

# **EMPOWERED:** **Advocates for Inclusion and Human Rights**



Erasmus+ Training for Youth Workers

**4 – 10 December 2023**

Trnava, Slovakia



**Info-pack**

**FOR PARTICIPANTS**

**EMPOWERED:**

**ADVOCATES FOR INCLUSION AND HUMAN RIGHTS**

**Erasmus+ KA1 Training Course for Youth Workers**



**4-10 DECEMBER 2023**



**TRNAVA- HRNČIAROVCE**



# Welcome to Slovakia and our training course **EmpowerED: Advocates for Inclusion and Human Rights**

Dear participant!

It is wonderful to have you join us for these 6 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)
- Tavo Europa (Lithuania)
- Dona Daria (Netherlands)
- Tomorrow Hub (Romania)
- Celje Youth Center (Slovenia)
- Erasmus Student Network France (France)

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

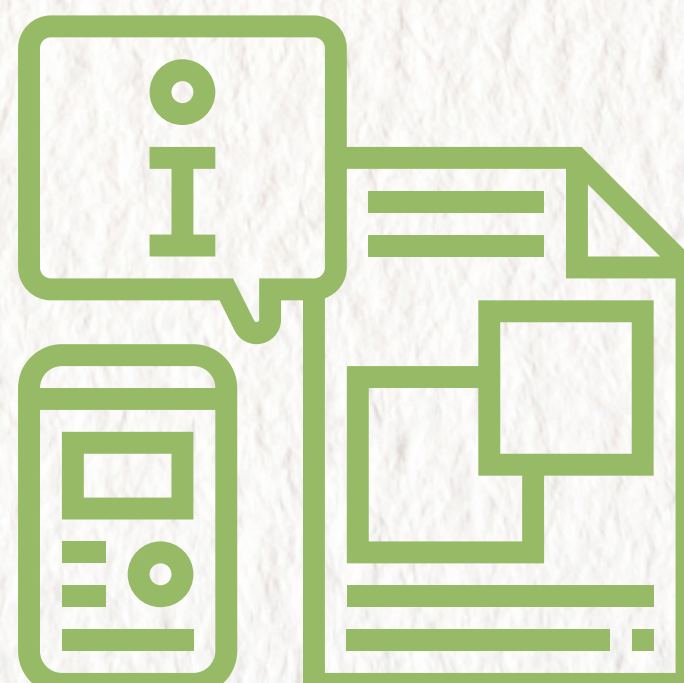
Yours,

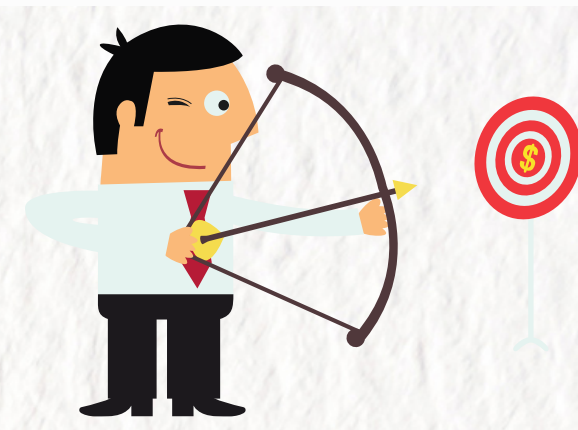
Denisa Karabová, Monika Kmeťová, Stela Olejárová and Martin Maška

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
- Finances
- Programme





# Summary and objective



In today's rapidly changing world, the role of youth workers in shaping the future has never been more critical. As advocates for the next generation, youth workers hold a unique responsibility to guide, inspire, and empower young people. The theme of human rights and inclusion lies at the heart of this responsibility. In an era marked by increasing diversity, the digital age, and complex global challenges, equipping youth workers with the tools to address hate speech, foster media literacy, and understand the boundaries of freedom of speech is crucial

Furthermore, youth workers must confront the rise of extremism, protect international human rights, and ensure the needs of various minority groups are met. Promoting respect, unity, and conflict management among youth is essential for building inclusive communities. By delving into these critical topics, our training for youth workers will help participants to enhance their effectiveness, create positive change, and champion a future where every young person's rights and potential are fully realised.





