

# Back to basics

Erasmus + Training course  
from 23rd - 30th of May 2026  
Issor, France



Co-funded by the  
Erasmus+ Programme  
of the European Union



*Association La Villa*



## Welcome to the training - BACK TO BASICS

This training course is an invitation to pause, reflect and reconnect with the essence of youth work – its purpose, values and impact. It offers a space to learn through experience, reflection and shared exploration, grounded in real youth work practice.

During the training, participants will be invited to explore their WHYs:

- **Why am I here on this training course?**
- **Why do I work with young people?**
- **Why am I part of my organisation?**
- **What is the WHY of my organisation?**

Through these questions, we will explore the foundations of quality youth work and create a shared understanding of key concepts, values and language in the youth work field.

The programme is based on experiential learning and combines individual and group work, creative methods and reflection, supporting the transfer of learning into participants' daily practice and local contexts.





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## Purpose of the Training

The purpose of this training course is **to support youth workers and future youth workers in developing quality, meaningful and sustainable youth work.**

Through the training, participants will explore the core principles of quality youth work and reflect on their personal and organisational motivation for working with young people. **Special attention is given to creative and artistic methods, used as tools to support participation, expression, inclusion and community building.**

The training connects theory and practice and encourages participants to reflect on their role in youth work and on the impact they want to create in their local communities.

## Objectives of the Training

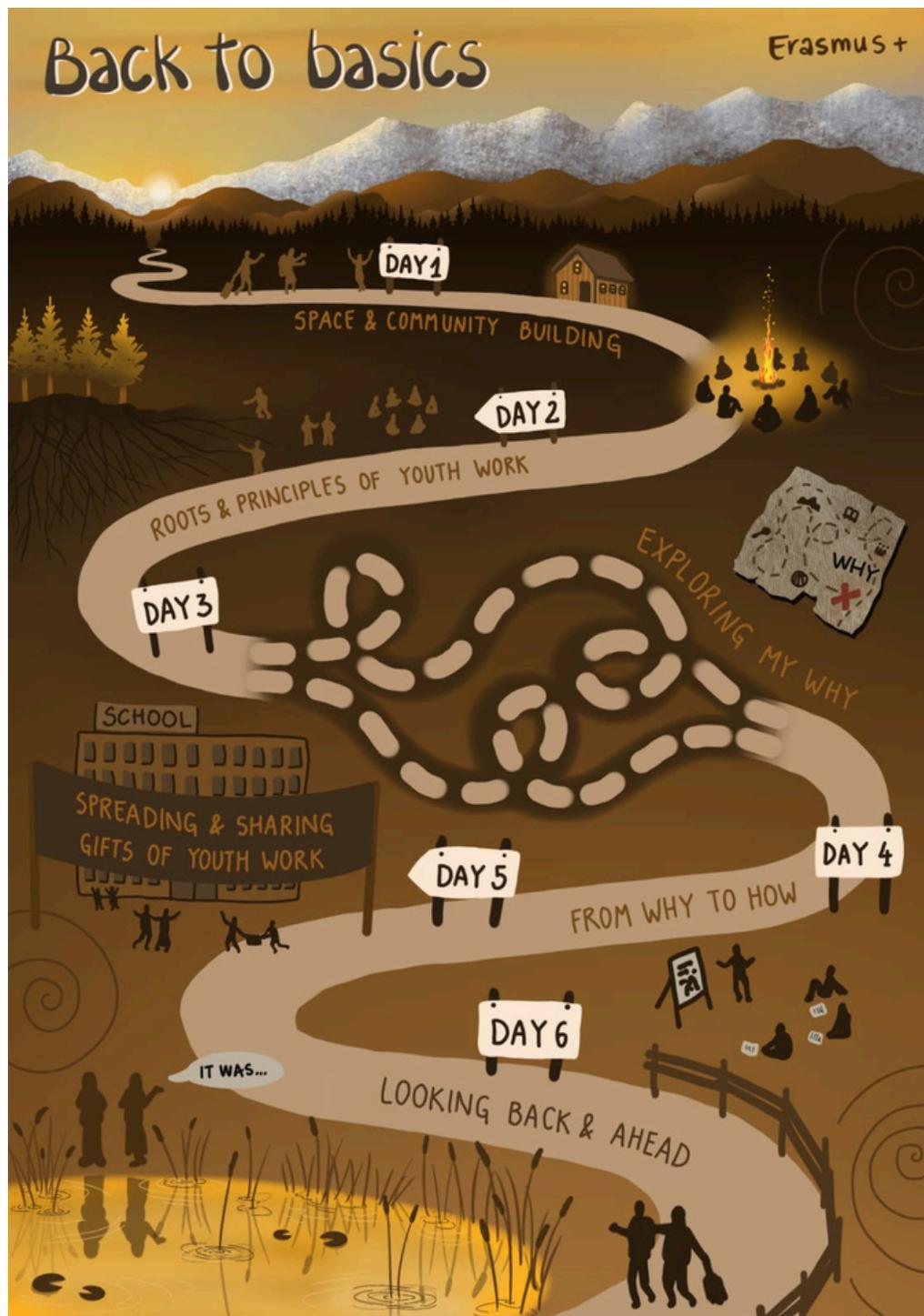
By the end of the training, participants will:

- Develop a **shared understanding of the basics and values of quality youth work**;
- Reflect on their personal **WHY** for working with young people and **connect it to their daily practice**;
- Explore and practice **creative and expressive methods** that can be used in youth work activities;
- Strengthen skills related to **community building, group work and creating safe learning spaces**;
- Gain basic knowledge and experience in **project planning and implementation**;
- Create ideas and tools that can be transferred to their **local context and organisations**.



## Schedule

We will generally work from 9:00 to 18:30, with coffee breaks after every 1.5-hour session and a 2-hour lunch break each day.





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## **DAY 1 - SPACE AND COMMUNITY BUILDING**

Getting to know each other, building trust and a safe learning environment. Introduction to the training framework and group agreements.

## **DAY 2 - ROOTS & PRINCIPLES OF YOUTH WORK**

Exploring the foundations of quality youth work, core values, principles and ethical approaches. Creating a shared understanding and common language.

## **DAY 3 - EXPLORING MY WHY**

Individual and group reflection on personal motivation, values and roles in youth work. Connecting personal purpose with youth work practice.

## **DAY 4 - FROM WHY TO HOW**

Turning motivation and values into practice. Exploring methods, project management basics and creative approaches in youth work.

## **DAY 5 - SHARING & SPREADING GIFTS OF YOUTH WORK**

Connecting youth work with the wider community. Sharing experiences, ideas and contributions. Celebration of learning, cooperation and achievements.

## **DAY 6 - LOOKING BACK & AHEAD**

Reflection on the learning process, personal take-aways and future steps. Planning how to transfer learning into local practice.



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## THE TRAINERS

Urška and Barbara have been active in youth work for over 15 years, working in various youth centres and organisations across Slovenia. **Both are part of the pool of trainers of the Slovenian National Agency MOVIT and have strong experience with the Erasmus+ programme and the European Solidarity Corps.**

They believe in **learning by doing, reflecting and growing together**. Their work is grounded in **experiential learning, non-formal education, community building and reflective processes**, with a strong focus on **creating safe and inclusive spaces and connecting theory with real-life practice**. They both love asking the “why”, connecting dots and making sure ideas turn into something real – preferably with as little unnecessary bureaucracy as possible :)

**Barbara  
Masnik**



Barbara brings **structure, clarity and a playful sense of purpose**. She has extensive experience in **training design, facilitation, project coordination and youth work quality frameworks**, with a special interest in sustainability, inclusion and meaningful learning processes.

**Urška  
Pavlovič**



Urška brings **creativity and sensitivity to group dynamics**. She works mainly with creative and expressive methods, community work and **supporting personal growth** through non-formal education, always attentive to the group’s energy and needs.

Together, they form a balanced and curious trainer duo, combining structure and creativity, reflection and play, always learning alongside the group.

## THE COORDINATOR

**Pauline  
Roudet**



She fell in love with the Erasmus + during a ESC in Slovenia 10 years ago! She works at **Association LA VILLA**, she is in charge of the **coordination and the logistics** of this magnificent project: she will do her best to make sure everything goes as well as possible.



