

Training Course

Reconnecting 'U'th

Serrada de la Fuente, Spain
June 19 - 26, 2025



Co-funded by
the European Union

Project overview

In recent years, the increasing digitalization of society has highlighted the need to share good practices and create tools that promote a more responsible and conscious use of new technologies among young people. It has also prompted reflection on the role of organizations working with youth in this area. It is essential to connect digitalization with ethical reflection, considering both the growing consequences—such as addiction, isolation, and dependence—and the advantages and benefits it offers society, including in the field of youth work.

We are developing this Training Course for youth workers. Youth and adolescence are times of change. Many young people face transformations with insecurity, fear, rebellion or uncertainty. Therefore, it is also an ideal age to work on self-esteem with them, since the quality of life of their adulthood can improve a lot. We believe it is important to analyze the responsible use and ethics surrounding new technologies, as well as to examine the consequences of prolonged use among young people (social media, video games, etc.), and how these affect their well-being as individuals. In this way, we can continue focusing on how to create learning spaces that support young people in reaching their full potential.

In Parkeri we can bring a space that help the youth workers understanding their own point of view and their own approach towards working with young people topics related to non-formal education in digitalization and to the use of IT and social media, supporting the youngsters in finding a healthier way to connect with themselves and with others.

Even though this Training Course is not about getting recipes that can be used in whatever the context and it's not related to psychotherapy or psychological support in developmental psychology, we are going to work in ourselves as youth workers feeling the process in a deeper way than the cognitive one (also in a corporal and emotional way), we are going to start to BE AWARE of the things that happen to us with the digitalization, IT, social media, video games, internet and we are going to reflect about our personal approach supporting the young people we are working with in those areas.

Project information

Objectives:

The main objective of this training course is to be more aware and better prepared to promote a responsible and critical use of new technologies in their non-formal education activities and internal team work, as well as being more capable and equipped to support the young people they work with in making conscious use of new technologies.

Participants will:

- Work on themselves as the main resource as youth workers
- Deepen their self-knowledge and self-awareness
- Analyze their strengths, achievements, areas for improvement and goals as youth workers, especially connected with digitalization and mental health
- Share and exchange personal experiences, failures and good practices, focusing on healthy use of IT
- Experience nature and outdoor activities as a key to balance the overuse of digital devices
- Find inspiration and ways to create local initiatives at work with young people
- Learn and put into practice self-care when participating in social media
- Develop their approach in implementing self-esteem sessions with young people connected to social media
- Increase their self-compassion and compassion as youth workers, particularly in social media and in promoting no hate speech
- Create a network of youth workers from different countries and regions in order to exchange good practices, tools and resources

Methodology:

We would like to use different types of activities to bring a combination of experience, reflection and finding possible solutions for one's own practice. These activities will include:

- Outdoor activities
- Theatre
- Activities in nature and with animals
- Time for personal discovery
- Experiential learning through 24h without IT
- Sharing experiences and good practices
- Group discussions
- Peer learning: listening and feedback activities
- Non-violent communication
- Meditation and mindfulness techniques
- Movement, physical touch and corporal practices

Travel information

Arrival (19/06/2025): Maximum Madrid flight arrival hour recommended at 20h, to take the bus from Plaza Castilla (Bus Station Madrid) to Buitrago de Lozoya.

How to arrive from Madrid airport to Buitrago de Lozoya?

Participants should arrive by themselves to Buitrago de Lozoya, which is a village nearby Serrada de la Fuente. Once in Buitrago de Lozoya, the team will pick them up with a car to take them to the hosting place.

From Madrid airport to Buitrago de Lozoya:

How to arrive Madrid – Buitrago de Lozoya

Take the Metro, Line 8 to Nuevos Ministerios. Then change to Line 10 to go to Plaza de Castilla.

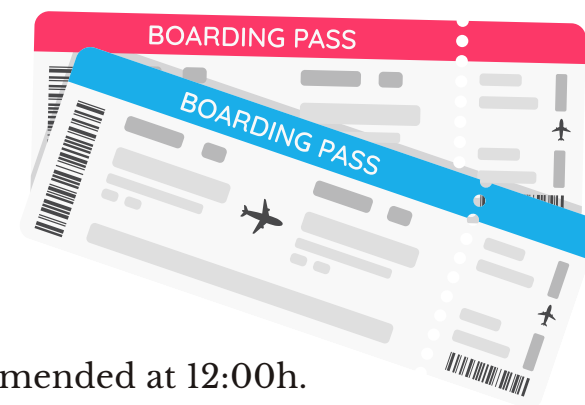
From Plaza de Castilla, take a bus (line 191) to Buitrago de Lozoya.

Departure (26/06/2025): We will leave after breakfast. Minimum Madrid flight departure hour recommended at 12:00h. The team will leave participants in Buitrago de Lozoya.

