



# MIND

(THE STEP)

IDENTITY RELATIONS SOCIAL EMOTIONS



WHAT?

A training Course on Mental Health for young people



FOR WHOM?

Youth Workers interested in learning resources to cope with daily situations.



WHERE?

Fresno de Cantespino Segovia - SPAIN  
8 - 14th April 2022

Partners:

[www.MindTheStepTraining.tk](http://www.MindTheStepTraining.tk)



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[www.asociacionpromesas.com](http://www.asociacionpromesas.com)  
[asociacionpromesas@gmail.com](mailto:asociacionpromesas@gmail.com)



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# MIND (The Step) TRAINING COURSE

8-14th April 2022

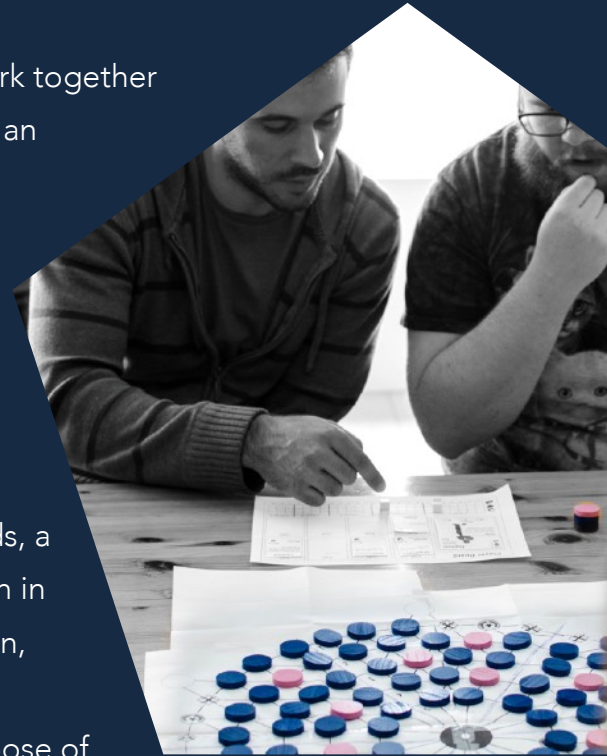
Fresno de Cantespino (Spain)

Dear participants,

We are very much looking forward to meeting you and to work together during the MIND (the step) Training Course. It is going to be an exciting journey, which will gather **18 youth workers** from Poland, Greece, Italy, Belgium, Romania, The Netherlands, Latvia & Spain.

## Information about the project and partners

MIND (The Step) Training Course wants to put into practice the learning and outcomes of the project Strong Young Minds, a long term strategic partnership project focused on innovation in education, proposed by five organisations from Iceland, Spain, Portugal and Romania, from the fields of mental health and education, supported by Erasmus + program. The main purpose of the partnership was to create tools for mental health education for teenagers from the participant countries and to multiply the results among youth workers and educators at a local, national and European level.



## Objectives of the Training Course in Spain

- To increase the capacity of partner organisations to address the mental health educational needs of young people in their communities;
- To help youth workers on their daily work when facing emotional education needs of the young people they work with who usually ends in situations of bullying and the consumption of substances while addressing other mental health related competencies around the topics of Identity, Social, Relationships and Emotions.
- To facilitate the use of the mental health education tools by youth workers around Europe.



## What will happen during this Training Course?

- 16 youth workers will experience a series of non-formal activities targeting the social and emotional development of teenagers aged 14 to 18. The activities are part of an educational curriculum adapted to 45' School Format, which means they can be used during school classes but also outside of school, in various programmes.

We will work around these 4 areas:

IDENTITY RELATIONS SOCIAL EMOTIONS

And since they all take part while **"living together"**, the whole experience of the hostel will be part of the programme, from the moment we get up and during our resting time.  
Will we be able to live together in a house for 6 days? SURE!

After the TC and towards the end of the two-year project, you will receive an electronic copy of the handbook containing all the activities included in the curriculum and more information about mental health concepts. You will also have access to the instructional videos and to the boardgame. Also, you will be able to take part in dissemination events such as conferences, presentations and different activities which will be held in each country by the organisations involved in the project.



