

TRAINING COURSE - INFOPACK

Project YOUTH

EZCARAY, SPAIN

13 - 20 JUNE 2025

(Travel days included)





ACCREDITATION IN THE FIELD OF YOUTH - 2024-1-ES02-KA151-YOU-000223335

About the project

TOPIC: PROJECT DESIGNING

Youth leadership and the ability to engage in activities with younger people are critical because they help build values, develop skills and strengthen communities. Training your leadership skills is vital because:

- ◆ You will improve your personal and social development, become more responsible, and cultivate social skills like empathy and communication.
- ◆ You will motivate and inspire other young people by strengthening their confidence and promoting positive values.
- ◆ You will develop skills for your future career, and management skills.
- ◆ You will help to build a better future, motivate and inspire other young people, and create a sense of community.

Youth leadership not only transforms those who practice it, but also has a positive impact on younger generations and society at large. Are you interested in leading youth activities?



Participants profile

Each organisation will send a group of 3 youth workers

Who can participate?

Youth workers older than 18 years old

Residents/citizens of their respective countries

English level recommended: medium (+B1)

Currently engaged in any social organisation

Lemon network

Many partner organisations are members of the LEMON Network.

This network aims to foster collaboration and cooperation between NGOs based in different European countries.

Together, through "Project YOUTH", we will promote new collaboration opportunities between our organisations in the future.

Daily activities

PROJECT'S SCHEDULE

13th	Saturday 14th	Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	20th
Arrival before 20:30	Introduction	Addressing a problem	Structuring our plan	Making it meaningful	Engaging other stakeholders	Finding our partners	Departure after 8:00
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Getting to know the team	European funding programs	Logical frameworks	Internal and external communication	Bus to Logroño	Finalising drafts	
	Getting to know the NGOs	Diagnosis of social needs	Draft of ideas	Follow-up plans	Project's advocacy	Market of ideas	
	Lunch (restaurant)	Lunch (hostel)	Lunch (hostel)	Lunch (hostel)	Knowing a public body	Lunch (restaurant)	
	Youth participation and mainstreaming	Draft of ideas	Thoughts of the day	Draft of ideas	Traditional lunch	Next steps	
	Thoughts of the day	Thoughts of the day	Teambuilding (optional)	Thoughts of the day	Free time	Final evaluation	
	Free time	Free time	Free time	Free time		Free time	
	Dinner (hostel)	Dinner (hostel)	Dinner (hostel)	Dinner (hostel)		Dinner (hostel)	
	Free night	1st national evening	2nd national evening	3rd national evening	Bus to Ezcaray	Free night	

WHAT ACTIVITIES WILL WE DO?

- ◆ EVERYDAY WE WILL WORK ON EACH PHASE OF A PROJECT DESIGN. AT THE END OF THE DAY, WE WILL DRAFT IDEAS TO APPLY FOR FUTURE REAL PROJECTS!
- ◆ EACH ACTIVITY WILL BE FOCUSED ON THIS LEARNING PROCESS: INFORMATION AND "THEORETICAL PART", PRACTISE/EXPERIENCE, AND REFLECTION
- ◆ EACH ACTIVITY WILL LAST FOR 1:30H

TIMETABLES

- ◆ ACTIVITIES WILL BE FROM 10:00 TO 13:30, AND FROM 15:30 TO 17:30
- ◆ BREAKFAST IS AT 9:00, LUNCH AT 13:45, AND DINNER AT 20:45
- ◆ COFFEE BREAKS WILL BE BETWEEN MORNING ACTIVITIES, FOR 30 MINUTES

DAY IN LOGROÑO, CAPITAL OF LA RIOJA

- ◆ ONE FULL DAY WILL BE IN LOGROÑO (ACTIVITIES + FREE TIME + CULTURAL IMMERSION)
- ◆ WE WILL VISIT THE ERASMUS+ REGIONAL AGENCY IN LA RIOJA. AFTER THAT, WE WILL EXPERIENCE THE TRADITIONAL WAY OF HAVING LUNCH AND DINNER HERE!

