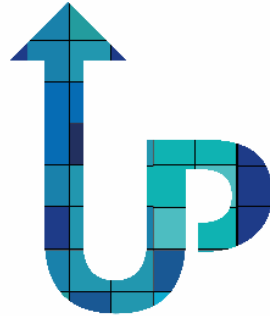


INTE... education... SEL... exchange... innov... voluntar... creat...
tion non-formal... out comes... EU CITIZENSH... SELF-DEVELOP...
ACTIVITY EXCHANGE ARTS EXPERIENCING YOUTH
TO TOLERANCE VOLUNTEER INTERACTION HUMAN RIGHTS CREATIVE ECONOMY
COOPERATION DIVERSITY ARTS & CRAFTS COOPERATION
CHANGE PARTNERSHIP MULTICULTURAL EUROPEAN EVENT MANAGEMENT EXCHANGE
EDUCATION COOPERATION EUROPEAN COOPERATION ENTREPRENEURSHIP
INTERNATIONAL MULTICULTURAL INTERCULTURAL INTERACTION IDEAS
COOPERATION UNDERSTANDING VOLUNTEER MOBILITY PHOTO
PROJECT MEDIA
MULTIDISCIPLINARY



LevelUp

Training Course
25-30 January 2019
Thessaloniki, Greece

Belgium / Cyprus / Croatia / Germany / Greece
Poland / Portugal / Spain / United Kingdom



JUGEND- &
KULTURPROJEKT E.V



Erasmus+



KA1: Mobility of Youth Workers - Training Course

Qualitative Youth Work Development and its Validation

Organised and coordinated by Jugend- & Kulturprojekt e.V.

Project Summary

Youth work can greatly contribute to young people's personal and social development and as a result the society also grows when young people are well equipped with competences that can have a positive impact in their lives and their communities at large. There is a strong motivation for further improvement within the sector and there are a lot of significant efforts being done throughout Europe, on national, regional and local level, to enhance the quality and recognition of youth work.

We believe that youth work can be better recognised by measuring its real impact and effects on young people's lives. Often, youth organisations focus on the quantitative and not on the qualitative outputs. In order though to ensure the credibility and the real value of youth work, the opportunities and challenges in youth work shall be identified and analysed and quality tools shall be developed.

For this reason, the training course LevelUp! aims to gather youth workers, youth NGO practitioners, youth educators and volunteers with the aim of sharing best practices, experiences and expertise on measuring and assuring quality in youth work and on identifying and validating youth workers' competences.

Youth workers & youth educators, NGO practitioners as well as volunteers involved in youth projects, from Belgium, Croatia, Cyprus, Germany, Greece, Poland, Portugal, Spain and United Kingdom participated in the first activity of the training course “LevelUp!” in Dresden, Germany from 15 to 19 October 2018.

During the first activity, the participants discussed the current situation of youth work in their countries and identified the main challenges in youth work at local, national and European level. Moreover, quality development tools were introduced, which the participants used in certain activities. Furthermore, the Portfolio competence framework of the Council of Europe and the History of youth work’s recognition were presented.

The [BADU Open Badges](#) were introduced as an innovative tool that validates youth workers’ competences. The participants worked in pairs to reflect on, discuss and identify their own and their peers’ competences. After the completion of the first activity in Dresden, the partner organisations and the participants are expected to provide their feedback on the usefulness and effectiveness of the BADU Open Badges developed by JKPeV and our international partners.

The second activity is going to take place between 25 and 30 January 2019 in Thessaloniki, Greece. It comprises interactive workshops, team-building activities, case-studies, study-visits to youth centres, role-playing games, storytelling and theatre methods, sharing good practices tools and methods about qualitative youth work through team/group/pair work and round-table discussions. The main topics that are going to be covered in the second activity are the following:

- Discussing the effectiveness of “Open Badges” as a tool for the validation of youth workers’ competences and how the youth workers that participated in the first activity of the training course used this tool further after the implementation of the first activity in Dresden.
- Quality development in practice – case studies

- Quality and professionalization of European youth work
- Exploring local youth work in Thessaloniki through study-visits
- Story telling methods to involve and engage young people through artistic approaches
- Conflict management in the field of youth work based on role-playing and theatre methods
- Good practice in quality volunteer management
- Networking and follow-up of the training course

The participants are expected to contribute to the course putting as a main priority sharing their knowledge, best practices and experiences regarding the aforementioned mentioned topics. The participants will be invited to reflect on their day to day work realities, as well as on the learning process during this course. The BADU Open Badges will be introduced to the new participants who haven't joined the first activity in Dresden.

