

**PREPARATION PACK
EUROPEAN TRAINING COURSE**

**SHE-
NARRATOR**
FEMINISM, DIGITAL COMMUNICATION & SOCIAL CHANGE



With the support of the
Erasmus+ Programme
of the European Union



Ajuntament de
Sant Just Desvern



Dear partner organizations,

We are implementing our project called "Shenarrator: feminism, digital communication & social change" and it consists of one European Training Course implemented by the City Hall of Sant Just Desvern, which will be held in Sant Pau d'Ordal on **November 2021**.

- **Countries:** 5 countries (including Spain)
- **Participants:** 10
- **Age of participants:** 18+ (to ensure an intergenerational training we would like to have different age ranges)
- **Place:** Sant Pau d'Ordal, Spain
- **Days of activity:** 7 days (including traveling days)
- **Time:** 8th - 14th November 2021
- **Participation fee:** No participation fee

PROFILE OF PARTICIPANTS

Youth workers from the public and private sector, heads of NGO's that actively work in the field of youth, teachers, youth leaders and young adults from non-formal groups that would like to learn about feminism, digital communication and social change.

SHORT DESCRIPTION

We believe in the importance of narration as a force of change. And so, we (have as a must to analyze) the narration heritage that we have received and the one we give to future generations. That's why it's important to ask ourselves who the narrator is and how do they explain reality. Throughout this training course we want to put in the center those voices that have been hidden. The objectives of this project are:

- To show female models in the cultural narration of the European countries participating in the project.
- Raise awareness of the importance of the message with a gender perspective.
- Encourage the participant's capacity of creation and give them narration tools.
- Promote and protect the validity of female narration as a reflection of the reality of each participating country.
- Motivate critical thinking in order to promote points of view that have

not been duly validated so far.

- Take responsibility that we are all the narrators of the sociocultural reality of the moment.
- Show and value the current paradigm of women as narrators today, through modern communication channels (social networks, television, radio, press ...).
- Think about female narration as a reference for social changes.
- Give participants tools of creation, reflection and digital literacy useful in their daily work with their young people.
- To raise awareness of the educational power of messages generated through social networks.

RESPONSIBILITIES OF YOU AS A PARTNER ON THIS PROJECT

- Promoting the project among your organization members
- Selecting the participants from your country
- Preparing the selected participants before the training course
- Doing dissemination of the project results through your social networks, webpage...
- Doing the evaluation to capture the impact done by the project

ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY

DAY 1

AM	Arrival day
PM	Informal Welcome

DAY 2

8:30-9:30	Breakfast
10:00-11:00	Official presentation of the project
11:00-11:30	Participant's introduction
11:30-12:00	Coffee break
12:00-12:30	Fears & expectations, rules & questions
12:30-13:30	Youthpass introduction
13:30-15:30	Lunch
15:30-17:00	Basic concepts
17:00-17:30	Coffe break
17:30-19:00	Feminist Trivial
19:00-19:30	Critical reflection
20:30	Dinner + Intercultural night (Catalonia)

DAY 3

8:30-9:30	Breakfast
10:00-11:30	The feminine side of the museum (Dynammmics)
11:30-12:00	Coffe break
12:00-12:30	The feminine side of the museum (Critical reflection)
12:30-13:30	The creator of her
13:30-15:30	Lunch
15:30-17:00	The social revolution
17:00-17:30	Coffee break
17:30-19:00	Influenced
19:00-19:30	Critical reflection
20:30	Dinner + Intercultural night (Poland)

DAY 4

8:30-9:30	Breakfast
10:00-11:30	The history of tomorrow: COVID-19
11:30-12:00	Coffe break
12:00-12:30	Introduction to narrative techniques
12:30-13:30	Cluedo (Preparation)
13:30-15:30	Lunch
15:30-17:30	Cluedo (Game)
17:30-19:00	Creative processes + Campaign I (Introduccion)
19:00-19:30	Reflection
20:30	Dinner + Intercultural night (Germany)

DAY 5

8:30-9:30	Breakfast
10:00-11:30	Campaign II (Creation)
11:30-12:00	Coffee break
12:00-13:30	Campaign III (Execution)
13:30-15:30	Lunch
15:30-20:00	Free Time
20:30	Dinner + Intercultural night (Croatia)

DAY 6

8:30-9:30	Breakfast
10:00-11:30	Campaigns' presentation
11:30-12:00	Coffee break
12:00-13:30	How do we do it in my organization?
13:30-15:30	Lunch
15:30-17:00	Youthpass session
17:00-17:30	Coffee break
17:30-19:30	Evaluation and project closure
20:30	Goodbye dinner + Intercultural night (Estonia)

DAY 7

AM	Departure of participants
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THE VENUE

We will be accommodated in a very beautiful venue that is surrounded by a calm area of nature where you can find some rest. The area is not that far away from Barcelona. Around 40 km from the city center.

The accommodation will be simple.

- Participants will be sharing rooms with 2-3 people from different nationalities. Most of the time the rooms have their own bathroom.
- We will be the only group in the house. We will learn and have fun together and share our culture and ideas.
- Food will be provided by a catering company and people who are vegetarian or eat hallal or have allergies etc. the caterer has of course other options for you if you have announced this in advance.
- Everything will be up to us, meaning that everyone should help with something. Whether it's setting up the dining tables, helping with the workshop room setup, or just taking care of the house as if it would be your own.
- There are also places outside where you can sit peacefully and enjoy some fresh air.
- The most important thing is that it's a place to relax and where you can focus on the nice activities we have planned and where you can calm your mind.

