



From seed to leadership

Erasmus+ Seminar

30th April to 6th May. Nava, Asturias

deamicitia





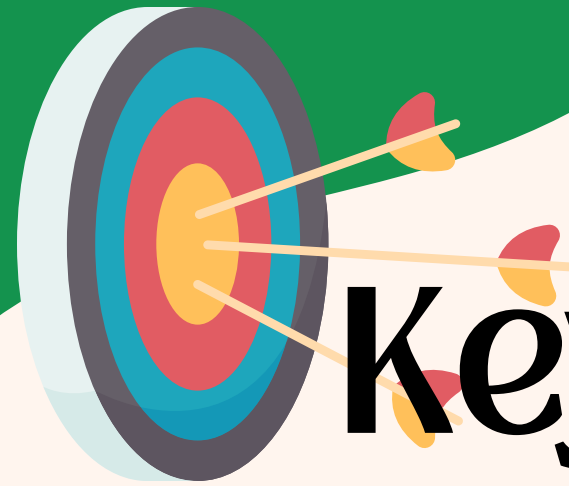
Overview

This seminar is a hands-on training experience for youth workers and camp leaders who already work with young people. It focuses on improving leadership skills and developing important soft skills to make youth work more effective. Participants will share best practices, learn new strategies, and discover fresh ideas to use in their daily work.

The seminar is located in the mountains of northern Spain, which brings a peaceful, green environment that encourages personal connections and meaningful experiences in nature while maintaining an international atmosphere. Therefore, a key focus will be on hosting sustainable initiatives and promoting eco-friendly youth engagement.

In addition to developing leadership skills and discussing strategies, participants will have the opportunity to explore the natural surroundings, fostering a strong sense of community. This shared experience will create a solid network, opening doors for future collaborations.

By the end of the seminar, participants will feel more confident, better equipped to work with young people, and inspired to make a positive impact in their communities.



Key objectives

1

Strengthen Leadership

Enhance participants' leadership skills for effective youth work.

2

Develop Soft Skills

Improve communication, teamwork, and problem-solving abilities.

3

Share Best Practices

Exchange experiences and discover innovative youth work strategies.

4

Promote Sustainability

Encourage eco-friendly practices in youth engagement.

5

Build Networks

Foster international connections for future collaborations.

6

Boost Confidence

Inspire participants to make a positive impact in their communities.



What is De Amicitia?

De Amicitia, a non-profit and non-political NGO registered since 1998, provides volunteering opportunities for people of all ages in both local and international projects. Specializing in international volunteer camps focused on local development, environmental conservation, and social work, the organization uses non-formal education as a key tool to achieve its goals.

In addition to workcamps, De Amicitia hosts and participates in international youth exchanges and seminars centered on social initiatives, development, peace, and human rights. Accredited to the Erasmus+ and European Solidarity Corps programs as a sending, hosting, and coordinating entity, De Amicitia operates within a broad network of Town Councils, Youth Centres, Universities, Associations, and Individuals across Spain, particularly in Valencia, Madrid, Asturias, the Canary Islands, Andalusia, and Navarre.

As part of these European programs, it collaborates with various National Agencies, including INJUVE in Spain, to strengthen its impact and reach. The organization also engages in concerts, campaigns, and advocacy efforts to promote its mission and raise awareness.