# What will the participants get?

Participants of the EmpowerED: Advocates for Inclusion and Human Rights training program will acquire a diverse range of competencies addressing the pressing challenges of our contemporary world where various minorities don't feel accepted and they even feel threatened. Throughout the program, participants will:

- Explore the diverse spectrum of minority groups and their unique needs, fostering cultural competency and inclusivity within their youth work practices.
- Acquire an in-depth knowledge of international human rights frameworks and conventions, empowering them to advocate for and protect the rights of young people and different minorities on a global scale.
- Cultivate media literacy skills tailored to the unique needs of youth workers, enabling them to critically analyse and navigate the digital landscape, while also equipping them to guide young people in effectively using media.
- Gain a deep understanding of the intricate boundaries surrounding freedom of speech, allowing them to navigate the complex space where this fundamental right meets responsible communication and its implications for youth work.
- Develop the capacity to recognize and combat the rise of extremism among youth by delving into strategies for early intervention, prevention, and fostering resilience in young individuals.





- Learn effective methods for promoting respect, empathy, and inclusivity through different activities, creating safe spaces for diverse youth to engage in meaningful dialogue and collaboration.

- Discover innovative approaches and best practices for making youth work more inclusive, ensuring that every young person feels valued, represented, and heard.



- Develop expertise in conflict management within the context of youth work, with a focus on practical strategies for resolving disputes and maintaining a harmonious environment.

- Cultivate the skills necessary for effectively defending public interests and advocating for positive social change, equipping them to be active in their communities.



# LOGISTICS



Our meeting will take place in **Trnava-Hrnčiarovce**, not far from the capital city of Bratislava. You are expected to arrive on 4th December before 19:00 and leave on 10th December 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).

## The limit for travel costs is following:

|              |         |
|--------------|---------|
| Slovakia:    | 100 EUR |
| Poland:      | 180 EUR |
| Italy:       | 275 EUR |
| Lithuania:   | 275 EUR |
| Netherlands: | 275 EUR |
| Romania      | 275 EUR |
| Slovenia     | 180 EUR |
| France       | 275 EUR |



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.

## WHO IS WHO - IMPORTANT CONTACTS

**Denisa Karabová** - coordinator, reimbursements, trainer, [denisa.karabova@gmail.com](mailto:denisa.karabova@gmail.com), 00421 908 203 410

**Monika Kmetová** - trainer, [m.kmetova@europskydialog.eu](mailto:m.kmetova@europskydialog.eu), 00421 918 732 830

**Stela Olejárová** - trainer, [s.olejarova@europskydialog.eu](mailto:s.olejarova@europskydialog.eu), 00421 918 594 862

**Martin Maška** - trainer, reimbursements, [m.maska@europskydialog.eu](mailto:m.maska@europskydialog.eu), 0042 721 766 873



# HOW TO GET FROM BRATISLAVA AIRPORT TO TRNAVA-HRNČIAROVCE



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, there are few ways how to reach the hotel:

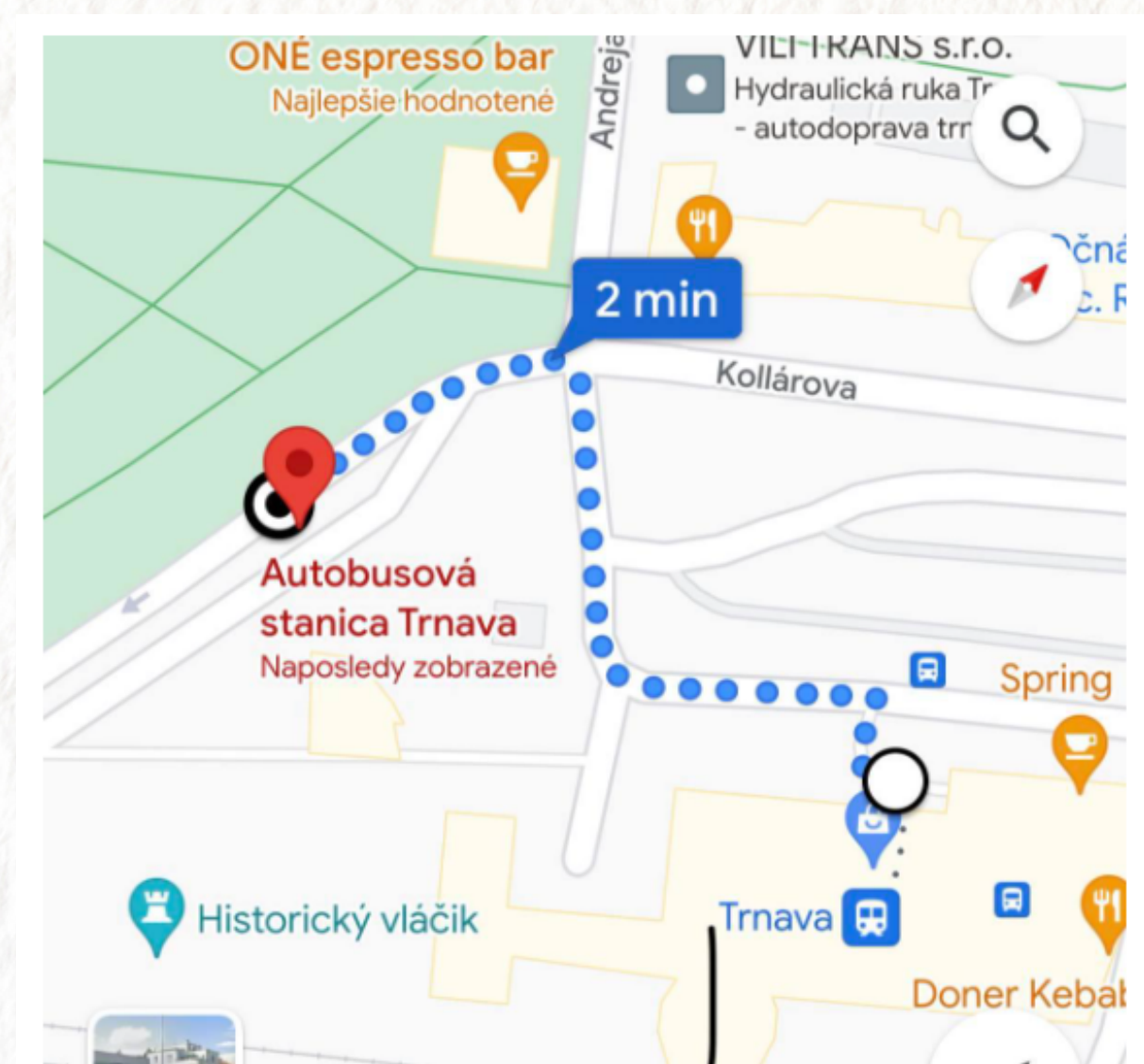
**1. BUS:** Take a bus (number 666 or 207425) from the bus station, platform number 7. The bus station is a two minutes walk from the train station. (see the map below ). You can check the bus timetable here: <https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>



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 out the bus in Hrnčiarovce, you will reach the Pension "Na Mlyne" by walk, which will take you around 14 mins. (see the map below)

