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Mindful Career Guide

(Training course)

Krasno nad Kysucou, Slovakia



DATE:

21. – 28. July 2023

PARTICIPANTS:

30 people, 18+ years old, youth workers

Interested in the topic, Communicative English,
Motivated and willing to learn, Open and friendly

COUNTRIES:

We are searching for partners!

Lets us know!





SUMMARY

About the training course:

We live in a world of many possibilities which can make it difficult for young people to decide about their career path. We have therefore designed a training course for youth workers, trainers, mentors, coaches, teachers and school psychologists who work with young people. We are going to introduce participants to a range of innovative methods, such as art and dance, as well as mindfulness-based exercises, to provide participants with a hands-on, experiential learning experience. This will help them to develop the skills and knowledge they need to support young people in their career decisions.

Aim:

Reducing youth unemployment by improving the quality of career counselling with a wide range of innovative methods of mindfulness and process-oriented psychology and by empowering the holistic approach.

Objectives:

- To equip youth workers with the necessary tools to guide young people in making informed decisions about their career paths.
- To introduce participants to a range of expressive methods and mindfulness-based exercises that they can use to support young people in their career decisions.
- To show participants how to tackle uncertainty and insecurity in career guidance.
- To provide participants with self-experience of different tools and methods through various exercises and activities.

Methods:

The course will use a range of expressive methods, such as art and dance, as well as mindfulness-based exercises, to provide participants with a hands-on, experiential learning experience. This will help them to develop the skills and knowledge they need to support young people in their career decisions.



The training course will consist of the following components:

- Introduction to career guidance: Participants will be introduced to the concept of career guidance and the importance of providing support to young people in this area.
- Expressive methods: Participants will be introduced to a range of expressive methods, including art and dance, and will be given the opportunity to try them out for themselves.
- Mindfulness-based exercises: Participants will be introduced to a range of mindfulness-based exercises, which will help them to develop their own awareness and understanding of their own career choices, as well as help them to support young people in making informed decisions.
- Designing and facilitating workshops: Participants will be guided to design and facilitate a workshop which they will provide for their target groups after the training course has ended.

By the end of the training course, participants will be equipped with the skills and knowledge they need to support young people in making informed decisions about their career paths. They will also have gained an understanding of the benefits of using expressive methods and mindfulness-based exercises in their work with young people.



Partners

The project will host 30 participants from the following organisations:



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Who can participate in Training course?



Each group will have 2 - 5 participants from local communities of partner organizations. Slovak group will be composed of 3 participants + 2 management staff. 30 people will take part in the project + 5 trainers and management staff. Youth workers who are participants of this project are in age 18+ years old and have different level of international experience. The participants are from different communities, the project is also attended by people who do not have enough opportunities, who are from economically and socially disadvantaged groups or have a geographical disadvantage. We tried to ensure taking care of selection, youth leaders involved into this application tried to choose equal number of males and females.

Travel cost

Country of origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
-----	Slovakia	100 – 499 km	???	210.00 € (green travel)
-----	Slovakia	500 - 1999 km	???	275.00 € / 320.00 € (green travel)

After sending your tickets and boarding cards, all the participants will receive the reimbursement of their travel costs by bank transfer.

Please, do not forget to keep all your travel (bus / train) ticket with you!



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Travel by cars / taxis will not be reimbursed.

Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (Krasno nad Kysucou). These distances must be calculated using the distance calculator supported by the European Commission.

We send money to each participant. We can send money too to sender organization and sender organization will pay to participants. Reimbursement will be made maximum 7 days after the project when we will have all tickets.

In case you wish to stay longer, it will be your own responsibility.

Of course we can help you choosing the rightest place!

All possible connections have to be revised and accepted by the hosting organisation - SYTEV. Participants are obliged to consult all tickets with organisers.

Money

The official currency in Slovakia is Euro (€). We suggest you withdraw the money from the any ATM or exchange your money for Euro in your country, or here. It is quite common to pay by the credit card. It will be possible to change money in Žilina.

The Venue



Krásno nad Kysucou is a town in the Čadca District, Žilina Region, north-western Slovakia. Krásno nad Kysucou is the youngest town in Slovakia. It is an industrial town known for its forest industry. It is the third biggest town in Kysuce Region and it is also known to be the gate to the Bystrická dolina.