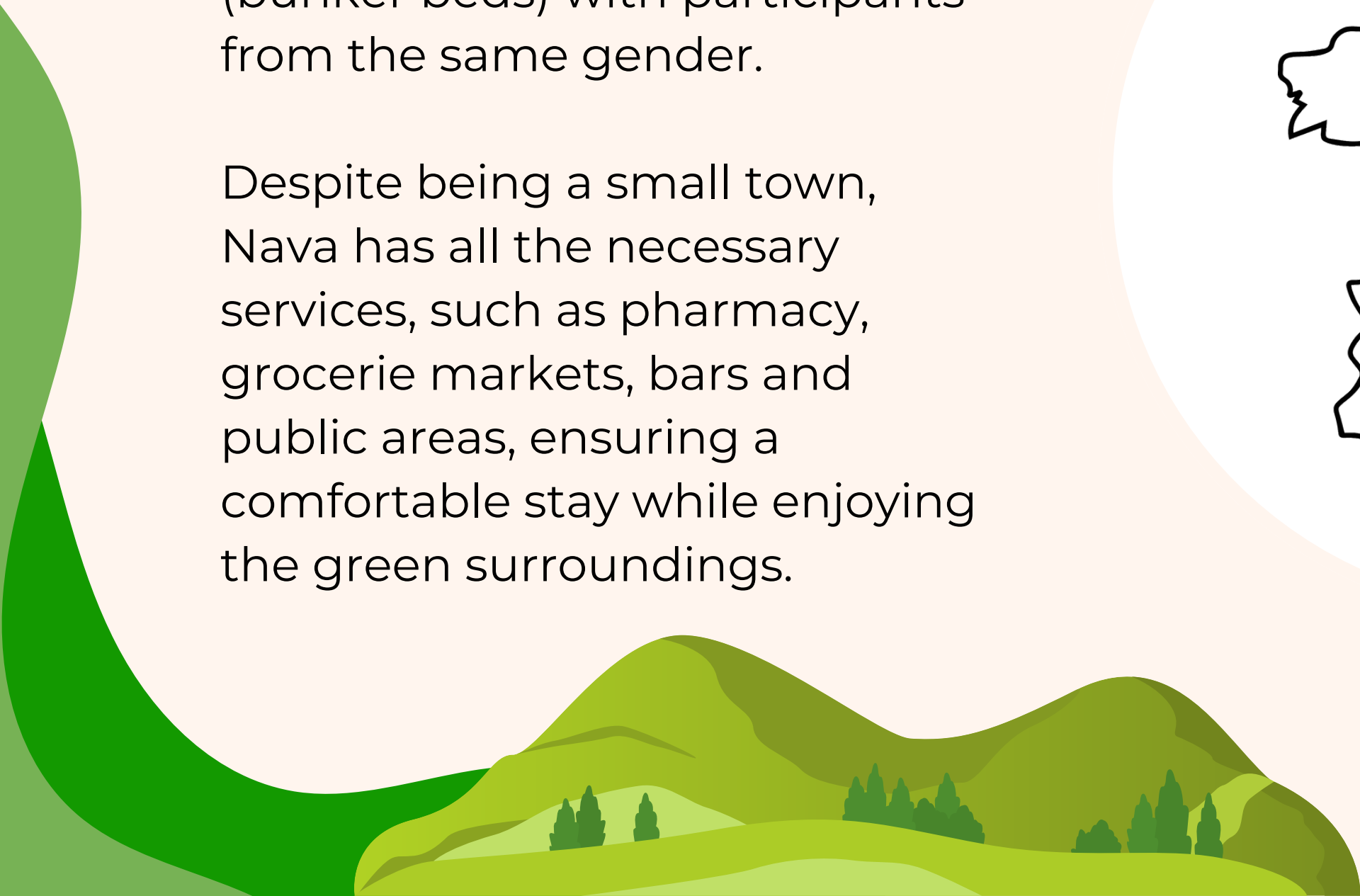
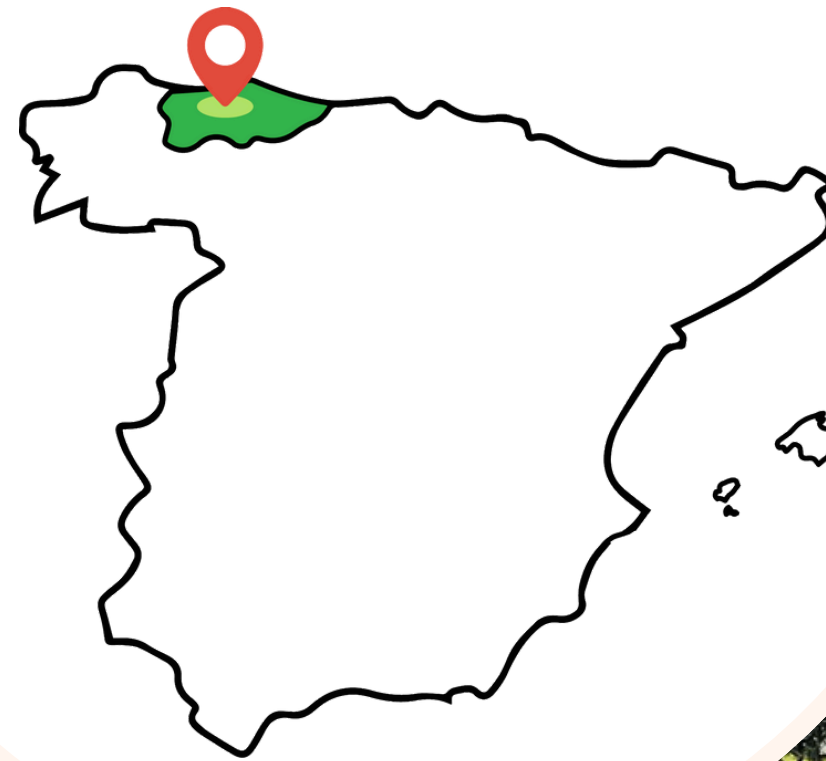


