

# Creating your own working future

[eycb.info@gmail.com](mailto:eycb.info@gmail.com)

## Info Pack

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**Dear partners and friends,**

we are really happy to inform you that our Training Course “**Creating your own working future**” was approved by DZS ([www.dzs.cz/eu](http://www.dzs.cz/eu)) and supported by the Erasmus+: Youth in Action grant (<http://www.naerasmusplus.cz/>).

This training course will take place in **Lednice, Czech Republic** in the week of **20<sup>th</sup> to 27<sup>th</sup> October 2016**. Lednice is set in a beautiful environment of South Moravian region in UNESCO Czech heritage.



This training course will host 24 youth workers working directly with unemployed youth from 8 different countries: Czech Republic, Belgium, Armenia, Estonia, Italy, Moldova, Slovakia and Turkey. These youth workers have a strong power for supporting the youth they work with. In order to do support the unemployed youths effectively they first have to know themselves very well so they could help the others in discovering their potential, talents, desires and motivation in finding their job they are searching for.

Now you are reading the **InfoPack** that will help you with the basic information you will need during your stay in the Czech Republic.

If you want to take part in this project, the first thing what you have to do is to fill in the Application form and send it back to us ([eycb.info@gmail.com](mailto:eycb.info@gmail.com)) no later than **31<sup>st</sup> August**

Supported by Erasmus+: Youth in Action, Dům zahraniční spolupráce; DZS ([www.dzs.cz/eu](http://www.dzs.cz/eu))

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**2016.** The information provided by you in the Application form will help us to better prepare our project for you to make you happy. Moreover, you will be chosen according to the information given in your Application form by our EYCB team.

***Please, do consider following:** Because of the sensitive topic and the importance of the flow the trainers would like to ask **your attention** for this: **“Creating your own working future”** is not a youth exchange but is meant as a serious and intrinsic learning process with a designed flow. This journey stands and falls with the motivation and active contribution of the participants. Creating your own working future is a serious TC for motivated participants who are willing to look into themselves and reflect on their professional and private life during an intensive and unforgettable journey. We want to emphasize that we are looking for serious participants who are eager to learn, who are coming to the venue only for the training course learning process and who are ready to reflect, share experience, and participate in all activities. This TC is not meant as a possibility for young persons to meet other young adults or explore a country in which there were never before. By experience we know that partner organisations sometimes might mix up youth exchange with training course so we would like to encourage them to be critical in making the selection of their participants.*

*The group experience is essential. This project can only be successful if every participant and the trainers accept and live up to the responsibility of doing it all together and with full attention and motivation during the whole training flow. We recommend you to send participants from the **minimum age of 25 years old**. By experience we are convinced that this TC will reach a deeper impact on participants with more life experiences. There's no limit of maximum age.*

*We thank you very much for respecting these pre-conditions!*

Please, be aware of the fact that it is compulsory for all participants to have **travel insurance** covering the whole duration of your stay in the Czech Republic, including the days of your arrival and departure.

If you have any special needs (allergies, diets, disabilities, disadvantages, etc.) state them clearly in the Application Form so we can arrange everything in advance and we do not meet the problem of solving your special needs problem after your arrival to the Czech Republic.

Please, wait for the approval of your tickets by us before buying them! **We will not be able to refund any expenses made before our approval of your tickets!**

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We kindly ask you to choose the most economical and eco-friendly way of transport (e.g. student fares, low cost airlines, 2<sup>nd</sup> class trains, etc.). Also be aware of your travel cost limitation. We reimburse the travel cost ONLY up to the limit designed for your country. We will also reimburse only those ticket that will show the currency, dates of your travel, places you are traveling from/to and your name (or number of passengers). It is important **to keep all your tickets** (also from your local buses and trains).

#### The description of this training course:

The Erasmus+: Mobility for youth workers “Creating your own working future” is based on the current societal need to empower young people to be pro-active in searching for a job and to be flexible and creative. The base of being pro-active and creative is inner leadership: a strong personality which can carry the responsibility to rely on yourself and to make conscious decisions based on one’s own feelings and thoughts. We strongly believe that empowering young people through the process of inner leadership leads to increased employability.