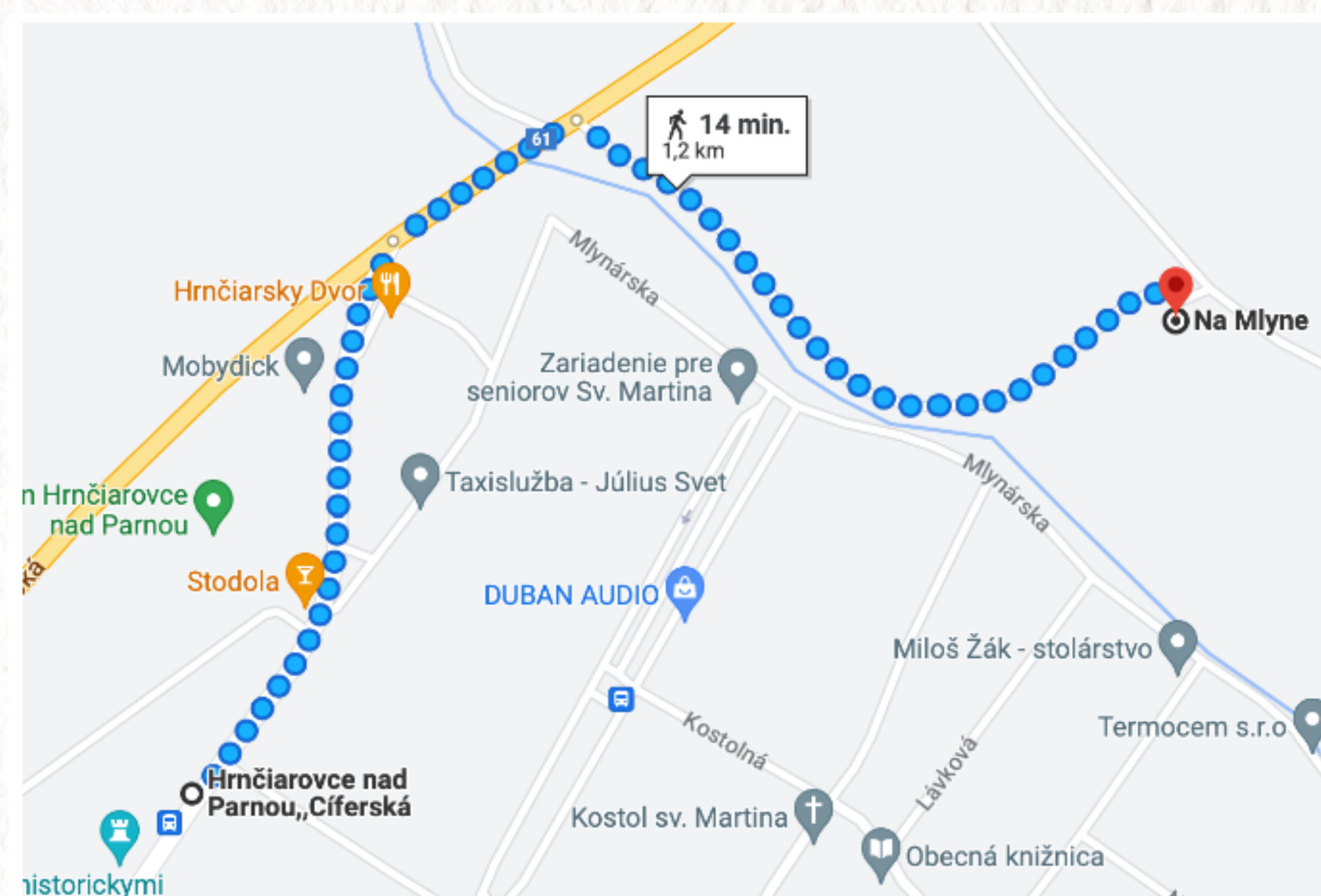


## Bus station location:





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



**2. 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 or pick you up by her car. The accommodation address is: *Na Mlyne, Mlynárska 4583/14, 919 35 Hrnčiarovce nad Parnou*



