



Asociación VerdeSur

# Capabilities Approach for Youth Workers – Training of Trainers on Inclusion and Poverty

*25th of June - 2nd of July  
Alcala la Real, Spain*

Erasmus+ Training Course

Date of Participant Selection : 1st of May 2023

Deadline of Finalising Travel Arrangements : 10th of May 2023

*yDeporte Juventud*  
Ayuntamiento de Alcalá la Real



# About the Project

Poverty in Europe is higher than ever due to rising inflation, war in Ukraine and the young people are the most affected population within the EU population. According to Eurostat; in 2020, 24.2% of children (less than 18 years old) in the EU were at risk of poverty or social exclusion compared with 21.7% of adults. The poverty is rising in European countries constantly as youth workers, our role is to prevent that make the young people more resilient to these changes. In Spain, this ratio goes up to %35 according to the latest statistics. As 50.5% of children whose parents' level of education was low were at risk of poverty compared with 7.7% of children whose parents' level of education was high. The youth work's role in this regard to promote more opportunities for young people to eliminate the inequalities derived from the poverty and lack of socio-economical situation.

Usually, the poverty is evaluated about the means that the person has according to the social exclusion criteria provided by EuroStat. Though, we would like to provide the framework called Capabilities Approach to evaluate the wellbeing of the communities. Capabilities approach was developed by Amartya Sen and Martha Nussbaum in response to concerns that the dominant mode of measuring a nation's wellbeing focused solely on economic growth, or on 'happiness.' A focus on "those things that intrinsically matter" (Sen, 1992) rather than the means to achieve them, recognises that freedom and agency are vital aspects of the achievement of social justice, but also highlights the specific inequalities experienced by certain groups due to class, gender, race or disability.

The project will give practical tools for the youth workers to implement individualised learning plans, guidance and counselling tailored to the young person's needs to promote the young person's well-being. Moreover, the project contributed to the objective of the European Youth Strategy 2019-2027 as "Enable young people to be architects of their own lives, support their personal development and growth to autonomy, build their resilience and equip them with life skills to cope with a changing world", by increasing the abilities of youth workers to make the young people autonomous and resilient.

The objectives of the project are;

- To equip youth workers for promoting well-being of young people by increasing their knowledge about the capability approach
- To make youth workers able to provide and develop tailored opportunities for the young people with fewer opportunities
- To make youth workers able to analyse and develop solutions concerning the issue of poverty within their own communities and develop new educational activities for young people by analysing their needs
- To make youth workers able to involve the young people with fewer opportunities to the development opportunities for themselves through youth participation projects
- To develop partnerships in the field of youth work

## Participant Profile

- 18+ years old ( One young person aged between 18-30 / one youth worker without any age limitation )
- Working with young people who are under poverty or at risk of poverty
- Willing to develop tailor-made educational activities focusing on the capabilities of young people in their own communities
- Willing to learn about the capability approach and its applicability in the youth work practices
- Willing to involve international team of trainers to implement activities with young people with fewer opportunities
- Willing to involve young people with fewer opportunities to local projects and co-develop projects with them specifically Youth Participation Projects or ESC Solidarity Projects at local level

# Information About the City

Alcalá la Real is situated 71 kilometres (44 mi) from the provincial capital, Jaén, and 53 kilometres (33 mi) from Granada, on the slopes of La Mota, a hill in the Sierra Sur. It has an area of 261.36 km<sup>2</sup>.<sup>[3]</sup> The town is dominated by a large Moorish fortress around which, some centuries ago, the settlement evolved. Alcalá la Real is connected to the



Remains from the Palaeolithic to the Bronze Age show the human presence in the area in Prehistoric times. It has been hypothesized that this was one of the last places inhabited by Neanderthal Man. Despite the presence of remains from the Iberians, dating to the late Bronze Age, the first traces of urban structures (perhaps identifiable with the ancient Sucaelo) date to the Roman times. Archaeological findings include a marble statue of Hercules, now in the National Archaeological Museum of Spain at Madrid.

