



# INFOPACK

## LE POUVOIR DE LA JEUNESSE. THE POWER OF YOU(TH).

Training Course  
30/10/2023 - 05/11/2023

- Châtillon sur Indre - France



Co-funded by  
the European Union

# TRAINING COURSE

## LE POUVOIR DE LA JEUNESSE. THE POWER OF YOU(TH)

This is a training course for youth workers and those who wish to become youth workers. They acquire skills and tools that will enable them to act effectively as mentors to young people.

### **It is based on 2 mobilities:**

- 1- In France, in Châtillon-sur-Indre from 30 October to 5 November 2023.
- 2- In Greece in Athens in February 2024

Each one lasts 7 days (5 working days and 2 travel days) and brings together 20 participants from 10 countries representing a significant geographical, historical and cultural diversity. Participants commit to participate in the 2 projects, and must be over 18 years old. There is no participation fee to pay to be a participant in this project !

The method is based on non-formal education, dialogue and intercultural exchange. Participants cooperate by exchanging their good practices, their points of view and their experiences.



## GOALS

- To contribute to improving the quality of socio-educational activities through tools and a methodology conducive to helping young people in society to dare, trust and/or bounce back ;
- To develop life forces by encouraging and accompanying vocations in the field of youth work;
- Strengthen the role of youth workers and socio-educational organisations;
- Intensify the international dimension of youth work.

## ACTIVITY AND METHOD-

Through workshops, animations, simulation games, role-playing... youth workers acquire skills and tools to act as effective mentors for young people.

They are supported and encouraged in their societal commitment through positive thinking, problem solving and proactivity.

They acquire tools and strategies that will enhance their effectiveness in their daily work with young people. In this way, they will learn how to illuminate their life path:

- by making them aware of their knowledge, talents and skills;
- By developing attitudes and skills such as motivation, self-confidence and resilience;
- By leading them to convert their potential into opportunities and thus to perceive the world and their future differently.

During this first mobility, participants acquire tools and methods that will be put into practice during the second mobility.

« Young people need to be taken seriously »

Hermann Hesse

## WHERE ?

- Châtillon sur Indre - France

Châtillon-sur-Indre is a French commune located in the Indre department, in the Centre-Val de Loire region.



## THINGS TO KNOW :

Time zone:  
(UTC+02:00 / Summer Hours)

Weather:  
October / November is in Autumn. The temperature is around 6 to 14 °C.  
Mornings and evenings can be very cold.

Currency: France uses the euro as a currency.

Electricity: France has the 230-Volt AC  
with 2 pin electricity plug.  
Make sure to bring your adaptors if necessary.

# WHAT TO BRING

## TICKETS

Please, bring all invoices and receipts of your tickets, where we will be able to find your first and last names, dates of the trip and price of the tickets. We also need your boarding passes. So please don't throw them away and be accurate and careful with your tickets. We need them for the reimbursement.

## THE RIGHT CLOTHES

The weather in France can be cold during the day, especially in the morning and the evening. Also, it might rain during the training.

We will walk a bit, so take some comfortable shoes.

Be prepared and check the weather forecast a couple of days before the training.

For example, here:

[www.weather.com](http://www.weather.com)

## INTERCULTURAL NIGHT

We will have the intercultural night open to some guests !

For this purpose please bring your favourite national snacks, sweets, drinks or even costumes and anything else you would like to present, and share with the group like music, dances...

## HEALTH INSURANCE

European medical insurance card or any other medical insurance that is valid in France.

All personal medicines that you need.

You are responsible for your own health.

## CASH

Bring some Euro cash for your personal needs, even if generally, shops, cafes, transport means and other small services can accept credit cards.

## INFO OF YOUR NGO

For contact making activities bring prospects or any other promotional material of your organisation

## TOWELS

Please, bring your towels and cosmetic items.

**BRING YOUR GOOD MOOD, ENERGY AND MOTIVATION !**

# ACCOMMODATION

Participants will be welcomed in the accommodation center located: ;

*29 rue de Bellevue  
36700 Châtillon sur Indre*

## RESPONSIBILITY

Don't forget that you come as youth leaders and workers to this project, you are representatives of the partner organisations and you act responsibly and with respect to the learning process, group, cultural differences, laws of the country, rules of the venue and organisers.

## FOOD AND ACCOMMODATION

Be prepared that we will not stay in the hotel, it is a hostel.

The budget of Erasmus+ Youth mobilities projects is very limited and we can't book a hotel and to provide restaurant meals.

However it is clean and cosy with a lot of different activity rooms and garden outside.

The food will be basic and delicious French food, nobody will be hungry.

If you have any dietary restrictions, **please email us before October 10th.**

Let us know what your specific diet is. (Vegan, vegetarian, without pork...)

It is not possible for us to manage allergies.

The participants concerned must be able to manage the problem themselves, and guard against the necessary drugs.

## WIFI

Please bear in mind that the WiFi in Châtillon is usually of a bad quality, especially when all connect together. At the hostel it is slow and it works only in some areas. As we now have free roaming in Europe, check with your mobile provider, you should have free roaming data everywhere in Europe.

Keep in mind, though, that the connection we really need will be between all of us.



## A FEW WORDS FROM ...

Find words that can be useful in this country that will welcome you for these few days !

Hello, good morning : Bonjour

Good evening : Bonsoir

Good night : Bonne nuit

Thank you : Merci

Please : S'il vous plait

Good bye : Au revoir

Yes / No : Oui / Non

Excuse me / Sorry : Excusez-moi / Pardon

My name is : Je m'appelle...

How are you ? : Comment ça va ?

I am Fine : Ca va bien

I don't feel well : Je ne me sens pas très bien

See you soon : A bientôt

I'm vegetarian : Je suis végétarien

Water : Eau

Where are the bathrooms : Où sont les toilettes ?

I want to go ... : Je voudrais aller...

How much money is it ? : Combien ça coûte ?

I understand : Je comprends

I don't understand : Je ne comprends pas

# PREPARATION

We ask each delegation to prepare in advance:

An introduction, in the form of its choice (video, PowerPoint, staging...).

This involves a very brief presentation of the partner organisation, its country and each participant.

Including a study on the global situation of young people in its country, in their region and their ability to project themselves into the future.

## DEAR PARTICIPANTS

Don't forget that you are engaged to take part in two mobilities :

The first one :

In France, in Châtillon sur Indre from 30 October to 5 November 2023.

The second one :

In Greece in Athens in February 2024.

During the first mobility, participants acquire tools and methods which they put into practice during the second mobility by developing action plans, activities, modules, to be used in future youth exchanges.

**Looking forward to seeing you soon !**



## CONTACT :



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FACEBOOK :

<https://www.facebook.com/europe.berrytouraine>

INSTAGRAM :

<https://www.instagram.com/europe.berry.touraine/>

## COMMUNICATION :

It is very important that all participants follow us now on our social networks:

Site: <https://www.europeberrytouraine.fr/>

Facebook : <https://www.facebook.com/europe.berrytouraine>

Instagram : <https://www.instagram.com/europe.berry.touraine/>

Youtube : [https://www.youtube.com/channel/UCn8XQFQ3\\_Y86TdbczBdomdA](https://www.youtube.com/channel/UCn8XQFQ3_Y86TdbczBdomdA)

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