



# CHANGE YOUR ATTITUDE

## Infopack

22th February-1st March, 2016, Gánt, Hungary

Training course funded by Erasmus+, organized by  
Association Co-Efficient



Erasmus+



EGYÜTT  
HATÓ

KÖZÖSSÉGÉPÍTŐ EGYESÜLET



## What is this training about?

Our aim is to launch an integrated community-building activity in each partner country, helped by the participation of the involved disabled and non-disabled young people. This TC is aimed at helping the participants to develop a constant activity in their own local communities, based on the volunteering experience and in the spirit of the Independent Living Movement.

The project allows the people involved to acquire knowledge about independent living, concrete formulation of their own objectives and the required activities to achieve them. The program is aimed to develop skills and competences that can help the disabled and non-disabled people to develop together an advocacy activity in a grassroots way that meet their needs.



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# Learning outcomes

During the 8 days training the participants can acquire knowledge, skills and competences in a training based on the non-formal learning methods that can help them to launch their own new initiatives based on the spirit of independent living movement in their local community.

Thus, the program is focused on self-knowledge, helping/assisting profession, social roles, active participation, volunteering and independent life, while the participants' social competences, tolerance, sensivity, assertivity, communication skills and tools, time-, stress-, and project management knowledge are improved.

Our association provides barrier-free environment and professional personal assistance during the entire duration of the program.





## Our Team

### Gergő Sebő—Project Coordinator



*I am 27 and I am a sociologist. I am interested in disadvantaged groups especially disabled person. Previously I have worked with disabled persons at a foundation for 3 years. I saw directly the problems of integration of disabled people. I got involved a project which deal with Independent Living Movement and tried to increase social inclusion and activity of disabled youth people there. Now I would like to utilize experiences and knowledge which I got in those years. I would like to start integration projects with disabled in order to help disabled young persons to find their ways, achieve their goals and enforce their will. As a side note, I'm also living with a disability.*

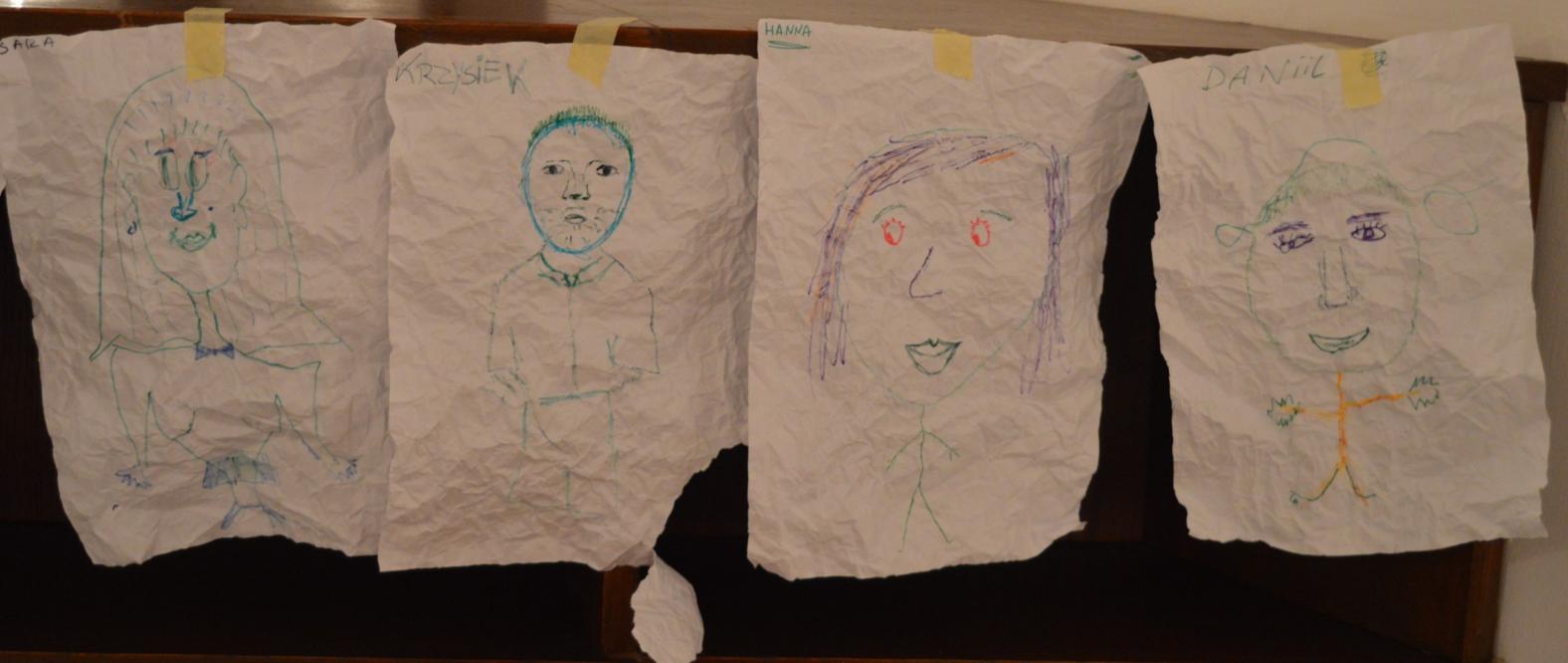
Our international trainer team is composed of Elemér Szentpétery (HU), Melinda Nagy (HU), Andrzej Smyk(PL) and Grebeldinger Daniel (RO). All members are experienced youth workers and working with young people with fewer opportunities.