Methods

The training course will be based on peer-learning, interactive presentations and workshops. All activities will be based on team. Theoretical sessions, based on the most advanced scientific knowledge, will be also integrated, but performed in an interactive way.

Learning Methods and Formats:

- Ice-Breakers
- Team-building Activities and Energizers
- Peer-learning
- Gamification
- Study-visits to youth centres and centre for young refugees
- Round-table discussions
- Presentations
- Workshops

- Role-playing games
- Case-studies
- Evaluation meetings
- Intercultural evenings

Participants' Profile

This training course is aimed at youth workers, trainers, facilitators, NGO practitioners and volunteers involved mainly in youth projects, who:

- have some experience in implementing and/or coordinating Erasmus+ projects and running youth and community projects
- are actively involved in the development of quality youth projects that address the needs of their local communities
- are willing to learn new methods and use digital tools of validating their competences

Participants should be:

- Able to communicate at proficient level in English
- Willing to co-operate, share experiences, best practices and knowledge and work in teams/groups/pairs
- Open to new knowledge, experiences and ideas
- Motivated to take part in this training course, be personally interested in its main subject and activities
- Prepared and well informed about the topics which are going to be discussed
- Able to participate from 25 to 30 January 2019 in Thessaloniki

Preparation of the Participants before joining the Training Course

The participants who are selected should:

- Be able to present briefly their organisations (main activities, focus, methods, target groups, funding)
- The participants that would like to share certain methods, tools and best practices regarding quality in youth work should prepare a presentation and a workshop and should be in contact with the organisers.

What to Bring

All the participants should bring with them:

- A Laptop
- An interactive presentation about their organisations
- Many questions on the topics we are going to discuss and focus on
- Their willingness to learn and have fun!

Selection Process

Jugend-& Kulturprojekt e.V. takes very seriously the selection process in order to ensure the quality of the training course “LevelUp!”. Selecting suitable people to attend our trainings is one of the most important contributors to having a successful project and having maximum impact.

The selection process has three phases:

- The applicants should send to their sending organisations and to the host organisation JKPeV (myrto.pertsinidi@jkpev.de) their CVs and registration forms.
- JKPeV is going to select the most suitable participants that will share their knowledge, experience and expertise during the second activity of the LevelUp! training course in Thessaloniki

- The applicants should pay special attention to fill in the form carefully and with all the required information and respect the deadline. In case they have any questions, they can contact directly the organisers/trainers: myrto.pertsinidi@jkpev.de and theresa.lempp@jkpev.de
- The applicants will be contacted either by JKPeV or by their sending organisations regarding their selection and after they receive a confirmation email about their participation in the training course, they can proceed to booking their tickets taking into consideration the max. budget provided for travel expenses.

Youthpass

Within the frame of 'recognition of non-formal learning', all participants will receive a 'Youthpass' Certificate at the end of this training. Youthpass is part of the European Commission's strategy to foster the recognition of non-formal learning. It is a certificate which supports the reflection upon the personal non-formal learning process and visualises and fosters active European citizenship of young people and youth workers. Moreover, Youthpass is a Europe-wide validation instrument for non-formal learning in the youth field. It contributes to strengthening the social recognition of youth work and makes visible the key competences of participants gained through an Erasmus+ project. Youthpass finally aims at supporting the employability of young people and youth workers. More information you can find in the following link: <https://www.youthpass.eu>