## INFORMATION ABOUT THE TRANSPORTATION, VENUE AND OTHER LOGISTICS

M I N D  
(THE STEP)

8th-14th

### ***Dates and place***

The training course will be held between the 8th and 14th April 2022. We will have 5 working days and 2 for the travel.

You should arrive to Madrid, aeropuerto Barajas **before 18:30** on 8th and the departure is planned on 14th **after 12:00**.

Please plan your travel accordingly, because the training course will be held in Fresno de Cantespino - Segovia, a small village of the now known as "abandoned Spain".

The only way to reach this place will be in private transport, therefore we have booked a bus who will pick you at Barajas airport at **18:30** and bring us to the venue. So please, send us your flight options **BEFORE** you buy them, to make sure we can all make it to the venue and back home on time for all.

**The Bus will pick all of us at 18:30 at Barajas airport Terminal 3, on Departures fast parking**



### ***How to get to Spain?***



We can help you to find the best transport options. Depending on where you travel from, a less expensive option could be flying to Madrid, which is 90 minutes away by private bus (or 90' public bus to Segovia and then 60' again by car)

Barcelona airport is very far away (7 hours by bus) so Madrid is the only one recommended.



We managed to negotiate this bus to bring us all to the venue for only 20€ per person from/to the airport (so please consider this amount for the total travel budget).

# WELCOME TO SPAIN!



## **Covid measures**

### **What to bring?**

Since we are going to be in the mountainside in Segovia province, it's better to be prepared for low temperatures, potentially rainy days (this year and especially in this part of the country, you never know when the rain is coming) and also for taking some walks outside over grass and some sand paths. We recommend to bring with you: warm clothes (sweaters, warm trousers, jackets), mountain shoes, torchlight. Bedlinen will be provided but you should bring your own TOWEL. Otherwise you can rent one at the hostel for 2€ but they need to know in advance because there won't be anyone there.

For any questions regarding the accommodation, contact us at [asociacionpromesas@gmail.com](mailto:asociacionpromesas@gmail.com) or by whatsapp at +34652802325

*This project was approved before the pandemic so It's not possible to cover any costs related to PCR or antigen tests. Please check at [this link](#) what are the travel requirements from your destination.*

*We will all take an auto covid-test upon arrival to be a bit more safe among us. This we will buy for all.*

*To enter Spain you will need a QR code, you can download the app "SpTH" for Android or iOs to get it and show it at the airport at your arrival.*

## **Health & insurance**

We recommend you to get health insurance for your travel to Spain, as we cannot cover it from the project budget.

There are many online options around 8-12 euros. And European Health Card Is also very recommended.





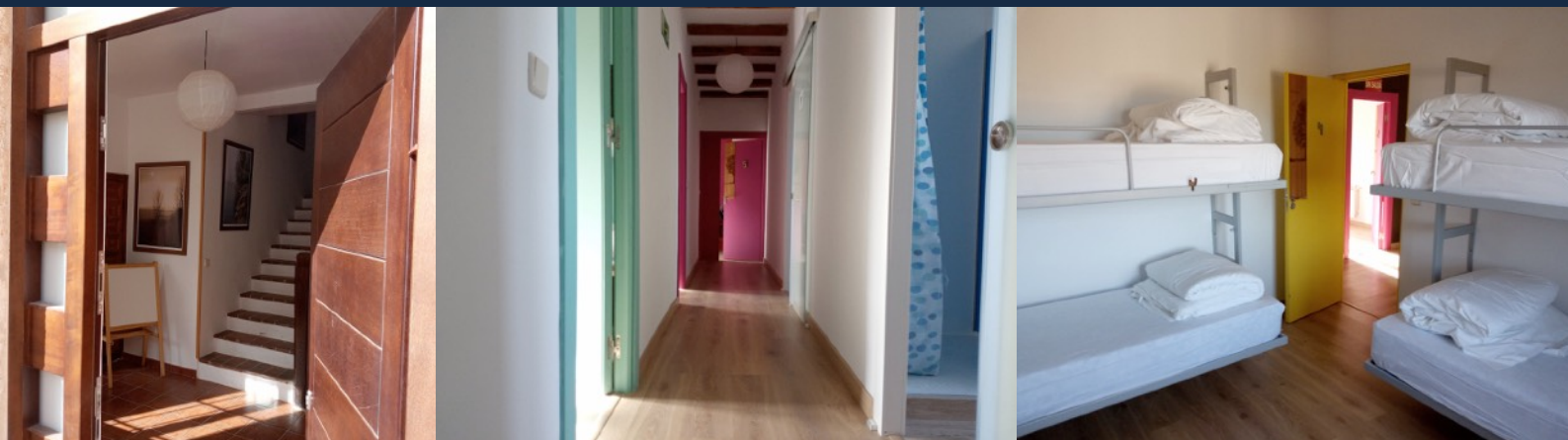
## **Fresno de Cantespino Accommodation**