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# Partner organizations

**Czech Republic**

**Estonia**

**Portugal**

**Romania**

**Poland**

**Hungary**

**European Youth Centre Breclav z.s.**

**Mittetulundusühing VitaTiim**

**Associação Spin para o Intercâmbio,  
Formação e Cooperação entre os  
Povos**

**Asociatia Nevo Parudimos**

**Zamojskie Centrum Wolontariatu**

**Association Coefficient**



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# Project structure I

## Preparation phase (November 2015—February 2016)

Partners receive this Info Pack, Independent Living handout, partner and participant contracts, and start recruitment of participants. As part of the selection procedure, we conduct skype interviews with each participants till the end of January 2016. Partners responsible for preparation of participants before departure, our association works in tandem with partners regarding travel arrangements.

## Training Course (22th February-1st March)

A 9 days (8 nights) training course involving 24 participants. Preparation of involved participants with non-formal, self-knowledge, experience based learning technics, facilitation. Transfer of the principles, achievements of Independent Living Movement.





# Project structure II

## Follow up (March 2016)

Participants organize their own activity (peer counselling, roundtable discussion, training at school) based on what they learn about the TC and what they planned during the Open Space session. Partner organizations are responsible for giving any support necessary and provide documentation (photos, videos, any outcomes) afterwards. Follow-up is a crucial part in our project.

## Dissemination (March 2016)

During the TC participant will make a short documentary film with interviews (all technical devices will be provided by us). Photos, summaries and other documents of the follow-up, summaries and articles about the TC will be published by the partnership.





