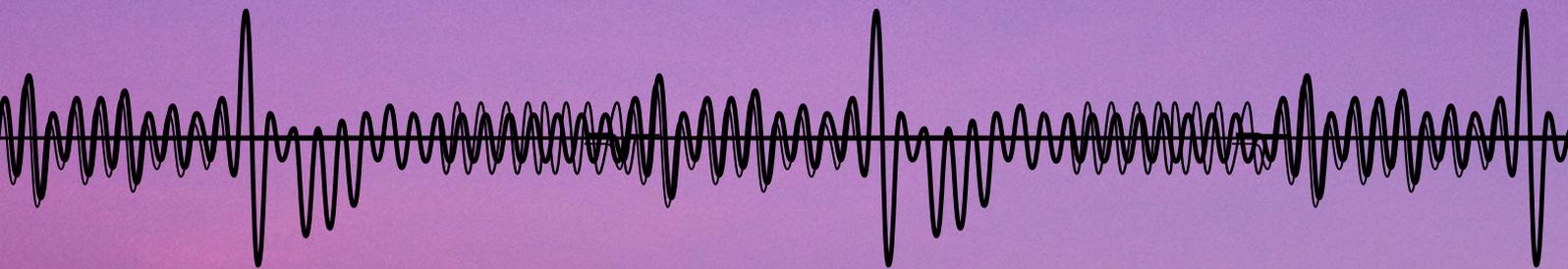




Training Course

# MUSIC AS AN INCLUSIVE LANGUAGE



 fundación  
aspaym  
castilla y león



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

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Agencia Estatal de Empleo



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE DERECHOS SOCIALES  
Y AGENDA 2030

injuve

## DATES

17th - 23th of March 2022

## PLACE

"El bosque de los sueños"  
Cubillos del Sil, León,  
Spain.



## MUSIC AS AN INCLUSIVE LANGUAGE

Music is present in all cultures and social groups, regardless of their ethnic characteristics, preferences, tastes or age. Thanks to music, we can access others, with respect, solidarity and empathy, but we can also access ourselves. That is why music can be understood as an **educational approach** itself, based on an active methodology which uses non-formal education as a key tool to reach knowledge or abilities.



In times like these, music has acquired a privileged role, as it is combined with all kinds of information. We consider that it can be a special way to **engage** with youth, as it allows them to share ideas with each other.

In that point, young people with **disabilities** become especially relevant, as music can be a link among them, helping to encourage their social skills, to solve problems and conflicts using verbal and non verbal communication and knowing their own strengths.

The objective of this project is to provide youth workers a **new vision** of the use of music and other tools linked to it, with the aim of promoting inclusion among young people, particularly those with fewer opportunities.

## PARTICIPANTS INFORMATION

**Two participants per country** are required, except in the case of Spain, we will have three participants and two facilitators.

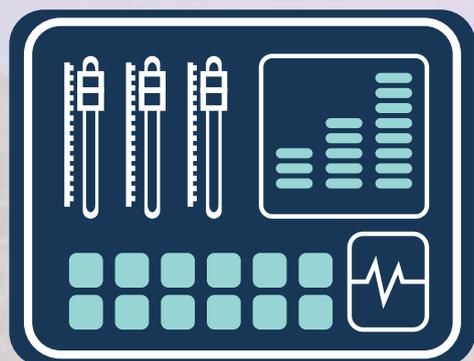
If participants have any disability or special need, please, let us know with enough time in order to plan the adaptations needed.

**This activity includes a civil responsibility assurance** that is already covered by ASPAYM CyL. Nevertheless, it might be useful to hire a **travel insurance for each participant**, so that any issues of this kind are covered.