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## PARTICIPATING COUNTRIES AND NUMBER OF PLACE PER COUNTRY

Country	Number of participants
France	3
Portugal	3
Germany	3
Slovenia	3
Danemark	2
Spain	2
Czech Republic	2
Estonia	2
Serbia	2

## PARTICIPANTS PROFILE

This training course is designed for:

- **youth workers, youth leaders and trainers**
- people active in **youth organisations, youth centres or NGOs**
- people who would like **to become youth workers and are motivated to work with young people**
- participants interested in **quality youth work, community building and creative methods**

Participants should be open to **active participation, reflection, group work and creative processes**. No previous artistic experience is needed.



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All participants should

- BE OVER **18 YEARS OLD** and HAVE RESIDENCY IN THE SENDING COUNTRY
- Speak and understand **English**.
- Already be **involved in youth work** or be motivated to get involved with it.



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All participants should

- **POST AN ARTICLE** ABOUT THE CONTENT OF THE TRAINING ON SOCIAL MEDIA  
=> IN THE FOLLOWING WEEK
- **LEAD A WORKSHOP FOR THEIR LOCAL COMMUNITY** USING SOME OF THE METHODS LEARNED DURING OUR TRAINING COURSE => IN THE FOLLOWING 3 MONTHS
- **LEAD A MEETING OR A WORKSHOP WITH OTHER YOUTH WORKERS** TO SHARE SOME OF THE TOOLS LEARNED DURING THE TRAINING COURSE => IN THE FOLLOWING 3 MONTHS



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## WHAT WE OFFER

Thanks to the financial support of the Erasmus+ Program, we offer the following conditions:

- **Vegetarian food and accommodation** during the training course will be provided
- **No fees**
- **Travel costs** will be reimbursed up to an agreed limit depending on the sending country:

<i>FRANCE, SPAIN</i>	<i>PORTUGAL, DANEMARK, GERMANY, SERBIA, SLOVENIA, CZECH REPUBLIC</i>	<i>ESTONIA</i>
211 EUR 285 EUR for green travel	309 EUR 417 EUR for green travel	395 EUR 535 EUR for green travel



## GREEN TRAVEL

If you are traveling exclusively with sustainable means of transportation such as **train and buses** you are granted the green travel budget which is a bit higher.

Keep in mind it is ONLY if you use just sustainable means of transportation and NOT if you use airplane.

**Travel costs will be reimbursed to you /your organization AFTER the project**, and it might take some time.

Also, when buying the tickets, bear in mind that there is a fixed maximum amount reimbursable for individual trip costs. The sum, set by the European distance calculator, is for return tickets and your covers the travel costs from the participants' home to Issor. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

**EACH PARTICIPANT WILL BE REIMBURSHED FOR THEIR TRAVEL COSTS ONCE THE ASSOCIATION LA VILLA HAS RECEIVED PROOF THAT**

- **THEY HAVE WRITTEN A SOCIAL MEDIA POST ABOUT THE TRAINING COURSE**
- **FACILITATED A WORKSHOP WITH YOUNG PEOPLE (WITH PHOTOS AND A REPORT OF THE TOOLS FROM THE TRAINING USED.)**
- **FACILITATED A WORKSHOP / MEETING WITH PEERS (WITH PHOTOS AND A REPORT OF THE TOOLS FROM THE TRAINING DISSEMINATED.)**



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## THE VENUE: Issor (France)

The Training Course will take place in Issor, **a small mountain village situated in the south-west part of France**. Our venue, le gite le Larrayou, is located in a quiet valley of the Pyrenees, close to the Spanish border.

There is **nature everywhere around!** The **river** passes nearby! There is a football pitch and a “pétanque” pitch (French game) in front of the gite.



## Living

Participants will be accommodated in dorm style rooms of 4 to 6-beds (bunk beds). **Rooms are simple and without any luxury.**

Bathrooms are shared. Water from the tap is drinkable. Bed linen will be provided, but please bring a towel! The accommodation is a non-smoking environment, so you have to go outdoors to smoke. There is one small shop in walking distance. Unfortunately, **it is not possible to wash your clothes in the accommodation.**



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## Eating

Meals will be prepared by our chef Raphaël and his assistant, who are used to cook for Erasmus + training Courses, and served at the accommodation, **starting with dinner on the 23rd of May. On the 30h of May, breakfast is included as well.**

**VEGETARIAN** and delicious: During breakfast, you can choose what you want to eat from a buffet (salty and sweet food). Lunch and dinner will be with a salad bar and a common dish **according to everyone's dietary needs including vegan, lactose and gluten free.**

## ARRIVAL AND DEPARTURE

**The arrival day is 23/05/2026 in the evening and the departure day is 30/05/2026 in the morning.**

All participants have to arrive on the day to the venue and stay till the departure day, if you will arrive later or depart sooner, we won't be able to accept you on the project.