# Prep phase/ how to apply

## Preparatory meeting

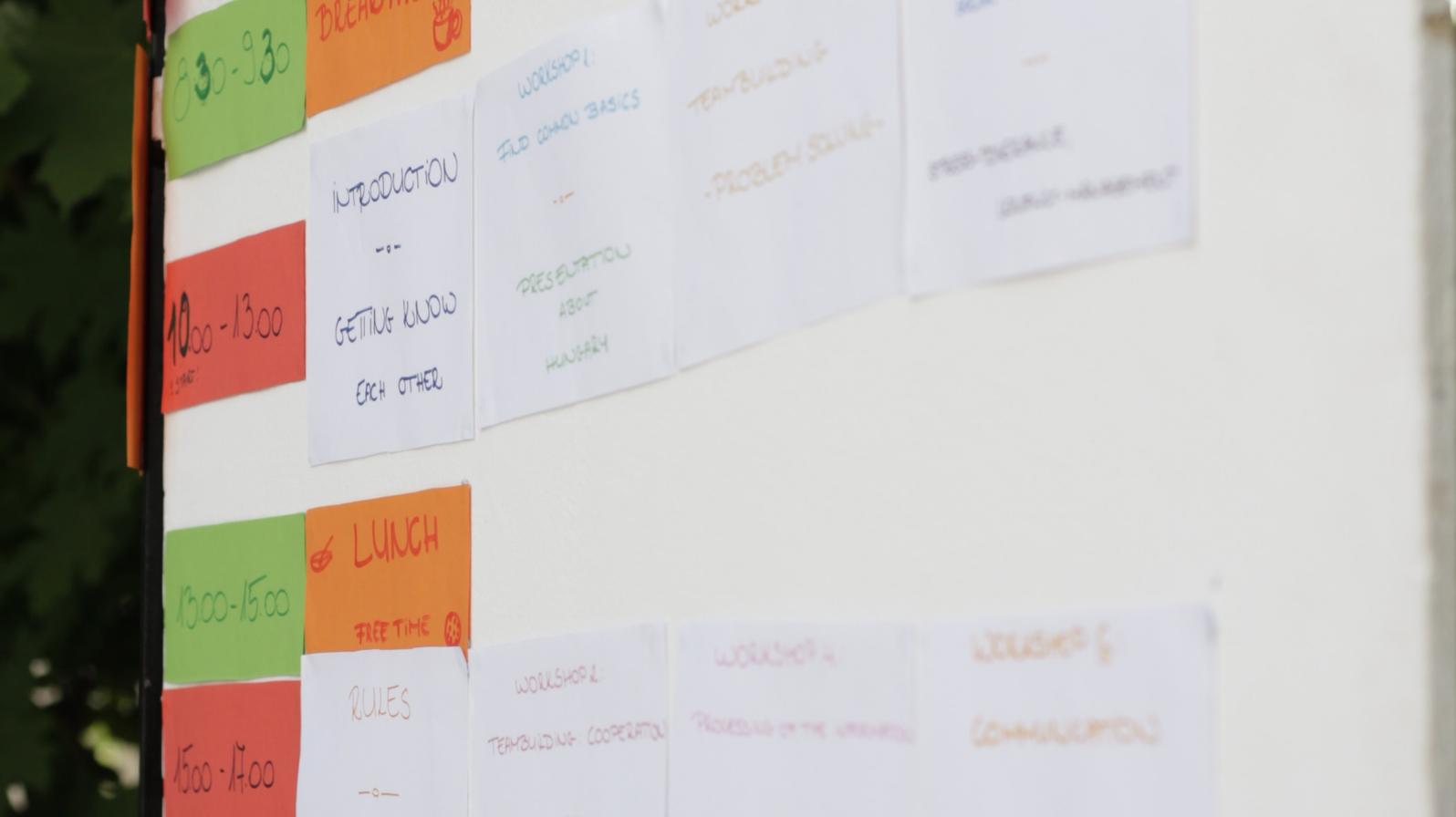
All partners organize preparatory meeting before departure, which should include information on logistics, topic of the projects, Independent Living Movement (handout enclosed), practical arrangements on transportation to Budapest.

## Selection of participants

Individual skype interviews are to be conducted by all applicants to the project due to its nature. Final deadline for the partners to submit application via online form is 22/01/2016.