'Selling yourself' is an often heard expression. But if you know yourself very well and you know what's motivating you, then you're closer to your personal core, and then you follow your own strong instinct instead of 'selling yourself'. There's a strong need of guiding young people to discover and use tools when they are applying for their future job. It is important for young people to receive more than only knowledge and tailor-made information. They are really conducted by a personal touch: a good talk with an accessible, authentic and open minded youth worker who gives the youngster the feeling of recognition by taking their questions seriously. This encouragement from youth workers works as a reference for the young people to build a solid base of confidence for future experiences.

The main aim of this training course is to enable youth workers to get to know themselves better and this self-knowledge will serve them better in helping the youth they work with

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in finding a job. The youth workers are perfectly positioned to directly apply their learning to their work with young people after this training course.

This training course will be based on non-formal and informal education with a self-directed learning approach. We will focus on our main objectives: to support participants in becoming more aware of themselves; to provide them with tools to support youths through a similar process; to discover the new Erasmus+ programme and its actions as a tool of supporting the objectives of this training. The training course will be characterized as highly participatory, interactive and by using experiential methods. The working methods will include case studies, working in pairs and small groups, team building activities, discussions, workshops developed by the participants and self-assessment.

### Country list and maximum travels costs

Country	Organisation	Count people	Travel cost per person (€)	Travel cost per group (€)
<b>Belgium</b>	Connected Elephants	1	275	275
<b>Armenia</b>	ABCD Innovation Center	3	360	1080
<b>Estonia</b>	Seiklejate Vennaskond	3	275	825
<b>Italy</b>	Scambieuropei	3	275	825
<b>Moldova</b>	MilleniuM	3	275	825
<b>Slovakia</b>	Youth for Equality	3	95	285
<b>Turkey</b>	Diyarbakir Cevre	3	360	1 080

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#### Accommodation

You will be accommodated in **pension Farma** (<http://www.farma-lednice.cz/>) in rooms for 3, 4 or 5 people.

The arrival day is Thursday 20<sup>th</sup> October and departure day Thursday 27<sup>th</sup> October 2016.

The contact details of the venue are the following:

Pension Farma, Nejdecká 673, 691 44, Lednice, Czech Republic

Telephone: +420 737 085 197

GPS: 48°47'58.14"N 16°47'32.84"E

Please, see the Travel Guide for your travel options.

#### What to prepare/bring and other information

There will be an “intercultural evening” during the project. For this, please bring traditional meals, candies, drinks, flag or other national symbols and some prospects about your country and region.

There will be also a NGO fair where you will have possibility to present your NGO. Please bring some materials (flyers, booklets, photos, videos etc.) with you presenting your NGO's activities and successes.

During our activity focused on Passions, participants will be asked to bring their own “passion objects” to the venue of the project. If possible, please consider this and bring it with you to the training course 😊.

October in the Czech Republic is usually colder, with the temperature about 10-18 degrees Celsius. It might be chilly in the morning, sunny, cloudy or rainy during the day and colder at night. The weather can vary, so please do check the weather forecast for Lednice before you pack your suitcase.

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Most of the course will be held indoors, but if the weather is nice, we shall do the activities outdoors. We recommend you to take some trek shoes, some comfortable clothes for indoors and outdoors as well. Shoes or slipper for indoor are recommended.

Take your medication – it is good to take pills from your country (you know yourself the best so take with you painkillers, antipyretic, something against cold that works for you).

When you arrive to Prague or Brno or another bigger city, make sure you exchange some Czech money (Czech crowns – CZK), you can buy some food and drinks on the place where the project is hold (if needed). Also you can use ATM or in lot of places pay by credit/debit card.

We wish to start our programme on the 20<sup>th</sup> October in the evening. Please, consider thus the arrival time to the venue of the training course: **20<sup>th</sup> October before 6pm!** Thank you!

**If you need any help or you have any questions, don't be afraid to contact us! 😊**

**Eva** [eycb.info@gmail.com](mailto:eycb.info@gmail.com)

**+420 737 626 858**

**See you soon in Lednice! 😊**

**Your EYCB team**