

# TICK OFF THE CHALLENGES

*Be the Role Model!*

ERASMUS+  
TRAINING COURSE  
FOR YOUTHWORKERS



# Tick Off the Challenges, Be a Role Model

Erasmus+ KA1 Training course for Youth workers

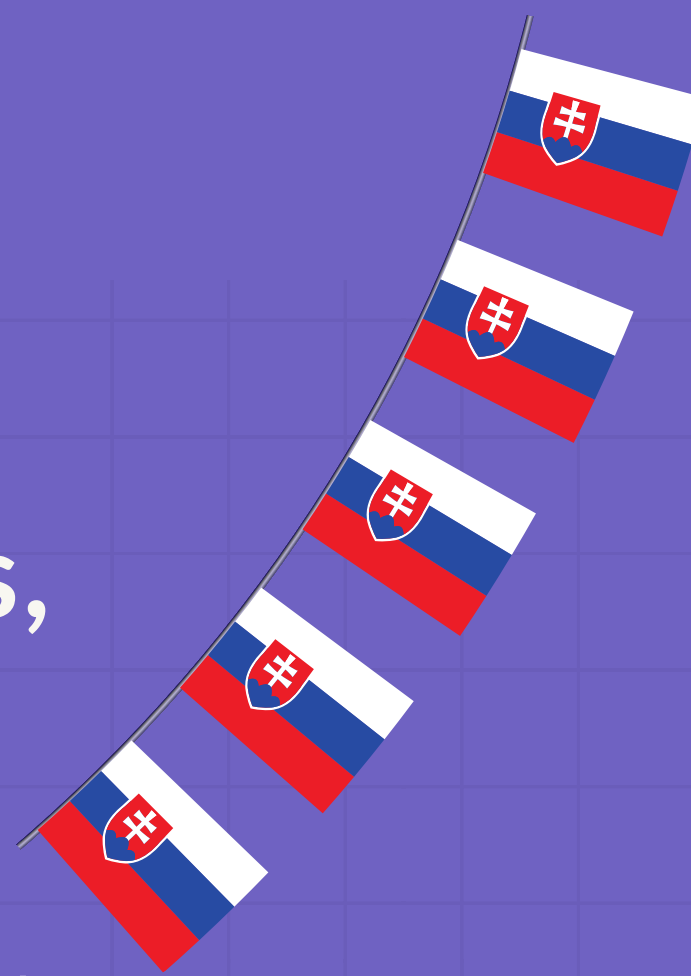
## Info-pack for participants



**July 10 - 17, 2023**  
**Trnava-Hrnčiarovce, Slovakia**  
**[www.europskydialog.eu](http://www.europskydialog.eu)**



# Welcome to Slovakia and our training course Tick Off the Challenges, Be a Role Model!



Dear participant!

It is wonderful to have you join us for these 5 exciting training days! This training course for youth workers is organised and hosted by the European Dialogue (Slovakian NGO). It is supported by the Erasmus+ programme through the Slovak National Agency - NIVAM. The local partners are:

Scambieuropei (Italy)

Forum Młodych Dyplomatów (Poland)

Celje Youth Center (Slovenia)

The Future Now Association (Bulgaria)

Children- and Youth Parliament (CYP) Charlottenburg - Wilmersdorf (Germany)

Inednet (Armenia)

Anglo-American University (Czech Republic)

We hope you are looking forward to participating in this activity as much as we are.

Yours,

Denisa Karabová, Monika Kmeťová and Martin Maška

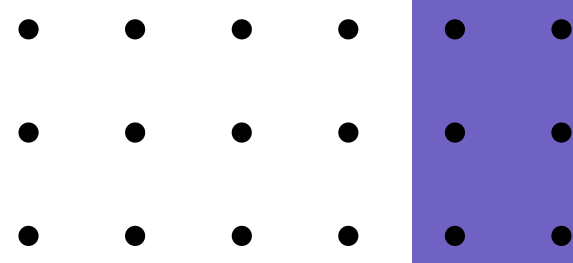
In this document you can find all useful information. Please read through it carefully and if you have any questions, please write an email to Denisa:  
[d.karabova@europskydialog.eu](mailto:d.karabova@europskydialog.eu).

