



Training course

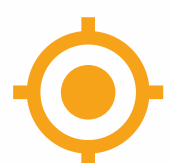
Ubuntu

-Youth Empowerment-

1st part: 22nd November to 1st of December 2023

Location: Kysak, Slovakia





AIM AND PROGRAMME ELEMENTS

In the frame of the Erasmus+ project UBUNTU, there are funded places available for participants from:

**AUSTRIA, BULGARIA, ITALY, LATVIA, LITHUANIA,
ROMANIA, SPAIN, SLOVAKIA, TURKEY**

“UBUNTU” foresees the creation of a professional leader in the community for youth work who can drive ideas to action and also facilitate events they create focused on YOUTH EMPOWERMENT via coaching, graphic facilitation, and visual storytelling.

“UBUNTU” sees a path that starts from **exploring coaching** from the perspective of self-coaching and self-awareness to coaching others and **empowering** them towards self-awareness and goal achievement. Participants will experience through experiential learning, **non-formal education**, and value-based learning a journey across psychology, philosophy, and pedagogy.

Participants will gain tools, self-awareness, attitudes, and competencies that will later benefit the target groups of their youth NGOs back home when being **walked through their action plans supported by their peers and the training team.**

The Slovak National Agency provides funding for ERASMUS+: Youth in Action, Key Action 1, Mobility of Youth Workers.

Please read carefully all indications given in this call, especially the eligible countries, conditions of participation, and the requested profile of participants.

The deadline for receiving your applications **is October 5th 2023**. Please note that in each eligible country, we have an official partner organization that will be informed about your applications and who also have a say in the selection process of participants (see list below). You will be informed about the selection results on October 6th.



PROFILE OF PARTICIPANTS

Participants are expected to meet the following profile:

- active and experienced in **working with young people** (e.g. youth worker, teacher, trainer, coach, mentor, facilitator, counselor, youth leader, community worker, therapist)
- interest and enthusiasm for the purpose and theme of the project; in a position to implement the learned techniques in (local) work with young people and their communities
- committed to working hard (about 9 hours per day at least)
- **aged 18+**
- **good command of the English language**
- residence in one of the countries mentioned above
- ready to implement local practice activities after the course and provide evidence thereof

Participants should **commit to carrying out agreed preparatory tasks and be willing to follow up on the training course and its activities** via active youth work, ideally in cooperation with their sending/partner organization.



THE VENUE

Slovakia still has unknown and undiscovered places that are exceptional for their beautiful nature, rich cultural heritage, and kind and hospitable people. Kysak and its surroundings is one such place.

We will be accommodated in a resort in Kysak, which lies between two big regional cities, Kosice which is 20 km away, and Prešov which is about 20 km away. Kysak is a village and railway hub in Košice-okolie District in the Košice Region of eastern Slovakia.

Just 2.5 km behind the village of Kysak you can find **our venue "Skola v Prírode Kysak"** (<http://svpkysak.sk/>), At the Slovak Rudohoria's foot in the Humenec Nature Reserve in the Ružin Miniregión near the river Hornád. Participants should be prepared for rustic conditions and to share their room with several persons in 4 - bedrooms with a private bathroom.

Feel free to browse pictures of the venue [HERE](#).

There is **no Wi-Fi Internet, we are in the countryside**, so please try not to plan important things through email or conference call for that week.

The venue is out of town, we will be surrounded by nature. Take some sporty and warm clothes because the temperatures can go down and up. **Bring slippers, towels and toiletries for the shower.**

Keep in mind there will not be a daily opportunity to go shopping.

Each training course **starts with a dinner at 18:00, and end with breakfast on the last day.** Thanks to funding provided by the Erasmus+ program through the Slovak National Agency NIVAM, during this period all costs for food, accommodation, local transport, and course materials are covered.

You are free to arrive in Slovakia 2 days earlier or stay two days longer. The costs of your potential stay in Slovakia outside of the period of the training course have to be borne by yourself and are not covered by the organizers.

Following the rules of Erasmus+, **the costs of your international travel are covered up to the following total amounts** (if you prove that your travel falls into the corresponding distance band). Costs exceeding the indicated amounts have to be borne by yourself. Here is an overview of travel grant per distance band:

10 - 99 km; **23 €**

Distance band, maximum travel grant

Slovakia

100 - 499 km; **180 €**

Distance band, maximum travel grant

Austria

500 - 1999 km; **275 €**

Distance band, maximum travel grant

Italy, Romania, Bulgaria, Lithuania, Latvia, Turkey

2000 - 2999 km; **360 €**

Distance band, maximum travel grant

Spain



TRAVEL REIMBURSEMENT

The course is co-funded through the Erasmus+ European program. We can reimburse only the cheapest transportation possible and **only public transport, 2nd class fares.** Taxi is not refundable, as well as private cars.

