

SAF(E)MOTIONS

TRAINING COURSE ON
EMOTIONAL WORK TOOLS FOR
YOUTH WORKERS

08-14/08/2022

SPAIN

CARAVACA DE LA CRUZ



OBJECTIVES OF THE PROJECT:

Safemotions is a **training course** aiming on providing youth workers with **tools to approach emotional work with their youth groups**. We will be tackling commonly occurring topics of psychological work with young people, obstacles and their solutions through self-experience and theoretical grounding.

A) To explore and practice with **different approaches within EI** (Emotional Intelligence).

B) To train and support participants in their **grounding** and **self confidence** when implementing EI activities with youth.

C) To develop pax's competences in **designing, running and debriefing** activities with EI dimension.

Main approach will be experiential learning through different forms of art as well as Gestalt psychotherapy, Psychoanalytic and Gestalt Artherapy.

Main contents will be:

1. Designing and conducting personal development and self-awareness activities with young people.
2. Grounding activities in the use of artherapy and gestalt approaches adapted to the youth field.
3. Exploring conflicts in daily life as well as our inner coping mechanisms to deal with them.
4. Raising awareness about personal boundaries and personal needs.

Partner countries: Slovenia, Lithuania, Romania, Denmark, Spain, Ireland, Italy, Czech republic, Ukraine

Age profile: minimum age 23 years



FINANCIAL CONDITIONS

Participation fee: 80€

Please bring in cash. Board and lodging will be provided. Pax can **arrive maximum 2 days before** and **leave 2 days after the project**, otherwise our NA will not refund their ticket.

→ **Refund is applicable on tickets with the date of arrival no sooner than 6th of August, departure no later than 16th of August.**

Travel refund per person:

- **Spain** - 20€
- **Ireland** - 300€
- **Denmark** - 360€
- **Ukraine** - 360€
- **Lithuania** - 360€
- **Slovenia** - 280€
- **Czech republic** - 280€
- **Italy**- 280€
- **Romania** - 360€

Only economy fare is allowed by the NA.
Keep all your TICKETS, BOARDING PASSES and INVOICES (in paper or electronic form).

We strongly recommend to fly to Alicante airport. It is 1 hour from Murcia (where is the meeting point) by bus, approx. 7€ one way (www.alsa.es)

Please fill this questionnaire until the 20th of June:

[Safemotions - 8-14/8/2022 - Formularios de Google](#)



THE MEETING POINT

MURCIA 08/08/2022

The meeting point will be on **8th of August** in **Murcia near the Cathedral at 20h** in Plaza del Cardenal Belluga - in front of the main door of the Cathedral.

It's **20 minutes walking from the bus and train station** if you arrive to the train station you can take a **bus number 39** and get down to the bus station **GLORIETA DE ESPAÑA** - which is two minutes walking from the Cathedral. From there, a private bus will take you to our venue.

All the bus connection between Alicante Airport and Murcia can be found on www.alsa.es, check their website for a last updated info.



MURCIA-AEROPUERTO INTERN. REG. DE MURCIA

SALIDAS DE MURCIA

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADOS	DOMINGOS
8:45	9:00	7:30	8:35	7:45	7:40	8:35
18:35	12:40	7:35	18:35	19:00	8:15	17:35
18:50	15:15	17:15			12:15	18:50
	17:45	18:50			14:30	
	18:35				18:45	

La salida se efectuará desde la estación de autobuses de Murcia

SALIDAS DESDE AEROPUERTO

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADOS	DOMINGOS
19:40	11:15	8:25	11:05	10:40	10:30	11:25
17:35	14:15	11:40	21:35	20:00	11:35	18:50
22:45	17:45	19:25			14:35	21:25
	18:15	20:05			17:55	
	21:15				19:35	
					21:45	

Estación de Autobuses San Andrés - Murcia - Tfños.: 968282211 - 968281911

Buses from Murcia to Alicante Airport:

Destino ALICANTE

Departure	LU	MA	MI	JU	VI	SA	DO	FE	Arrival
06:30									0855
06:45									0900
08:00								FE	0940
08:15						SA	DO	FE	1015
09:00									1030
10:15									1045
11:00						SA	DO	FE	1210
12:15						SA	DO	FE	1315
14:00									15:15
15:00						SA	DO	FE	16:10
17:00						SA	DO	FE	18:10
18:15									20:15
20:00								FE	21:10

Buses from Alicante Airport to Murcia:

Departure	LU	MA	MI	JU	VI	SA	DO	FE	Arrival
06:30									0855
06:45									0900
08:00								FE	0940
08:15						SA	DO	FE	1015
09:00									1030
10:15									1045
11:00						SA	DO	FE	1210
12:15						SA	DO	FE	1315
14:00									15:15
15:00						SA	DO	FE	16:10
17:00						SA	DO	FE	18:10
18:15									20:15
20:00								FE	21:10

At the day of departure, 14th August, a private bus will take you to Murcia at 7am (**arrival to Murcia around 8am**). **Please bare this time in mind when booking your flight back home.**

If any of the participants gets infected with covid-19 during the project, we will need to follow the guidelines of quarantine and arrange a hotel for the pax on their own expenses. Also, make sure you have a health insurance valid in Spain.

CARAVACA DE LA CRUZ



The project will be carried out in the municipality of Caravaca, famous for the diversity and richness of its landscape. Rivers, mountain rocks, huge fields of diverse landscapes, pine and oak forests, and places where wind never ceases, or at least, that is what those who live there say.

THE VENUE - CASA DEL TRIGO II

Casa del Trigo (Wheat House) is a special place located in the municipality of Caravaca de la Cruz, a old and monumental town in the Region of Murcia. The venue is located 13 Km far from the town. It is in a green rural area called La Almudema. The house is big and it is our brand new training center.

Each room has space for 4 people in two bank beds and has a private bathroom and shower in each room. Bring your own **towels, comfy clothes** for body movement activities, **swim suit** for the free day (trip to the beach), **sun protection** and shoes for outdoor hikes.

There are no ATMs in the venue, neither in the surroundings. **Please bring cash of at least 80€ for the pax fee.** Exceptionally in urgent cases our staff can travel to Caravaca city to get your stuff if as mentioned, it is urgent and really needed.



THE TEAM

Diego Marín

Gestalt therapist, drama therapist and trainer in non formal learning. He is also specialist in Gestalt Theatre applied to work on conflict and personal development since 2009. He is member of the Pool of Trainers of Council of Europe as well as SALTO and Spanish National Agency for Youth.

<https://www.salto-youth.net/tools/toy/diego-marin.411/>



Veronika Šromová

Psychologist specialized in work with children and youth in systemic approach. Created several projects for traumatized children and youth, such as youth rescued from prostitution in India or children of gang members in El Salvador. These days working as a psychologist in a school and creating workshops of social and emotional learning for children and youth with special needs. Started a PhD in psychology in 2019.

LOOKING FORWARD TO SEEING YOU IN
THE VENUNE