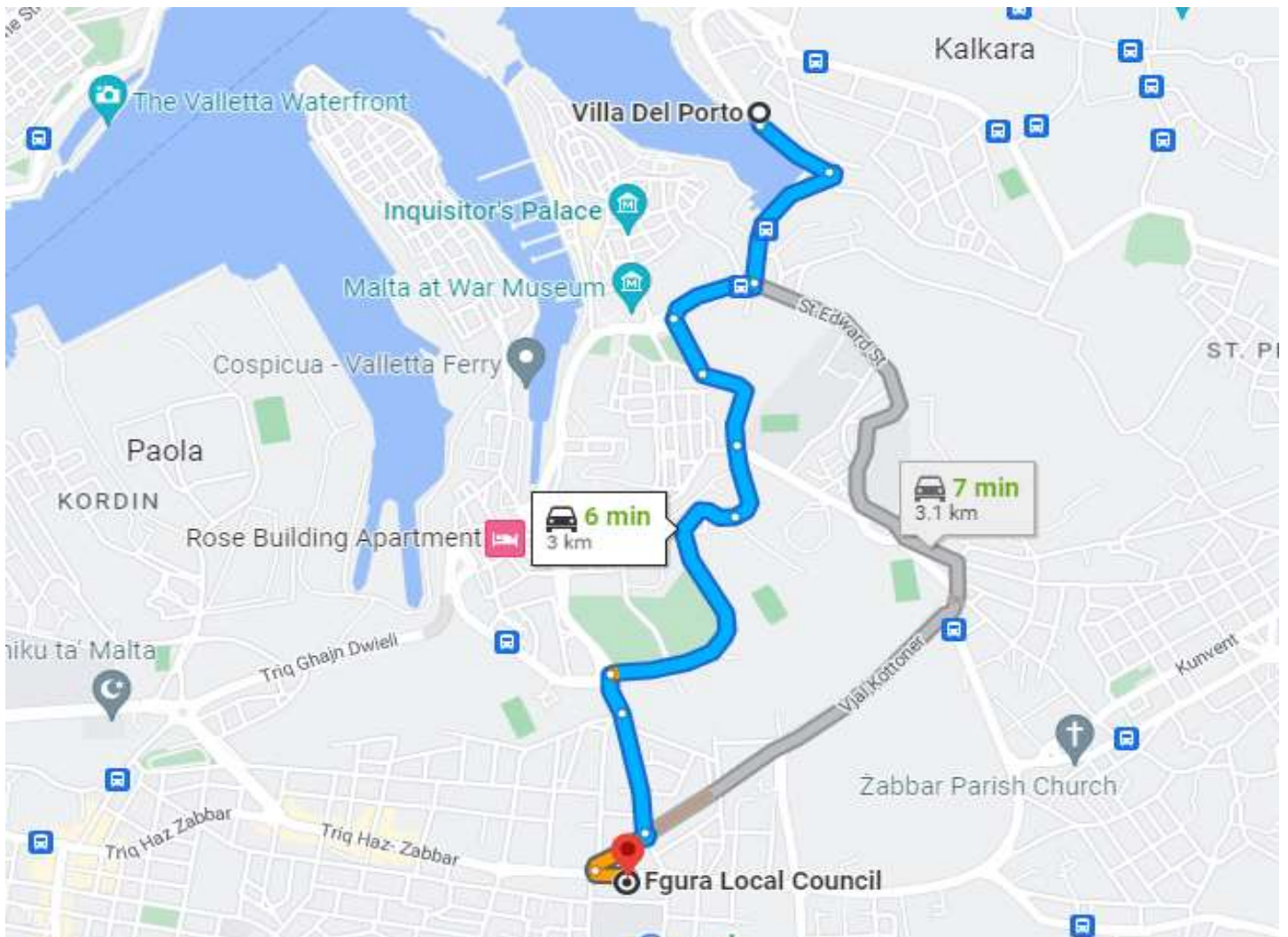
Both accommodations are equipped with free WIFI connection, towels, bed linen and daily cleaning. You will stay in twin, triple or quad rooms with private bathrooms. The continental buffet breakfast will be served daily at Villa del Porto for all participants.

