

TRAVEL PACK

Active Citizens of Tomorrow
Training Course in Denmark 2017
Vordingborg Ungdomsskole og 10. Klasse



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General Info

Dates: 10-18th of November 2017

Place: Vordingborg, Denmark

Age of participants: 18+

Theme: Active citizenship

Participating countries: Denmark, Austria, Cyprus, Czech Republic, Estonia, France, Greece, Italy, Malta, Poland, Romania, Slovakia, Spain.

Description of the project:

The term European citizenship has recently become a buzz word. Everyone speaks about it, but no one really knows what does it mean and people keep asking: Is it just about politics? Is European citizenship a V.I.P. club? Where does it start and end? How can put it to our projects? How can we make it concrete and practical?

ACT is a training course, which was developed as a module for youth workers/trainers to help them to answer their questions concerning the (European) citizenship issues. We will approach the idea of citizenship on three different levels: locally, nationally and in the European context. We will work on case, examples and Europe in practice. Together, we will be working on improving the methods on how to motivate youngsters for participation in their community and beyond.

Aim:

ACT is a training course that aims to support the professional development of young trainers and to raise the quality of their projects concerning (European) citizenship.

Objectives:

- *pointing out the connection between citizenship, responsibility for one's immediate environment and society and active participation,*
- *experiencing, discussing and sharing historical and recent understandings of citizenship and its implications for participation,*
- *approaching different levels of citizenship (local – national – international/European),*
- *sharing different visions and understandings of citizenship,*
- *reflecting on the notion of European identity and its underlying values (democracy, tolerance, plurality, human rights),*
- *experiencing European citizenship in praxis by simulations, cases and method development.*

Program for the week

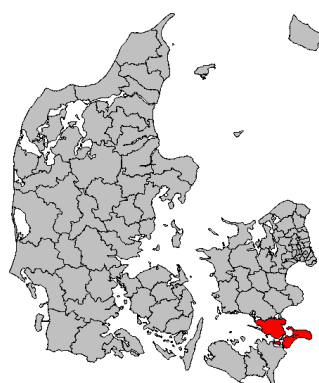
2	Vordingborg, Denmark									
3	10-18th November									
4										
5	Time	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	8:00-9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7	9:00-11:00	Arrival	Modul 1	Modul 1	Modul 1	Modul 1	Modul 1	Modul 1	Modul 1	
8		Day	What to expect? How to proceed?	Approaching Communities	Approaching the nation	Me- a citizen of Europe?	Citizenship: knowledge, background, resources	Simulation exercise	Working on the future projects part I	ACT flies away and multiply
9										
10										
11	11:00-11:15		Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Departure
12	11:15-12:30		Modul 2	Modul 2	Modul 2	Modul 2	Modul 2	Modul 2	Modul 2	Day
13			Getting Started: Working Together	Perfect Members of perfect communities	What does it take to be a citizen?	Roots and future of European citizenship	Youth program as a tool	Simulation exercise	Working on the future projects part II	
14										
15										
16	12:30-14:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
17	14:00-16:30		Modul 3	Modul 3	Modul 3	Modul 3	Modul 3	Modul 3	Modul 3	
18			Future Workshop	Turn to reality	Inclusion and exclusion	Discover the local reality	Projects management in civic education projects	Simulation exercise	Who am I as a youth worker?	
19				10 commandments of a citizen						
20										
21	16:30-17:00	Checking in at the hostel	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	Tea& Coffe Break	
22	17:00-18:30		Modul 4	Modul 4	Modul 4	Modul 4	Modul 4	Modul 4	Modul 4	
23			The European Dimension of Youth Work	Good practises	Participation with the nation	Discover the local reality	Creativity in civic and European education	Debriefing on the exercise	Personal action plan and evaluation	
24										
25										
26	18:30-19:00		Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	
27	19:00-20:30	Official welcome & Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
28	20:30- ...	& Dinner	Intercultural Evening	Meeting with the key local actors	Market of organisations		Concert in the city	Movie Night	Farewell Party	
29										

Where is Vordingborg?

The beautiful town of Vordingborg, located in Southern Zealand, is surrounded by water and forests and lies 100 km south of Copenhagen. There is a natural harbour close to the town centre with beach facilities, a restaurant and cafe. Take a trip to Vordingborg Castle ruins, Denmark's oldest and most important castle with its 26-m high Goose Tower (Gåsetårnet).