You can send your application on-line at this link: <http://goo.gl/forms/s7XQUQH3en>





# Agenda of the TC

	22.febr	23.febr	24.febr	25.febr	26.febr	27.febr	28.febr	29.febr	01.márc							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday							
8:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast							
9:00		Introductions (host, partners), aims of the project, name games, icebreakers	Active listening, team building	Values, responsibility, decision making	Independent living movement	Guided tour to Budapest	Nonverbal communication	Open Space I.	Evaluation							
10:00																
11:00																
12:00																
13:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch							
14:00		Rules, Fear & expectations	cooperation, independent decision making, sensitizing activities	Association - combination, life map	Prepare to Oxford debate	Visiting a special school and a foundation	Conflict management, one- our two sided communication	Open Space II.	Departure							
15:00																
16:00																
17:00		Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups								
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner								
19:00																
20:00									Briefing, short ice breakers	Intercultural evening	Intercultural evening	Intercultural evening	Oxford debate	Fun games	World Cafe	Distribution of youtpass, farewell party
21:00																
22:00																





## Follow-up and dissemination

On the last day of TC an Open Space session will be organized for participants to plan activities for their local communities, e.g.: peer counselling meeting, roundtable discussion, training at a school.

After the TC all of the participant will have to organize one of these activities in their own community (e.g. school), with the support of partner organization. Follow up is a very important and integral part of our project. The teams will need to write a short summary and take some photos about activities and then please share with us as proof of implementation.

During the TC participant will make a short documentary film with interviews. We'll decide together on the structure and the content. Partners are obliged to use their own means to disseminate the outcomes of the project via online/offline channels.





# Participant profile I

Our aim to involve 24 youth workers/volunteers who are socially sensitive, interested in connected with independent living and volunteering and can communicate in English.

## Participants with disabilities

We aim to involve 2 participants per partners whom are living with disabilities so each partner must involve at least two participants with disabilities.

*“Disabilities” is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations” (WHO)*





## Participant profile II

In this project we expect physically and vision disabled youth persons as participants.