Accommodation

Participants will stay in a cozy accommodation in the rural town of Nava and share rooms (bunker beds) with participants from the same gender.

Despite being a small town, Nava has all the necessary services, such as pharmacy, grocery markets, bars and public areas, ensuring a comfortable stay while enjoying the green surroundings.

Nava, Asturias





Transportation



Arrival Meeting point:
Oviedo Bus station
30th April - 18:00h

Please, we will ask you to arrive before 18:00h. One of the coordinators will be waiting for you to bring the group to the venue in Nava, so it's important to move together.

Departure drop:
Oviedo Bus station
6th May - 10:45h



We recommend all participants to book their way home after 10:45h from Oviedo, to ensure that we can organize the way back.

How to get to Oviedo

By plane to Asturias (OVD)

Once you arrive to the airport (it's very small), you must go outside and take **a bus that will bring you directly to Oviedo Bus station**. There are buses usually every 30 min, and the bus ride takes 45 min to arrive to Oviedo. You can find the bus details here: [Alsa website](#)

By plane to Madrid (MAD)

Once in Madrid airport, you have two options:

1. **Bus to Oviedo.** It departures directly from the airport. There are buses every 1-2 hours, and take 6 hours to arrive to Oviedo Bus station. Check [Alsa website](#) for the details.
2. **Train to Oviedo.** You will need to get to Madrid city center. There are 6 trains per day, and it takes 3:30 hours to Oviedo train station. From there, it's 7 min walk to arrive to Oviedo Bus station. Check [Renfe website](#) for the details.

If you cannot arrive it at 18:00 on 30th April by any means, please reach out any of the two coordinators and we will help you plan your trip. We thank and appreciate participant's punctuality at the meeting point <3



Expected weather

The weather in Nava, Asturias is expected to be mild and variable, with daytime temperatures from 13°C to 20°C and night temperatures between 7°C and 11°.

Rain and cloudy skies are common, but also sunny moments. You can expect weather variations.