Please note that to be able to reimburse your travel costs we need all your **original travel documents: tickets and boarding passes also invoices.** The reimbursement will be done after **receiving all the original travel documents and providing evidence of local workshops.**

IMPORTANT: We can reimburse your flight tickets only if you present us with your boarding passes. If you use a mobile app for check-in, please, remember to save the boarding pass or take a screenshot of them they are automatically deleted from the mobile app after some time.

The condition for travel reimbursement is to participate in 2 phases of UBUNTU and provide evidence over at least two follow-up activities - workshops that includes at least 10 persons.



IMPACT, DISSEMINATION & FOLLOW UP

The participants and the partner organizations are expected to .

- disseminate and promote the project and its outcomes,
- transfer the competencies developed at this training course to further youth workers and educators
- implement local practice activities after every training activity, and provide evidence thereof
- participate in both training courses and deliver workshops in their local realities

In any case, it will be necessary to provide proof of the implemented dissemination, transfer, and follow-up activities to reimburse the participant's travel expenses.

+ FURTHERMORE...

INSURANCE

The project does not provide any insurance coverage of any form. This also refers to anything related to COVID-19. Participants must ensure their own health, accident, travel, and liability insurance. The participants should have full health and travel ticket insurance in case of a COVID-19 outbreak, as EduEra does not accept liability for any damage inflicted by participating in the training activity.

SOLIDARITY FEE

A symbolic solidarity fee is kindly asked from each participant to participate in the project. The participants can decide the contribution, it should, however, range between 50€ and 100€

+ WHAT WE OFFER?

Participation in the fully-funded international training course:

- focus on the personal development of participants and the development of constructive attitudes and self-confidence to engage in coaching, graphic facilitation, and visual storytelling
- Become trainers on youth empowerment while also developing competencies in youth empowerment via coaching, graphic facilitation, and visual storytelling, enabling them to implement training on youth empowerment in their local reality.
- Access to an international peer group
- Access to internal bibliography

Upon successful completion of all required tasks: a certificate: **Youth Pass**





TRAVEL ARRANGEMENTS

From the Kysak train station, it takes 30 minutes to get to the venue by foot. It is a beautiful walk in nature.

Take the train to Kysak Train Station.

Check possibilities of arriving at:

Košice (Slovakia)

You take a bus No. 23 from the airport (The bus stop is called: LETISKO) to train station: The bus stop next to the train station is called STANICNÉ NÁMESTIE (approx. 40 min). (Link to check out the schedule <https://imhd.sk/ke/schedule-timetable/route-line/23>).

Poprad (Slovakia)

You can take direct train (www.zssk.sk) to Košice. Duration: 1,5h.

Budapest (Hungary)

You can take bus (www.regiojet.sk) or train (www.zssk.sk) to Košice. Duration: 3h.

Bratislava (Slovakia)

You can take direct train (www.zssk.sk) to Košice. Duration: 6h.

Vienna (Austria)

Take a bus from Vienna airport to Bratislava (approx. 50 min). Check the tickets at: www.regiojet.sk or www.slovaklines.sk and from Bratislava, You can take direct train (www.zssk.sk) to Košice. Duration: 6h.

In any case, do not arrange any travel yet but wait for the selection results. Only selected participants will be able to participate in the training course.



CONTACT & TEAM

MarCus Vrecer (trainer)

MarCus has been involved in international youth work and education since the early 90s. His focus areas include training educators, managers, youth workers and activists, social entrepreneurship, organizational management and development, personal development, and mass facilitation. MarCus is a member of the Austrian National Agency's pool of trainers, a founding member of the International Youth Work Trainers Guild, and a member of the TOSCA pool of trainers by the European Solidarity Corps Resource Centre.

Petra Papierníková (trainer)

Petra is the founder and president of Slovak NGO EduEra, a certificated coach and psychotherapist in training, and a community organizer. She has experience in formal education as a professor at the University and in non-formal education as a facilitator, trainer, and youth leader for many years.

Please, do not arrange any flights!



EduEra



NIVAM

NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE

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Erasmus+ Programme
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