



GIM Capacity Building

InfoPack

GIM

Training Course

“Flexibility with Entrepreneurship”

PROJECT TITLE:	“Growing in Insight-ability of Mobility”
PLACE AND DATE:	Porto Conte, 13-22 September 2019 (included travel days)
PARTICIPANTS:	20, 5 participants per organization, +18 age
LANGUAGE:	The official language of the project is English





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HOSTING ORGANIZATION

Mine Vaganti NGO is a non-profit organisation born in Sardinia in 2009. It has 4 offices in Sassari, Uri, Olbia and Tempio Pausania covering all the North of Sardinia with other branches in the rest of Italy.

MVNGO is an educational training provider at local and European level. MVNGO has a consultant role for public and private bodies in order to promote and develop European and trans-continental projects in Youth/Adults/VET/HEI/Sport Sectors.

MVNGO works on Erasmus+, Horizon 2020, Cosme, Europe for Citizens, Creative Europe, EuropeAid, EaSi, Life+, IEE, the United Nations programmes (UNDEF) and with foundations such as EYF, Fondazione con il Sud, Anna Lindh and Open Society

MVNGO promotes intercultural dialogue, social and green entrepreneurship, social inclusion through Sport, Formal and Non Formal Education including disadvantaged targets as migrants and people with disabilities.

For our staff of professionals it means being social entrepreneurs and keeping the passion for social purposes, in a modern concept of NGO.

PROJECT DESCRIPTION

GIM is a capacity building project involving 4 partners from Romania, Italy, Argentina and Peru. The specific aim of the project is to build competences of youth workers in order to empower inclusion, active participation and entrepreneurial skills of fewer opportunities youth, as well as youth who have minor disabilities, from South America and Europe, excluded on behalf of their impairment, social status, financial status or education.

PROJECT OBJECTIVES

The objectives are (1) **fostering empowerment** - active participation and sense of entrepreneurship of fewer opportunities youth and (2) **promoting social inclusion** of this target group aged 18 to 25 years old in their countries through developing comprehensive NFE



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educational methods and techniques by deploying a complementary set of knowledge, experience and specialised competences embedded in the different partner organisations and regional approaches. In the same time we are bridging involvement of successful entrepreneurs and youth/social workers and the target youth for inspiring entrepreneurial dialogue and action taking amongst NGOs and their beneficiaries.

DESCRIPTION OF THE TRAINING COURSE

The Format TC youth workers will be trained in non-formal education approaches (theoretical and practical) and specific methods that are designed during the Seminar and even perfected during the TC.

Facebook page: <https://www.facebook.com/GIM-846227489045163/>

AGENDA

GIM TC "Flexibility with Entrepreneurship - Porto Conte - 13-22 September 2019										
Date	9/13/2019	9/14/2019	9/15/2019	9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019	9/21/2019	9/22/2019
7.30-9.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00-11.00	Arrivals	Introduction to the project and to the TC	Body awareness through Dance	Intro in coaching - communication model and the art of building rapport;	Opportunity Analysis Canvas	Working with values and beliefs of an Entrepreneur	Leadership through Sport - Cross Fire Activity;	Using videos and photos for inspiring active citizenship, participation and inclusion;	Elaboration of first Draft "Empowering Youth-all Communities";	
		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break			Coffee Break	
11.30 - 13.00		Team Building	Sport activities for developing mind/body links;	Understanding others and stake management;	Designing my business - Business Canvas Model;	Goal setting and action planning	Activity & Debate - problem trees and solutions	Creating NFE tools for inclusion through Body Movement and Sport among the disabled and fewer opportunities youth;	Elaboration of first Draft "Empowering Youth-all Communities";	
13.00-14.30			Having Lunch	Having Lunch	Having Lunch	Having Lunch			Having Lunch	DEPARTURES
14.30 - 16.00		Presenting challenges of inclusion and active participation	Body movement - contact improvisation;	Art of powerful questions and listening	Free Time	Education Through Sport Activity Human Football	Project Management session and exchange of project multiplication ideas among the participants;	Developing NFE tools for promoting active citizenship, employability and sense of entrepreneurship through Personal Development and Entrepreneurial skill among disabled and fewer opportunities youth	Closing Ceremony, Certification, Final Evaluation;	
			Coffee break	Coffee break	Coffee break	Coffee break			Coffee break	
16.30 - 18.00		Outdoor Team Building Evaluation Group	Voice and movement - improvisation theatre session;	Congruency of language and alignment within	Free Time	Meeting and sharing of good practices with local Entrepreneurs	Extension		Free Time	
19.30-21.00	Having Dinner		Having Dinner	Having Dinner	Having Dinner	Having Dinner	Having Dinner	Having Dinner	Having Dinner	