What to bring

- **SLEEPING BAG**
- Comfortable clothes according to the weather variations
- Comfortable shoes
- Hiking boots (best option for outdoors activities)
- Backpack
- Raincoat
- Reusable water bottle
- Warm jacket
- Sunglasses, sunscreen and hat (yes, contradictory 😊)
- Toiletries: toothbrush, toothpaste, shampoo, soap, etc.
- Towels, hairdryer if needed
- Food/drinks/cultural Items from your country
- Your needed medication if necessary
- European Insurance Card and ID/Passport
- A happy mood and an open mind ❤️

Travel Expenses and Reimbursement

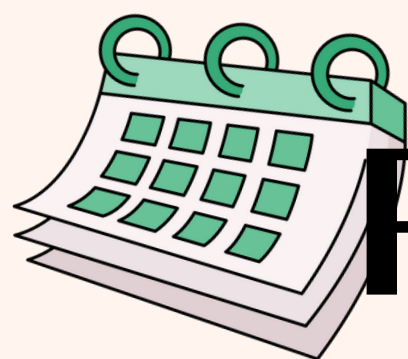
- This project follows the 2023 European Solidarity Corps (ESC) funding rules, meaning that your travel costs will be reimbursed according to ESC guidelines in the picture.
- The reimbursement of transport costs typically takes place after the project has been completed, all required documents (original travel tickets, proof of payment and reimbursement form) have been submitted and the participant has returned to their home country. De Amicitia will provide you a Drive folder to upload your documents.
- After approval, the reimbursement is typically processed and paid directly to the participant's bank account. This can take several weeks to a couple of months, depending on the organization. For us, it will be between 1-2 weeks after the project if there are not complications.

Travel distances ⁵⁰	In case of standard travel
Between 10 and 99 KM:	23 EUR per participant
Between 100 and 499 KM:	180 EUR per participant
Between 500 and 1999 KM:	275 EUR per participant
Between 2000 and 2999 KM:	360 EUR per participant
Between 3000 and 3999 KM:	530 EUR per participant
Between 4000 and 7999 KM:	820 EUR per participant
8000 KM or more:	1500 EUR per participant

Important Notes:

If you are unable to pay for the ticket upfront, we can advance part of the travel cost if the reason is properly justified. Please reach out to us for more details and to arrange this.

The money to be received will be calculated according to the distance ONLY using [Distance Calculator - Erasmus](#). While Google Maps can provide a good estimate for travel routes, the European Commission specifies that the straight-line distance (the shortest distance "as the crow flies") is used, which is different from the driving or walking distances that Google Maps shows.



Proposed Agenda

Calendario actividades - From seed to leadership. Erasmus+ seminar								
	Wednesday 30	Thursday 1 (bank holiday)	Friday 2	Saturday 3	Sunday 4	Monday 5	Tuesday 6	
09:00 - 09:45	Arrival	Breakfast						
10:00 - 11:30		Get to know each other	World Café. Trainer qualities. Problems and difficulties		FREE DAY Option 1: Hike in the surroundings (w. Jose and Laura) Option 2: Travel to Oviedo/Gijon Option 3: Rest at the venue	Visit to Museo de la Sidra, a traditional Asturian rural museum	Best practices to encourage sustainability in projects. Gymkana	
11:30 - 12:00		Break		Departure				
12:00 - 13:30		Fears, expectations, contributions. House rules	4 styles of leadership in projects					
13:30		Lunch				Lunch		
16:00 - 17:30		What's Erasmus+? What's De Amicitia? Why are you here?	Creativity sessions vol.1			True leadership workshop	Final reflection. Evaluation & share	
17:30 - 18:00		Break				Break		
18:00 - 19:00		Local realities	Creativity sessions vol.2			Self-confidence session	Erasmus+ evaluation. Paperwork & cleaning the venue	
19:00		Reflection	Reflection			Reflection		
20:30		Dinner						
	Welcoming of participants. Venue tour. Night games	Traditional asturian night	Intercultural night! Food, drinks and traditions from the represented countries			Movie night/board games	Warriors of Karaoke	Farewell party

Activities might vary according to people's interest or outside weather conditions

Contact

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Thank you
for coming!