This is the website if you want to see or know more <http://calmasana.com/>





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NATIONAL EVENINGS

Each national team will have the chance to present their culture one evening. You can bring some national food and drinks that you would love to show to the rest of the group.

You should also decide how else you want to present your country, it can be through dance, games, quizzes or anything else. This will be chance for you to present your country, tradition, culture and everything else that you want to share with the rest of the group.

WHAT TO BRING WITH YOU

- Health insurance - don't forget to bring your European Health Insurance Card if you are from EU country or other type of insurance if you're not from the EU.
- All tickets, boarding passes (don't throw any of them away because you will need to send them to us after the exchange.) If you lose any of the tickets or boarding passes, we won't be able to reimburse you for those tickets.
- Toiletry including any medication that you are using. Bedsheets and towels will be provided at the place where we will stay.
- If you need to wash something then that is possible because there is a washing machine available.
- Bring your laptop and your phone with their chargers if you're able to because you're going to need them.
- Passport or ID card, money if you want to buy souvenirs during the trip, etc.
- Food and materials for your national evening – as explained in the previous section.
- Of course your smiles and your positive and feminine energy

FLY RULES FOR EACH COUNTRY (COVID-19)

To get to Spain: To get to Spain you need to fill in a health check form that will give you the QR-code you will need to get into Spain. This you can do with the SpTH-app. This form needs to be filled in max. 48 hours in advance.

To get back:

Spain

You need a TRANSIT- QR code that you can get with the SpTH-app. It's to proof that end destination is international.

Estonia

Normally when you come back you need to be in an isolation of 10 days. But you can avoid this by taking 2 negative PCR-tests. The first one has to be taken immediately when you arrive. You will stay in quarantine until both of your test results return negative.

Poland

(The Ministry of Foreign Affairs calls for the avoidance of international travel that is not strictly necessary.) Normally when you come back you need to be in an isolation of 10 days. But you can avoid this by taking a negative PCR-tests. This needs to be taken 48u from the territory of a Schengen Country, an EU Member State. You will stay in quarantine until both of your test results return negative. You will also need to fill in a travel document ["Traveller Location Card"](#).

Croatia

- A vaccination certificate
OR
- Certificate showing that they have recovered from COVID-19 and have received one dose of vaccine within eight months from contracting the disease, provided that the vaccine was administered less than 270 days from their arrival at the border crossing point.
OR
- Positive PCR test result or rapid antigen test result, confirming that the holder recovered from the SARS-CoV-2 virus infection, which was performed in the previous 270 days and which is older than 11 days from the date of arrival at the border crossing point.
OR
- Negative result to a COVID-19 test. Both PCR and Rapid Antigen tests (RAT) are accepted. Validity: PCR test results must not be older than 72 hours, RAT test results must not be older than 48 hours. The RAT test must be listed in the Common list of rapid antigen tests recognized by the Member States of the European Union.

Germany

The same rules as for Croatia but RAT tests are not allowed.

TRANSPORT

When you arrive at the airport in Barcelona you will take a bus at Aeroport Terminal T1 (the A1) to

Pl. Catalunya - Andana Central then you walk 2 minutes to Catalunya the train station. From there you can take a train (the R4) to the station Lavern Subirat. That is the nearest station to the venue. There Aroa, the project manager, will come and pick you up at the train station.

Here you have the link the steps on google maps:

<https://www.google.com/maps/dir/Aeroport+T1,+08820,+Barcelona/Lavern-Subirats/@41.3844535,1.8295988,11z/am=t/data=!4m15!4m14!1m5!1m1!1s0x12a49e76b086e47f:0x2a83f52eaed2b38c!2m2!1d2.0714349!2d41.2881961!1m5!1m1!1s0x12a47c8e7a2a0bb1:0x-401ce587e413c221!2m2!1d1.7682179!2d41.3956925!3e3!5i2>

These are the maximum travel costs for 2 persons for each country. Every extra's that are spend will be own funds. This is something that will be arranged with your organization.

	Maximum income	Participant 1	Participant 2	Real expenses
Spain	100€			
Germany	550€			
Croatia	550€			
Poland	550€			
Estonia	720€			
TOTAL	2.470€			

REIMBURSEMENT

Reimbursement will be done after the end of the exchange, after completing all three tasks:

1. Participating on the whole exchange, respecting all rules of the house and the exchange
2. Sending all tickets and boarding passes after the exchange. You need to keep all original tickets and after the exchange you'll get email in which it will be explained what you need to do
3. Doing the dissemination of results and sharing what you learned after returning home. We will explain the dissemination of results in more details during the exchange.

The reimbursement procedure is further explained in a document that you can find in the attachment at the end of this document.

**For further questions don't hesitate to contact us.
Looking forward to seeing you soon!**

Aroa Carmona
Project manager

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ATTACHMENT

Expenses SHENARRATOR				
	Travels (from point to point starting from the first taken from home)	Means of transportation (plane, bus, train)	Price of ticket (100%)	
			In local currency	In euros
	Total amount			

REIMBURSEMENT FORM

- For calculating foreign currencies in Euros, please use oanda.com and adjust the currency and date when the purchase of the ticket happened.
- Please make chronological order of the travels

Bank details

Account holder

IBAN

BIC/SWIFT

Name and address of financial institution

I hereby confirm that the invoices are original and I take full responsibility in case there is misuse or alteration of the documents provided.

Name, surname and country

Date and place

Signature



**“FOR MOST
OF HISTORY,
ANONYMOUS
WAS A WOMAN.”**

VIRGINIA WOOLF