**The participants will come from the following entities:**

- **ASPAYM CyL**, Spain (3 participants and 2 facilitators)
- **Sdruzhenie Walk Together**, Bulgaria (2 participants)
- **MIHI**, Latvia (2 participants)
- **Seiklejate Vennaskond**, Estonia (2 participants)
- **Istanbuluoglu Sosyal Bilimler Lisesi**, Turkey (2 participants)
- **Rosto Solidário**, Portugal (2 participants)
- **Polska Akademia Rozwoju**, Poland (2 participants)
- **Vedogiovane**, Italy (2 participants)
- **Gamma Institute**, Romania (2 participants)
- **Unique Projects**, Lithuania (2 participants)
- **All Together**, Romania (2 participants)



## SOME IMPORTANT INFORMATION

We have created a **Facebook group**, so we all can be in touch. Please, ask for permission to **join the group** following this link:

<https://www.facebook.com/groups/358181518980302/>

You can contact us in the email: **rociodeandres@aspaymcyl.org** if you have any doubts or need anything, I will be at your disposal.

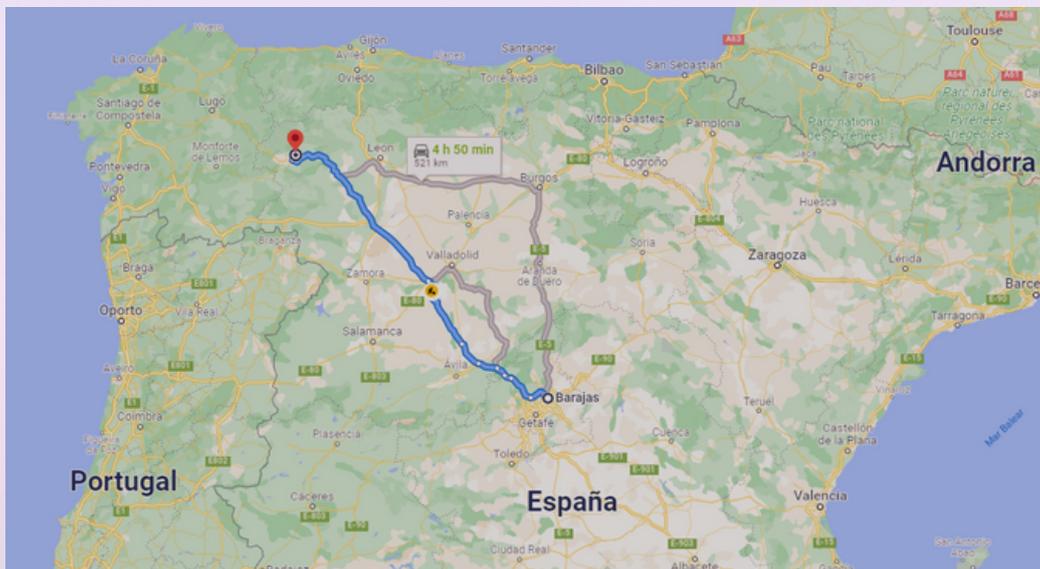
It is very important that you facilitate us all your information as a participant, including allergies, food intolerances or any special need that we should know. **Please, fill in this google form for your inscription as a participant:**

<https://forms.gle/p1MYzvQLHo9XdDmj9>



## ABOUT THE TRAVEL

- Participants should arrive to the Adolfo Suárez Madrid Barajas airport.
- **It is important that the participants arrive before 1 pm.**
- One of the facilitators will be in the airport to pick the participants up.
- A bus will be at 1 pm at Madrid Airport in order to carry them to the training place.



The travel from Madrid-Barajas airport to Cubillos del Sil, is between 4 and 5 hours approximately. Participants will be given food for lunch time before the trip.

For the return at the end of the training course, a bus will also be organized to take the participants to the airport of Madrid - Barajas. Therefore, **it is important that the return flights are from 5 pm onwards.**

# TRAVEL BUDGET

## Country Amount of money per participant

Spain	105€
Portugal	105€
Italy	200€
Bulgaria	285€
Romania	285€
Latvia	285€
Lithuania	285€
Estonia	285€
Poland	285€
Turkey	285€



**A bus has already been booked from Madrid airport to Cubillos del Sil, the place where the training course will take place. Therefore, 75 euros has been deducted from the travel budget of each participant, the price corresponding to this service. In this way, the participants are covered in terms of transport inside the country, they only have to book the trips corresponding to their arrival in Madrid.**

## COVID-19 SITUATION

To enter Spain it is necessary to be in one of the following cases:

- **Vaccination Certificate:** Valid from 14 days after the complete vaccination schedule, up to 1 year after the vaccination date.

