

New Erasmus+ Tools&Skills

Training Course for youthworkers

Island Ciovo, Croatia
21st-28th September 2022

8 countries
3 participants per country

INFO PACK



About us...

LUMEN is youth non-governmental organization established in spring of 2000 with the aim to improve the quality of life of young people in Ludbreg town and northwest region of Croatia and to bring their social inclusion and activism to a higher level.

Our main objectives to develop cultural, democratic, social and ecological conscience among youth, to encourage cooperation of young people with different interests and activities and to increase influence of young people on work of local community.

We continued with our goals from past years as we managed to help young people from Ludbreg and Croatia to see different parts of Europe and world, to volunteer and learn through different programs. By this we want to empower youth, giving them tools and skills for future life and raise their sense of European identity. Our main principles are connected with environmental sustainability, responsibility, inclusion, diversity and active participation.



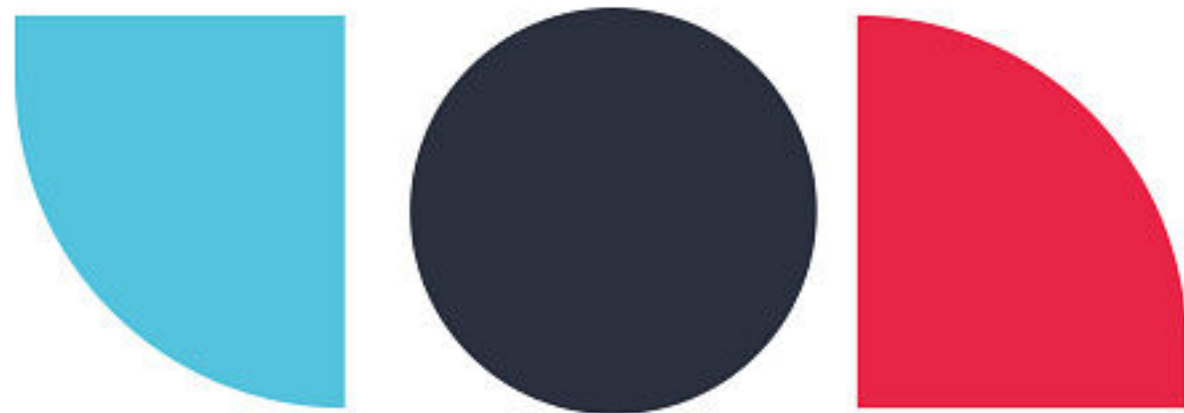
About project...

Project New Tools and Skills will look at the practical development of training skills and tools for young youth work inexperienced trainers, it will cover the basics of training, the exploration of work with groups as a trainer.

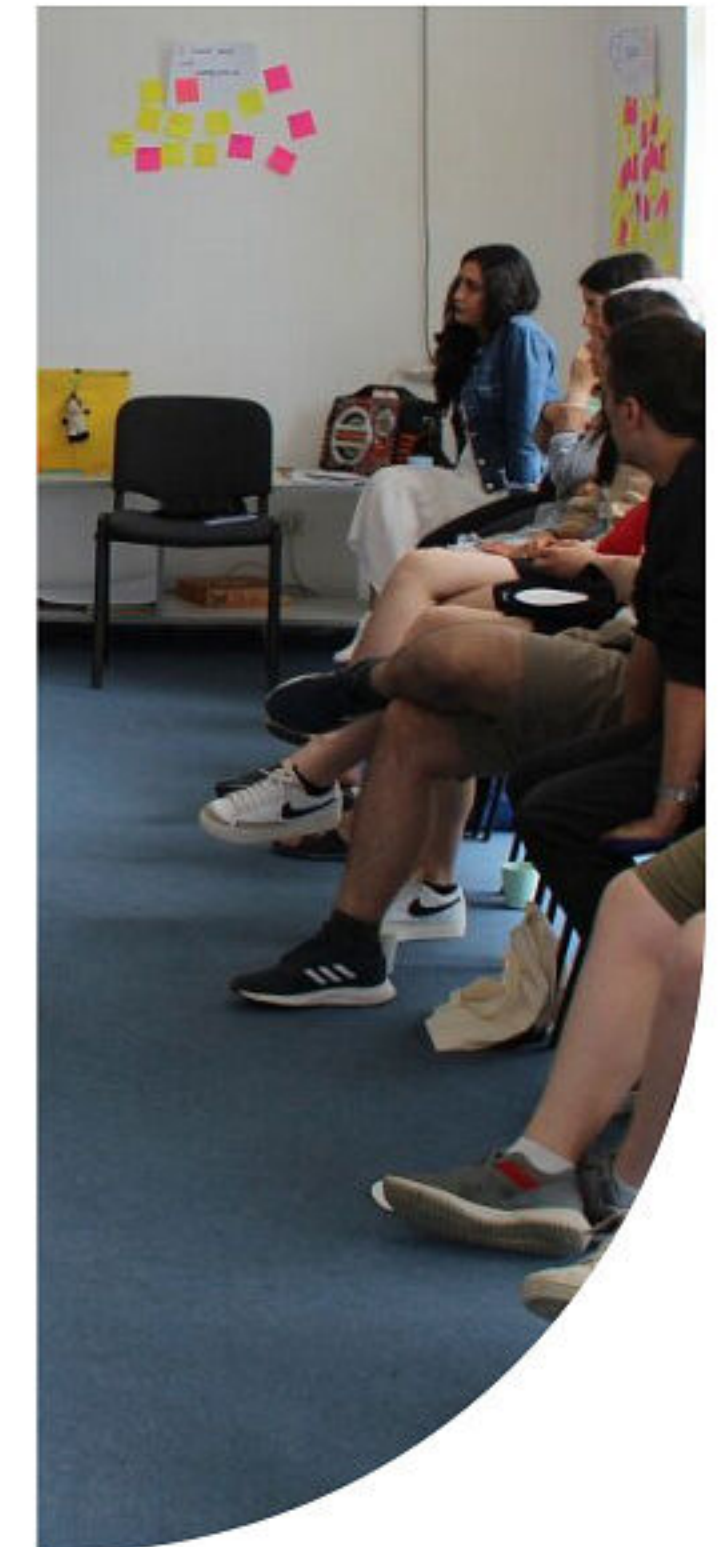
Aim: review and enhance competencies in working as trainers in non-formal settings.

