



Erasmus+

Training course



FUN
IS A SERIOUS THING

31st August – 7th September 2023

MEAUS, Galicia,

SPAIN

Ref. 2023-1-ES02-KA153-YOU-000134915



The Asociación de Vecinos/as de Meaus, is a non-profit association that offers various activities: youth space for Erasmus+ projects, teleworking for which we have a coworking & co-living space, spiritual retreats, artistic residencies and much more.

The Os Mixtos project was born out of the concern of a group of people who are sensitive to the depopulation of rural areas in our country and its consequences. The project is developed in an area of the emptied Hamada Española, in the village of Meaus, in the province of Ourense, Community of Galicia.

With the conviction that for the rural future it is essential to have young people, we carry out activities and training courses through the Erasmus+ and European Solidarity Corps programmes.

THE VENUE- MEAUS

Meaus is a tiny village in the Ourense Province, at the boarder with Portugal.

With the nearby villages of Rubias and Santiago de Rubias,

Meaus was part of the Couto Mixto, a micro state which lasted for more than 700 years. It is one of the first documented democratic state to ever exist, and like many rural villages around Europe, it is now suffering of a severe depopulation.

From June 2022, the village has started to work with young volunteers and Erasmus + projects, who started to bring in ideas to keep Meaus alive.

One of these ideas is the coliving project Os Mixtos.





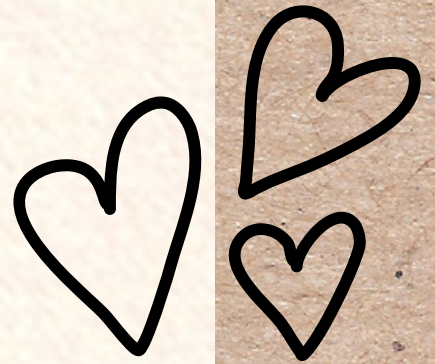
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The Training


"FUN IS A SERIOUS THING "is a TC for Youth workers on healthier and happier lifestyles, even in work environments, reducing stress and anxiety through creative tools, humor, art and emotional creative expression.



It is a process of self-discovery and of recovering of all those emotions that we felt when children.

It's a re-discovery of our Inner Child and of all its motivating passions

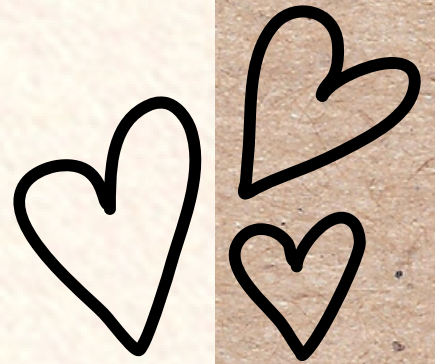
Youth workers can pass this approach to the young generations in order to support a new mindset toward a healthier and happier life-stye.





The Training

METHODOLOGIES: We will use humor, art, creative approaches, psychological, empathic and symbolic activities to create attitude to develop our own positive mindset and lifestyle.



VENUE: Meaus, Galicia– Spain

DATES: 31st August – 7th September 2023

(31st August and 7th September are travel days)

21 participants (3 from each one of the 7 European partners)



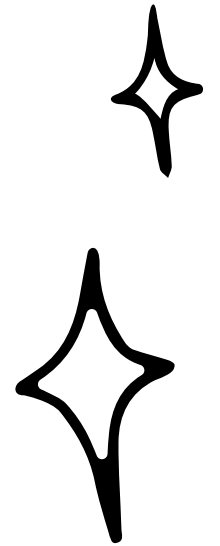
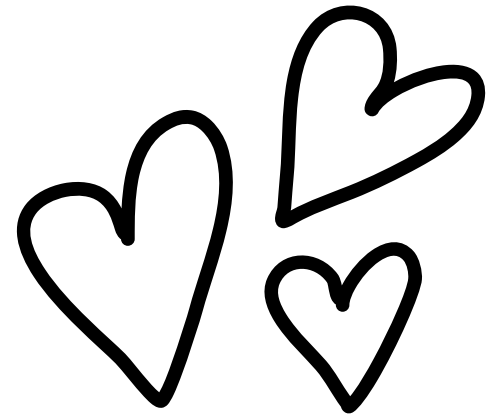