## CONTENT

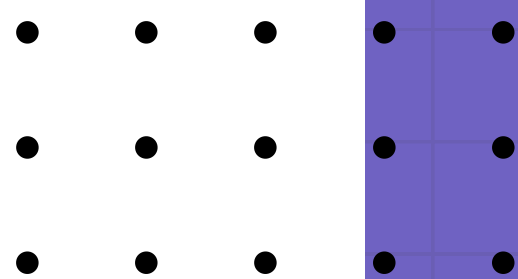
- Summary and objective
- Logistics
- Accommodation and hospitality
- About the project
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# SUMMARY AND OBJECTIVES



The current society is torn by one crisis after another - when we finally started to recover from the Covid-19 pandemic, the war in Ukraine started, which more or less affected the whole world, but especially Europe. Among other things, as a result of the war, we are facing huge inflation causing a widespread increase in the price of all goods and services. Every day, we are exposed to all kinds of disinformation, hoaxes, and conspiracies spread across the online space (mainly social media), the aim of which is to undermine democracy and the unity of the European Union. Society is the most polarised in decades, people are becoming radicalised, populism rules politics, many families and friends are torn apart. In addition, all these crises and hopelessness cause anxiety, depression, and other mental difficulties that many of us suffer from. But don't be hopeless, nothing is lost yet! Our Erasmus+ training "Tick Off the Challenges, Be a Role Model" will help participants figure out how to work with youth in these difficult times, how to facilitate debate and discussion in such a polarised atmosphere, and find a remedy to help young people and themselves stay positive and motivated to strive for the better tomorrow and maintain good work, community, friendship, and family relationships.



## What will the participants get?

Participants will acquire a wide range of competences corresponding to current trends in youth work related to different challenges and problems the world faces nowadays. They will:

- acquire competences in the field of prevention and resolution of conflicts in collectives, especially among youth, based on real cases;
- get answers on how to deal with the anxieties and mental problems of young people arising from the various crises of today's world;
- find out how to approach sensitive topics and how to ensure that every young person, participant, or team member feels comfortable and safe at the event;
- learn about the importance of having a clear vision and plan;
- familiarise themselves with the topic of ethics in youth work and diplomatic communication - some important rules in communicating with partners/participants as well as how to prevent conflicts;
- get to know the concept of debating, through which they will find answers to several current trends polarising society (war in Ukraine, growing extremism and radicalization of society, Covid-19, economic crisis);
- improve their media literacies and find out how to have a conversation with and help people who have become victims of conspiracy theories and hoaxes;
- get to know different opportunities (materials, etc.) that will help them solve problems, find solutions, and create new projects.

# LOGISTICS



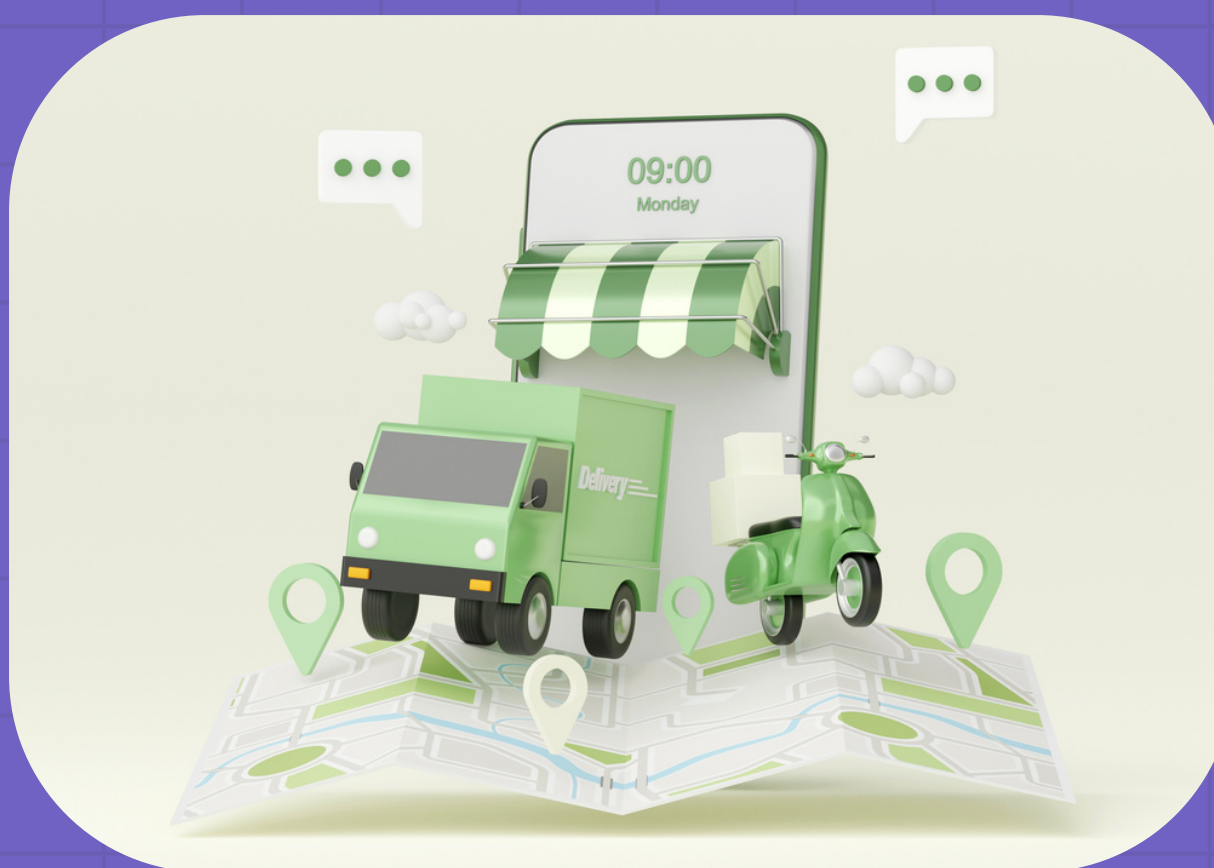
Our meeting will take place in Trnava-Hrnčiarovce, not far from the capital city of Bratislava. You are expected to arrive on 10th March before 19:00 and leave on 17nd April 2023 at any time after breakfast.