OTHER ACTIVITIES

- ◆ WE CAN OFFER LEISURE ACTIVITIES IN THE FREE TIME DEPENDING IN THE GROUP'S LIKES!
- ◆ THREE NATIONAL EVENINGS!



Venue

Accommodation: Cabañas del Hostal el Molino Viejo, Ezcaray

Address: Camino del Molino s/n, Ezcaray, La Rioja

- ◆ We will stay triple rooms, with shared bathrooms.
- ◆ The working room will be located 10 minutes walking from the hostel, at the town hall,
- ◆ Also, we'll have a huge area with many sport fields and plenty of green space!



Ezcaray...

One of the most beautiful towns in our region, La Rioja.

It's quite populated, with many bars, supermarkets, banks and shops.



...and Logroño

The capital city of La Rioja. Full of life during the day and during night.

Here we will visit some of the most touristic sites around the old town.



Economic conditions

No fee!

Accommodation and meals will be fully covered.

Travel budget

SPAIN - 56€ (GREEN TRAVEL)	POLAND - 309€
FRANCE - 285€ (GREEN TRAVEL)	SLOVENIA - 309€
PORTUGAL - 309€	ROMANIA - 395€
ITALY - 309€	LITHUANIA - 395€
AUSTRIA - 309€	TURKEY - 395€

Documentation needed for reimbursement

Flight: Boarding pass and flight reservation (with invoice if possible)

Train/bus/ferry/taxi: Ticket (with invoice if possible)

Metro/urban bus: Physical ticket (original)

Rent car: Invoice and contract

Owned car: Reimbursed cost per kilometer will be 0,26€. Gas ticket from starting destination and from arrival destination needed

Reimbursement procedure

Every participant will have to provide all ORIGINAL documents required to justify their travel costs (please pay attention to the conditions specified before); by email if the document is online, and by postal mail if the document is printed.

Once all the team documentation for each country is correct, we will send a transfer to the sending organisation in each country with the reimbursement. This process normally takes one or two months, depending how long each participant takes in managing all the documentation.

Arrival and departure days

ARRIVAL on the 13th

- ◆ You must arrive to Logroño (From there, a private bus will take us to Ezcaray)
- ◆ Everyone must be at the meeting point before 20:00
- ◆ MEETING POINT: Oficina de turismo de La Rioja (Logroño)
<https://maps.app.goo.gl/AzDd8Y5xoDmTCFQWA>
- ◆ A small picnic dinner will be offered to you at the meeting point

DEPARTURE on the 20th

- ◆ A private bus will take all the group to Logroño, early in the morning.
- ◆ You can start your departure trip on the 28th, at 8:00 from Logroño's stations.

Logroño's bus and train stations are located at the same place
(20 min walking from the meeting point)



Travel guide to Logroño

For those participants flying, we recommend to land in Bilbao, Madrid or Barcelona.

FROM BILBAO TO LOGROÑO

Take bus A3247 from the airport to the bus station. It takes around 30 min.

From Bilbao the best option is taking a bus.

The bus company operating the line is Cuadibus. Buy the tickets here:
<https://cuadibuslineas.com/en/>

FROM MADRID TO LOGROÑO

There are direct buses from Barajas Airport to Logroño. No need to get to Madrid.

From Madrid Airport the best option is taking a bus.

The bus companies operating the line are ALSA and JIMENEZ. But tickets here:
<https://www.alsa.com/en/web/bus/home>
<https://jimenezmovilidad.es/>

FROM BARCELONA TO LOGROÑO

From Barcelona Airport Terminal 2, train line R2 Nord to Sants Station.

From Barcelona you can take a train from Sants Station, or bus from Sants and Nord Stations:

The train company is RENFE. But tickets here:
<https://www.renfe.com/es/en>

The bus company operating the line is ALSA. Buy tickets here:
<https://www.alsa.com/en/web/bus/home>

Contact

Email: mobility@gantalcala.org

Whatsapp: +34 623959192

Instagram: @gantalcala

Deadline to apply as participant:
25 of MAY

**This is what we
do, and we really
love it.**