"

TC "FUN IS A SERIOUS THING" Meaus, Galicia								
"	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
08:00	Breakfast							
09:30		Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	
10:00		Team Building	The creative adult is the child who survived	Feeling the others	The world is a soap Bubble	Wood architects	Follow up and dissemination plan	Departures of participants
11:00	Comfort Break							
11:30	Arrivals	The Child in Us. Hello Little Me	The theatre of life	Became a Tree	Celebrate Happiness	Wood architects	Presentation of eye collection	Departures of participants
13:00	Lunch							
15:00	Arrivals	Vulnerability is my Superpower	Creative Poetry	Diving in the photographer's lens	Visit to a Local Artists/artisans or art Park	Wood architects	Final evaluation	
16:30	Comfort break							
17.00	Welcome and intro	Not ashamed at all, Just Proud	Creative Poetry	Diving in the photographer's lens	Visit to a Local Artists/artisans or art Park	Knock-knock	Final Evaluation	
18:00	Know each other	Sharing is good	Sharing is good	Sharing is good -	Sharing is good	Sharing is good	Celebration time	
20.00	Dinner							
21.00	Official welcome	Funny riddles	Cultures: Mode ON	Free Night	Massage night	Celebration of wood architects	Farewell Party	



TRAINERS



Laris Guerri
• *Empathy*



Rui Guerreiro
• *Creativity*



LARIS GUERRI

(Italy)

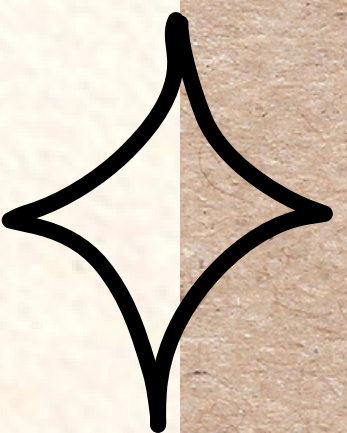


President of Associazione Agrado APS and founder of it in 2000.

Free-lance Trainer in the Erasmus+ Program, Project designer and Project manager.

I'm also a professional psychological Counselor (in Transactional Analysis) and apply this method (on communication and relationships) in the training sessions.

Expertise: Non formal education methods, Emotional management, Communication, Transactional Analysis, Feedback.





RUI GUERREIRO

(PT)

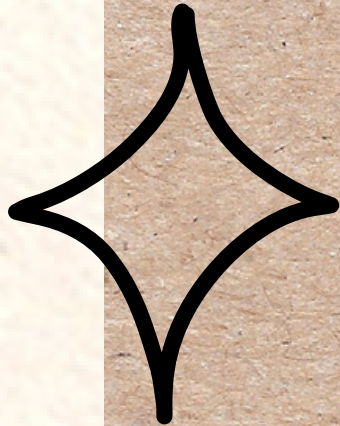


Creator of Ironic Art Nation/DAC, an organisation working on art exhibitions and on art as a tool for self-development.

He works in Art Galleries and in artistic projects worldwide.

In the last years he has been working on art as a tool for selfempowerment and as a life-changing experience.

He currently works as a free-lance trainer too on topics of creativity, self-development and nature activities.





ACCOMMODATION AND MEALS

- Imagine a **COMMUNITY** life in a rural village with the value of coopeartion and sharing!

Javi will host the group in the houses of the village,

2 -floors houses with 2 bedrooms each (2/4 beds), bathroom and a floor with living room, tables and smal kitchem.

FOOD

- The staff will cook 3 meals of tasty Galician cuisine + coffee breaks, and we will eat all together, using insde and outdoor spaces.
- All specific dietary requirements will be catered for. We will collect the info regarding this aspect from the questionnaire form that we will send you later.