**3. 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 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:

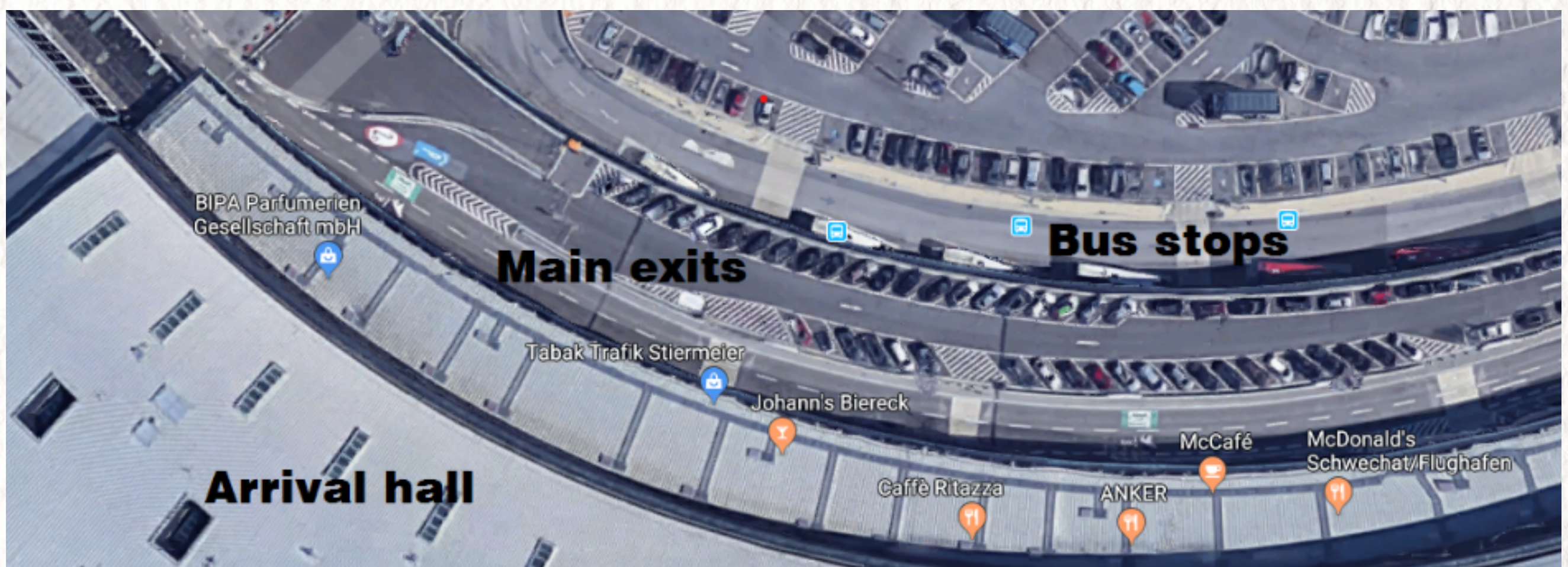
<https://www.studentagency.eu/en/>

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

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

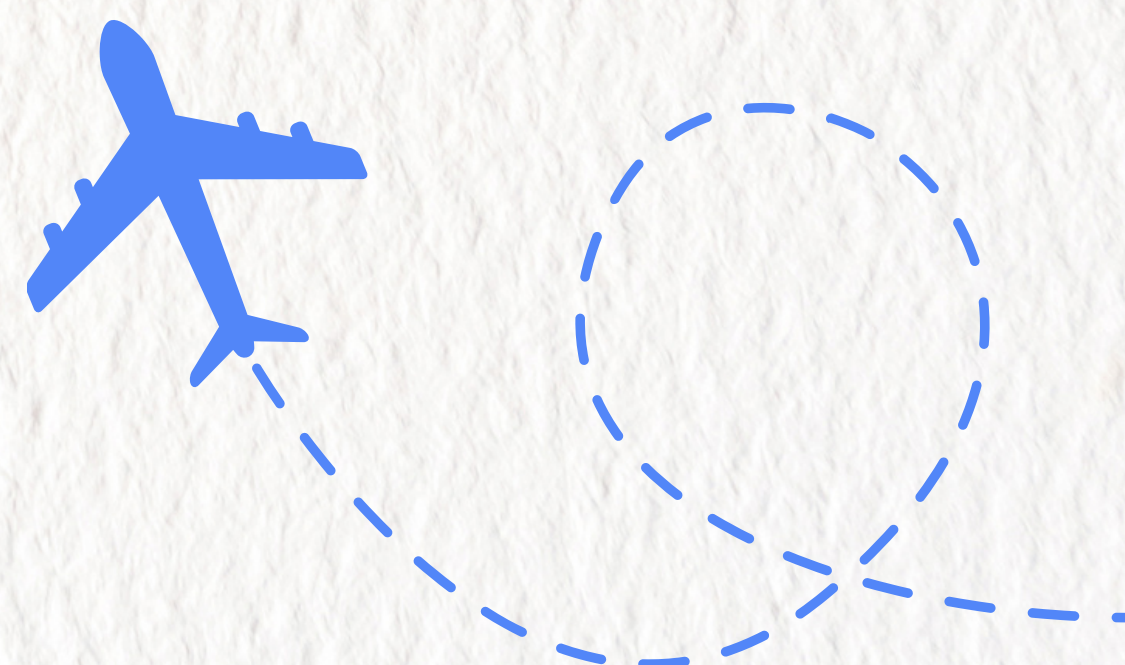
You can check which one will suit you the best also here:

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



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

The trip 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.