Because this project budget was cut to half the days and participants we have to adapt ourselves and after several months looking for accommodation in Castilla y León region we have found this new hostel which is very nice for our needs but we will have to SHARE a lot and live together.

### **The rooms**

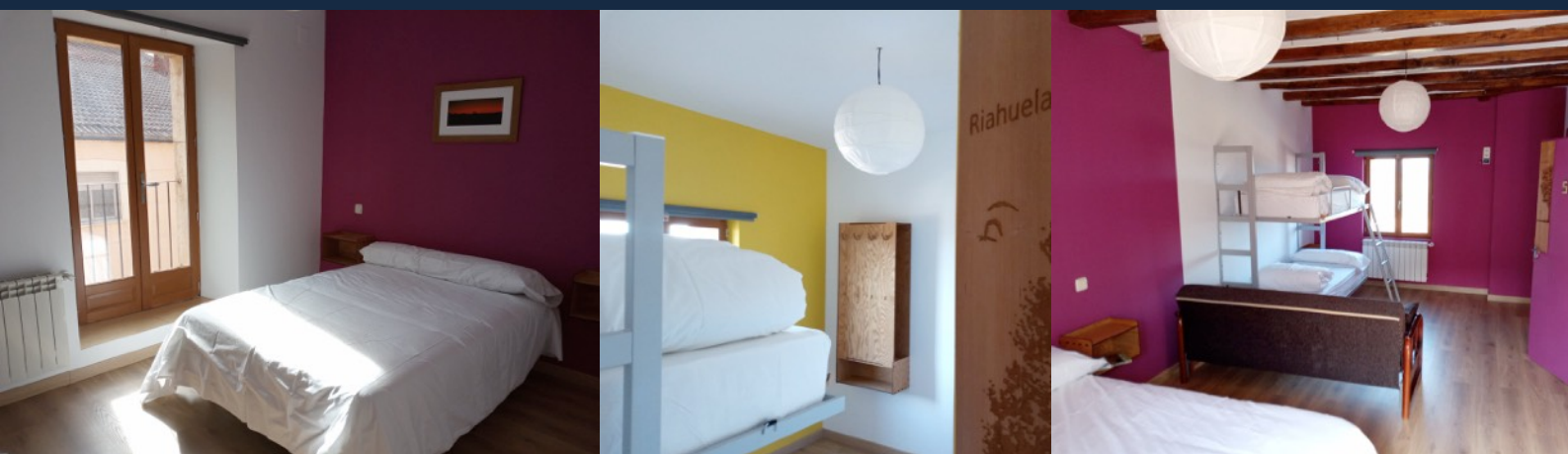
There will be a variety of rooms, some people will be sharing the room with 2 people or to a maximum of 4. There are a total of 6 showers in the building, 7 rooms, 2 plenary room and a living room with a kitchen. We will try to fit your needs and for that we will send you a form in the next weeks to know all your needs and requirements to be comfortable and safe. It will be available at: [www.mindthesteptraining.tk](http://www.mindthesteptraining.tk)

There's a shared bathroom for men and another one for women and 3 other toilets in the building. We will be responsible for the cleaning and maintenance of the whole place because we will be ALONE.







