



Co-funded by the
Erasmus+ Programme
of the European Union

globers

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Agencia Nacional Española



TRAINING COURSE

Comarruga (Tarragona) - Spain

3 - 9 May 2022



About the project

Number of participants: 24 (2 per organisation)

Dates: 3 – 9 May 2022

(3 and 9 are travel days)

Location: Coma-Ruga, Tarragona, Spain

INTRODUCTION

The main objective of Move On is to improve the quality of working the field of youth and theatre for the employability of young theatre artists and young people, promoting better learning of skills applicable at work through creative and artistic tools.

METHODOLOGY

We will use the **non-formal education** methodology which will facilitate the development and acquisition of new skills, competences and attitudes. The course will combine a wide range of methods coming from physical theatre, team building, interactivity, and cooperation. It will be based on experiential learning. Participants will come from artistic background. The course will be eminently practical but brief inputs will set the framework in different moments across the learning process. There will be flexibility to adapt to the needs of the group and their motivations, within reasonable limits.

All activities will be done respecting current COVID-19 measures.





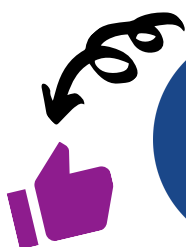
About us

Globers is a peer-run social organization that develops capacity-building international programmes.

The institution is a young social start-up founded by professionals with more than a decade of experience in Erasmus +, Youth in Action, Euromed and other international programmes.

Our trainings -lifejourneys -combines traveling & non-formal learning experiences shared with people from different backgrounds, in order to enrich dramatically your mind-set.

Step out, become globler!



Follow us!



Participants Profile

The participants will have to be dedicated people, socially engaged artists and having all the following characteristics:

PERFORMING ARTISTS

Experience – sensorial theatre and/or physical theatre and/or music and/or dance and/or visual artists.

AGE: 23 +

the minimum age to participate is **23 years old**.

COMMITMENT

It is obligatory to be **present** during the whole duration of the activities every day.

ENGLISH

Fluent in English as a working language (being able to understand and communicate in English for the entire project)

Meet the team

THE TRAINER



Emanuele Nargi, expert, organizer and trainer of the National Agency of the United Kingdom, Erasmus + program and the Council of Europe - POT. He has been working in the arts since 1997. He invented a career in experimental theatre using arts and intercultural tools.

Emanuele collaborates with organizations for the development of communities, the promotion of diversity and the principles of equality for the benefit of all.

THE SOUL OF GLOBERS

Nazareth Peral, facilitator & with great experience in Erasmus+ projects. If you see someone with a huge smile and a set of bubbles... It's her!!



THE NATURAL SUPPORTER

Sam Rault, in charge of logistics & expert in converting problems into solutions! And he doesn't even have to think about it... It comes naturally!! Put a Sam in your life :)

The Venue

All participants and guests will be hosted at the following location:

<http://www.hotelbrisamarsuites.com/en/home>

View More



Avda. Generalitat, 2, Coma-ruga 43880 (Tarragona)



HOTEL LOCATION

Brisamar Hotel is located in Coma-Ruga (maritime district of El Vendrell) in the province of Tarragona. The Hotel is located in the town centre and on the seafront.

HOW TO GET THERE

30 km from Tarragona and 60 km from Barcelona.

•RENFE (Spanish National Railways) station "Sant Vicenç de Calders": 1 km.

•Reus Airport: 35 km.

Barcelona Airport: 50 Km

PRACTICAL INFO

The Hotel features fully equipped rooms, private bathrooms, daily cleaning service, toiletries, room towels and beach towels. All meals are included (breakfast, lunch and dinner). Working rooms and spaces are settled at the venue for the project development.



Food will be served according to the schedule, taking into consideration special needs of our participants and their diets.

Guests will have dinner on regional Spanish and Catalan cuisine in the hotel's buffet restaurant.



Wi-fi is working in all buildings belonging to the Hotel.



It's forbidden to drink alcohol. This is a FREE ALCOHOL project.

The town of Coma-Ruga

Coma-ruga is a seaside resort in the municipality of El Vendrell, in the province of Tarragona (Catalonia, Spain). It stretches along the 2.3 km long Beach of Comarruga. Until 1946 it made part of the former municipality of Sant Vicenç de Calders.



Comarruga is located in the eastern part of the Golden Coast, some 55 km to the West of Barcelona-El Prat Airport, near the popular tourist resorts of Calafell and Torredembarra. A fine beach of golden sand stretching along more than 2 km is its main attraction. There is a train that arrives to Barcelona in less than an hour!

The two official languages are Spanish and Catalan. The regional and local governments almost exclusively use Catalan and public signs are usually written in this language. Spanish is the language of business and the most spoken language among residents and visitors.

