

TRAINING COURSE

“THE POWER OF NARRATIVE”



ASHA CENTRE, UNITED KINGDOM

13 – 20 MARCH 2012

PRACTICAL INFORMATION



Education and Culture

DESCRIPTION:

ASHA Centre, Gunn Mill House, Lower Spout Lane, Flaxley, Gloucestershire. Tel. +44(0)1594 822330; e-mail: ashacentre@yahoo.co.uk, website: www.ashacentre.org

Aim of the training course:

This training course will use storytelling as a key to intercultural discourse, self-development and youth empowerment. The aim of this activity will be to i) bring young people together in a positive way ii) address their deepest concerns iii) inspire them iv) multiply the effects of the training course. As such the project will provide a platform for sharing as well as developing key competences of youth workers and volunteers in intercultural dialogue with the particular focus on narratives as a context and storytelling as a tool. The project will take place in the ASHA Centre, at the edge of Forrest of Dean, Gloucestershire, and will last for 6 working days.

Arrival: 13th of March 2012

Departure: 20th of March 2012

THE VENUE:

ASHA Centre
Flaxley, Gloucestershire
www.ashacentre.org

PARTICIPANT PROFILE:

This project targets youth workers, youth leaders, volunteers and others interested in working with young people and non-formal education in the area of story-telling

The lower age limit for participants is 18; there is no upper age limit.

Because of the particular character of the course programme (storytelling), it is essential that participants are able to communicate well in English. The planned activities will require all participants to speak English on a regular basis

TRAVELLING TO THE UNITED KINGDOM:

ASHA Centre is located in Gloucestershire, near Gloucester. The nearest airports are (listed by distance/convenience of travel to Gloucester):

-
- Bristol Airport (low-cost airlines only. Approx 2h20 to Gloucester)
 - Gatwick Airport (approx 5h to Gloucester by coach)
 - Luton Airport (approx 5 hrs by coach to Gloucester by coach)
 - Heathrow Airport (approx 3- 4 hrs to Gloucester by coach)
 - Stansted Airport (approx 5h to Gloucester by coach)
 - Birmingham Airport (approx 2h to Gloucester by coach)

Travelling by coach from all London Airports (apart from Heathrow) involves a change at London Victoria.

Please check for the cheapest travel option from your city and contact ASHA Project Team (asha.part3@gmail.com) for route and price approval.

TRANSPORT TO / FROM THE ASHA CENTRE:

Please be advised that coaches offer cheapest services for local transport within the UK. We advise you to travel to Gloucester using only this mean of transport. National Express provides services to both places from all major London airports



- We recommend you to travel by coach from the airport to Gloucester by National Express coaches. Please, check www.nationalexpress.com (coach schedules and prices). You can buy the tickets beforehand in the internet, but, please, bear in mind that the tickets have fixed time, that's why it might be better to buy the tickets on the spot at the airport.
- You need to take a coach to **Gloucester**. It stops at Gloucester Coach Station, which is situated in the centre of the city.
- If you wish to be reimbursed **DURING** the training course you should also buy **RETURN** tickets from the airports to Gloucester). Those of you who are planning to stay in London longer should also buy **RETURN** tickets from the airports to Gloucester.

We recommend buying tickets directly from the website of National Express, as they tend to sell tickets at lower prices. For e.g. it is possible to get a ticket from London to Gloucester (one way) for only £ 5.

Those of you who are planning to enjoy beautiful London before or after the training course, can get to the center from Luton and Stansted airports by **EasyBus**

easyBus.co.uk (<http://info.easybus.co.uk>)

(the cheapest option, but the tickets should be booked online).

TRAVEL COSTS:

The organisers will reimburse **70% of your travel costs from your home city to Gloucester, United Kingdom.**

Reimbursement of travel costs will only be done upon full attendance in the TC programme and presentation the original tickets with boarding passes and receipt/invoices.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.

! Note: Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site for the month of ticket purchase <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

!! Note: Please see the Annex 1 for the travel budget limits at the end of this document. If your travel costs exceed the amount budgeted in the project, we will be able to reimburse you 70% of the travel costs indicated in the travel budget.

!!! Note: Please make the copies of your tickets and invoices before you will come to the training.

!!!! Note: Please make sure you have **return tickets for all stages of your travel** (return plane tickets, return bus tickets, etc.). **Reimbursement** will be given **only on the basis of an existing ticket**. No advance reimbursement for future tickets will be given.

!!!! Note: If you plan to travel outside the official project dates you need Asha's approval first. Please contact us at asha.part3@gmail.com

HEALTH INSURANCE:

Health insurance will not be provided or reimbursed by the organisers. All participants are required to purchase health insurance individually.

ACCOMMODATION:

You will be sharing room(s) with another person(s) of the same sex. All rooms have either baths or showers, and a TV. Towels and bed linen will be provided.

! Note: Please note that organizers will not provide any additional accommodation for your stay in the United Kingdom outside the TC dates. Those of you willing to arrive few days earlier or depart few days later should inform us and we will assist you in booking a hotel or hostel in the UK.

PREPARATION:

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

Furthermore, bring some information materials about your organisation, photos and report from former projects and other things which will help you to present your organisation.

And do not forget to bring some national drinks and snacks for the intercultural evening :)

Please note that UK plugs/sockets differ from European ones – you may consider bringing an adapter.

ABOUT THE UNITED KINGDOM:

If you want to know more about our country here are some web pages:

www.visitbritain.com

www.lonelyplanet.com/england

And for Gloucestershire

<http://www.visit-gloucestershire.co.uk/>

CONTACT:

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

ASHA Project Team @ asha.part3@gmail.com

ANNEX 1: TRAVEL BUDGET LIMITS

Participants' travel costs			
Promoter	Number of persons	From	Total costs (100%)
Level Association	3	Romania	1200
Raibais Kakis	3	Latvia	1000
Compass Egyesulet	3	Hungary	1000
CMM Montijo	3	Portugal	1200
Mladiinfo Slovensko	3	Slovakia	1200
SI European Projects	3	Germany	900
Youth Council Hersonisos	3	Greece	1200
Work in Progress	3	Italy	1000
Focus European Centre for Development	3	Bulgaria	1000