PROJECT VENUE: PORTO CONTE

The venue of the project is Porto Conte, a natural creek of the Riviera del Corallo, a town on the northwest coast of Sardinia, protected by the establishment of the Regional Natural Park of Porto Conte. It is enclosed between the Capo Caccia and Punta Giglio karstic headlands. Alghero is about 20 km away. It measures from the mouth to the bottom 6 km, with a width of about 2.5 km. The coastline is formed by small creeks, cliffs and the long sandy beach of Pineta





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Mugoni. Known in Roman times as Nimpharum Portus, or Porto delle Ninfe, is one of the largest natural harbors in the Mediterranean, sheltered by the northwest winds. For this reason, it has always been of great strategic importance in the past centuries. Porto Conte is located about 20 km from Alghero and about 40 km Northeastern of Sassari and about 250 kilometres from Cagliari.



HOW TO REACH PORTO CONTE?

Alghero and Olbia have airports which connect North Sardinia with many destinations in Italy and Europe.

- **HOW TO REACH PORTO CONTE FROM ALGHERO AIRPORT?**

The hosting organization will arrange a transfer from the airport to Porto Conte.

OR

From the airport, you can take the big blue-red bus ARST (the bus stop it's just on the right side of the main EXIT) and get off in “Via Catalogna” after 4 stops. Then, you should get on the line bus 9321 and take off at the stop Tramariglio after 18 stops.



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You can buy the tickets at the airport or in the bus:

<http://www.aeroportoalghero.it/servizi.asp>

Bus from Alghero Airport to Alghero Via Catalogna:

<http://www.arstspa.info/9373.pdf>

Bus from Alghero Via Catalogna to Tramariglio:

<http://www.arstspa.info/9321.pdf>

- **HOW TO REACH PORTO CONTE FROM OLBIA AIRPORT?**

From the airport, you can take the **bus n.2 or 10** (the bus stop is just in front of the main Exit on the right side) and get off in the city center of Olbia (ask to get off in Via Mameli);

<http://www.geasar.it/ita/aeroporto/collegamenti-da-per-aeroporto-da-olbia>

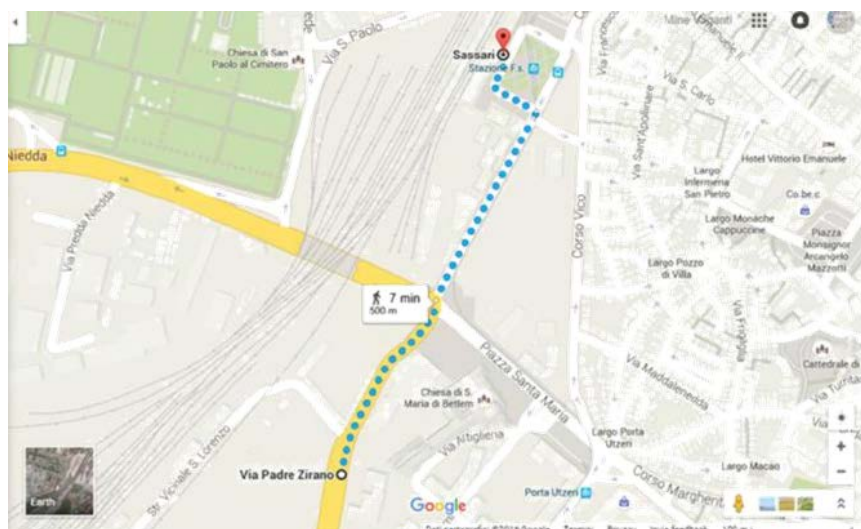
<http://www.aspoolbia.it/>

At the train station, you can take a train to Sassari: <http://www.trenitalia.com/>

From Sassari the hosting organization will arrange a transfer from the airport to Porto Conte.