After the Muslim conquest in 713, the town was renamed Qal'at (قلعة), an Arabic term meaning "fortified city". In the following centuries, Umayyad caliph Al-Hakam II (971–976) had a series of watchtowers built to defend the city from the Viking/Norman incursions; today 12 of the 15 original towers remain. Around the year 1000 the main of these tower, the Mota, became a true fortress, one of the mainstays of the Al-Andalus defence against the Christian Reconquista. In the 12th century it was the fief of the Banu Said family, and became known as Qal'at Banu Said, or Alcalá de Benzaide in Christian sources.

After the dissolution of the caliphate and its fragmentation in a series of taifa small kingdoms, Qal'at was a stronghold of the Kingdom of Granada. From here numerous raids were launched against Jaén and other frontier areas of the Kingdom of Castile. The city was finally captured on 15 August 1341 by Alfonso XI of Castile, who conceded it the title of "Real" (Royal), which after that was part of its name.



Alcalá remained under the jurisdiction of Jorquera until 1364, when king Peter I gave it the privilege of a Government Council, under the royal crown and the state of Villena. It was elevated to the rank of city in 1432 by king John II. After a flourishing period, the conquest of Granada in 1492 stripped Alcalá of its strategical importance. The population started to move from the upper hill to the now safer slopes, thus gradually creating the current settlement. The city remained under the marquises of Villena until the early 16th century, when the centralism introduced by the Catholic Monarchs started to reduce the power of the barons, although the marquisate remained in existence until the 19th century. The depopulation of the La Mota hill ended after the Peninsular War against the Napoleonic troops who occupied the fortress from 1810 and 1812. On retreat the Napoleonic forces set fire to the upper city, resulting in partial destruction of the Abbey Church.

# Before the Project!

Due to the nature of the project, we expect participants to do activities prior to the project activity to equalise the knowledge of the participants and make the most out of the training activity. After the selection of the participants, we will give participants' an access to involve in the online platform that we have been developing for the project. In the online platform, there will be tasks to complete which will take 2-3 hours of participants prior to the project activity.

Please be noted, these activities should be completed prior to the project activity and not doing so will be resulted with not receiving the reimbursement of the travel expenses. As we will provide you in cash during the project, that's why we ask you to do these activities which will not take too much of your time.

**-Reading the Capabilities:** You will be provided readings concerning the capabilities approach and its applicability in youth work and you will work on the specific tasks to understand the approach. We will give you 2 short articles about the approach and ask you to self-asses your knowledge afterwards via Google Form.

**-Small research about your community :** We will give you a survey format that you will use to reach out the young people and make them answer that survey to be discussed during the project activity. It will be with at least 25 people, you can ask your friends around :) and it will be really short-survey.

**-Capability Strategy Development:** From the results of the research, we will ask you to develop a 2-page strategy from the results of the survey.

These activities will not take more than a day of you :) if you do it in total prior to the project. So please, as a group do it so that we can have a fruitful training course. They are crucial for the implementation of the project, so we can deal with the activities in a intensive manner.

## Travel Costs

### General Rules

We will reimburse travel cost during the training course regarding to travel budget of the country in bank transfer or cash.

**! Note:** Reimbursement of travel costs will only be done upon presentation of all (including return tickets) original tickets, receipt/invoices and boarding passes. Please print before all documents, which are related to travel expenses. This means that once home after the training, participants will be asked to send the originals of all return documents and boarding passes. Please remember to bring the original invoices – there will be no reimbursement without the original invoices and tickets with indicated Names of travellers, description of the journey, indication of cost and currency and date of travel.

Please do not lose your boarding passes; you will need them for reimbursement of travel cost.

**!!! Note:** Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the **January 2023** as stated in the official European Commission web-site at <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

# Travel Costs

**!!!! Note:** Finally, please make copies (or even better, scan or take photographs) of all tickets and invoices and upload to Google Drive file that we will open before training course. This will be very helpful to organisers to begin processing the financial and reimbursement data so that all payments may be made as efficiently as possible.