We very much encourage you to choose a green way of transport - either train or bus. The easiest and most economical way to reach Trnava by plane is to fly to Bratislava (which is unfortunately very small airport and usually it is hard to find the flights there), other very convenient option is to fly to Vienna, then take a bus from the airport to Bratislava (approx. 1 hour) and then bus or train to Trnava (approx. 30 minutes).

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## The limit for travel costs is following:

Slovakia:	100 EUR
Poland:	180 EUR
Italy:	275 EUR
Slovenia	180 EUR
Germany	275 EUR
Bulgaria	275 EUR
Armenia	360 EUR
Czechia	180 EUR



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Once you are selected and confirmed by the partner organisation, please check the most suitable travel tickets for you and consult it either with the sending organisation or directly with us. We can also talk about travel itineraries individually, and we can help you to find suitable bus/train itineraries for travel from Bratislava/Vienna to Trnava-Hrnčiarovce and back. If you have confirmed the flight tickets by a representative of European Dialogue, you can proceed with tickets booking. Right after the training, you will be reimbursed directly on your bank account after providing all the original travel documents to organisers. The procedure of the reimbursement process will be explained to you during the first day of training.

## IMPORTANT CONTACTS

**Denisa Karabová** – coordinator, reimbursements, trainer  
d.karabova@europskydialog.eu | +421 908 203 410

**Monika Kmetová** – trainer, m.kmetova@europskydialog.eu | +421 918 732 830

**Martin Maška** – trainer, reimbursements, m.maska@europskydialog.eu | +420 721 766 873

# HOW TO GET FROM BRATISLAVA AIRPORT TO TRNAVA



Outside the Bratislava airport (in front of arrivals) you will find a bus stop. Several times a day there are buses going to Trnava. You can check it here:

<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

You have to search as follows: *from: Bratislava, letisko to: Trnava*

If there is no bus going to Trnava, you have to take a public transport number 61 which last stop is Bratislava main train station (Bratislava, hlavná stanica). Don't forget to buy the ticket in the machine outside and then to validate it in the machine inside the bus. Buy the 60 min ticket (the bus ride takes 24 minutes).