From Sassari bus station, you should get on the **bus number 9312 to Alghero Via Catalogna**. After **21 stops** you should **change the bus** and **get on the bus number 9321 and get off at Tramariglio** (18 stops).

The bus station is really close to the train station, as you can see on the map.





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You can find bus timetable from Sassari to Alghero under the following link:

<http://www.arstspa.info/9312.pdf>

Bus from Alghero Via Catalgna to Tramariglio:

<http://www.arstspa.info/9321.pdf>

ARRIVAL

The organization will fix pick up point with the participants.

If your flight should arrive when it is not possible to utilize the public transport, the host association will rent a minibus.

For any inquiry, please contact us at following email address: vl.grigoras@gmail.com

TRAVEL COSTS REIMBURSEMENT

Reimbursement is calculated based on the distance calculator of the European Commission. At the arrival, all participants must provide flight reservation, all original tickets and boarding passes. They must send by post the return tickets and boarding passes to an email address which will be provided. Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as the organizers are only able to make reimbursement upon presentation of the above described documents! The travel reimbursement will be done by bank transfers to your private bank account after you return home and send us the ORIGINAL boarding passes and tickets. In 1 or 2 months, depending on how fast this process will be, all participants will receive the reimbursement. Travel costs will be reimbursed only for the cheapest means of transportation. Acceptable means of transportation for the project are: plane, bus, train, metro or ferry, NOT taxi and NOT car.

YOUTHPASS CERTIFICATE

Every participant will receive a Youthpass certificate at the end of the project. Youthpass is a tool to document and recognise learning outcomes from youth work activities. It is available











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for projects funded by Erasmus+ as a part of the European Commission’s strategy to foster the recognition of non-formal learning, putting policy into practice and practice into policy.

WEATHER

Sardinia boasts a beautifully warm Mediterranean climate with long, hot summers and coastal temperatures. The island is renowned for its 'six-month summer' which means that the sea can be warm enough for swimming from May until October.

 Spring	 Summer	 Autumn	 Winter
			
<p>In the spring the temperature reaches 20 degrees and rainy days become more rare.</p> <p>The sea begins to heat up, the days get longer and nature has its best colours; this is the season of the first swims, of sun and sea, and the active holiday including trekking from the mountains to the sea and motorbike or cycling, sailing and surfing routes.</p>	<p>In summer the sun is high and it does not rain, temperatures exceed 30° C and the sea water is hot.</p> <p>During the day, you can enjoy the sea, beach, boating or diving.</p> <p>At night temperatures drop and the air is cooled by the sea breeze; then begins the al fresco dining, nightlife or romantic walks on the promenades.</p>	<p>Autumn arrives late in Sardinia; temperatures exceed 20° and the sea water maintains heat from the summer. The days get shorter but it does not rain and the sun is always high. On the coast it is still warm enough to swim, although in the evening the temperature is cooler. While waiting for the winter you can still enjoy the outdoors. This is the best time to discover the centre of Sardinia with a dip into its traditions and more ancient culture.</p>	<p>The winter is very short, the coldest months are January and February, but along the coast the temperature rarely drops below freezing and almost never snows. In the centre, temperatures drop a few degrees below zero at night and snow is concentrated in the mountains, rarely even whitening the roofs of mountain villages. This is the period of carnivals and the most traditional festivals of the island.</p>



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ACCOMMODATION IN PORTO CONTE



Participants will be accommodated in [FORESTERIA PORTO CONTE](#).

The participants will be **accommodated in the rooms with bathrooms**.

The **activities** will take place in Foresteria Porto Conte.





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FOOD

You will eat a lot of Italian food:)

In case that you have any **dietary requirements, please, let us know** (i.e. Vegetarians, Vegans, no beef, no pork, etc...).