PARTICIPANTS PROFILE



- Youth workers, Youth leaders, Social workers, Educators, Trainers, Teachers
- Over 20 years old
- Able to work and discuss in English
- Working/volunteering in an organisation with young people
- Fully committed and active for all the length of the Training (6+2 days)
- Be in a position in their organisation to apply the outcomes of the TC
- Able to disseminate the results after the TC





PARTICIPANTS SELECTION

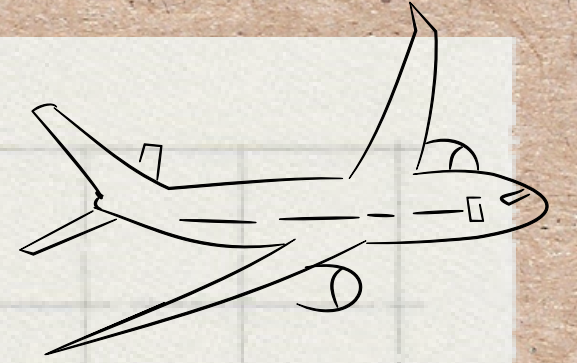


- Participants from 7 countries: Spain, Italy, Portugal, Romania, Poland, Lithuania, Belgium.
- Each country organisation will send 3 motivated participants (for a total of 21 participants)
- Each organisation will be in charge to select their 3 participants and to make the 3 enroll in the following application form by the 23rd of July

[LINK to APPLICATION FORM](#)



TRAVELS – HOW TO REACH THE VENUE



The T.C. will take place in the rural village of Meaus (Baltar) in the border between Spain and Portugal.

To facilitate the arrival of the participants, there will be 2 meeting points that you can chose, between:

- OURENSE (Spain) Train station
- CHAVES (Portugal) Bus station

From these 2 meeting points, the staff will organise a rented bus or cars to Meaus.



TRAVELS – HOW TO REACH THE MEETING POINTS



1. OURENSE (Spain) – how to reach:

[HTTPS://GOO.GL/MAPS/DIWNUMJ3EEN16KSV6](https://goo.gl/maps/diwnumj3een16ksv6)

Nearest airport: Santiago de Compostela (Spain)

To get from Santiago airport to Ourense:

- first take a bus from the airport to the train station of Santiago

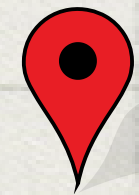
[HTTPS://WWW.BUS.GAL/GL](https://www.bus.gal/gl)

- and then a train to Ourense.

[HTTPS://WWW.RENFE.COM/ES/ES](https://www.renfe.com/es/es)



TRAVELS – HOW TO REACH THE MEETING POINTS



2. CHAVES (Portugal) – how to reach:

[HTTPS://GOO.GL/MAPS/FHZQTICHNUK7163D9](https://goo.gl/maps/fhzqtichnuK7163D9)

Nearest airport: Porto (Portugal)

To get from Porto airport to Chaves:

- **first take a metro or bus from the airport to Porto bus station**

[HTTPS://WWW.GETBUS.EU/EN/RESERVA.PHP](https://www.getbus.eu/en/reserva.php)

- **and then a bus to Chaves.**

[HTTPS://BUSTICKETS.DISTRIBUTION.COM](https://bustickets.distribution.com)



TRAVELS BUDGET €



Country	Travel costs/person (maximum reimbursable)
SPAIN	€ 60
PORTUGAL	€ 210 (green travel: no flight, only train, bus)
ITALY, BELGIUM	€ 275
ROMANIA, POLAND, LITHUANIA	€ 360



TRAVEL RULES

- Your travel costs from your home city to the venue and back will be reimbursed according to the rules of Erasmus+ program. In order to do that, participants must keep and provide to organizers all the documents (tickets, boarding passes, etc.).
- Those of you who are planning to stay in Spain, outside project dates, you will need organizers approval first (maximum 2 days before or after project dates).
- Tickets for travel outside the official travel dates purchased without organizers approval may not be reimbursed