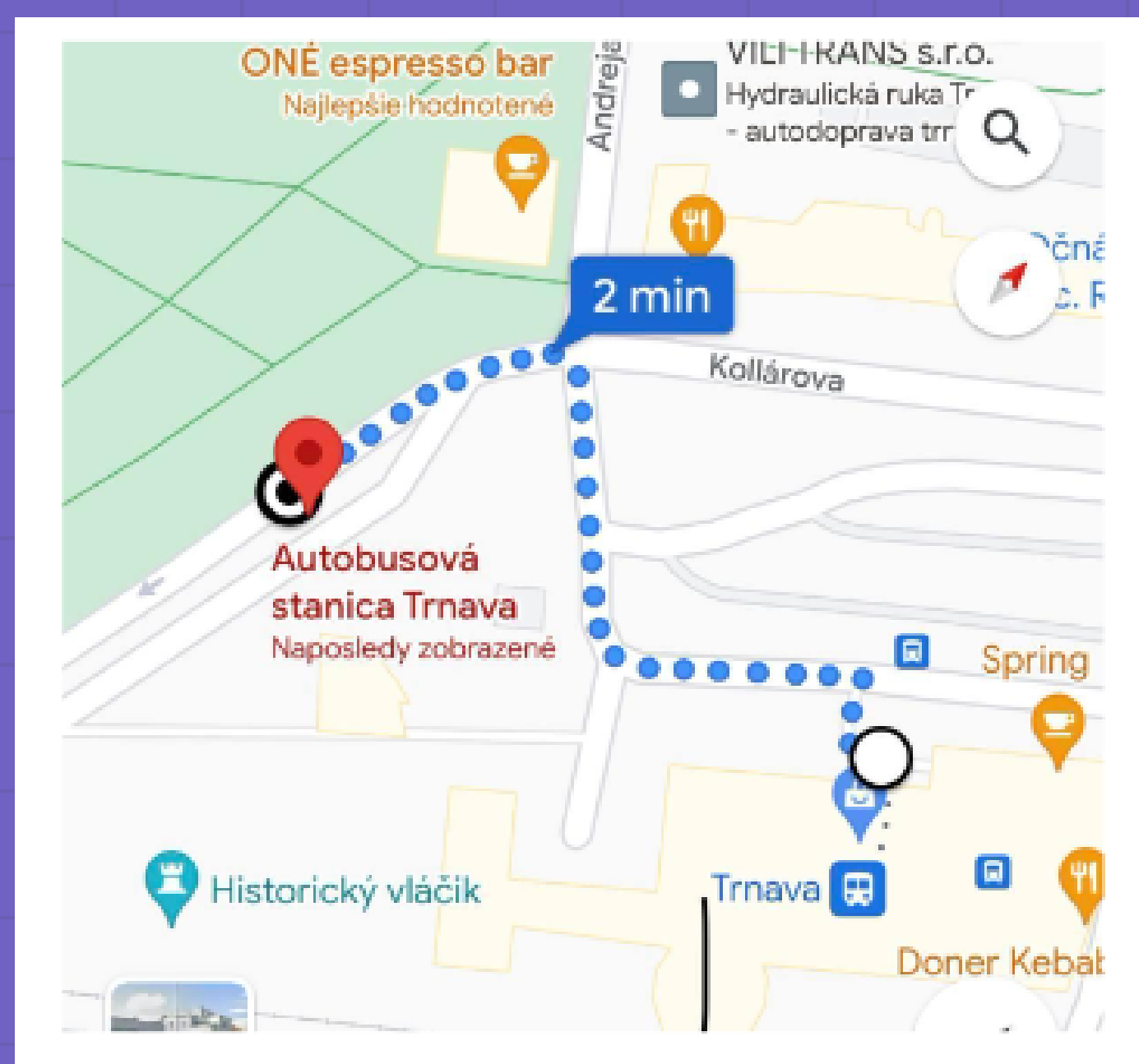
There are always trains going to Trnava (some of them stop in the villages though so try to catch the fast train starting its name with R or REX or Ex.

You can book your tickets in advance here: <https://www.zssk.sk/en/>, but it is not necessary. You can do it right at the station.