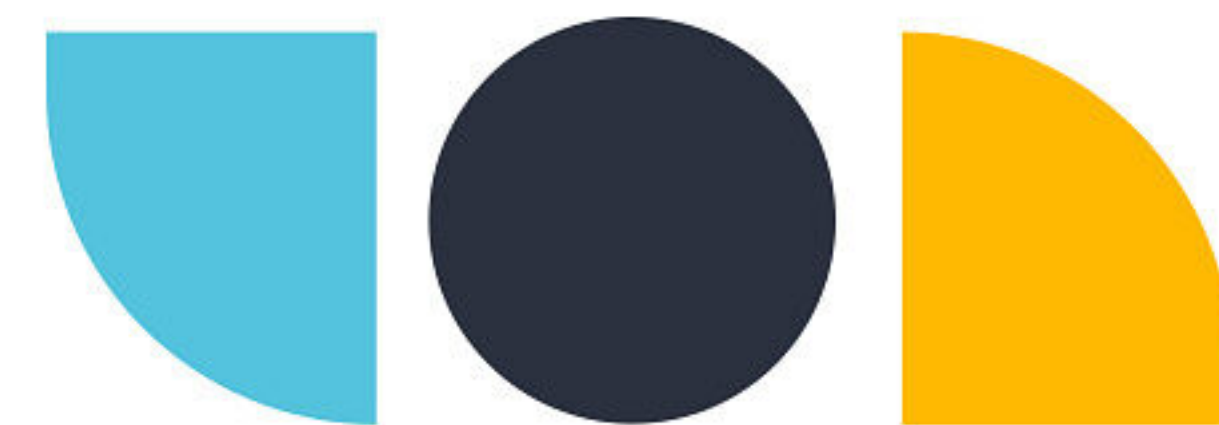
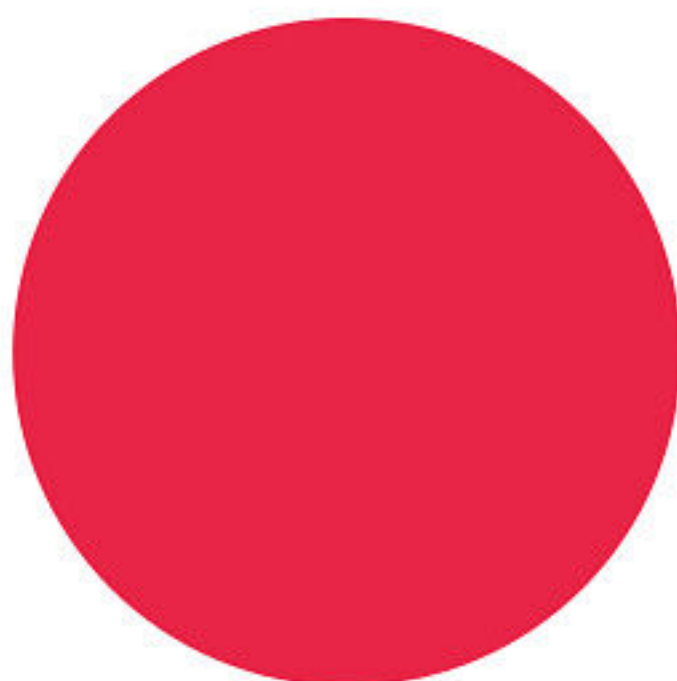
Objectives: explore basic training competencies; better understand group dynamics; develop communication and presentations skills; practice and build on existing skills.