Costs & refund of travel expenses

Subsistence, lodging and programme costs will be provided and paid by a grant from the National Agency of Germany of the Erasmus+ Programme. Participants should arrange by themselves their insurance. Please contact your local Health insurance provider to obtain one for free. According to the new Programme Erasmus+ (2014-2020) there will be a refund of the whole amount of the real travel expenses according to the approved budget for each participating country that you will find below:

Countries	Number of participants	100% of travel costs/person
Belgium	2	275,00 €
Cyprus	4	275,00 €
Croatia	4	275,00 €
Germany	5	275,00 €
Greece	5	180,00 €
Poland	2	275,00 €
Portugal	2	360,00 €
Spain	4	360,00 €
United Kingdom	2	275,00 €

If you decide to stay longer (maximum four days in total – 2 days before the training course starts and 2 days after the completion of the training course), you should first inform the project coordinator and you should also take into consideration that you are responsible to cover your own living expenses for the extra days of your stay in Germany. All participants will be **reimbursed only after submitting all receipts, invoices and original tickets and boarding passes and after filling out the mobility tool e-survey sent by the European Commission and the final evaluation form sent by Jugend- & Kulturprojekt e.V.** Please make sure you provide to the organisers the following documents:

- 1) The **original invoice/receipt** of the flight ticket or the train/bus ticket (with clear mark how much you have paid). The invoice should be addressed to the participant or to the organisation.
- 2) The **boarding cards and all original bus/train tickets**
- 3) The travel reimbursement form filled out according to the real travel expenses.

If you receive an **electronic ticket**, please print out a copy also for us and send both the invoice and the ticket via email to: myrto.pertsinidi@jkpev.de

You should be aware that if the total amount of your travel expenses exceeds the travel expenses budget limit (Erasmus+ programme travel expenses' reimbursement rules) as indicated in the chart above, then the additional amount of your travel expenses shall be paid by you.

When you arrive in Thessaloniki you are expected to submit all original boarding passes and tickets to the project coordinator. Without the original boarding passes and tickets, the travel reimbursement form, the evaluation form and the eu-survey filled out and submitted, Jugend- & Kulturprojekt e.V. can not proceed to the travel reimbursement. Upon receiving all necessary documents as mentioned above, Jugend- & Kulturprojekt e.V. is going to transfer the total amount of the participants' travel expenses to the participants' bank account in about max. 3 months time.

In the travel reimbursement form apart from the real costs of your travel expenses, you should also fill out their bank account details:

- name of the bank account holder
- name of the bank
- IBAN number
- BIC/SWIFT code

When you depart from Dresden and you travel back to your home city, please keep all the original plane/train/bus tickets or any other tickets of your return and send them via post to:

Jugend- & Kulturprojekt e.V.

Hechtstraße 17

01097 Dresden

Germany.

Stefan Kiehne is responsible for the reimbursement of the participants' travel expenses. Therefore, if you have any questions regarding this issue, please contact him: kiehne@jkpev.de

Booking, travelling and arrival

On **Friday the 25th of January 2019** all participants are expected to arrive at **the STAY hybrid hostel** by 19.00. Dinner will be served on this day at 19:30-20:00 and the JKPeV team will be at the Stay's reception at 19.00 to pick up the participants. On **Wednesday the 30th of January 2019**, is the departure day and check-out time is at 11:00 a.m.

How to book your flight and get to Thessaloniki

All participants are advised to book their flight to Thessaloniki's Macedonia airport as the International Makedonia airport is connected to the most European capitals and big cities. All participants should book their flights on their own in advance according to the travel expenses budget of the project. To search for cheap flights, you can check out this link: www.skyscanner.net