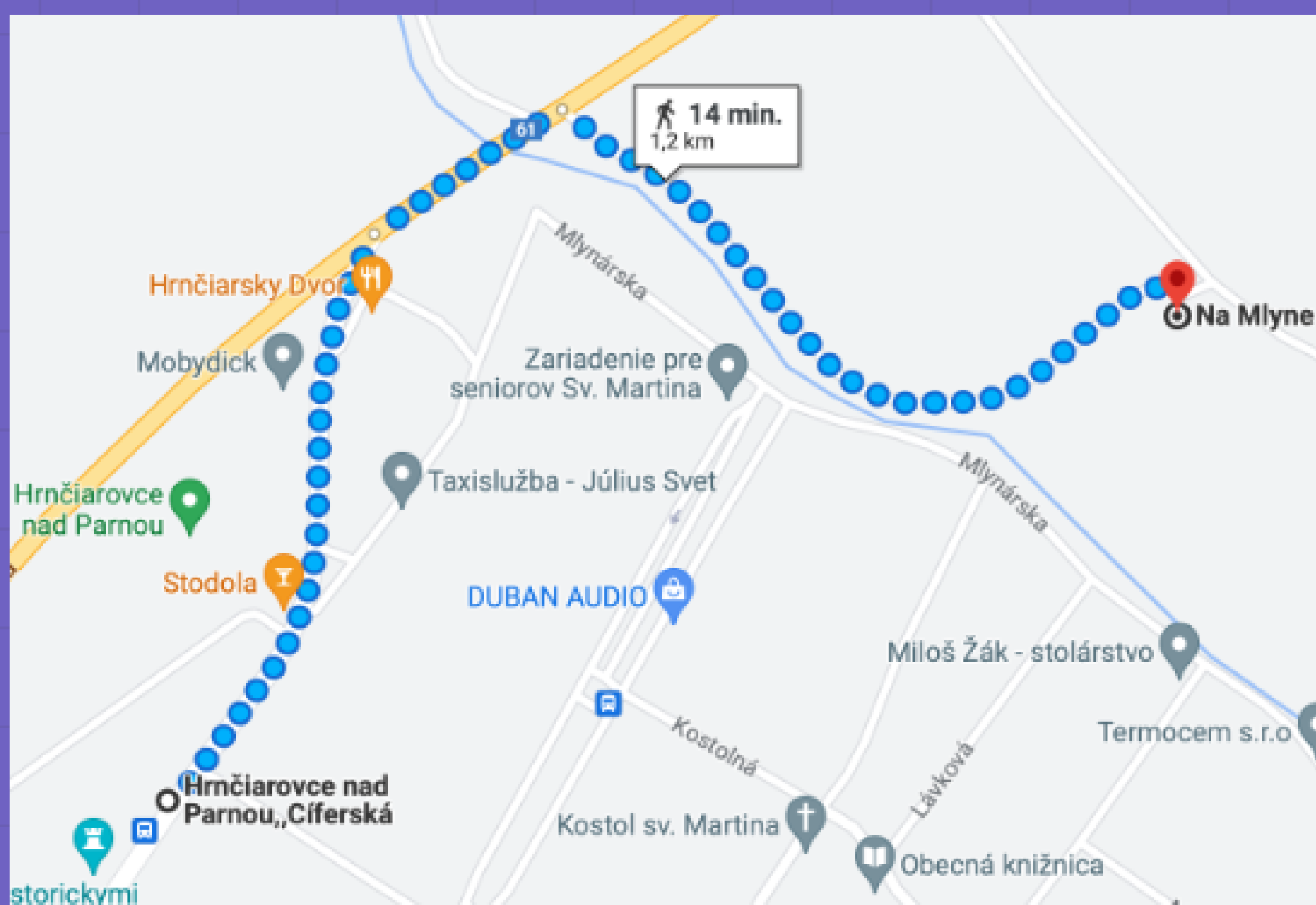
**When you reach Trnava, we will be organising the pickups for you, but there are few ways how to reach the hotel by yourself:**

**BUS:** Take a bus (number 666 or 207425) from the bus station, platform number 7. The bus station is a two minutes walk from the train station. (see the map below ). You can check the bus timetable here: <https://cp.hnonline.sk/en/vlakbusmhd/spojenie/> You have to search as follows: *from: Trnava to: Hrnčiarovce n.Parnou,,Cíferská*. You cannot buy the ticket in advance, but you will need to buy it from a bus driver in cash (euro) asking for the adult ticket to Hrnčiarovce. The trip will take around 8 mins. Once you get off the bus in Hrnčiarovce, you will reach the "Penzion Na Mlyne" by foot, which will take you around 14 mins. (see the map below)

**Bus station location:**



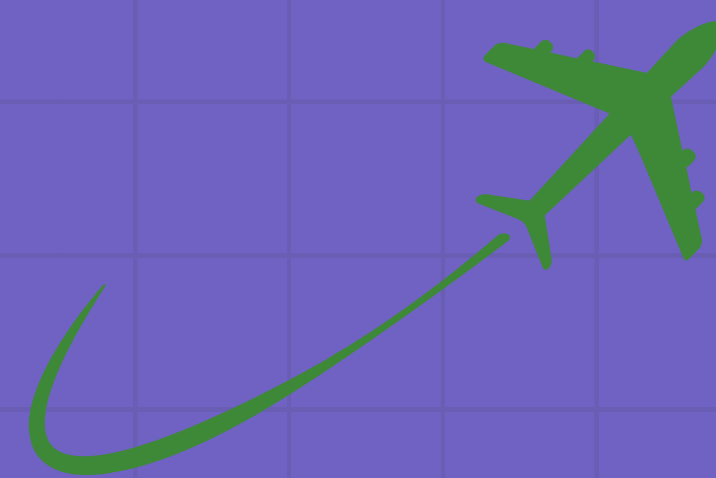
## Map: how to get from bus stop to accommodation



**TAXI:** You can take either a Bolt taxi from the train station by using the Bolt mobile app or you can call or message Denisa (+421908203410) and she will call the normal taxi for you. The accommodation address is: Na Mlyne, Mlynárska 4583/14, 919 35 Hrnčiarovce nad Parnou