Activities and subjects will include groups dynamics; roles in groups; introducing an activity; making a presentation; the perfect circle theory; Homer Simpson theory; leading discussions; telling stories; butterflies; bursting participants; challenging behaviours; task vs. process; art of questions; communication skills; co-working; role of energisers; use of games; creating a programme; leadership.



**New
Tools&Skills**





Project methods

The subjects will be covered using a combination of inputs, process work and practice. Each element covered will be practiced in order to practically enhance the skills of the young trainers.

Project will use non-formal education/learning as the basis of learning. Methodologies will include Stop Start Methodology where participants practice facilitating a group or conducting a training activity and are stopped in different moments to analyse what is going on and to reflect on their practice.

There will be simulation activities, role plays, theoretical inputs, forum theatre, learning to learn practice, lifelong and lifewide learning, small groups, individual work, self-directed learning, use of games and exercises.



Timetable

Island Ciovo, Croatia
21st-28th September 2022

	Arrival	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Departure	
	Tuesday	Wendesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wendesday	Thursday	
	20 September 2022	21 September 2022	22 September 2022	23 September 2022	24 September 2022	25 September 2022	26 September 2022	27 September 2022	28 September 2022	29 September 2022	
8:00 - 9:30	Arrival of participants	Healthy breakfast									Departure of participants
9:30-11:00		Walk and Talk	The Art of Non Co-Working	Games and Energisers	Trip to Trogir	Group Dynamics	Creating Graphics	Presenting Practice	Tips and Tricks		
11:00-11:30		Coffee & tea break									
11:30-13:00		Mingle and Explore	Co-Working Questionnaire	Science of Questions	Trogir City Quest	Facilitating Discussions Practice	Presenting Graphics	Designing a Training	Handbook		
13:00-15:30		Lunch									
15:30-17:00		Group Building	Physical Learning Environment	Facilitating Discussions	Free time	Challenging Behaviours	Verbal and Non-Verbal Communication	Tips and Tricks	Reflection and Youthpass		
17:00-17:30		Coffee & tea break									
17:30-19:00		NFE / NFL	Handbook	Handbook	Trip back to venue	Handbook	Handbook	Handbook	Final Evaluation		
19:00-19:30		Reflection									
19:30-21:00		Dinner									
21:00-23:00		Welcome evening	Intercultural evening	Intercultural evening	Free night	Intercultural evening	NGO Fair	Karaoke night	Farewell BBQ		

Trainer

Nik Paddison

About: Nik is a full time independent freelance trainer/writer/consultant/copy editor in the European youth field. He has a background as a youth worker from the UK. Nik specialises in the training of youth workers and trainers: Human Rights, peace building, Roma young people, refugees, non-formal learning – creating educational games, activities & theories. He is living by the sea in Montenegro and trying to live a Mediterranean lifestyle, but that North European mentality keeps getting in the way!

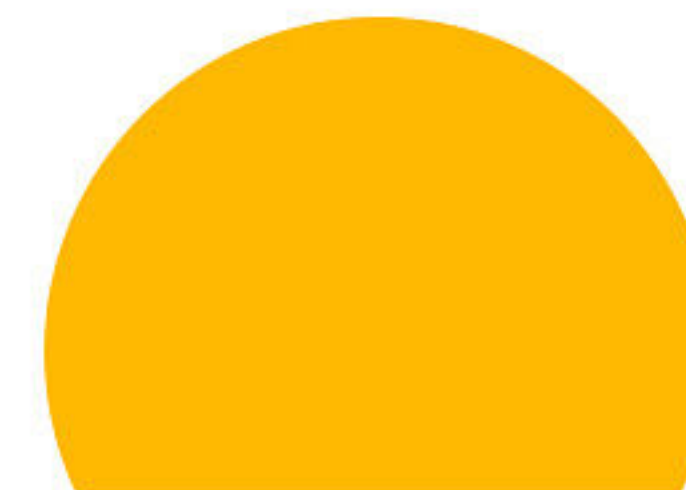
<http://trainers.salto-youth.net/NikPaddison/>