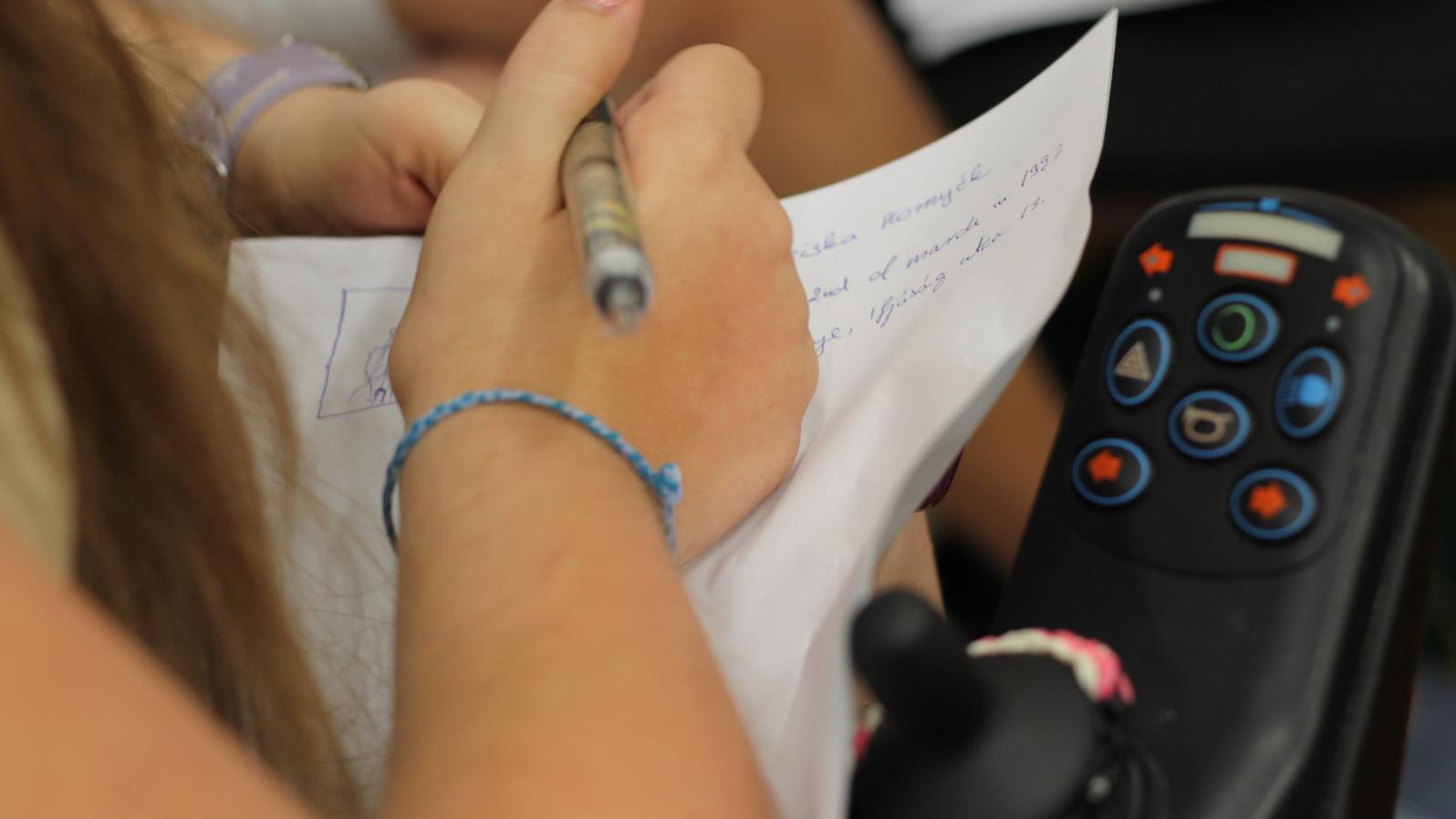
### Physical disability

This category of disability includes people with varying types of physical disabilities including: upper limb(s) disability, lower limb(s) disability, manual dexterity, disability in co-ordination with different organs of the body

### Vision disability/visual impairment

There are hundreds of thousands of people that suffer from minor to various serious vision disability or impairments. These injuries can also result into some serious problems or diseases like blindness and ocular trauma, to name a few. Some of the common vision impairment includes scratched cornea, scratches on the sclera, diabetes related eye conditions, dry eyes and corneal graft.