The two accommodations are situated in the south of Malta, facing the towns of Vittoriosa, Senglea and Cospicua. These are known as the Three Cities of Malta and are pieces of living history kept alive by hundreds of years of preservation, and the occasional miracle. The fortified cities sit like a trio of villages in the heart of Malta's historic centre, directly across the Grand Harbour from Valletta, the capital city of Malta. Vittoriosa and Senglea take over two parallel peninsulas facing the capital, while the third, Cospicua, is located to their south. Visually striking and historically significant, they're the ideal places to delve deep into Maltese culture.

The distance between Villa Del Porto and Le Margherite is four (4) minutes walking distance. Please find below an extract from google maps:



After breakfast, the training course will be conducted in Fgura Local Council premises which transfer transport will always be provided free of charge. The premises are five (6) minutes away from the accommodation. Please find below an extract from google maps:



## **FGURA LOCAL COUNCIL PREMISES**



## **TRANSPORTATION SERVICE ON THE FIRST AND LAST DAY OF THE PROJECT**

This organization will offer two shuttle services from the airport to the accommodation and vice-versa on the first and last day of the project based on the time of arrival/departure of the majority of the participants. The time will be communicated to you via email. The participants who do not wish to use this service will have to make use of the public transport.

The transport needed from the accommodation to other activities within the scheduled project's activities will be provided free of charge. The means of transport will be a private minivan.



## MARCH AVERAGE TEMPERATURES IN MALTA

Min Temperature	10 °C	Precipitation	41mm
Max Temperature	17 °C	Rainy Days	5
Water Temperature	15 °C	Sunshine Hours	223
Chance of Rain	17%		

## ONE SIMPLE HOMETASK

Each group/organization is requested to make a short 3- to 5-minute-long video about their organization and should be transmitted via email to **youngsoulmalta@gmail.com** until the **1<sup>st</sup> March 2023**.



## SOCIAL MEDIA PLATFORMS



Young Soul - Erasmus+ Project ▼

MT EU

🔒 Private group

## APPLICATION DEADLINE

Application Deadline – 1<sup>st</sup> March 2023



## SCHEDULE OF ACTIVITIES

DAY 1	
	Arrival
DAY 2	
09:00-10:00	Breakfast
09:30-10:00	Registration of participants
10:00-11:30	Intro & Ice-breaking
11:30-12:00	Coffee break
12:00-13:30	Group Building
13:30-15:00	Lunch
15:00-16:30	My path in youth work: story-telling circle
16:30-17:00	Coffee break
17:00-18:30	My path in youth work: story-telling circle. Programme presentation. Expectations
18:30-19:00	Day Evaluation
19:00-20:00	Dinner
20:00-...	Welcome Party in a traditional local style
DAY 3	
09:00-10:00	Breakfast
10:00-11:30	Getting to know each other on prof level: my usual working day diagram
11:30-12:00	Coffee break
12:00-13:30	My strong and weak parts as a youth worker
13:30-15:00	Lunch
15:00-16:30	Following M. Labkovsky idea "I want and I will": formulating wishes
16:30-17:00	Coffee break
17:00-18:30	SMART goals and pyramide of change
18:30-19:00	Day Evaluation
19:00-20:00	Dinner
20:00-...	Intercultural café 1
DAY 4	
09:00-10:00	Breakfast
10:00-11:30	Youth work key words of different generations/ carousel activity of defining the terms
11:30-12:00	Coffee break
12:00-13:30	Embassies of attractive ideas
13:30-15:00	Lunch
15:00-16:30	Best practice share
16:30-17:00	Coffee break
17:00-18:30	Defining theory of success
18:30-19:00	Day Evaluation
19:00-20:00	Dinner
20:00-...	International café 2