Airport's website: <http://www.thessalonikiairport.com/>

Bus ticket's cost

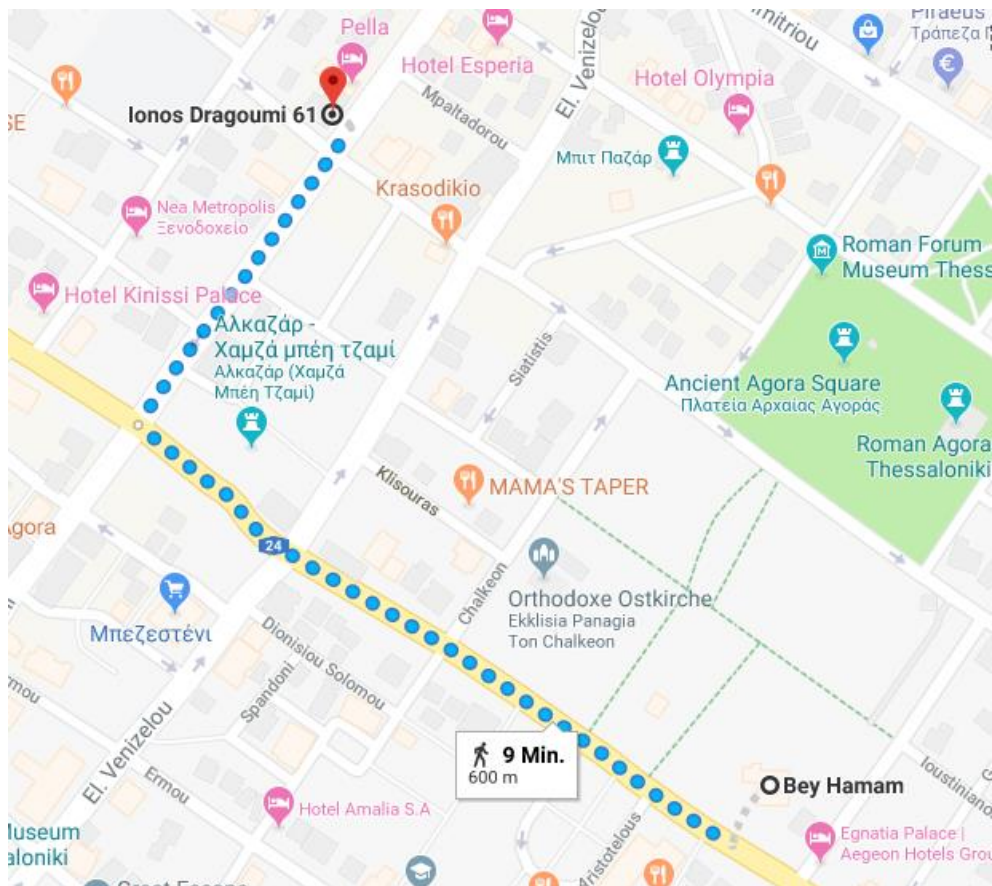
Single ticket for bus from the airport to city centre: 2 €

A Single ticket for city public transport (except for the airport X1/N1 and the cultural route Nr 50) costs 1 € in city Kiosks and 1.10 € inside the bus (there is a machine where you can get a ticket from, but it doesn't give back change).

Please Note: Outside the airport, there is kiosk of ΟΑΣΘ (public transport organisation of Thessaloniki) where you can buy your bus ticket (2 €). If you decide to buy your ticket on the bus, make sure you choose "Airport ticket" which costs 2 € and make sure that you have the precise amount of money as the machine doesn't give back change. Please keep your bus tickets.

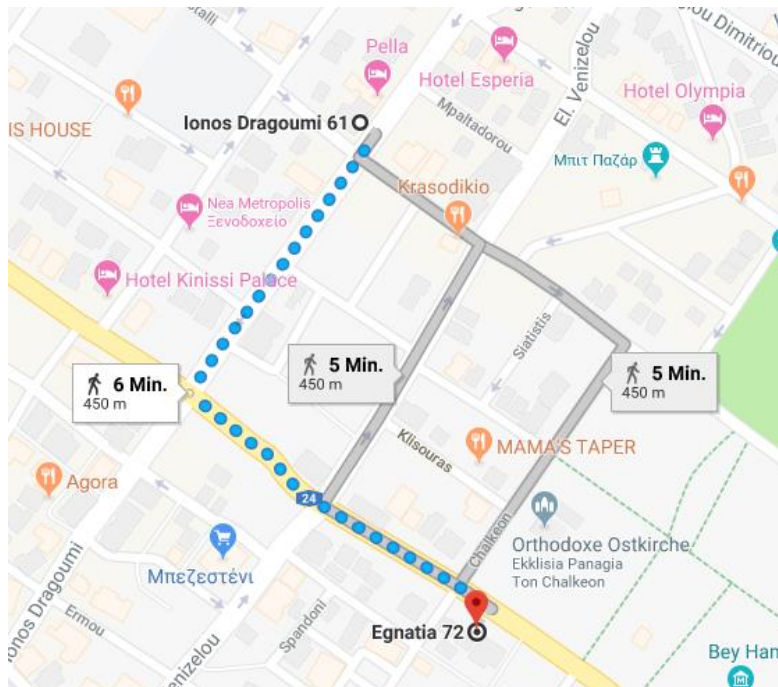
How to reach the Accommodation “The Stay” from the airport