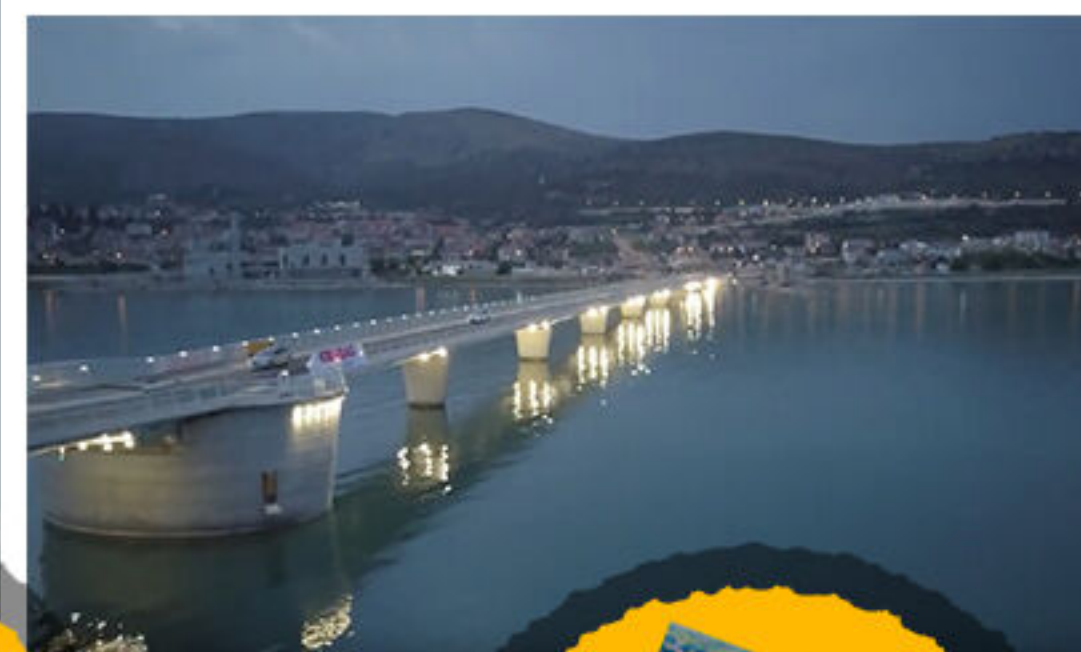
Travel



As venue is 12 km from Split airport coming there is the best option.
From Split Airport there is regular public bus to Trogir - line 37.
From Trogir you can take bus for Okrug Donji - line 44.
Each drive is around 10 minutes and it costs 13 kunas (1,70€).



Island of Ciovo is connected by bridge with the mainland



37 SPLIT - AIRPORT - TROGIR

vrijedi od (valid from) 09.07.2022.

WORKDAY		
01:00		
03:00		
04:00	04:30	
05:10	05:30	05:50
06:10	06:30	06:50
07:10	07:30	07:50
08:10	08:30	08:50
09:10	09:30	09:50
10:10	10:30	10:50
11:10	11:30	11:50
12:10	12:30	12:50
13:10	13:30	13:50
14:10	14:30	14:50
15:10	15:30	15:50
16:10	16:30	16:50
17:10	17:30	17:50
18:10	18:30	18:50
19:10	19:30	19:50
20:10	20:30	
21:00	21:30	
22:05	22:30	
23:00	23:30	
00:15		

