



# ‘YOUTH WELL-BEING SUMMER TRAINING COURSE’

11 – 18.08.2015

ASHA CENTRE

**INFO PACK**





## INTRODUCTION

The aim of the course is to provide young people with the information and some experience they need to make healthier lifestyle choices. The project therefore addresses an individual participant directly. By offering a programme of land and arts based activities, we seek to provide opportunities for the development of physical and emotional/spiritual well-being. We seek to train 32 participants in the principles of well-being (issues, concept and measures) as well as with practical tools and methods of how young people could be educated about well-being. The project will take place in the ASHA Centre, at the edge of the Forest of Dean, in an environment that is health giving, intentionally designed to be therapeutic, beautiful and inspiring.

The ASHA Centre (venue of the course) is a hub of volunteering activities. We regularly host EVS and Horizon Programme volunteers from across Europe. We occasionally host international volunteers from Africa, Asia and the Middle East. Additionally, ASHA engages the local community in the Forest of Dean in a range of volunteer activities on its premises, including at ASHA's Biodynamic Garden. The project will also draw on the expertise of voluntary sector organisations based in the Forest of Dean, including the Camphill Trust (Grange) and Ruskin Mill.

### **DATES:**

11.08 (arrival day; all day)

18.08 (departure day; all day)



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***THE VENUE***

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ASHA Centre  
Flaxley, Gloucestershire  
<http://www.ashacentre.org>



For more info:  
<http://www.facebook.com/ashacentre>



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### *PARTNER ORGANISATIONS*

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Partners involved:

ASHA Foundation (UK) – 3 participants  
Rapture (Croatia) – 4 participants  
Kulturlabor Trier e.V. (Germany) – 3 participants  
The Spiral (Greece) – 4 participants  
Salento Bici Tour (Italy) – 3 participants  
Asociatia Support for Youth Development (Romania) – 3 participants  
Bundam (Lithuania) – 3 participants  
Radi Vidi Pats (Latvia) – 3 participants  
AYUNTAMIENTO DE MURCIA (Spain) – 3 participants  
TDM2000 Polska (Poland) – 3 participants

**Participants need to be over 18. We will not be able to host any underage participants.**

All participants need to complete the application form (attached) and e-mail it back to [youthinaction@ashacentre.org](mailto:youthinaction@ashacentre.org) by June 10, 2015

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### *TRAVELLING TO THE UNITED KINGDOM*

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

- Bristol Airport (Approx. 2h to Gloucester by coach)
- Birmingham Airport (approx 2h to Gloucester by coach)
- Heathrow Airport (Approx. 3-4 hrs to Gloucester by coach)
- Luton Airport (Approx. 4-5 hrs by coach to Gloucester by coach)
- Gatwick Airport (Approx. 5h to Gloucester by coach)
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- Stansted Airport (Approx. 5h to Gloucester by coach)
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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 ([youthinaction@ASHAcentre.org](mailto:youthinaction@ASHAcentre.org)) for route and price approval.

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### *TRANSPORT TO / FROM THE ASHA CENTRE*

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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 from all major London airports



NationalExpress <http://www.nationalexpress.com>

- We recommend you to travel by coach from the airport to **Gloucester** by National Express coaches. Please, check [www.nationalexpress.com](http://www.nationalexpress.com) for 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** (Gloucester Coach Station, situated in the centre of the city – do NOT buy tickets for Gloucester Longlevens)
- We will only reimburse DURING the training so you should also buy RETURN tickets from the airports to Gloucester). Those of you who are planning to stay in the UK outside project dates longer should also buy RETURN tickets from the airports to Gloucester.

ASHA will arrange pick-ups from Gloucester coach station to ASHA Centre (no public transport is available on this route). We will contact you with details of pick-up arrangements once all arrival times and dates will be confirmed.

## TRAVEL COSTS

ASHA will reimburse your travel expenses at 80% of the overall cost.

Please bare in mind the new Erasmus Plus travel limits for your country. However, if for good reasons your travel costs exceed the limit, we will still reimburse 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**.

! 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 <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

**!!!! 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 [youthinaction@ashacentre.org](mailto:youthinaction@ashacentre.org) Tickets for travel outside the official travel dates purchased without Asha's approval may not be reimbursed.**



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### HEALTH INSURANCE

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

### ACCOMMODATION

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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>

**!!! 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.**

**!!! Note: Please note that ASHA will not provide any additional accommodation for your stay in the United Kingdom outside the training 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.

**!!! Note:** 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!

**!!! Note:** The ASHA Centre has carpeted areas where shoes are to be removed. We advise you to bring a comfortable pair of house shoes/slippers.

**!!! UK electric plugs/sockets differ from continental/European – please bring your own electrical adapter**

**!!! The check-out time on the departure day is at 10 AM. The last transfer from the ASHA Centre to Gloucester will leave at 11:00 AM on the last day of the project**

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### PREPARATION

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

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

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### ABOUT THE UNITED KINGDOM

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If you want to know more about our country here are some useful links:

[www.visitbritain.com](http://www.visitbritain.com)

[www.lonelyplanet.com/england](http://www.lonelyplanet.com/england)



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

## CONTACT

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

ASHA Team @ [youthinaction@ashacentre.org](mailto:youthinaction@ashacentre.org)

## TRAVEL BUDGET LIMITS

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Please remember that the amounts listed below include local transport in the UK (airport – Gloucester – airport); coach and train travel between some airports and Gloucester can amount to 60-80 EUR

Raplecion (Croatia) – 275 EUR  
Kulturlabor Trial&Error e.V. (Germany) – 275 EUR  
The Spiral (Greece) – 360 EUR  
Salento Bici Tour (Italy) – 360 EUR  
Asociatia Support for Youth Developement (Romania) – 360 EUR  
Bundam (Lithuania) – 275 EUR  
Radi Vidi Pats (Latvia) – 275 EUR  
AYUNTAMIENTO DE MURCIA (Spain) – 275 EUR  
TDM2000 Polska (Poland) – 275 EUR