Vordingborg is known as Denmark's culture capital. It is home to the local theatre, Cantabile 2, which hosts the international theatre festival, WAVES, in the middle of August every second year, and STARS, the country's music venue. Vordingborg Fest Week - with some of Denmark's best live bands - is held in July each year, and admission is free.

A population in the whole municipality is about 46 500 people.



Travel Budget

Every partner needs to send 2 participants per organization.

Austria	GEMMA - Germeshausen und Mak	275 euro
Cyprus	Youth Dynamics	360 euro
Czech Republic	EVROPSKE CENTRUM MLADÉZE BRECLAV	275 euro
Estonia	Noored Ühiskonna Heaks	275 euro

France	NICOLA	275 euro	
Greece	NEOI ELLADOS SE EYROPAIKI DRASI	275 euro	
Italy	APS LA FENICE	275 euro	
Malta	PRISMS Malta	360 euro	
Poland	Fundacja Global Wave	275 euro	
Romania	ASOCIATIA GEYC	275 euro	
Slovakia	A.D.E.L.	275 euro	
Spain	Grupo de Desarrollo Rural Valle del Guadalhorce	360 euro	

How to get there? - travelling to Denmark

There are 2 main convenient options for coming to Denmark – landing in Copenhagen or in Malmo, which is just across the bridge in Sweden.

a) Travelling to Copenhagen

Copenhagen airport is the main airport and the one with highest numbers of routes. After landing buy a ticket to Vordingborg, unless you want to spend some time in Copenhagen.

Please notice that many flight companies (SAS, Finnair, Norwegian) have youth ticket options which are often much cheaper than the normal fares. Sometimes it requires a 'sacrifice' with taking only a hand luggage, but a bag about 55cm x 40 cm x 25 cm will most likely fit all the needed things for one week. It is definitely worth checking out ☐

b) Travelling to Malmo

Often it is cheaper to travel with Wizzair to Malmo instead of landing in Copenhagen. Some of the SAS planes are also landing in there.

After landing at Malmo airport you need to get to Copenhagen. There is a direct bus that costs 100 dkk (14 euro) each way and it drives accordingly to the arrival of the planes. It takes about 1h15min to arrive in Copenhagen. The bus stops at DBI-byen (last stop) - very close to the main train station. From DGI you need to cross the road and you will be at Copenhagen Central Station (few hundred meters away, easy to find).

c) Train tickets

There are good train connections to Vordingborg leaving at least once per hour from the main train station in Copenhagen.

- From the airport

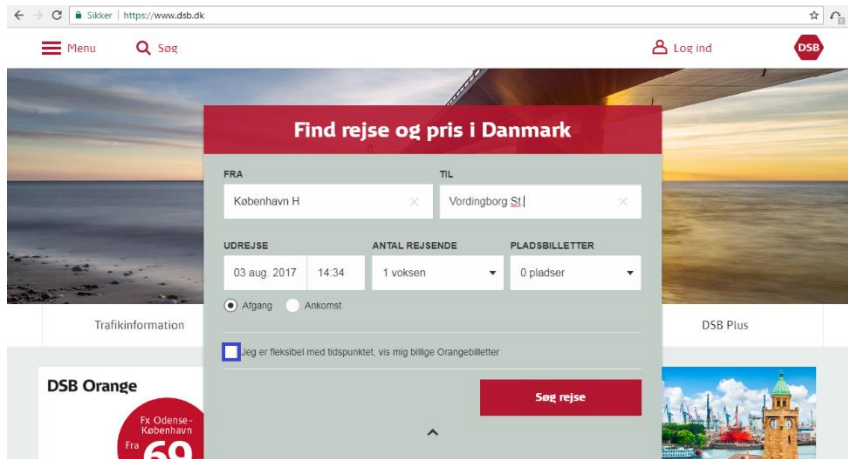
You can catch a train directly from the Copenhagen airport. Once you get out after taking your luggage go straight and you will find ticket machines on the right side. From there you will see the signs for the trains on the left and right side. There is an electronic board where you can see when the train is coming and in which direction. Take the train (track 2) heading Copenhagen Central Station. Most likely it will be the one that most people take so just follow the crowd.