DAY 5	
09:00-10:00	Breakfast
10:00-11:30	Youth elixir: free space for examples and workshops by elder generation
11:30-12:00	Coffee break
12:00-13:30	Youth elixir: free space for examples and workshops by elder generation
13:30-15:00	Lunch
15:00-16:30	Stay tuned: free space for examples and workshops by younger generation
16:30-17:00	Coffee break
17:00-18:30	Stay tuned: free space for examples and workshops by younger generation
18:30-19:00	Day Evaluation
19:00-20:00	Dinner
20:00-...	Vipasana meditation together
DAY 6	
09:00-10:00	Breakfast
10:00-11:30	How to create a new NFE method: theoretical brainstorm
11:30-12:00	Coffee break
12:00-13:30	Creating new NFE methods
13:30-15:00	Lunch
15:00-16:30	New method presentation. New method testing.
16:30-17:00	Coffee break
17:00-18:30	New method testing. Plans for implementations
18:30-19:00	Day Evaluation
19:00-20:00	Dinner
20:00-...	Following M. Abramovich idea: my place in the space
DAY 7	
09:00-10:00	Breakfast
10:00-11:30	Cinema: organizations' presentations
11:30-12:00	Coffee break
12:00-13:30	Challenges of youth work timeline
13:30-15:00	Lunch
15:00-16:30	Mapping our target groups; Practical problems in youth work: case studies
16:30-17:00	Coffee break
17:00-18:30	Practical problems in youth work: Forum theatre for solutions
18:30-19:00	Day Evaluation
19:00-20:00	Dinner
20:00-...	Free night out
DAY 8	



09:00-10:00	Breakfast
10:00-11:30	Follow-up planning: brainstorm of ideas
11:30-12:00	Coffee break
12:00-13:30	Project design
13:30-15:00	Lunch
15:00-16:30	Presentations of project ideas
16:30-17:00	Coffee break
17:00-18:30	Project summary and Evaluation
18:30-19:00	Final Reflections
19:00-20:00	Dinner
20:00-...	Goodbye Party
<b>DAY 9</b>	
	Departure

## ITEMS TO BRING

- Necessary documents such as passports, travel documents, etc.
- COVID Digital Certificate
- Requested home task (video)
- Swimwear
- Towels for the beach
- Sunblock creams and sun hats
- Personal care products such as shower gels, shampoo, comb, etc.
- A typical/traditional taste (typical drink, food, sweets, snacks...) of your homeland for the intercultural evening
- Laptops, tablets, cameras, and other equipment making life and work easier
- Pieces of music and games from your homeland
- Information about your country (books, brochures, and posters)
- Medicine, if you regularly take any.

But most importantly above all, what really matter for us, kindly bring:

Yourselves, joy, tons of positive energy, endless amounts of good mood and motivation for work/ leisure, positive attitude, desire to learn and meet new people, enthusiasm and live the event in its proper and cheerful mood.

 **DONE!**

## ALTERNATIVE WAY TO TRAVEL TO MALTA VIA SICILY

Another alternative to travel to Malta instead of the traditional plane, one can opt to use the sea as method of transport. There are currently two companies which provide this service from Sicily:

- Virtu Ferries Ltd ([www.virtuferries.com](http://www.virtuferries.com)); and
- Ponte Ferries Ltd ([www.ponteferries.com](http://www.ponteferries.com)).

The difference between the two companies excluding the ticket price is that Virtu Ferries Ltd embarks from Pozzallo and Augusta, Sicily while Ponte Ferries Ltd embarks from Augusta, Sicily only. Another difference is the time of the journey. The average journey time by ferry from Pozzallo to Valletta is 1hrs 45 minutes and from August to Valletta is 3 hours. The two companies dock at the Grand Harbour, Port of Valletta.



Further information can be obtained from their respective websites provided.

## OUR NGO – FGURA UNITED F.C.

Fgura United F.C is the only football club that truly encompasses the holistic development of young football players. It actively engages parents to understand that football is not only about talent, skill and physique but an intricate jigsaw puzzle that does not give you a full picture unless all its pieces are present and in their place. Notwithstanding our numerous social and educational activities, football development was, is and will be our priority.





The most recent examples of our activities and recent achievements are as follows:

- Junior Introductory First Aid Courses for 34 children;
- 250+ active members in the nursery;
- Technical and socio-educational tour with Watford FC Community;
- Technical agreement with an Italian club Robur Siena;
- Published the first official sticker album, more than 300 stickers;
- Invested strongly in playing kits for children;
- Organized an “After School Programme”, where all the children after school is finished meet together in our club and do the homework, study and eat before doing their football training session;
- Registered successfully with the Malta Voluntary Council as a Voluntary Organization;
- Installed photovoltaic panels in our premises for sustainable energy;
- Provided free services of Physiotherapy for children and young people;
- Organized a series of breakfast clubs;
- Provided a career guidance service for free;
- Organized a series of reading clubs;
- Created a library of books that children can freely access; and
- Participated in the national Car Free Day in national activities.