You need to take bus X1 from the airport during the day or the bus N1 at night. The bus stop is in front of the airport. You need to get off at the stop “Aristotelous square” – Plateia Aristotelous. From there you will have a short 9 min walk to reach the the “Stay” Hotel & Hostel on 61, Ionos Dragoumi street.



You get off at Aristotelous Square stop (Plateia Aristotelous) and Egnatia street nearby Bey Hamam. Head northwest on Egnatia toward Mplanou 400 m. Turn right onto Ionos Dragoumi and in 210m the Stay Hybrid Hostel will be on the left. If you need any further information about how to reach the accommodation, you can contact us.

From the Stay Hybrid Hostel to the airport



airport.

Head southwest on Ionos Dragoumi street toward Filippou street. In 210 m. turn left onto Egnatia street. The bus stop will be on the right. You take the bus number X1 direction “International Makedonia airport”. In about 45 minutes to 1 hour you will reach the airport depending on the traffic. At night, you need to take bus number N1 from the same bus stop to get to the

The Stay Hybrid Hostel



All participants will stay at the Stay Hybrid Hostel in the city centre. A shared passion for travelling, urban life and music is the main triptych behind STAY. A downtown joint where you can find a safe and cozy place to also meet & mingle with the locals and other travelers,

exchange tips & memories and eventually enjoy the city together and make new friends. The stay offers a great atmosphere and friendly environment to its guests, making it a place where everyone wants to STAY! The participants will stay in double and three-bed-rooms with bathroom and toilet en suite.

You can find more information about the Stay hostel here: <http://www.thestay.gr/>



Address: Contact information:

61, Ionos Dragoumi str. 54630 Thessaloniki

Telephone: +30 2310 244 600

E-mail: info@thestay.gr

Services

- 24 hours/day reception
- Check-out until 11 a.m.
- Free Wi-Fi access
- Free luggage storage
- Free toiletries
- TV & sitting room
- Terrace on the top floor

Meals

The participants are going to be served breakfast daily from 08:00 to 09:30 a.m. at the dining room of the Stay Hybrid Hostel. The breakfast is provided by a catering company. Breakfast will be also served on the departure day on the 30th of January 2019, from 08:00 to 10:00 a.m. Lunch will be offered in a restaurant (Mama's taper) at 13:30 in the afternoon and participants are going to have dinner at 19:30 in different restaurants in the city centre of Thessaloniki. If participants have any dietary requirements, they need to mention them in the registration form.



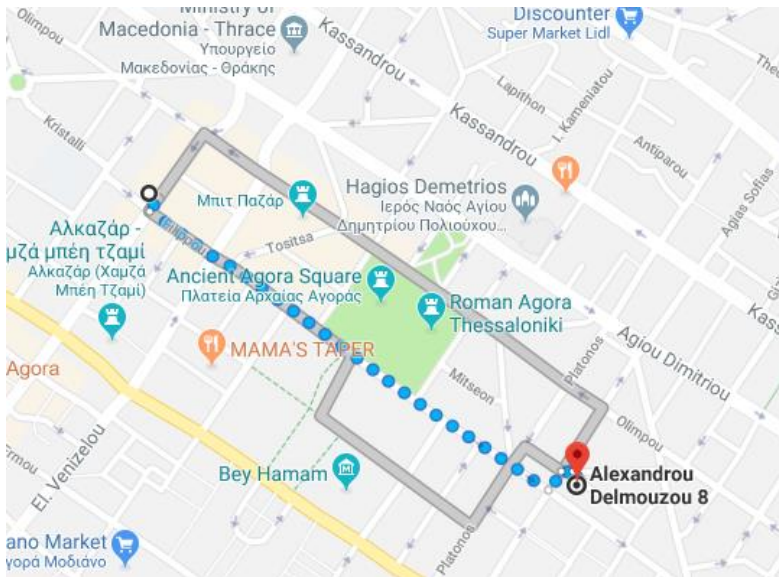
The training course's venue "Balkan Heart"



