

Y GUIDE

Project of NGO LUMINO from SLOVAKIA and partners from 11 countries: Greece, Lithuania, Italy, Austria, Czech Republic, Poland, Portugal, Spain, Cyprus and Hungary



With support of:



Erasmus+

This project is funded by the European Union.



Project aims and objectives:

The main aim of this project is to enable and build capacity of youth workers (group leaders, trainers, mentors, facilitators, officers etc.) of coaching and guiding young people's career and boosting their resilience to facilitate their entrance in the labour market. The concrete objectives we have foreseen to achieve main goal are:

- Explore and identify issues of youth employability in Europe and neighbours countries and consequently raise the needs for a different coaching and support approach to be provided to young people to have an easier access in the labour market.
- Enable youth workers to measure young people's well-being to tailor properly and apply the tools for the personal and professional development of youth.
- Furnish youth workers and youth operators a set of psychological coaching tools which will be used for the career coaching, building of resilience and betterment of young people.
- Share best practices and innovative tools which participants will exchange during the course.
- Encourage youth workers and operators to turn the learning part into practice beyond the training course, acting as multipliers and share the competences gained within their organisations, their communities and other youth operators from the field.
- Boost networking among partner organisations and promoters and development of strategies for future projects aimed to youth coaching and support, especially those implemented within the Erasmus+ programme.

Participants will have opportunity to practice through simulations, role plays, team building, getting to know each other, ice break games, plenary debates, theoretical inputs and many other activities which will be focused on learner learning path and peer to peer education. During the training they will develop recommendations, new project ideas and applications within the Erasmus+ programme.



LUMINO is young civil society association whose members are athletes, businessmen and young people interested in the world around, who want to learn new things. Because we see what is happening in Slovakia but also in other EU countries, we decided to take part in international projects in which we would like to encourage other young people to go out of their comfort zone and think out of the box of their village. Since we also have a history of projects through the Erasmus +, based on this experience, we wanted to organise a similar project too.

Modra – Harmonia

Project will be held in the town Modra, it's part called "Harmonia" which is famous for beautiful nature and vineyards. Modra – Harmonia is located approximately 35 km close to Slovak capital, Bratislava.



Modra is famous for its pottery industry. Its blue-and-white porcelain is famous throughout Slovakia. It is also known as one of the most important viticulture centres in the Little Carpathian region

Find more on this link: <https://en.wikipedia.org/wiki/Modra>

Venue of the project

The study and congress center of the Comenius University's is located in Modra's quiet surroundings of the Little Carpathians, right at the beginning of the road to the famous Harmonia recreation area. You can reach it by regular direct bus from Bratislava (approximately 1 hour). Bus stop is in walking distance to the venue. Address: Modra - Harmónia č. 3553, 900 01 Modra



Modra and it's surrounding

You can discover also beauties of Slovak culture. Have you ever seen Majolica? Do you know, who was Ludovit Stur? Have you ever visited something so magical like Cerveny Kamen? Come and find also answers for this questions!



Finance and rules

Project is financed by Erasmus+ grant which cover:

100% of accommodation,
100% of food costs,
organisational costs of training course, therefore FREE for participants.

We do not apply any FEE for participants as well.

All costs during extra days (maximum 2 days) are covered by participants themselves!

Reimbursement policy:

Each participant will receive 80% of the total reimbursement after the presentation of all official documents (boarding passes, invoices, bus/train tickets, ...) at the end of the training course. The rest 20% will be sent to 1 bank account of sending NGO from each country.

This will be done only after participants did the follow-up activities (such as send us the tickets on their way back home via post or dissemination of project results, completed final report in Mobility tool).

Taxi will not be reimbursed. We will not reimburse you any missed flights or 1st class tickets!!!

Travel reimbursement limits

Limit set by EU for concrete country/per participant in Euros:

- 1.) GREECE - 275
- 2.) ITALY - 275
- 3.) LITHUANIA - 275
- 4.) AUSTRIA - 180
- 5.) CZECH REP - 180
- 6.) POLAND - 275
- 7.) HUNGARY - 180
- 8.) PORTUGAL - 360
- 9.) SPAIN - 275
- 10.) CYPRUS - 275
- 11.) SLOVAKIA - 20
- **BEFORE PURCHASING YOUR TICKET, WE HAVE TO APPROVE YOUR ITINERARY, SO SEND IT TO US. WHEN WE APPROVE THE TICKET YOU CAN BUY IT. THEN PLEASE SEND YOUR TICKET BY E-MAIL TO US. PLEASE DO NOT FORGET TO PRINT IT AND BRING ORIGINAL WITH YOU TO PROJECT.**

How and when to travel?

Each participant **MUST** be present at the project from the very beginning till the last day of the project. **Last bus on 7th March, from Bratislava bus station to Modra leaves at 19:50!** You can leave Modra on 14th March in the morning with first bus (at 5:20 arrival to Bratislava at 6:20).

For flights we are recommending Bratislava (the BEST), Vienna and Budapest airports. In case of Vienna and Budapest airport you have to count with time for transport from those cities to Bratislava. There are regular direct buses between Vienna airport and Bratislava bus station (1 hour). For Budapest we recommend flights with arrival before 14:00. Please keep it on mind while searching for the best option. We are here to support you and answer your questions.

What to bring with you?

Read carefully !!!

Before project do not forget to fill application form and join our Facebook group, where you will find useful information, there will be other participants as well and you can ask there questions directly to organiser.

- NGOs fair – some promo materials or other tools to be able to present your sending organisation
- Intercultural evening – you will present your country by national products such as food, drinks, flag, traditional items or different customs and habits, ... anything creative
- The weather should be sunny, but it is March, so do not forget to bring jackets and something waterproof as it can rain as well or check the weather. Maybe we will have still snow.
- Cameras are strongly advised. Laptop can be useful
- Health insurance!!! (for example E111 card)
- All tickets and boarding passes
- Do not forget to bring the best mood with you

E-mail: OZLUMINO@GMAIL.COM

Link for application form:

<https://docs.google.com/forms/d/e/1FAIpQLScwJ0R14Tsi9X3G2c8CsXQITv1L9xPM-FzigmtFL31wiflGnw/viewform>

Link for private Facebook group will be sent to selected applicants.
