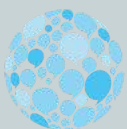


# Not a Step Back

TRAINING COURSE  
07/03/2020 - 13/03/2020  
GIRONA (SPAIN)



Asociación  
**MUNDUS**



Cofinanciado por el  
programa Erasmus+  
de la Unión Europea



**Not a step  
Back**

# Introduction

“Not a Step Back” is training course designed by Asociación Mundus to upskill youth workers and educators with the competences required to work in the area of Human Rights Education, Education for Democratic Citizenship and hate-speech counter-narrative.

The training course will take place from the 7th to the 13th of March 2020 in the city of Girona, and will host 24 youth workers, two from each organisation. There are 12 organisations from 9 countries taking part in this project (Slovakia, Romania, Italy, Bulgaria, Morocco, France, Slovenia, Greece and Spain).

## About Asociación Mundus

Mundus is a non-profit organisation established in 2013 with offices in Santa Coloma de Gramenet (Barcelona), Zaragoza and Girona. Our mission is to promote the international mobility projects mainly under the Erasmus+ programme (internships, volunteering, youth exchanges, training courses –for youth and youth workers–). We aim at promoting educational values, intercultural learning and volunteering through non-formal education.



The Girona office was opened in November 2017 in cooperation with the Girona municipality and together we've developed and taken part in several Erasmus+ projects, counting always with the experienced team from Zaragoza and Barcelona supporting the activities developed in Girona.



## **Not a step Back**

We count on our experience of having sent more than 300 EVS volunteers, around 400 participants for youth exchanges and training courses abroad, and further 500 VET learners for internship abroad.

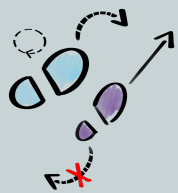
You can get to know the team and our activities at [www.asociacionmundus.com](http://www.asociacionmundus.com)

# **Project summary and objectives:**

The aim of the “Not a Step Back” training course is to upskill 24 youth workers with the knowledge, skills and attitudes in the areas of Human Rights Education, Education for Democratic Citizenship and counter-narrative of Hate speech to be able to implement projects and activities on these themes with the young people they work with.

The objectives are:

- To develop a knowledge and understanding of the basic principles of Human Rights (HR) and Education in Human Rights (HRE).
- Get an overview of human rights and human rights instruments in a international and national / regional.
- Develop core competencies in HRE.
- Understand the current situation and challenges to human rights, especially at national/regional and local levels, and how these are linked to the practices of the participants.
- To be able to critically evaluate one's own current practices within the HRE framework.
- Introduce the participants to the approaches and activities of COMPASS 2012 and present further tools related to HRE.
- Allow participants to develop programs and activities (including variations of COMPASS) in HRE.
- Raise awareness of the importance of HRE in creating a culture of human rights in work with youth, formal education and community education settings.
- Create sustainable and transferable HRE-based approaches within the broader youth work, formal education and community education settings.
- To improve the use of HRE-based approaches in youth environments in culture, leisure and sport.



**Not a step  
Back**

## Working methods:

Non-formal education (role-plays, debates, small group work, experiential learning activities,...) will be the main methodology to go through the several topics. A local event will also be organised to share the experience with the local community.



## Participant's profile:

We expect two youth workers from each sending country with interest in the topic of the training course and that are committed to improve their practice. We are seeking for motivated, tolerant and open-minded youth workers who want to take part in the course as active learners, willing to learn not only from the course content, but from the experience as whole.

Participants need to be over 18 years old and able to work in english.



**Not a step  
Back**

## Venue and logistics:

"Not a Step Back" will take place in the city of Girona, the capital of the region with the same name. Girona is 100km from Barcelona, and has a low-cost airport and train lines connecting the city to France and Barcelona.

The training course will be held in "Estació Espai Jove" an old train station which today is a youth centre where young people can get support to decide what to study, how to find a job or what opportunities they have to go abroad. At the same time, it delivers free language courses as well as monthly art exhibitions and other cultural activities.

The participants will stay and eat in the youth hostel "**Alberg Cerverí**", which is located in the old town and ten minutes on foot from the youth centre. They will stay in shared dorms and bathrooms and will have access to Wi-Fi. There won't be access to the kitchen, therefore we need to know in advance about any **allergies or intolerances** so we can arrange the food requirements with the kitchen team from the hostel.





**Not a step  
Back**

# How to get there?

**7th and 13th of March are travelling days**

**By plane:**

**GIRONA-COSTA BRAVA AIRPORT:**

Ryanair, Jet2, Transavia or TUI are the main airlines that fly to Girona-Costa Brava airport.

The airport is located 12km away and there are several bus lines that connect to Girona city centre:

- Bus route 601 (Blanes – Lloret de Mar – Girona Airport – Girona)

Transfer from Girona Airport to Girona city centre.

Travel time: 20 minutes.

Location: Bus stop, Arrivals level. It is located outside the Arrivals Hall.

For further information regarding schedules, fares, etc. please check Sagalés website:

<https://www.sagalesairportline.com/en>

- Bus route 607 (Girona Airport – Girona)

By this bus route, transfer from Girona Airport to the city centre. Please note that this bus line only operates on weekends.

Travel time: 20 minutes

Location: Bus stop, Arrivals level. It is located outside the Arrivals Hall.