If you plan to come a bit before or leave a bit after the project, please contact us before booking your tickets. To be reimbursed, you are allowed to come maximum two days before the project starts and leave two days after the project finishes (not in the venue but to benefit from reimbursement).

If you will come/stay longer than that we won't be able to reimburse you.





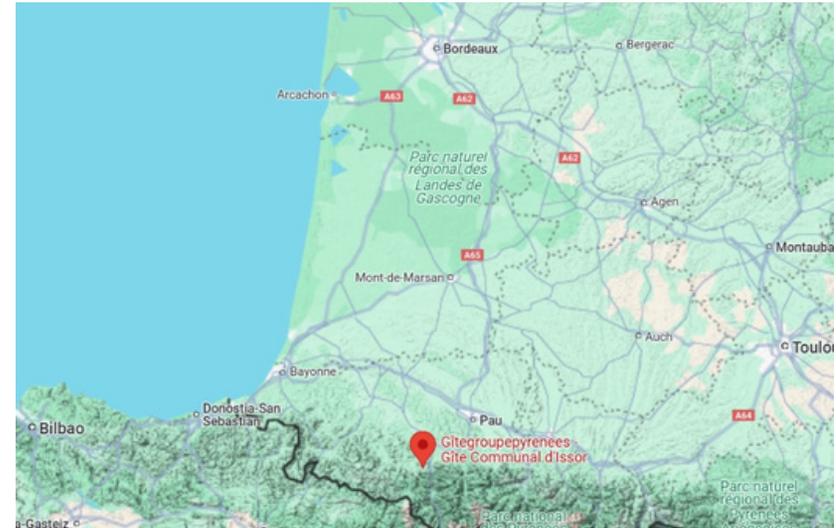
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## HOW TO GET THERE

After receiving official approval about your selection, it will be time to arrange your travels! What do you need to have in mind when looking for tickets?

In any case, you will need to get to the city of Pau.

From there you have to catch the train to the village of **Lurbe-Saint-Christau** (6km away from Issor). From Lurbe-Saint-Christau train station, **we will come and pick you up.**



### Get to Pau

There are train connections to Pau, for example with the **TGV** from Paris, Bordeaux or Toulouse. There is also a night train from Paris to Pau, with which you can travel comfortable over night.

Check the best prices and all the options on Rome2rio website.

Usually the cheapest buses are the **Flixbus, Ouibus or Blablabus** ones.

Airports are situated in **Pau, Tarbes/Lourdes, Biarritz, Toulouse, Bordeaux, or San-Sebastian.**

There are cheap flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Skyscanner, Momondo, Opodo, Kayak or Expedia.



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## Travel tips

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- Arrange all your travel in advance based on **economy class tickets** (1st class tickets are not reimbursed) and plan the cheapest route possible to the project venue and back home.
- If possible, travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
- **Car travel and taxi rides can only be refunded in special situations and have to be discussed in advance with us.**
- If you have any doubt about your travelling plans, please contact Pauline the coordinator before booking tickets.

**Failure to participating in a minimum of 90% of the sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the training course with a notice provided to the sending organization.**

## PRACTICALITIES

It is mandatory to have **a valid travel and medical insurance** (European Health Insurance Card) during your travel.

The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) is their own responsibility.

**We strongly recommend it. Please ask your sending coordinator if you have any doubt.**



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## WHAT TO BRING

- Towel
- Toiletries
- Clothes for cold evening and for warm days
- Water bottle
- Sleepers
- Swimsuits
- Earplugs (if you are sensitive to snoring)
- Insurance card, passport
- Games to play in the evening, musical instruments if you like
- Snacks from your country

## HOW TO APPLY

Here is the application form: <https://forms.gle/CtgExyxf9ToWS5FV7>

**Deadline for applications is 28/02/26**

**Deadline for purchasing tickets is 05/03/26**

**DON'T PURCHASE THE TICKETS BEFORE GETTING OFFICIAL APPROVAL ABOUT YOUR SELECTION**

For any question related to the application, please contact Pauline at: [logistics.lavilla.association@gmail.com](mailto:logistics.lavilla.association@gmail.com)



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