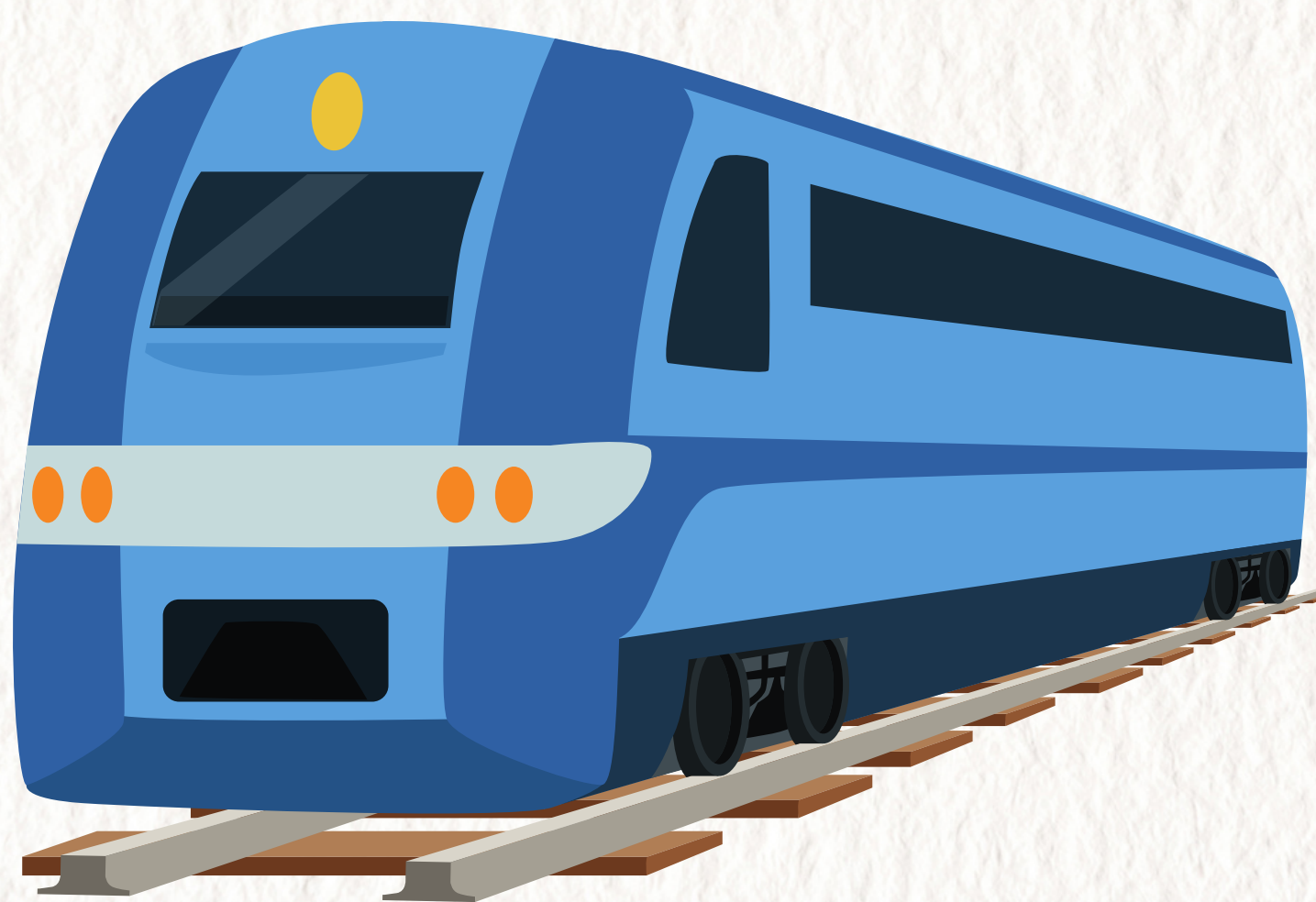


If there is no suitable bus, you need to get to the train station. Get on bus number 40 going to the main train station (**Hlavná stanica Central Railway Station**), which is the last stop. Don't forget to buy the ticket in the machine outside and then validate it in the machine inside the bus. Buy the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

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



Here are some pictures:





## LUNCHES, 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.



## 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. We would also like to ask you to prepare in advance as a team a small research on what is the current situation about inclusion and human rights in your country and also think of some concrete examples of how media (especially social media) and NGOs can influence how this topic is comprehended in society.



Also, during one 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.



# FIANANCES



## 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 on the page 5.

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



# PROGRAM

## 04<sup>th</sup> December, arrival day

|             |  |
|-------------|--|
| Until 18:30 | Arrival of participants and registration     |
| 19:00       | <i>Welcoming dinner</i>                      |
| 20:00       | <b>Getting to know each other activities</b> |