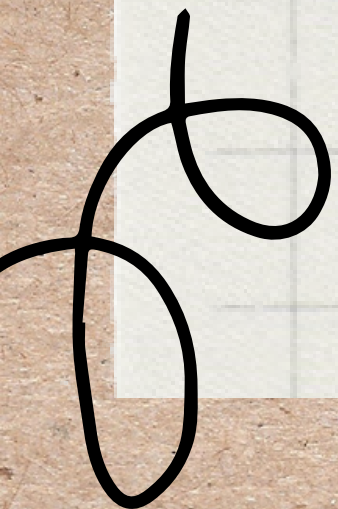
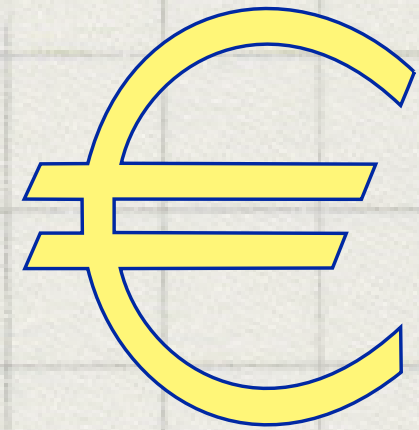


-PRACTICAL INFO-

- This program is financed by the  Erasmus+ Programme of the European Union.

- Accommodation and food are 100% covered.

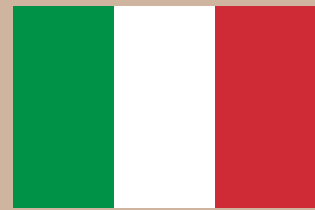
- The travel costs (plane, train, bus) are also covered and will be reimbursed to the participants after the Course in the amount limit presented in the table in previous page. This will be done after delivering travel documents, their dissemination action and filling in the online survey of Erasmus+ which will be sent to their email after the project.



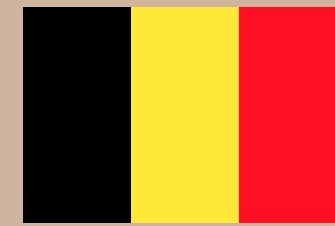
PARTNERSHIP



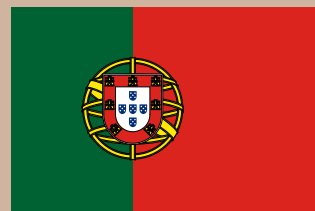
Asociación vecinos/as de Meaus



Associazione Agrado APS



Joetz vzw.



A S R J V F



TAVO Europa



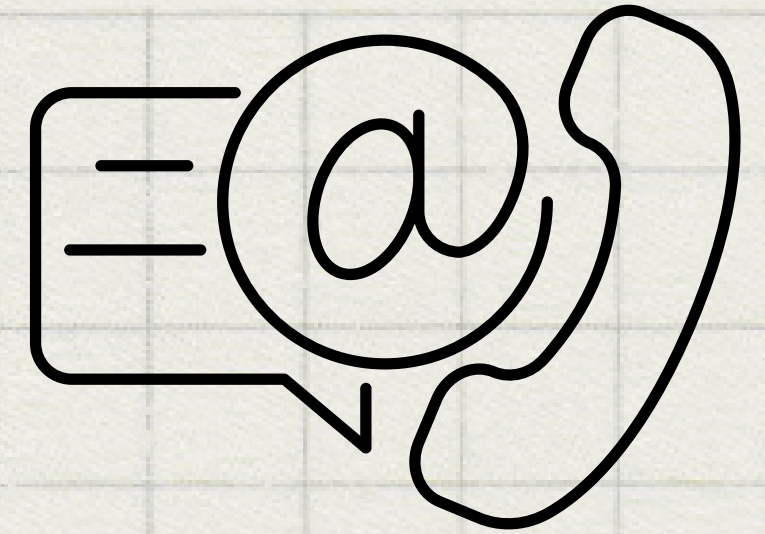
Asociatia Beyond



**Fundacja Sempre a
frente**



CONTACTS



**The project is coordinated by the Spanish org
Asociación de vecinos/as de Meaus**

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ASOCIACIÓN
VECINOS/AS DE MEAUS