Most young people have some knowledge of English. People working in the tourism industry may also speak other languages (French, Dutch, Russian, etc.).

Useful Information

CURRENCY & EXCHANGE RATES

The official currency is Euro (€). We suggest you to change your money beforehand or once arrived at the airport/station in Spain for your personal expenses. Please, to accurately calculate the change rate, use the European Central Bank converter:

<https://sdw.ecb.europa.eu/curConv/rater.do>

WHAT TO BRING

- Masks
- COMPULSORY travel insurance that covers covid and cancellations
- Food/non alcoholic beverages for InterCultural Evening
- Summer clothes, sun glasses, swimsuit... T^a will be around 20°C
- Medicines (if any)
- Don't forget... Shining SMILES!!

WHAT NOT TO BRING

- Huge backpack: we have laundry service 😊
- Personal towel & beach towel -> It will be granted by the Hotel
- Toiletries & hair dryer -> They are provided by the hotel

INSURANCE

Make sure you have the European Health Card.

Also, Travel & health Insurance is **MANDATORY**. It has to cover for the entire duration of the project including covid situations or cancellations. Participants without insurance **won't be hosted**.

ELECTRICITY

Electricity in Spain, as in the rest of Europe, comes out of the wall socket at 220 volts alternating at 50 cycles per second.

Please, check if you need an adapter for plugging your devices. We will have some electricity devices for you, in case, and we will try to help you out if some issue arises.



Project Costs and Reimbursement

1



Send your **travel proposal** to
globers.paula@gmail.com

2



Wait for **approval**

3



Buy them when you
have the approval

4



Upload all your travel invoices
to the link that we will send you.

This way:

YourName_YourSurname(s)

5



Bring them physically to
the Training Course

6



If you follow all the
steps.. You'll get your
money back!!!!

Only the **most economical** transportation (**2nd class**) will be reimbursed. No taxis, blablacar, uber... are allowed. Reimbursement will be done after the received all the travel documents of the project directly to your home organizations

Bear in mind that we cannot reimburse your travel costs unless we receive the mentioned documentation: **Plane, bus or train Invoices/receipts, Boarding passes & visa invoices if applicable.**

How to arrive

The city is served by the international airport "El Prat- Barcelona". As alternative, flights are also landing at the Reus (Tarragona) International Airport (but very rarely).

The train station of Coma-Ruga is called Sant Vicenç de Calders

All participants are kindly requested to arrive at the venue **not later than 21.00 on 3 May**.

Departures will be arranged for 9 May after breakfast.



TRAIN BARCELONA AIRPORT - SANT VICENÇ DE CALDERS

For trains you can check the website of Rodalies.
<http://rodalies.gencat.cat/en/horaris/>

Trains run every **30 min**

Trains journey takes from 50 min to 1:30 (depending on if you take express train or standard)

Your Journey from the airport is:

1. Airport TERMINAL 2 to **Barcelona Sants** train station-> Any train will take you there. 3 stations

2. In Barcelona Sants you have to change the train to **Sant Vicenç de Calders**- Line numbers R2 (express) & R4 (standard)

Train's price: 6'95€





COUNTRY	SENDING ORGANISATION	TRAVEL LIMIT
Greece	Roes Cooperativa roes.cooperativa@gmail.com	275€
Portugal	Psientífica – Associação para a Promoção e Desenvolvimento Social ana.moutas@psientifica.org	275€
Poland	Fundacja Active Kids info@activekids.org.pl	275€
Lithuania	Unique Projects info@uniqueprojects.eu	360€
Hungary	Én Kint Egyesület a Békéért és Fejlődésért simon@meout.org	275€
Romania	Scout Society eddy.hilitanu@scoutsociety.ro	275€
Belgium	JOETZ laurence.watticant@joetz.be	275€
Slovakia	EduEra eduerango@gmail.com	275€
Italy	Fondazione Istituto Morcelliano sonaarevshatyan@yahoo.com	275€
United Kingdom	NICOLA (New International Company of Live Arts) michela.ferrara@nicolaarts.org	275€
Bulgaria	Re act luben@re-act.bg	275€
Spain	Globers globers.paula@gmail.com	20 €

Keep in mind that the local transport from the airport to the hotel & back will be around 20€



100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+



You can use up to 2 extra travel days. These days are NOT covered by the project regarding food and accommodation

TRAVEL OPTIONS:

1 - 9 May
2 - 10 May
3 - 11 May



Do you meet the requirements?
APPLY HERE!

<https://docs.google.com/forms/d/1ZEP3refRpBRnTjirNUQdcEdDUoHxy-NhmRBSzc56h9Q/edit>

DEADLINE TO APPLY: 1st of March 2022 at 12.00

Selected participants will be contacted by email to proceed with their travel arrangements.

Any questions?

CONTACT US!

globers.paula@gmail.com