



'GET INSPIRED! TRAINING ON YOUTH LIFE COACHING'

30.03.2016 - 07.04.2016

ASHA CENTRE

INFO PACK



INTRODUCTION

On the one hand, many young people are struggling to get started in life, to find their place in our society, not because they are not good enough but often because they are not aware of their own full potential and do not know how to make the most of it. On the other hand, many people want to help but do not necessarily know how. How to listen properly to someone? How to guide someone? How to awaken someone to his or her own potential? How to even believe that one is able to help someone else to find his or her path in life? This course will hopefully look at both these dimensions of youth coaching.

The aim of the course is two-fold. It is first for participants to understand themselves better and become aware of their own potential and goals in life. Then, it is for them to learn the tools and skills that will enable them to help others to become active and more self-aware.

The course will be based on non-formal education methods, including experiential learning tools, practical exercises and creative workshops. It will contain, among others, sessions on non-violent communication and active listening, confidence building, self-awareness and relationships, as well as elements of artistic and physical expression as a tool for self-exploration. The course will also explore our relationship to the outdoors and nature as well as to a healthy life-style.

DATES:

30th March (arrival day; all day)

7th April (departure day; all day)

THE VENUE

The ASHA Centre
www.ashacentre.org

Find us on...



TRAVELLING FOR THE PROJECT

The ASHA Centre is located in the Forest of Dean, near Gloucester.

Regarding all of the “TRAVELLING” information below, please check for the cheapest travel option from your city and contact ASHA Project Team (erasmus+@ashacentre.org) for route and price approval.

The route you propose should be one to reach the City of **Gloucester** in the South-West of the UK.

The Project Team will arrange your transportation between Gloucester and the ASHA Centre.

Please be aware that we will only reimburse **DURING** the activity itself so you **MUST BUY RETURN TICKETS** from the ASHA Centre **IN ADVANCE OF THE ACTIVITY** if you wish to be reimbursed for these costs.

TRAVELLING TO THE UNITED KINGDOM

Please try to always use the most environmentally friendly way to reach Gloucester (See '[infopack supplement 1](#)' document for suggestions).

However, if you travel by air, please see the nearest airports listed below in order of distance/convenience of travel to Gloucester:

- Bristol Airport (Approx. 2h to Gloucester by public transport)
- Birmingham Airport (Approx 2h to Gloucester by public transport)
- Heathrow Airport (Approx. 3-4 hrs to Gloucester by public transport)
- Luton Airport (Approx. 4-5 hrs by coach to Gloucester by public transport)
- Gatwick Airport (Approx. 5h to Gloucester by public transport)
- Stansted Airport (Approx. 5h to Gloucester by public transport)

TRAVELLING TO GLOUCESTER

Please be aware that coaches are the cheapest way to travel within the UK (with the exception of those coming to and from Birmingham and/or Bristol – please see '[infopack supplement 2](#)'). We therefore advise you to travel to Gloucester using only this means of transport within the UK.

However, please be aware that coach travel from all London Airports (EXCEPT HEATHROW) involves a change at London Victoria Coach Station.

When purchasing tickets to Gloucester from airports, please book travel only 1-2 hours AFTER YOUR FLIGHT HAS LANDED in order to ensure you do not miss your coach!

And finally,,, please note that there are three bus stations in and around Gloucester. DO NOT book travel to Gloucester Longlevens or Gloucester, Kingsholme. **Only travel to the bus station simply called GLOUCESTER.** It is the central bus station in the city.

The two main coach companies that you should use can be accessed by clicking on their logos below:



TRANSPORT TO THE ASHA CENTRE

There is no public transport that reaches the ASHA Centre. For this reason, we organise a direct pick-up from Gloucester Coach Station and drop-off at the end of the course.

For this service, the ASHA Centre will make a small subtraction of 6 € / £4 from your overall final reimbursement. This price is consciously set lower than any public transport available in the area.