## 05<sup>th</sup> December, activity day

|       |  |
|-------|--|
| 08:00 | <i>Breakfast</i>   |
| 09:30 | Energizer  |
| 09:40 | <b>Let's Get Started</b> – welcome speeches by <u>organisers</u> , agenda, house rules, reimbursements |
| 10:15 | <i>Coffee Break</i>  |
| 10:30 | <b>Fears &amp; Expectations</b>  |
| 11:00 | <b>Team-building Activities</b> – getting to know each other a bit more                                |
| 13:00 | <i>Lunch Break</i>   |
| 15:00 | <b>Minorities and their place in world</b>   |
| 16:30 | <i>Coffee Break</i>  |
| 17:00 | <b>How to make youth work more inclusive?</b>  |
| 18:30 | Daily debriefing   |
| 19:00 | <i>Dinner</i>  |
| 20:30 | <b>Intercultural evening</b> (first 4 countries)   |



06<sup>th</sup> March, activity day

|       |   |
|-------|---|
| 08:00 | <i>Breakfast</i>  |
| 09:30 | Energizer   |
| 09:40 | <b>Global Guardians: International Protection of Human Rights</b>     |
| 11:00 | <i>Coffee Break</i>   |
| 11:30 | <b>International Protection of Human Rights: workshop</b>             |
| 13:00 | <i>Lunch break</i>  |
| 15:00 | <b>Media literacy for youth workers</b>                               |
| 16:30 | <i>Coffee Break</i>   |
| 17:00 | <b>Championing the Public Cause: Advocacy for Community Interests</b> |
| 18:30 | Daily debriefing  |
| 19:00 | <i>Dinner</i>   |
| 20:00 | <b>Intercultural evening ( 4 countries)</b>                           |

07<sup>th</sup> December – activity day

|       |  |
|-------|--|
| 08:00 | <i>Breakfast</i>   |
| 09:30 | <b>Study visit - IOM</b>   |
| 10:30 | <b>Study visit - Cultural center Malý Berlín (Little Berlin)</b> |
| 12:00 | <i>Lunch in Trnava center</i>                                    |
| 13:00 | <b>Sightseeing in Trnava</b>                                     |
| 14:00 | Free time  |
| 18:45 | Daily debriefing   |
| 19:00 | <i>Dinner</i>  |
| 20:30 | Informal Evening   |

**07<sup>th</sup> December – activity day**

|       |  |
|-------|--|
| 08:00 | <i>Breakfast</i>   |
| 09:30 | <b>Study visit - IOM</b>   |
| 10:30 | <b>Study visit - Cultural center Malý Berlín (Little Berlin)</b> |
| 12:00 | <i>Lunch in Trnava center</i>                                    |
| 13:00 | <b>Sightseeing in Trnava</b>                                     |
| 14:00 | Free time  |
| 18:45 | Daily debriefing   |
| 19:00 | <i>Dinner</i>  |
| 20:30 | Informal Evening   |

**08<sup>th</sup> December, activity day**

|       |   |
|-------|---|
| 08:00 | <i>Breakfast</i>  |
| 09:30 | Energizer   |
| 09:40 | <b>50 shades of society</b>                               |
| 11:00 | <i>Coffee Break</i>                                       |
| 11:30 | <b>Open space for participants to facilitate sessions</b> |
| 13:00 | <i>Lunch break</i>  |
| 15:00 | <b>Introduction into the video-making</b>                 |
| 16:30 | <i>Coffee break</i>                                       |
| 17:00 | <b>I. Editorial meeting (working in groups)</b>           |
| 18:30 | Daily debriefing  |
| 19:00 | <i>Dinner</i>   |
| 20:00 | Informal Evening  |



| 10 <sup>th</sup> December, departure day |                  |
|--|------------------|
| 08:00                                    | <i>Breakfast</i> |
| 09:30                                    | Departure        |



# 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>      | Weather has been very unpredictable lately, but we expect it to be already very cold in December. 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> by rubbing them together.                                     |
| <b>Arrivals<br/>Departures</b> | Participants are expected to arrive on 4th December, ideally before 19:00. Departure will be on 10th December after breakfast.  |
| <b>Contacts on organisers</b>  | Denisa: +421908203410; Monika: +421 918 732 830, Stela: +421 918 594 862, 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:<br><a href="https://forms.gle/aNcFahryTerc2ae5A">https://forms.gle/aNcFahryTerc2ae5A</a>              |

**Don't forget as well**

- \* Shampoo and other toiletries (personal hygiene set)
- \* Laptops, chargers, power cables (not obligatory)
- \* Pocket money - Euros
- \* Personal Identification documents
- \* Ideas for energisers
- \*Your good mood!

**You don't have to bring with you towels, as they will be provided to you by the accommodation.**