We know that sharing showers and toilets, even gender based, could be challenging for some people, if so we really hope you to take it as a "out of comfort zone" experience.

We'll make our best to assure you feel comfortable and your **privacy** is respected at all times.



# Programme

	8th April Day 0	9th April Day 1	10th April Day 2	11th April Day 3	12th April Day 4	13th April Day 5	14th April Day 6
7:30 - 9:00	 Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Early Breakfast
9:00 - 9:30		Collaborative Teams	Collaborative Teams	Collaborative Teams	Collaborative Teams	Collaborative Teams	
09:30 - 11:00							 Departures
11:00 - 11:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:30 - 13:00							
13:00 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 - 16:30						Next steps & Follow Up	
16:30 - 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30						Evaluation & Feedback	
18:30 - 19:00		Reflection	Reflection	Reflection	Reflection	Reflection	
20:30	COVID TEST & Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
22:00	Welcome meeting	Boardgames night	Free night		Boardgames night	Farewell party	

-  Identity
-  Emotions
-  Relations
-  Social

## We are in this **TOGETHER**


As we mentioned before the long known objective of “learning to live together” will be part of the whole accommodation experience to tackle and improve the area of “social” and there will be several tasks to be divided among the whole group of 16 participants.

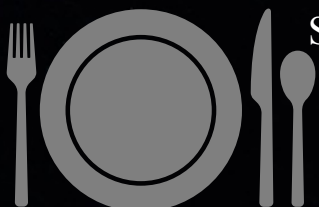
These are some of them, for you to be aware. But we will agree on the terms and ways to do among all.

- Breakfast will be prepared by us: there’s a full kitchen and we will buy in advance everything we will need but each day a “Collaborative team” of people will prepare it for the rest (you will have to do it only once).
- Lunches and dinners will be prepared by a professional chef and we will consider your dietary options (we will send a later form for this).

Did you ever wanted to surprise a group of European educators with your breakfast specialty?

Since that incident you weren’t allowed to cook at home?

Then this is your moment! :) 



# THE FACILITATORS



(THE STEP)

*Arantxa  
Soria*



I'm Arantxa from Asociación Promesas, Passionate Learner by vocation and teacher by commitment. I firmly believe that we can leave this world in better conditions than we have found it. In order to achieve this goal, education is the key.

I am dedicated to personalising the long life learning process, paying attention to the diversity and empowering people in decision-making and emotional management.

I have been part of international planning teams since 2005 as a volunteer in scouts and for local authorities and companies too.

My daily challenge is feeding curiosity and generating powerful learning experiences.

*Javi  
Quilez*



I'm Javi from Asociación PROMESAS and I'm a non-formal educator, trainer and Waldorf pedagogy teacher. I have been involved in NFE as a volunteer since 2002 when I joined the Scouts as an educator. Since then I've been part of many planning teams for international educational events for more than 60.000 people such as Jamboree 2007 UK, RoverWay Italy, and I was in charge of the adaptation of Youth in Action programme for the European Scout Region from 2006-2011 in Spain.

I have co-created educational board games like "Gira2", "Mission Z", "Real iDeal", "The 4 headed Monkey", "Amazing Island" and some pedagogical books. I have taken part in building lots of educative escape rooms in Spain, Germany and Italy.

I believe we should embrace the joy of learning again.



# CONTACTS MIND THE STEP TEAM



As you know, there are 8 partner organisations involved in this project so here you can find more information about us, our work and our contacts. The participants from each country were chosen by the corresponding organisation so they will be your supporters and help in preparation.



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[asociacionpromesas@gmail.com](mailto:asociacionpromesas@gmail.com)



If needed we can also create a whatsapp group to be in contact



Please join the Facebook group which will be another channel of communication. Here you can also meet other participants: <https://www.facebook.com/groups/1248305029034579>

Hope you feel prepared after reading this info pack. In case of questions, contact us. :)

SEE YOU SOON !



(THE STEP)

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TRAINING COURSE



Erasmus+



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