To be eligible for this service (and consequently avoid a £40-£50 taxi ride), please arrive in Gloucester Coach Station **before 23:00 on arrivals day** and bear in mind that the **last ride to Gloucester on departure day is at 09:30 in the morning**.

REIMBURSEMENT OF TRAVEL COSTS

ASHA reimburses travel expenses at 80% of the overall cost. We do so as a way of charging a participants fee. For an explanation of the ASHA Centre's Travel Reimbursement Policy, [click here](#)

Please bare in mind the Erasmus Plus travel limits for your country. However, if you notify us of any exceptional circumstances why, for good reasons, your travel costs exceed the limit, we will consider reimbursing at 80%.

If you do intend to purchase tickets that exceed the Erasmus + limit for your country, **you must contact ASHA first for approval before purchasing the ticket**. If you do not, we will only reimburse a maximum of 80% of travel costs **up to a maximum of the travel limit for your country**.

Furthermore, please take note of the following information...

- ! All travel costs will be converted and subsequently calculated& paid in Euros (EUR) on the basis of the European Commission's website: <http://ec.europa.eu/budget/infoeuro/index.cfm?Language=en>
- ! Reimbursement will be give only on the basis of existing tickets which have been presented to the ASHA project team. No advance reimbursement for future tickets will be given.
- ! Travel costs that are incurred outside the project dates will only be reimbursed when booked with the pre-booking approval of the ASHA project team

ACCOMMODATION

All rooms have either baths or showers. Towels and bed linen will be provided.

Photos of the ASHA Centre's residential facilities can be found here:

<http://www.ashacentre.org/index.php/gallery/item/628-house>

- ! **SHARING ROOMS:** You will be sharing room(s) with another person(s) of the same sex in mixed national groups. We advise you to **bring your own suitcase** as you will not be sharing rooms with your friends/colleagues from the same country.

- ! **STAYING IN THE UK:** Please note that ASHA will not provide any additional accommodation for your stay in the United Kingdom outside the training dates. For those arriving before and/or staying the project activity, it is your own responsibility to arrange accommodation for these dates.

- ! **WIFI AND COMPUTERS:** Wireless internet is available at the ASHA Centre. Please note no computers will be made available to participants so you need to bring your own device! Please also bring your own electrical adapter to ensure your devices are compatible with UK plugs / sockets.

- ! **HOUSE SHOES:** The ASHA Centre has carpeted areas where shoes are to be removed. We advise you to bring a comfortable pair of house shoes/slippers if you think you will not be comfortable in socks

HEALTH& TRAVEL INSURANCE

Health& Travel insurance will not be provided or reimbursed by the organisers.

PREPARATION

Please be prepared to present briefly your organisation during the training.

Please also bring some national drinks and snacks for the intercultural evening :)

HOW TO APPLY

Participants wishing to apply must be over 18.

To apply complete the accompanying application form and e-mail it to: erasmus+@ashacentre.org by: **3/16/2016** (Please be aware selection often takes place before this when an appropriate applicant is identified)

PARTNER ORGANISATIONS

PARTNER ORGANISATION	COUNTRY	NUMBER OF PARTICIPANTS
Salento Bici Tour	Italy	4
Centarfo Education and Development	FYROM	4
European Way	Croatia	4
Be International	Czech Republic	4
FCV	Spain	4
Compass YE	Hungary	4
Alternativi International	Bulgaria	4
ASHA Foundation	United Kingdom	4

TRAVEL BUDGET LIMITS

PARTNER ORGANISATION	COUNTRY	80% of total amount reimbursed up to...
Salento Bici Tour	Italy	275 €
Centarfo Education and Development	FYROM	360 €
European Way	Croatia	275 €
Be International	Czech Republic	275 €
FCV	Spain	275 €
Compass YE	Hungary	275 €
Alternativi International	Bulgaria	360 €
ASHA Foundation	United Kingdom	180 €

If you need help, have questions or need further information please contact:

ASHA Team at the email erasmus+@ashacentre.org