The 2nd activity of the training course "LevelUp!" is going to be held in one of the seminar rooms of Balkan Heart, about 10 minutes' walk from the Stay Hybrid Hostel. In 2018, the United Societies of Balkans, a youth organisation that supports youth activities and cultural events in the city, created a space for creativity and personal expression in Thessaloniki's historical centre. Balkan Heart hosts seminars, workshops and

cultural events on Agias Sofias and 8 Alexandrou Delmouzou str.

From Stay Hybrid Hostel to the Training course's venue "Balkan Heart"



Head southwest on Ionos Dragoumi street toward Filippou street. In 19m, turn left onto Filippou street. In 600m turn left onto Agias Sofias and in 29m turn right onto "Sintagmatarchou Avdella" street. In 13m turn right onto Al. Delmouzou street. The venue "Balkan Heart" is on the right.

The city of Thessaloniki



Thessaloniki, also familiarly known as Thessalonica or Salonica, is the second-largest city in Greece and the capital of Macedonia, the administrative region of Central Macedonia and the Decentralized Administration of Macedonia and Thrace. The municipality of Thessaloniki has 1,012,297 inhabitants.

Thessaloniki is Greece's second major economic, industrial, commercial and political centre; it is a major transportation hub for Greece and southeastern Europe, notably through the Port of Thessaloniki. The city is renowned for its festivals, events and vibrant cultural life in general, and is considered to be Greece's cultural capital. Thessaloniki was the 2014 European Youth Capital.

Thessaloniki: A brief history

Thessaloniki is one of the most historical cities in Greece. Its establishment, in approximately 315BC, coincides with the beginning of the Hellenistic era. The heir of the kingdom of Macedonia Cassander and husband of Thessaloniki, half-blood sister of Alexander the Great and daughter of Philip II, founds the city by conjugating 26 townships scattered around the Thermaikos Gulf and gives his wife's name to this new city. In the 2nd century BC the city is subsumed to Roman dominion, like the rest of the Greek and Asia Minor Hellenistic world. In 1432 Thessaloniki is conquered by the Ottomans who shall rule it for roughly five centuries, in parallel fashioning its multicultural and cosmopolitan character, the main communities being, aside from the Greek, the Jewish and the Turkish. In 1912 Thessaloniki is incorporated in the Greek state. The Destruction of Asia Minor will bring more than 100,000 refugees to the city which brought new problems but also infused a new breath by bringing with them their mores and customs from Asia Minor. After the end of WWII a fast reconstruction of the city begins, completely reshaping it. Major building installations and other construction works lend to Thessaloniki the sight of a modern metropolis. Thessaloniki again develops a multifaceted economic, commercial, cultural and artistic activity, its population increases at a rapid rate and the city now becomes the political, economic and social centre in Northern Greece. Wonderful museums, cozy bars, impressive night clubs, and a big variety of shops on Tsimiski Avenue. This city is full of surprises for everyone! The more time you'll spend walking around the city center, the more secrets will be revealed to you... you'll get this unique feeling of finding a small treasure in every step!

Weather

Although Greece is Mediterranean country in Southeast Europe and in summer it is quite hot, in winter it can be rather cold. The temperature in Thessaloniki can range between -5 and 15 degrees, but it is quite hard to predict the weather a month in advance. We advise you to check the weather forecast and bring anyway warm clothes as we are going to walk in the city centre.