## Keep in mind !

You should arrive to Alcala la Real in 25th of June and leave on 2nd of July. We will not have activities in the first and the last day of the project. You can stay up to 3 days before or after the project in Spain. You should arrange your own accommodation then. We are not responsible for the time you spend in any other place out of project period.

**As it is closed to Granada, one of the nicest cities in Spain, We recommend you to visit Granada before or after the project and so, take that into consideration when buying tickets. Be aware, we will NOT ORGANIZE EXCURSION TO GRANADA DURING THE PROJECT, so, if you want to visit that city, must do before or after the project, never during the project time.**

Travel Costs will be covered regardless of the budget in actual costs upon the presentation of the receipts ( Please check following page for the amount of the travel allowances ).

The travel costs will be reimbursed up to the amounts indicated below for the countries.

Country	Pax	Travel Allowance
Denmark	2	275 EUR
Hungary	2	275 EUR
Romania	2	360 EUR
Serbia	3	275 EUR
Italy	2	275 EUR
Slovenia	3	275 EUR
France	2	275 EUR
St.Marteen(NL)	2	820 EUR

## Travel Arrangements :

The participants should arrive to Alcala la Real by their own means by using bus from Granada. In case that, there is no bus we will provide private transportation after their arrival to Granada.

You can organize your travel arrangements to one of the following airports than take a bus to Granada :

- Madrid Barajas Airport (MAD)
- Sevilla Airport (SVQ)
- Malaga Airport (AGP)
- Granada Airport (GRX)

Prior to buy your tickets, please send us the screenshots with the price and confirm with us. We will give you reimbursement in cash payment during the training.

**After you decide on the arrival airport, you can buy your bus ticket from [alsa.es](https://www.alsa.es) webpage.** That's the only page that has bus services. To buy bus ticket to Alcala la Real, firstly you have to buy to Granada than a separate ticket to Alcala la Real, you cannot find a direct ticket from any of the airports above to Alcala la Real.

## !!!!!! BEAR IN MIND !!!!!!

AT ANY CIRCUMSTANCES, ANY FLIGHT BOUGHT FROM KIWI, EDREAMS, GOTOGATE OR LIKEWISE TRAVEL AGENCIES WILL NOT BE REIMBURSED EVEN IT IS CHEAPER OR WHATSOEVER. IN CASE OF FLIGHT CANCELLATIONS, DELAYS AND ETC OR ADDITIONAL COSTS WILL NOT BE COVERED BY US!

THAT'S THE REASON, WE SUGGEST YOU TO BY FLIGHT TICKETS AT ANY CIRCUMSTANCE FROM THE WEBPAGE OF THE COMPANY THAT YOU ARE GOING TO FLY WITH.

DURING ALL OF THE PROJECTS THAT WE DID SINCE 2021, PARTICIPANTS WANTS TO GO TO GRANADA DURING THE PROJECT AND WE HAVE ISSUES, THAT'S WHY WE ASK AND ENCOURAGE YOU TO VISIT GRANADA PRIOR OR AFTER BUT NOT DURING THE PROJECT TIME!

# Participant Info Form

Please fill out the following form before you start to make your travel arrangements :

<https://forms.office.com/e/KgdTmCZyAf> ( **Please fill this form before 1st of May 2023** )

In case of any hesitations or issues that you want to discuss or raise any questions in your mind, do not hesitate to write to us.

## Accommodation

We will provide double/triple rooms in the dormitory with bed sheets. You will need to bring shampoo and towels or any necessary personal thing that you think it is important to have.

We will try to put you in the in different rooms mixed concerning to nationality and with people from same gender.

**Place of accommodation will be the residence of SAFA Andaluz** ( <https://alcalareal.safa.edu/instalaciones/> )

NOTE!! Please inform us about any dietary requirements that you might have in advance in the application form that we are ready to accommodate your needs.



## Contact Information

For the urgent cases, in the border, during your arrival if you could not find our team or you miss the flight or some assistance you need! Please feel free to call :

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