- **Certificate of negative diagnostic tests:**

- Molecular nucleic acid amplification tests (PCR/NAAT), the sample of which has been obtained within 72 hours prior to arrival in Spain.

- Antigen detection test included in the common list of rapid antigen detection tests for COVID-19, whose sample has been obtained within the 48 hours prior to arrival in Spain.

- **Recovery Certificate:** correspondence with a test between a period not exceeding 180 days after the date of the first positive result of a diagnostic test for active infection (PCR/NAAT) and no earlier than the 11th day following the date of that positive result.

- At the same time, to enter Spain it is necessary to fill in the **SPTH online health form** ([www.spth.gob.es](http://www.spth.gob.es)).



We will let you know if the pandemic situation changes, so we will keep you updated of what is needed.

## EMERGENCY CONTACTS

- **Police:** (+34) 987 40 91 10
- **Firefighters:** (+34) 987 45 53 80
- **Hospital** Universitario del Bierzo: (+34) 987 45 52 00
- **Taxi:** (+34) 987 00 99 00



## ABOUT THE PLACE

**El Bosque de los Sueños** (the Forest of Dreams), is a shelter managed by ASPAYM CyL, which is located in an area of the province of León, which is called "**El Bierzo**". In this location you can find multiple natural turistic options, such as "**Las Médulas**" an ancient roman gold mine, "**The St. James Way**", "**El Valle del Silencio**" (The Silent Valley), the city of **Ponferrada** and multiple beautiful villages.



Las Médulas



Ponferrada's castle



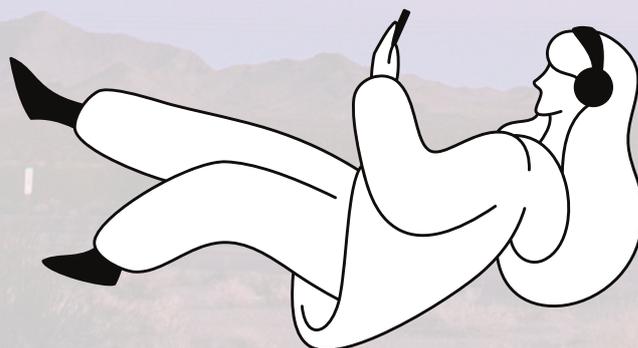
Peñalba de Santiago



Balboa

# AGENDA

	Thursday 17th	Friday 18th	Saturday 19th	Sunday 20th	Monday 21th	Tuesday 22th	Wednesday 23th
8:30 am	T R A V E L	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30 am		Introduction and presentations	Music as an inclusive language	Music as an inclusive language	Music as an inclusive language	Creating music	Visit to ASPAYM CyL facilities in Valladolid
11:30 am		..... Break .....	..... Break .....	..... Break .....	..... Break .....	..... Break .....	
13:00pm	Arrival to Madrid airport, picnic lunch and trip to El Bosque de los Sueños	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Picnic lunch and trip to Madrid airport
16:00pm	El Bosque de los Sueños	Music as an inclusive language (acquiring tools)	Music as an inclusive language	Visiting El Bierzo!	Music as an inclusive language	Explanation of the Youth Pass	
18:00pm	El Bosque de los Sueños	..... Break .....	..... Break .....		..... Break .....	..... Break .....	..... Break .....
20:00pm	DINNER	DINNER	INTERCULTURAL DINNER	DINNER IN EL BIERZO	DINNER	DINNER	
21:00pm	Presentation activities	Creations	Intercultural night!	Free night!	Group activity	Farewell party	



## FACILITATORS/TRAINERS



HUGO  
GONZÁLEZ

Hugo is an actor, a dj and a social psychologist. He has a wide experience using music and theatre as a tool to boost the learning process of youth in different educational settings.

Rocío is a youth technician in ASPAYM CyL and a dancer. She has experience working with youth with disabilities, using games, dance and artistic expression in the field of non-formal education.



ROCÍO  
DE ANDRÉS