44 TROGIR - OKRUG DONJI

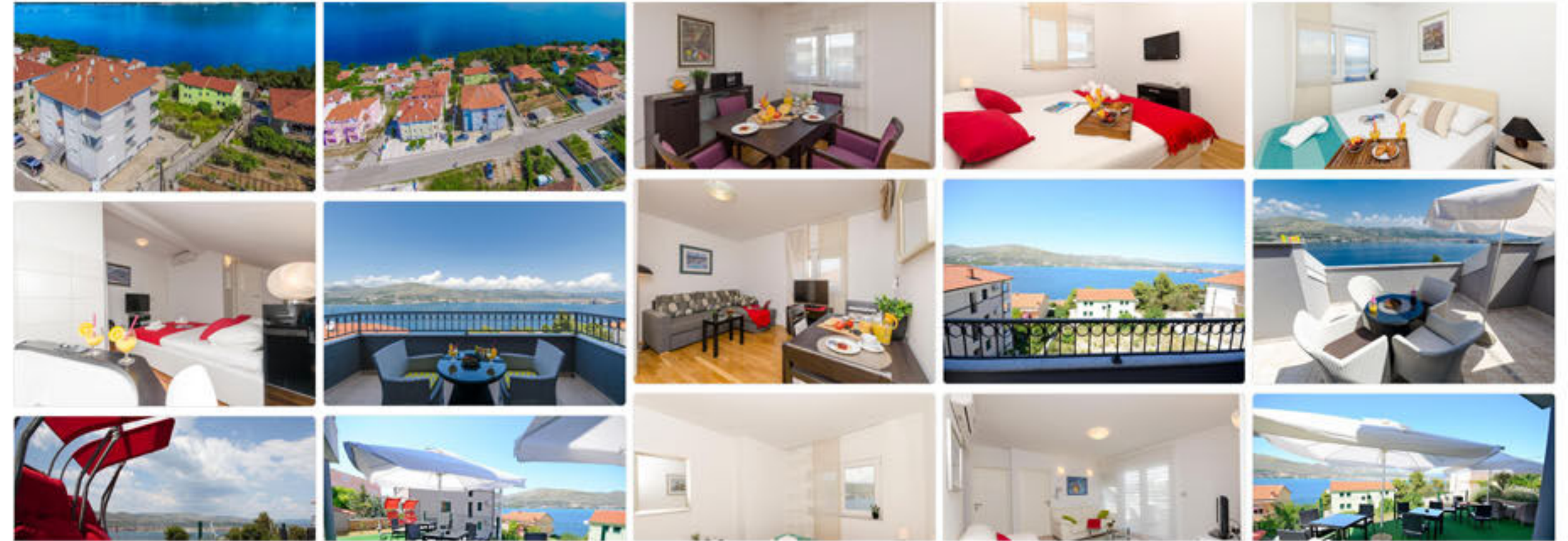
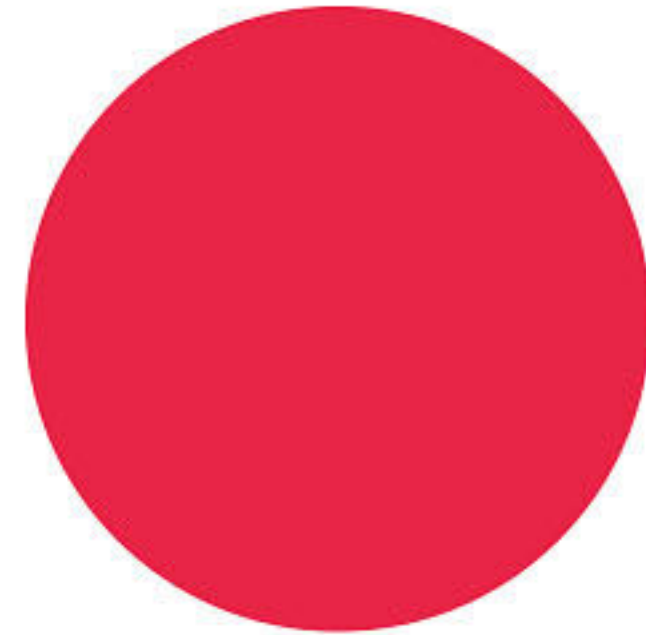
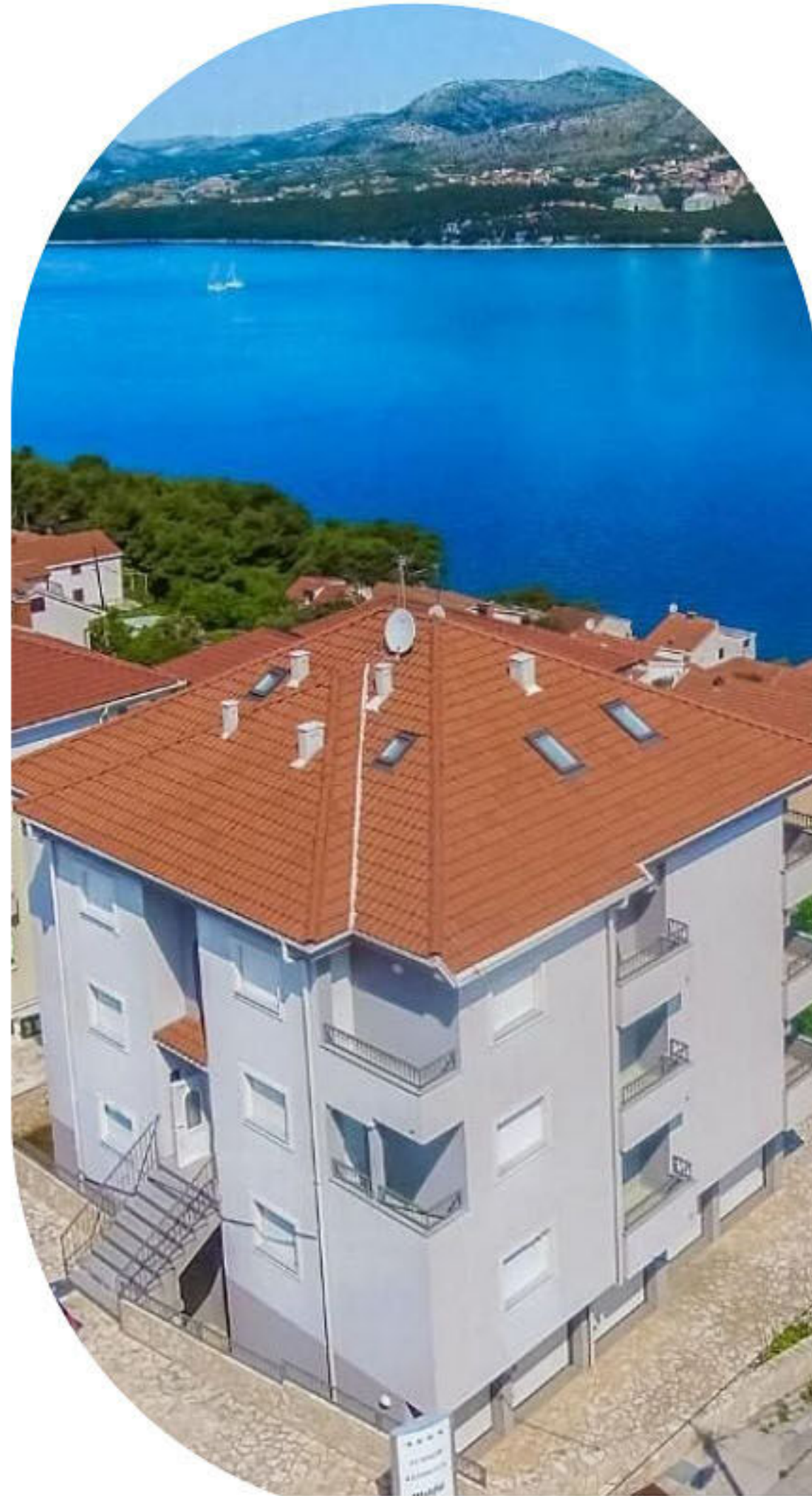
vrijedi od (valid from) 23.06.2022.