For further information regarding schedules, fares, etc. please check Sagalés website:

<https://www.sagalesairportline.com/en>

## **Attention!**

*The total travel budget per participant for each country is the following:*

Slovakia: 275€

Slovenia: 275€

Italy: 275€

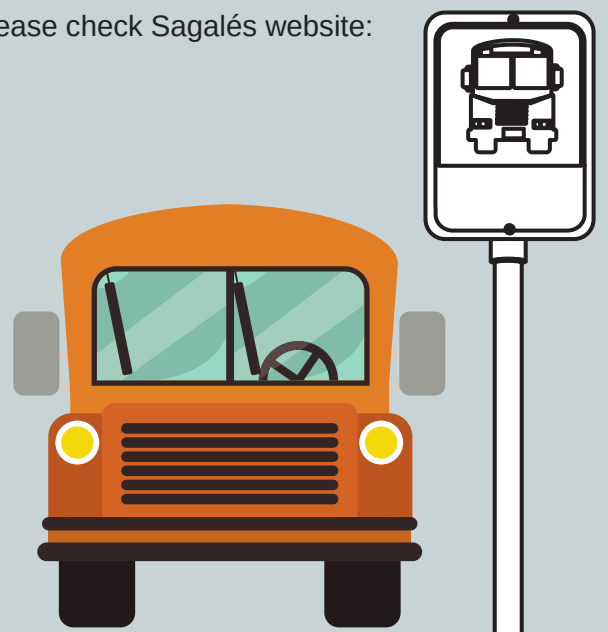
Greece: 275€

Bulgary: 275€

Morocco: 275€

Romania: 275€

France: 180€





## Not a step Back

### BARCELONA - EL PRAT AIRPORT

All the main airlines fly to Barcelona, and there are regular buses and trains running the route between Barcelona and Girona city centre.

By train from BCN Airport: There are no direct trains from Barcelona Airport to Girona. Therefore, it is necessary to take a train into the centre of Barcelona to head out towards Northern Catalunya.

Take the Barcelona Airport Train R2 Nord to Estació Sants. At Estació Sants you will need to change. If you are arriving into Terminal 1 (T1) you will not be able to walk straight to the train station, as it is 4km away. You will need to take the free shuttle bus from outside the terminal. There are numerous trains travelling from Estació Sants to Girona - approximately three every hour (15 minutes travel time). On average the journey from Sants to Girona lasts about 1 hour 20 minutes. Check the RENFE Website for the train times.

**TIP:** It is worth travelling on the local trains rather than the national ones as the train tickets are cheaper. Look for trains with names such as Catalunya Express and Regional rather than AVE, AVANT or TALGO, which are the speed trains (although if purchased in advanced through [www.renfe.com](http://www.renfe.com) some offers can be found sometimes).

Regional train fare (single ticket): €8.40

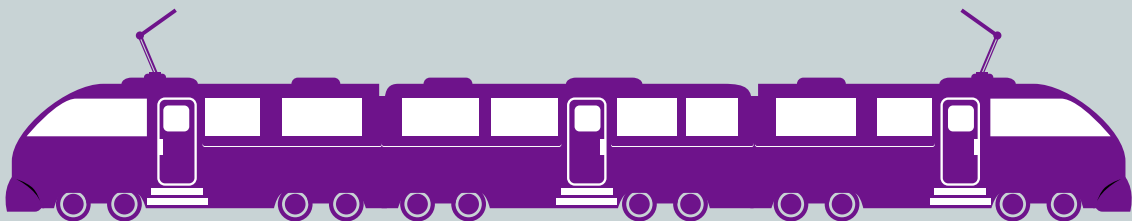
Talgo train fare (single ticket): €31.30

By bus from BCN Airport: There is a direct coach from Barcelona Airport (both Terminal 1 and Terminal 2) to Girona which takes about 1h45min.

You can check the timetable and prices in the Sagalés website.

### By train:

Girona's main train station has good connections with the fast speed train to the main Spanish and French cities. Check them out at: [ww.raileurope-world.com](http://ww.raileurope-world.com).



**Remember that no taxi journeys or First Class tickets will be reimbursed.**



**Not a step  
Back**

# How to get ready?

- Check the weather forecast before coming, and pack wisely.
- Don't forget your ID/Passport and your European Health Card.
- Bring traditional food and music to share during the Intercultural breaks. As this is for the coffee-breaks in the mid-morning and mid-afternoon, avoid alcohol and also things that requires to be store in a fridge, etc.
- Bring leaflets, presentations, posters, pictures or any information about your local organisation to share with the rest of the participants and the local associations during the breaks.
- For the intercultural evening we request you to bring 2 things: A. Information, printed pictures, etc about your "local HR Hero", a person from your local or national reality that it is important for their Human Rights or Human Rights Education work.

## Deadlines

- **21st February** - Last day to send the participant's form filled. The link to the form will be provided by your sending organisation.

## Contact us

Do not hesitate to contact us if you have any doubt:

Contact person:

- Sara Santiago [sara.santiago@asociacionmundus.com](mailto:sara.santiago@asociacionmundus.com)
- Asier Carrasco [asier@asociacionmundus.com](mailto:asier@asociacionmundus.com)

We will get in touch when the dates approach to send a reminder to all pax about some stuff and get ready for an amazing week in Girona!

**SEE YOU SOON!**