**WALKING:** If you are a fan of walking, you can reach the accommodation by foot. It will take around 40 min (if you walk fast than less )

### HOW TO GET FROM VIENNA AIRPORT TO TRNAVA



There is a train station the the airport, so you can reach Bratislava by train. We usually use buses though - there are several bus companies that go to Bratislava bus station Mlynské Nivy. You just have to get out of the arrival building and you will see the bus platforms on your right (see the map below). There is some bus going almost every 30 min or even more often. You can check it out on the websites and even book the ticket in advance, but since you cannot know if your flight won't be delayed, we would recommend you to buy the ticket online right before landing to avoid situation the bus will be fully booked, Here are some bus companies:

<https://www.studentagency.eu/en/>

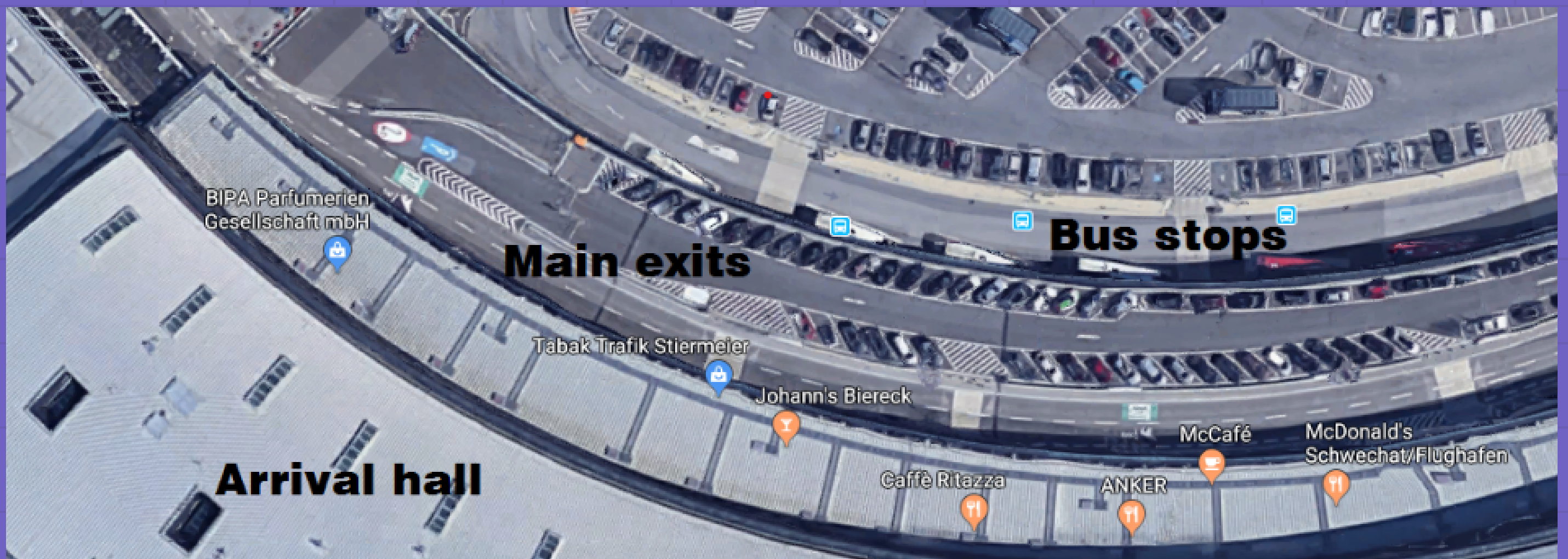
<https://www.slovaklines.sk/main-page>

<https://www.flixbus.sk/>

You can check which one will suit you the best also here:

<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

## How to find a bus stop at Vienna airport?



The trip by bus takes up to one hour. You get to the Bratislava bus station and maybe you will be lucky and catch a bus going to Trnava. You can check it here: <https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>. But please don't forget to check how long the ride is, because it might be bus stopping at every village, which can take up to two hours. In this case, please go rather by train.

If you get to Trnava by bus, the accommodation is reachable by ways that are already explained above.

If there is no suitable bus, you need to get to the train station. Get on bus number 40 going to the main train station (Hlavná stanica Central Railway Station), which is its last stop. Don't forget to buy the ticket in the machine outside and then validate it in the machine inside the bus. Buy the 30 min ticket (the bus ride takes 12 minutes).

There are trains going to Trnava from the main train stations every 30 minutes, sometimes even more often. Some of them stop in the villages though which takes 50 mins so try to catch the fast train starting its name with R or REX or Ex – it takes around 30 mins. You can book your tickets in advance here: <https://www.zssk.sk/en/>, but it is not necessary. You can do it right at the station.