WORKDAY
04:55
05:55
06:40
10:00
13:05
15:10
17:00
18:30
20:30
22:00



You can also come to Zadar, Zagreb or Dubrovnik airports and take flibus to Trogir!

Accomodation



The participants will be accomodated in rooms with 2 beds and will be mixed in international groups (gender separated of course) in Apartments Maja. Located 2.5 km from Belvedere Beach, the accomodation offers free Wi-Fi, includes air conditioning, a fully equipped kitchenette, a TV and a private bathroom. Maja has a private beach and terrace.

Meals throughout the period of the project will be served in nearby restourant, except the coffee breaks which will be provided within the training space.

Bed sheets and towels will be provided, but take yours beach towels, shampoo and sunscreen. Weather in September will be still nice to swim in Adriatic sea and there are few nearby beaches in walking distance.

For more information about the hotel, the conditions of accomodation and other things, just follow the link below: <https://tinyurl.com/apmaja>



City view



BBQ facilities



Free WiFi



Terrace



Balcony



Free parking



Bathtub

PARTICIPANTS PROFILE

Who

Youth workers project active in European Youth organisations, developing projects and long-term programmes to guide people who are unemployed and at risk of social exclusion

Age
18+



Language

English

Procedure

With confirmation from sending organisation complete the online participant application form. After selection of the application, if you receive positive answer, arrange and book your flights/train/bus (economy class) and send the documents by email to info@udruga-lumen.hr latest September 1st

WHAT TO BRING?

We will have international nights, so bring food, drinks, flyers, flags and souvenirs from your countries.

We also expect you to present your organisations during NGO fair, so please take materials and photos from organisations you would like to present.

Venue will provide sheets, blankets and towels but take yours shampoo / shower gel, sun cream, beach towel...

Days will be still nice and hot, but nights can get cold so also take your warmer clothes.