ACTIVITY DETAILS

DAY 1

Arrivals

DAY 2

9:00-10:30 Introduction to the project and to the TC

11:00 – 12:30 Team Building – activities that are inclusive, adjusted to the needs of the participants that have any impairment and oriented towards team bonding and cultivating team spirit

14:00 – 15:30 Presenting challenges of inclusion and active participation – Based on the realities of each country, participants will prepare an overview of the topic in their country

15:45 – 17:00 Outdoor Team Building. Evaluation Group – same as above in the second session of the day.

DAY 3

9:00-10:30 Body movement – contact improvisation – the group starts with bringing the attention to the body, developing various motoric activities that are testing and exploring multiple ways of connecting the body to the environment and increase the sensorial activity.

11:00 – 12:30 Body awareness through Dance – to continue building up on the previous sessions, participants to follow a structured method that brings their awareness to the movement of dance

14:00 – 15:30 Sport activities for developing mind-body links – keeping the dynamic spirit and increasing the speed, participants will look into how various physical/mental skills can be trained through sport



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15:45 – 17:00 Voice and movement – improvisation theatre session – relevant and self-explanatory according to the name – starts with a warm-up and is followed by participants working on empowerment topic as the starting point towards the impro theatre

DAY 4

9:00-10:30 Intro in coaching - communication model and the art of building rapport – developing basic coaching skills and apply in pairs.

11:00 – 12:30 Understanding others and state management -working on calibration (observing, listening to others) and rapport building skills (connecting with other people)

14:00 – 15:30 Art of powerful questions and listening – participants will do two practical activities (1) listening and (2) asking questions in order to assess what and how it is to give/receive specific information

15:45 – 17:00 Congruency of language and alignment within – based on what is defined in the previous sessions, participants are putting in practice the skills and gain congruency with regards to their personal values in order to empower themselves

DAY 5

9:00-10:30 Business Model Canvas – an overview of what is business model canvas and how to use the tools – introduction to the main entrepreneurial skills

11:00 – 12:30 Designing my business – Business Canvas Model – defining and designing an introductory model of Business Model Canvas in order to understand what is a business model, what are the elements of the business and explore briefly the concept with the purpose to gain understanding of the ability and willingness to start a business

14:00 – 15:30 Free Time

15:45 – 17:00 Free Time

DAY 6

9:00-10:30 Working with values and beliefs of an Entrepreneur – tools to work with values and beliefs that are practically applied in pairs/groups

11:00 – 12:30 Goal setting and action planning – working with GROW model as a tool for goal setting and action planning – in pairs



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14:00 – 15:30 Education Through Sport Activity Human Fussball – participants to explore team work through Sport Activity and following a list of skills that is to be reflected in the debriefing and reflection sessions

15:45 – 17:00 Meeting and sharing of good practices with local Entrepreneurs – inviting local entrepreneurs from Alghero area who will share their skills and abilities, personal experience and core decisions in their entrepreneurial development

DAY 7

9:00-10:30 Leadership through Sport – Cross Fire Activity – sport activity to cultivate leadership skills and leading team processes and success as based on the personal interests for taking this role

11:00 – 12:30 Activity & Debate – problem trees and solutions – the local community and its development through national/international projects and private funding

14:00 – 15:30 Project Management session and exchange of project multiplication ideas among the participants – project management tools and skills in Inter-Continental cooperation.

15:45 – 17:00 Excursion – study visit.

DAY 8

9:00-10:30 Using videos and photos for inspiring active citizenship, participation and inclusion – assessing the impact of social media

11:00 – 12:30 Creating NFE tools for inclusion through Body Movement and Sport among the disabled and fewer opportunities youth – development of NFE tools in international groups

14:00 – 17:00 Developing NFE tools for promoting active citizenship, employability and sense of entrepreneurship through Personal Development and Entrepreneurial skill among disabled and fewer opportunities youth

DAY 9

9:00-10:30 Elaboration of first Draft “Empowering Youth-all Communities”

11:00 – 12:30 Elaboration of first Draft “Empowering Youth-all Communities”



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14:00 – 15:30 Closing Ceremony, Certification, Final Evaluation

15:45 – 17:00 Free Time

DAY 10

Departures.

See you soon in Sardinia!

For further information, please contact:

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