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Accommodation place

Brainy Krásno nad Kysucou

Address: Vlčovská cesta 751, 023 02 Krásno nad Kysucou

Web page: <https://brainykrasno.com/en/>

Google maps: <https://goo.gl/maps/vMWjnuBjLiLsnMgC8?coh=178573&entry=tt>

Rooms: Participants will be accommodated in cosy and modern accommodations.

At the hotel, all rooms include a wardrobe. Featuring a private bathroom with a shower and free toiletries, rooms at Hotel Brainy also feature free WiFi, while certain rooms also offer a terrace. At the accommodation the rooms are equipped with bed linen and towels.

A continental breakfast is available every morning at Hotel Brainy.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.





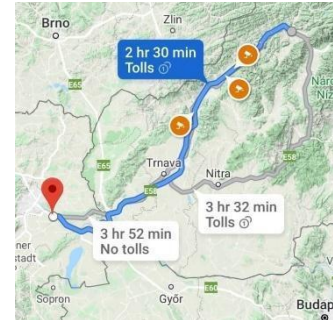
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How to reach the hotel

There are a several ways to get to Krásno nad Kysucou. If you want to take a plane, bus, train to:

1) Vienna

The **most recommended way** from us is to take the FlixBus from Vienna airport and travel to Žilina (costs about 10€) or Flixbus from Vienna to Bratislava and train to Žilina. From Žilina you can take the direct train to Krásno nad Kysucou. The train's cost is 1 €. Train stop is 10 minutes from accommodation.

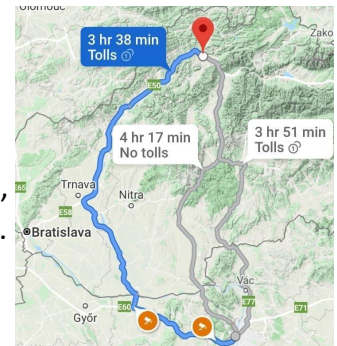


2) Bratislava

Recommended way you can take public transport from the airport and then catch the train to Žilina.

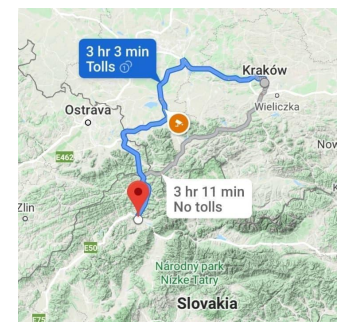
3) Budapest

Little bit tricky. There is direct Flixbus from the centre of the city to Žilina, or you can take a bus to Bratislava and then train to Žilina, or you can take train to Bratislava. The price of a Flixbus is 25 - 30€. You can also travel from Budapest to Bratislava by FlixBus for about 12€. You can take the train to Žilina and Krasno nad Kysucou.



4) Krakow/ Katowice

You can take FlixBus from Krakow airport directly to Žilina for about 5-10€ max. or train to Ostrava/Bohumin and to Čadca. From Čadca to Krásno nad Kysucou again direct train.



5) Prague

You can take train from Prague. It takes around 6 - 7 hours to get here from Prague to Čadca.



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What to bring

- ✓ Health insurance - Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).
- ✓ Travel documents – Please bring all your travel documents and **print out all your documents** even if they are online.
- ✓ ALCOHOL – Please, respect the rule of **NO ALCOHOL** during the activities
- ✓ Forecast – Check the weather forecast before arriving and try to bring adequate clothes.
- ✓ Prepare/find - Interesting videos/games/exercises / educational activities on diversity and energizers for sure, so they could be done in the morning.
- ✓ Cultural evening – Prepare the fun presentation about your country, tradition, culture, and flag ... you can get really created about this, it is unnecessary for it to be formal and of course don't forget
- ✓ The traditional food - ... it can be anything, from national drinks, dishes and snacks, so it represents your country and the region you come from
- ✓ What to not forget - slippers/flipflops for conference room, towel, sporty shoes and clothes (in the program will be hike), if you need hair dryer (one per team is ok)
- ✓ GOOD MOOD !

Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

CONTACTS

In case you have any questions, you can contact us via email, Facebook or WhatsApp



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See you in SLOVAKIA!



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VERY BRIEF SUMMARY

What: Training course

“Mindful Career Guide”

Where: Krásno nad Kysucou, Slovakia

When: 21. – 28. 07. 2023

Who: 30 people , 18+ years old, youth workers

COUNTRIES: Searching for partners so it can be your NGO.

Deadlines: 31. 05. 2023 to confirm us participation of your NGO.