MONEY

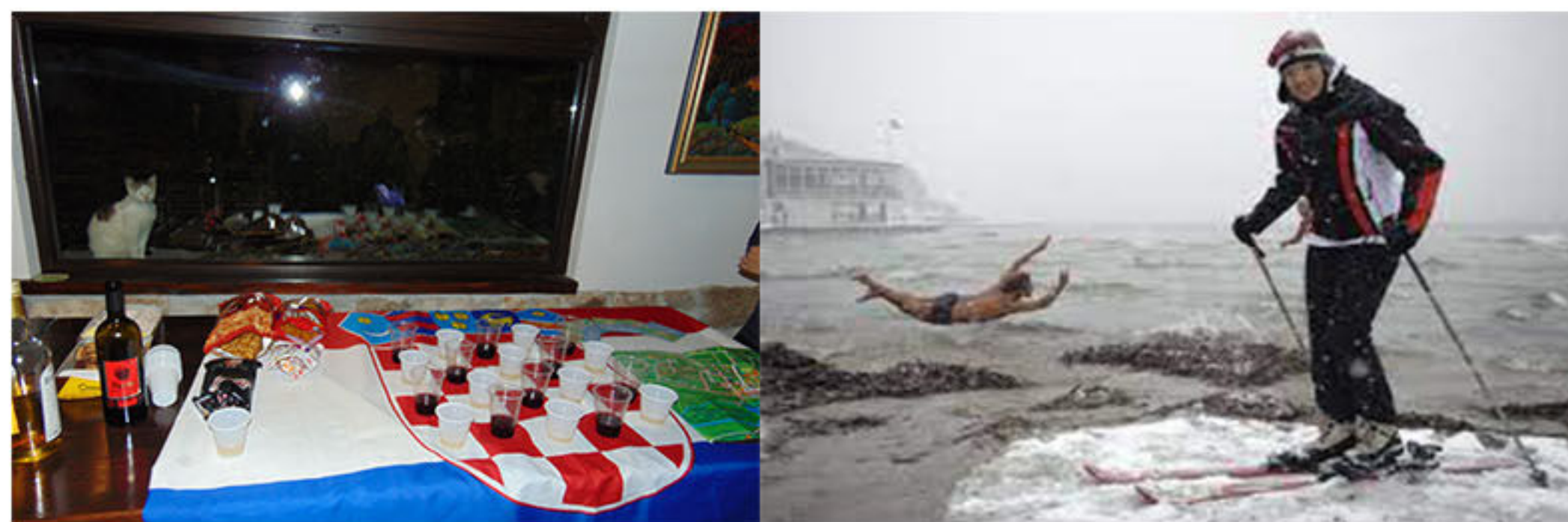
Until 1st of January 2023 official currency is still Croatian Kuna. You might see prices in Euros and Kunas, but that doesn't mean they accept it.

Most places accepts cards.

You can exchange your money on airport or in Trogir (nerby bus station).

In Okrug Donji there are only ATM, restourant, small shop and beach bars.

1 € = 7,53 HRK



REIMBURESMENT

Reimburesment of travel costs will be done 5-8 weeks after activity upon recieving all the travel documents. It will be done by transfer on partner organisation account by ERASMUS+ rules - maximum amounts depending on travel distance.

Distance is calculated according to ERASMUS+ Distance calculator:

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

Travel distance	Standard travel	Green travel
0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR



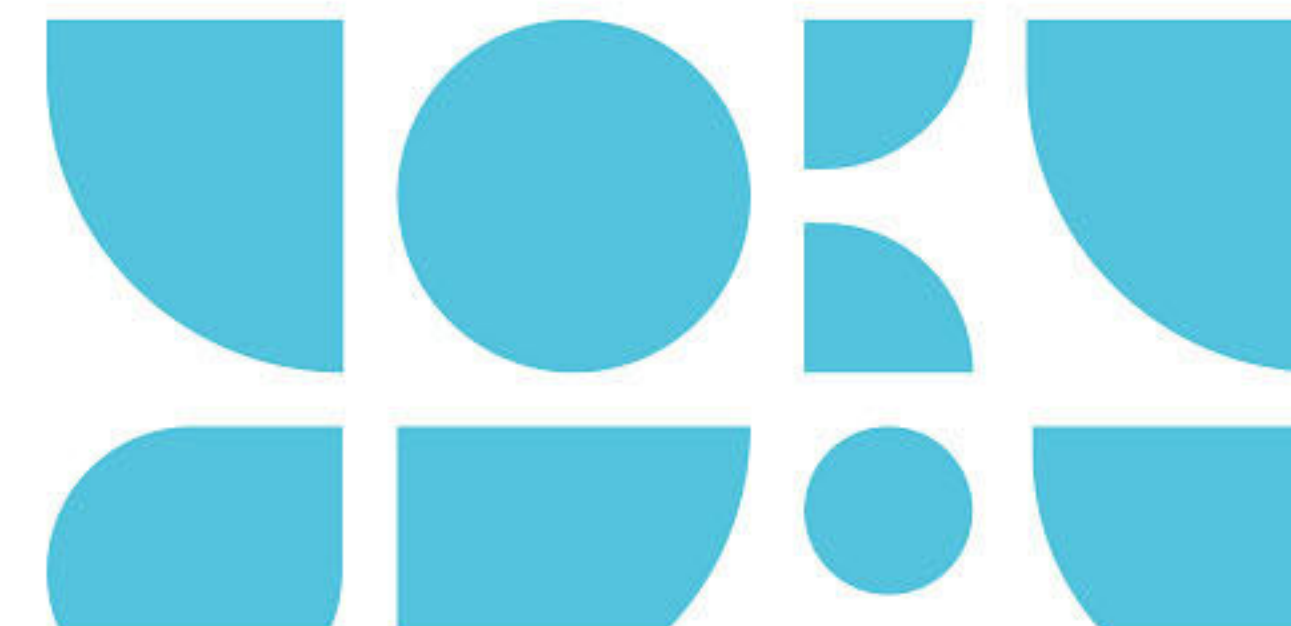
INSURANCE

For EU citizens if you don't have it, please get European Health Insurance Card - it's free, and you can get it on:
<http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo>

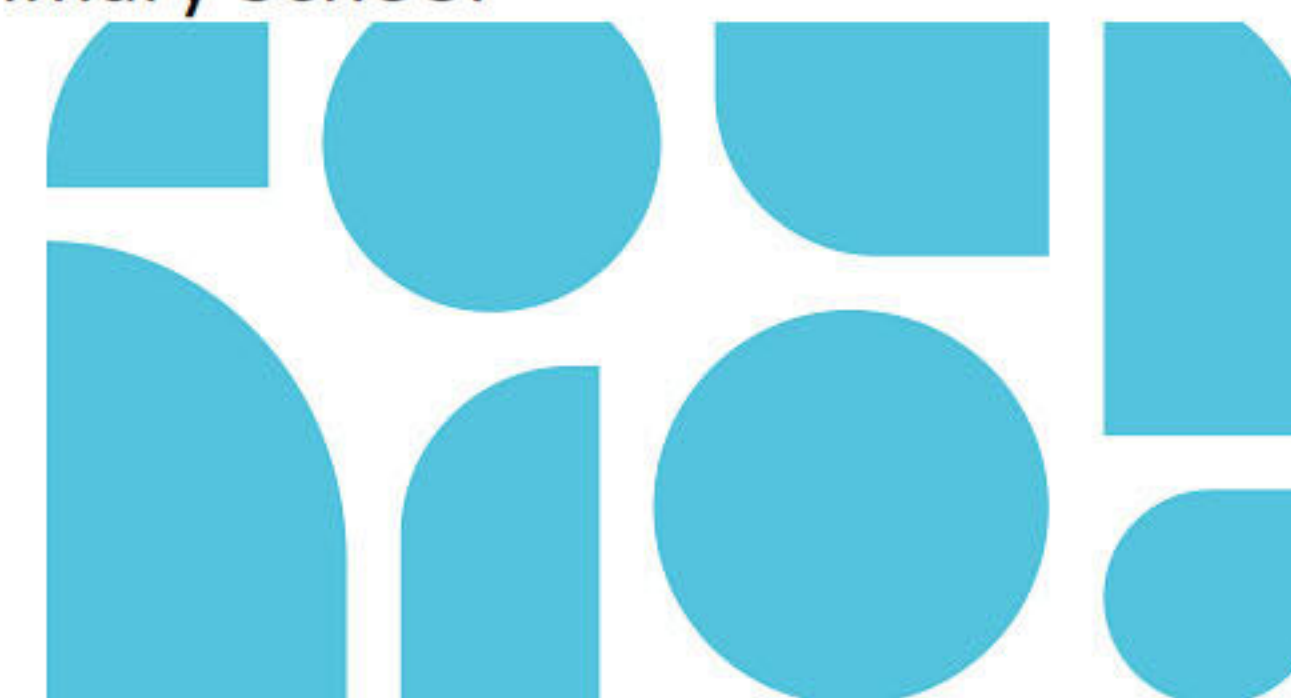
For participants from other countries we recommend taking standard travel insurance.



PARTNERS



1	ST. MAARTEN	Philisburg, St. Maarten	Love2Learn foundation
2	ESTONIA	Tallin	Seiklejate Vennaskond
3	SERBIA	Sombor	Robmos Production
4	TURKEY	Diyarbakır	Uluslararası Araştırma, Geliştirme ve Gençlik Derneği
5	CZECH REPUBLIC	Brno	Brno for you, z.s.
6	ROMANIA	Neagra Șarului	Bradul, Muntele și Neagra Association
7	BULGARIA	Dimitrovgrad	Pencho Slaveikov Primary School





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