When you reach the station in Trnava, please follow the above mentioned instructions on how to get to the accommodation.

If you need any help, let us know. We can send you concrete train schedules depending on your arrival times.





# ACCOMMODATION AND HOSPITALITY

We will be accommodated in **Penzion Na Mlyne** located in a pleasant green suburban area of the historical city of Trnava. Participants will stay in shared rooms (2- 3 people in a room and one big apartment for 4 people) with their own bathroom.

Trnava is a beautiful and cosy regional city where you can find lots of nice places to go. You definitely won't be bored there in your free time.

The meeting room where most of the activities will take place will be right in the pension.

This is the address of accommodation:

**Na Mlyne, Mlynárska 4583/14, 919 35 Hrnčiarovce nad Parnou**

**<http://www.namlyne.sk>**



## LUNCHEES, DINNERS, COFFEE-BREAKS

The food will be provided by the organisers (breakfast, lunch, dinner and coffee breaks included each day). We will take into consideration your dietary restrictions that you informed us about through the registration form.

**Any additional refreshments and food are on your own costs.**



# PROGRAMME

To be added soon :)

## WHAT TO PREPARE?

We would like to invite you to fully engage with the program, so if you have any ideas for energizers, group discussions or games, they will be much welcomed. Also, during two of our evenings we will organise an “intercultural night”, the aim of which is to present our countries and learn more about them. Therefore we would like to ask you to prepare a short presentation/quiz/talk about your country and if it is possible please bring with you some traditional snack, drinks, or food which you would like to share with others.

### FINANCES a.k.a Reimbursements

We would like to ask you to bring those documents for reimbursements that you don't need for your return trip to organisers in the beginning of the training. You can hand them to trainers each day during the training. European Dialogue will reimburse travel costs (flight + train or bus ticket, in a specific situation also taxi) from the place of your current residence up to the amount written below.



Slovakia:	100 EUR
Poland:	180 EUR
Italy:	275 EUR
Slovenia	180 EUR
Germany	275 EUR
Bulgaria	275 EUR
Armenia	360 EUR
Czechia	180 EUR



Although travel costs will be reimbursed, you are expected to make your own travel arrangements as soon as possible after receiving acceptance email. Before you buy it, please ask for confirmation from one of the European Dialogue contact persons, unless your local sending organisation is taking care of this for you.

#### You are expected to use following means of the transportation:

- **Train:** 2nd class ticket (normal as well as high-speed trains),
- **Flight:** return economy-class air ticket or a cheaper ticket,
- **Bus,**
- **Car,**

**In specific situations also taxis, but you should discuss this with us in advance.**

European Dialogue (or your sending organisation) can help you with finding the most suitable travel plan.

If you don't have it already, you are expected to arrange adequate medical and travel insurance. Unfortunately it cannot be reimbursed by organisers.

Please send those documents you need for your return trip by post to European Dialogue (reimbursement form and information about address will be given to you at training). If you have just digital tickets, it is enough to send them via email.

You are asked to do so within three weeks after the training. Without all documents required we cannot proceed with your reimbursement, so please keep all receipts, invoices, tickets or boarding passes!