It takes about 10-15 min to travel from the airport to the main station. It takes about 1h15min to get to our city from the central station. Trains are going at least once an hour and you can buy them at the airport or/and check the prices here:

<https://www.dsb.dk/>

Look for Orange tickets as they are cheaper than the normal ones. You don't need to book a specific seat – you can save some money by not choosing this option.

If you buy tickets earlier then they might be cheaper, especially Orange ones.



If you are hungry and still waiting for the train I recommend going out through the main exit in front of the Tivoli and buying a Danish hotdog ☐

d) Arrival to the Vordingborg St.

After arrival to the main Train station in our city you will be picked up by a car or mini van and transported to the venue.

Marta Rudnicka will be responsible for the arrangements so as soon as you have bought your train tickets- you can contact her: mart049y@ung-10.dk

e) Travel back

Please consider that the earliest train from Vordingborg is leaving about 5:30 meaning that you will arrive at the airport after 7 o'clock and thus Another return option is a train 23:30 a day before (you will arrive about 2 o'clock in the airport).

Important:

Please do not come later than 17 o'clock on the arrival day and if possible do not take a return flight at 7 o'clock in the morning as it will require to travel during the night. It is recommendable to book return tickets at least from 9 o'clock. ☐

Accommodation & Food

Danhostel Vordingborg

Præstegårdsvej 16-18, 4760 Vordingborg

Telephone: [+45 5536 0800](tel:+4555360800)

Danhostel Vordingborg is situated in peaceful surroundings on a 36,000 m2 site with trails and lakes. Our hostel is part of the Svend Heinild Centre, where several lectures, plus theatrical and musical performances are frequently held. The café has room for approximately 200 guests, while the conference hall can accommodate up to 400 people for concerts, theatre and conferences. At our hostel, there are 20 comfortable rooms, all with private bathrooms, free Wi-Fi, free parking, TV lounges, laundry facilities, and two well-equipped guest kitchens. Outside we provide petanque courts and basketball, or you can just relax in our garden with a good book and enjoy the lake views. In our main building, we have a canteen, which serves a delicious breakfast, packed lunches and dinner. The bus and train stops are just a 15-minute walk from our hostel and a grocery store is close by.

You will be accommodated in the youth hostel in Vordingborg in rooms from 2 to 6 people. The hostel will also provide food (3 meals a day), there will be coffee and tea breaks with fruits and snacks during the day.








IMPORTANT:

Please take bedsheets with you (cover for the pillow & quilt, bed sheet) as well as a towel. A pillow and quilt will be provided at the venue.

You can also choose to pay 65 kr (about 9 euros) for renting all from the youth hostel.

What to bring & weather

Weather in Denmark can be quite unpredictable, so please prepare clothes for all occasions –especially some warm clothes against rain and wind.

TEMPERATURE		5 °C	41 °F	NOVEMBER	>
HIGH TEMPERATURE		7 °C	45 °F	DECEMBER	>
LOW TEMPERATURE		3 °C	37 °F	JANUARY	>
SUNSHINE HOURS		1 HRS		FEBRUARY	>
RAINFALL		60 MM		MARCH	>
RAINFALL DAYS		19 DAYS		APRIL	>
SEA TEMPERATURE		9 °C	48 °F	MAY	>
				JUNE	>
				JULY	>
				AUGUST	>
				SEPTEMBER	>
				OCTOBER	>

Insurance, medical and safety advises

Please bring your European Healthy Insurance card (the blue one) in case of some emergency. We will also be asked to fill in a paper with emergency contact, dietary restrictions and other health issues before the departure.

Currency, prices & pocket money

The currency in Denmark is Danish Kroner (dkk). 1 euro is approximately 7,43 danish kroner. In general, you can expect quite high prices in comparison to other places.

Examples:

Cola in a shop:	10-15 kr (0,33-0,5 l)
Chocolate:	7,5-25 kr
Bag of chips:	10-25 kr
Cappucino in a restaurant:	33,5 kr
McMeal at McDonalds	70 kr
Water (1,5 litre)	10 kr
Milk (1 litre)	6 kr
Fresh White Bread	15-20 kr
Beer	3-10 kr
Cigarettes	36-44 kr

One-way ticket (local transport) 23 kr



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