

Social Therapy

Project Summary

How can the community, the educators, youth organizations, the world of volunteering and civil society act in support of a condition of disability or difficulty generating isolation, loneliness and social exclusion?

The project aims to answer this question through the methodology of Social Therapy.

The project has the general objective of creating a network of youth workers acting as a Social Tutor and having the skills necessary to support and enhance the heterogeneous, and sometimes complex, set of difficulties faced by a young person, in an inclusive way.

The specific objective of the project is to provide youth workers with tools and methodologies useful to be able to work as a Social Tutor, able to promote the autonomy of young people with difficulty, inform them, guide them and support them through tutoring and accompanying activities.

The project participants are 30 youth workers dealing with the social inclusion of young people with disabilities from 9 different European countries.

The TC will provide participants with the methodological tools to understand the value of SOCIAL THERAPY, as a redefinition

of the therapeutic process with a relational approach, enabling people to help each other and reinforcing empathy and a shared collaboration. TC activities will be based on the methodologies of the Social Therapy Person-Centred Planning (PCP), the Social Facilitation with Animal Mediation, Peer Tutoring.

The working methods used will be mainly non-formal learning methods and will therefore focus on all the methodologies that will ensure a participatory approach and the active involvement of the participants during the activities of the project.

After the TC, participants will be able to act as a Social Tutor and to support young people who are faced with difficulties. They will be able to inform, guide and support young people with tutoring and accompanying activities through methodological tools of peer tutoring, mentorship, coaching and team building, in a virtuous partnership of peer collaboration, sharing and mutual assistance.

The project will ensure a multiplier effect as, in a long-term perspective, partner organizations will improve and apply in their new contexts their knowledge and skills on how to promote Social Therapy to support young people through informal and non formal education.

Project details

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Type of project	Training course (KA1- Mobility of youth workers)
Venue	Cagliari (Sardinia) - Italy
Date	05 - 10 May 2018 (including travel days)
Participants	30 participants (3 participants per organization) from Italy, Spain, Cyprus, Romania, Portugal, Austria, Latvia, Greece, Croatia.
Participants' profile	<p>Educators, social workers, youth workers, trainers, participants with special needs (disability, educational difficulties, health problems).</p> <p>The total number of participants will be 3 and they should have some experience related to the issues of the project. Each participant have to fill up the form at the following link: https://docs.google.com/forms/d/e/1FAIpQLSeipTAU4Zg3QVfFsiSavjY4UhLcywMqdJQ9ZsL7wXbwsYFk8w/viewform</p> <p>Each selected participant will receive a document with daily planned activities.</p>
Tasks for participants and things you should bring	<ul style="list-style-type: none"> • We want to promote exchange experiences. Please bring information to present your NGO in the NGO fair. Do not forget to bring materials about your organisation (videos, flyers, slides, posters, pictures, CDs, etc). Each participant should make a presentation based on their projects, experiences or good practices. • Please prepare to present your country on the inter-cultural evening; some foods, posters, games, music, a flag of your country etc • All the necessary to go to the beach (towel, swimsuit, sun lotion, ...). <p>In the Hostel you will find a big bath towel, so if you need other little towels, you should bring them. In the reception there are some hair dryers for guests.</p>



Expectations and Rules during the project	<p>Participants are expected to arrive in Cagliari, Italy on 5th of May 2018, after 18:00, and to leave Cagliari on 10th of May 2018.</p> <p>Organizers will NOT provide any accommodation for additional stay in Italy.</p> <p>Participants are expected to attend the whole duration of the project and participate in all activities.</p> <p>If an emergency happens and they need to be absent for a short time, the team should be informed in advance.</p>
Financial conditions	<p>100% accommodation and food and 100% of the travel costs up to limits according to the distance calculator of Erasmus+ programme.</p> <p>Spain, Croatia, Romania, Portugal, Austria, Cyprus, Greece: maximum travel grant per participant: 275,00 €</p> <p>Latvia: maximum travel grant per participant: 360,00 €</p>
Travel costs and reimbursements	<p>The participants are provided with 100% reimbursement of the travel expenses (but no more than amount from distance calculator), on the basis of the documents stating the costs – meaning boarding cards, electronic tickets (in the case of lack of the cost on the electronic ticket please bring another document with the price stated), train tickets (2nd class, with the price stated), bus tickets (with the price stated).</p> <p>Please send the returning tickets (original, not copies) within 2 weeks after the meeting (until May 24th 2018). Taxi is not eligible mean of transport.</p> <p>Reimbursement of travel costs will only be done by bank transfer to the sending organization upon presentation the original tickets with boarding passes and receipt/invoices (including return tickets)!!!</p> <p>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 be converted and calculated according to the exchange rate stated on the official European Commission web-site at http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en</p>
Youthpass	<p>Each participant will receive an Youthpass certificate. Youthpass is a part of the European Commission's strategy to foster the recognition of non-formal learning. It is available for projects funded by Erasmus+. As a tool to document and recognise learning outcomes, it puts policy into practice and practice into policy: While creating their Youthpass Certificate, the participants of the project have the possibility to describe what they have done in the project and which competences they have acquired. Thus, Youthpass supports the reflection upon the personal non-formal learning process and outcomes.</p>



About Cagliari and Accommodation

How To Reach Cagliari?

From – Cagliari-Elmas Airport:
it will be possible to take a train or bus from the airport to Cagliari.
Cagliari is easily accessible by train from the airport thanks to the 'Elmas Aeroporto' railway station. The journey to and from downtown takes 5-6 minutes, single fare is 1.25 euro. Tickets are sold by [Trenitalia](http://www.trenitalia.com/tcom-en) (<http://www.trenitalia.com/tcom-en>) at the vending machine located inside the station, online and by official ticket counters and authorized dealers.
The airport train station is just a 5 minutes' walk from the air terminal.
You can find more information about Cagliari city and how to get there (transports, airport, train station): at the following link:
<http://www.cagliariturismo.it/en>

How To Reach the Hostel Marina?

The Hostel Marina is just a 5 minutes' walk from the railway station of Cagliari.
You can find all information about it at the following link:
<http://www.hostelmarinacagliari.it/>
The following video shows you the shortest way to get to the Hostel Marina:
<https://youtu.be/OnovUYtxITQ>

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