Bus Hours for Arrival and Departure from the Airport:
Bus Timetables

Deadline for all the travel tickets to be bought: 2025, June 4th

Once you have confirmation from your organization, you don't have to wait until 04/06/2025 to do it, and do not forget to ask for invoices when you buy the tickets!



Financial Conditions

This project is financed by the Erasmus+ Programme, under the action: Key Action 1 – Mobility of Youth Workers.

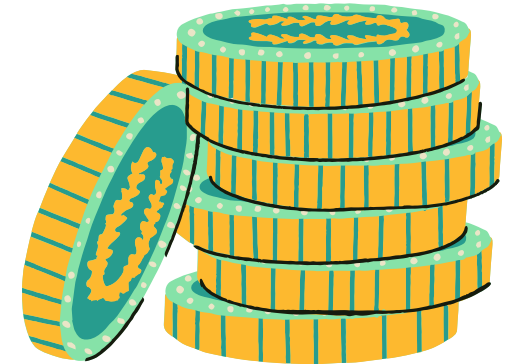
The participants that you as partner select for this training course will receive accommodation and meals during the training. We will not include any participation fee and we will try to keep the budget inside the E+ limits even considering the increasing of prices in accommodation and meals.

The travel should be arranged by the participants and it will be covered by the Erasmus+ Programme, following the rules defined by this programme (trip covered until a fixed quantity, provided in tables according to the distance between the city of the participant and the venue in Serrada de la Fuente (Madrid – Spain)); distance calculated with:

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

Important!

💡 If the participant exceeds the travel budget, he/she will have to pay the difference. The cheaper he/she gets the trip, the better. Reimbursement will be done in EUROS regardless of the mentioned currency in tickets, receipts, and invoices. All tickets purchased in any currency other than EURO will be converted and calculated according to the exchange rate of the day in which the agreement of approval was signed (between Parkeri and Spanish National Agency).



Reimbursement

Reimbursement will be done through bank transfer after the activity if all the project conditions and rules have been followed:

A) If participants travel by bus, train or plane:

To receive reimbursement, they need to provide us with all the original tickets of transportation modes (plane, train, or bus) that are used during your trip from the departure city/town to Madrid. These include:

- Receipts
- Boarding passes / travel tickets
- Invoices

Train and buses are considered green travels. Use them when possible.

As soon as participants book their tickets, we'll need the time and travel details and all the documents necessary for reimbursement (invoices when buying, booking reservations, etc.). Participants should send them by email to info@parkeri.org

B) If participants travel by car:

Due to Erasmus+ Green Travels, we can reimburse car-pooling or car-sharing. Minimum for considering green travel: there must be 3 people per car.

The more people you share the car with, the better (please if you use this transport mode, confirm with us first to support you). We will make a receipt with the money amount for you to sign once you are here.

Please, consider that we are going to pay 0.21€ per kilometer.

If participants are coming by car, the meeting point will be maximum at 19:00 at Serrada de la Fuente, Puentes Viejas, Madrid.

Participants can arrive or depart 2 days before and/or after the activity.

✗ We cannot reimburse:

- Travel costs without these original documents
- Taxi, Uber, Cabify, Bolt... or external people bla-bla car



The Venue

Serrada de la Fuente is located one hour and a half away from Madrid city center. It is a quiet village in the mountains and surrounded by nature.

![Foto del luogo]

It doesn't have any shops and there is only 1 bar, so please bring with you everything you need (tobacco, toothpaste, cash, medicines, etc.).

There is no pharmacy or ATM.

(Of course, we have cars for any emergency.)

Participants will be hosted in accommodations with shared rooms and shared bathrooms.

Each room will be shared by 2–3–4 people.

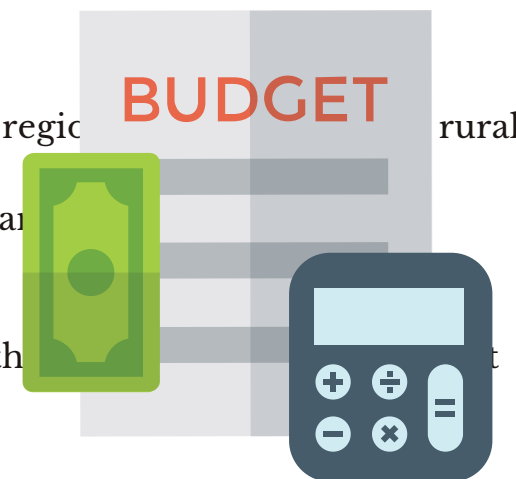
We decided to host the activity in this location mainly to give life to the most deserted rural areas of the region. The activity being located in a rural area of Madrid Sierra Norte made sense for us.

We are going to be in the mountains, 1050 m altitude. Most days will be very warm during the day and can be cold at night.

You can check the weather here:

<https://www.eltiempo.es/serrada-de-la-fuente.html>

Food and accommodation will be 100% covered during the training dates (starting with dinner on the 19th and ending with breakfast on the 26th).



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You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

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