## **Documents required for reimbursement**

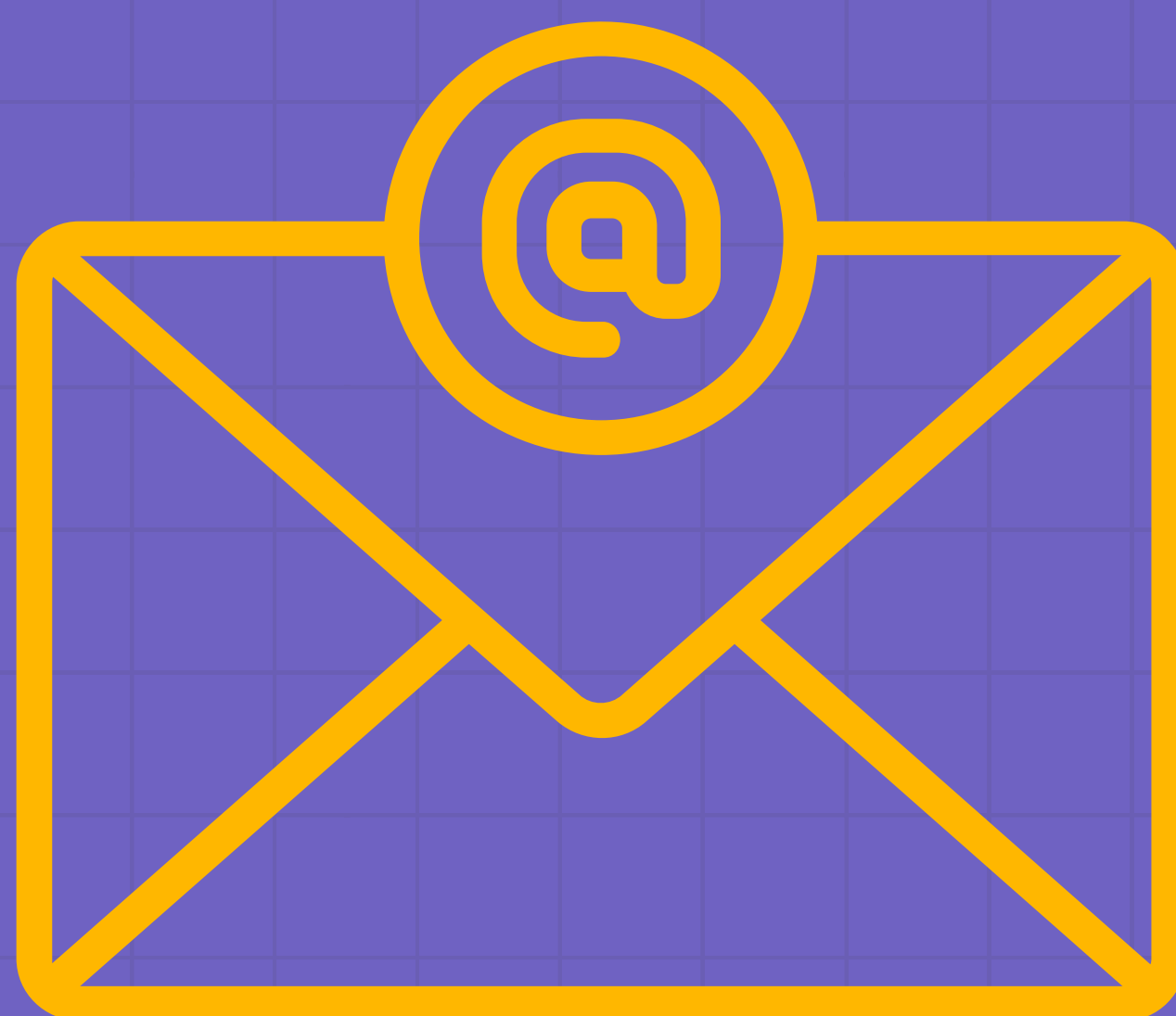
The documents that will be sent to you by European Dialogue:

- Reimbursement form

## **Other documents required for reimbursement:**

- Invoices, where the price is stated
- Original plane boarding cards/train tickets /bus tickets

For any further details concerning reimbursement arrangements, please write to [d.karabova@europskydialog.eu](mailto:d.karabova@europskydialog.eu) or [m.maska@europskydialog.eu](mailto:m.maska@europskydialog.eu).



# CHECKLIST

<b>Time zone</b>	Slovakia is located in the UTC/GMT + 1 hour
<b>Currency</b>	The currency in Slovakia is Euro - €
<b>Weather conditions</b>	Summertime in Slovakia is usually very hot, around 30 degrees and even more, but it depends. You can also check yourself here: <a href="https://www.yr.no/en">https://www.yr.no/en</a>
<b>Venue and accommodation</b>	Pension Na Mlyne, Mlynárska 4583/14, 919 35 Hrnčiarovce nad Parnou,  <a href="http://www.namlyne.sk">http://www.namlyne.sk</a>
<b>Arrivals Departures</b>	Participants are expected to arrive on 10th July, ideally before 19:00. Departure will be on 17th July after breakfast.
<b>Contacts on organisers</b>	Denisa: +421908203410; Monika: +421 918732830, Martin: +420721766873
<b>Insurance</b>	Make sure you get relevant travel and health insurance, if you don't have it yet!
<b>Registration form</b>	If you have been selected to participate, make sure you filled the registration form: <a href="https://forms.gle/xgaLFFyDXveNnQkt7">https://forms.gle/xgaLFFyDXveNnQkt7</a>
<b>Don't forget as well</b>	<ul style="list-style-type: none"><li>* Shampoo and other toiletries (personal hygiene set)</li><li>* Laptops, chargers, power cables (not obligatory)</li><li>* Pocket money - Euros</li><li>* Personal Identification documents</li><li>* Ideas for energizers</li><li>*Your good mood!</li></ul> <b>You don't have to bring with you towels, as they will be provided to you by the accommodation.</b>