Some Useful Phrases in Greek

Hello - Ya (ΓΕΙΑ)

Excuse me/Sorry - Signomi (ΣΥΓΝΩΜΗ)

My name is - Me lene (ΜΕ ΛΕΝΕ)

Good morning - Kalimera (ΚΑΛΗΜΕΡΑ)

Good evening - Kalispera (ΚΑΛΗΣΠΕΡΑ)

Good night – Kalinychta (ΚΑΛΗΝΥΧΤΑ)

Thank you - Efcharisto (ΕΥΧΑΡΙΣΤΩ)

I need help - Chriazome voithia (ΧΡΕΙΑΖΟΜΑΙ ΒΟΗΘΕΙΑ)

I'm looking for... - Psachno ya... (ΨΑΧΝΩ ΓΙΑ...)

Do you speak English? - Milate Agglika? (ΜΙΛΑΤΕ ΑΓΓΛΙΚΑ;)

I don't speak Greek - Den milao ellinika (ΔΕΝ ΜΙΛΑΩ ΕΛΛΗΝΙΚΑ)

How are you? – Ti kanis? (ΤΙ ΚΑΝΕΙΣ;)

I'm fine - Ime kala (ΕΙΜΑΙ ΚΑΛΑ)

DEPARTURES - Anachorisis (ΑΝΑΧΩΡΗΣΕΙΣ)

ARRIVALS - Afiksis (ΑΦΙΞΕΙΣ)

If you want to learn more Greek words and phrases, you can visit this website:

<https://www.duolingo.com/course/el/en/Learn-Greek-Online>

Insurance

Participants should have a European Health Insurance card for their trip to Greece.

In case of Emergency

Emergency number in Greece is 100 and it can be called for free from any telephone line!

Contact Information

Jugend- & Kulturprojekt e.V.

Myrto-Helena Pertsinidi	myrto.pertsinidi@jkpev.de	+49 17 699 122 209
Stefan Kiehne	kiehne@jkpev.de	+49 17 696 212 347
Theresa Lempp	theresa.lempp@jkpev.de	+49 17 852 384 13

AddArt NGO

Dimitris Savvaidis	savvaidis.d@gmail.com	+30 694 469 20 21
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The association, Jugend- & Kulturprojekt e.V.

[Jugend- & Kulturprojekt e.V.](#) (JKPeV) was founded in 2004 with the aim of providing opportunities for young people and adults to develop and use their soft and professional skills and stimulate their creativity and entrepreneurial skills through non-formal learning methods. Located in Dresden, Germany, JKPeV is dedicated to promoting the EU citizenship and active participation of its citizens.

We organise international Projects, Events and Trainings for young people and adults on site and abroad with a focus on assisting the cultural enrichment of the city of Dresden and the Free State of Saxony while also promoting the cultural diversity of the European Union. Inviting foreign educators and including foreign participants to our on-site projects kindles an intercultural dialogue in the heart of an already highly acclaimed artistic hub -Dresden- while on the other hand, including local citizens in our abroad events brings back to the city a fresh outlook to familiar problems and a sense of belonging to a greater group –the European.

Addressing our aim, we focus on breeding international, cross-sectoral and cross-disciplinary cooperation in Dresden and the EU by offering a number of Training sessions and Seminars on different topics annually with international participants and educators. Our Public Events offer the possibility for all citizens of the city wherein they take place to experience first-hand the intellectual and artistic approaches of individuals from other countries, facilitating thus the international dialogue on common issues.

Aside from Training sessions and Seminars, JKPeV also runs long-term projects through which tangible products are delivered which have an impact on the local community of Dresden but also on national and European level. In addition, JKPeV offers the opportunity to young adults to immerse themselves in this cultural and educational dialogue further by offering Internship and Volunteering possibilities in our organisation.

Working at the hub of such cultural activity allows participants –be they local or foreign- to better understand the possibilities, opportunities and cultural diversity present within the European Union.



**JUGEND- &
KULTURPROJEKT E.V.**