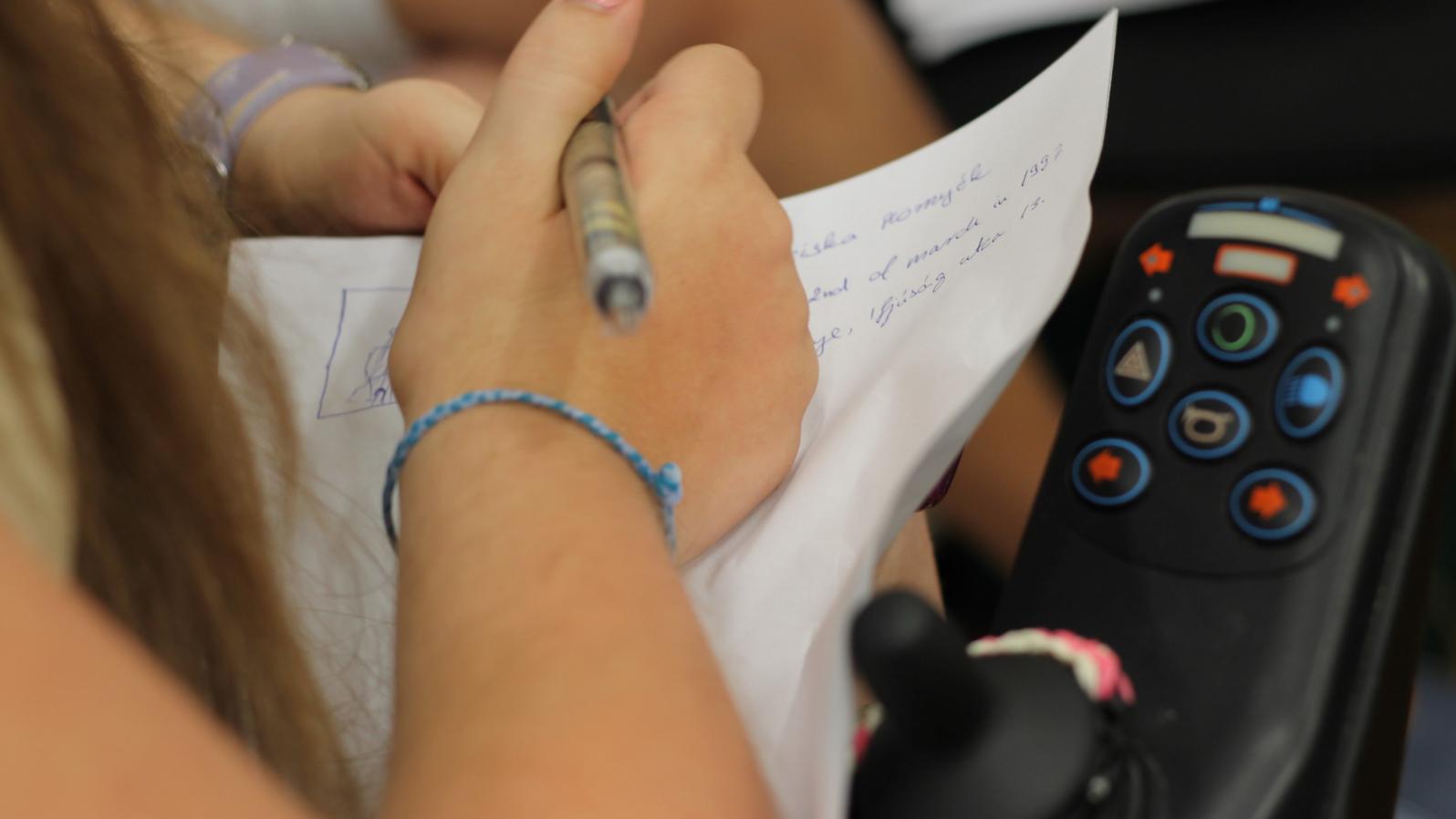
## Participant profile III

Please, indicate relevant information in the registration form.

We expect one person from each country who can accompany them and help his/her disabled team mates if they needed it during the TC. They will be participant as well and they can take part in activities of the project and sessions of TC. Accompanying persons will have to have experience in personal assistance.

We provide a totally barrier-free accommodation and travel arrangements from the airport of Budapest, and we planned the daily programme taking the special needs into account. Two professional personal assistants are on the team to provide assistance with clothing, bathing and eating if necessary during the whole program so we can host young people with serious limitations in the project. For further information on the facilities and conditions for disabled participants, feel free to contact us.





# Costs and reimbursement

Meals, accomodation and travel cost up to the ceiling of the E+ programme are covered by the EU grant. There's no participation fee.

Association Co-Efficient is booking your flight ticket for you. For bus and train trips, reimbursement of the cost is via bank transfer within 14 days of receiving all relevant documentation. To ease the reimbursement process, please consult the financial guidelines attached to the infopack, as all expenses has to be justified by invoices and tickets containing at least the following information: date, name of the passanger (or name of the association), origin and destination of the trip, serial number.

**No reimbursement can be made if a participant does not follow the financial guideline.**

Insurance cost and cost of the intercultural evening is covered if an invoice is provided by partner organization. (see financial guidelines)





## Venue and logistics

The accommodation is going to be „Fecskepalota”, which is situated in the hilly area of Gánt, 60 km from Budapest. The venue is completely barrier free, 2-4 beds per room. The venue has a special room for those with serious limitations.

More photos and information: <https://www.facebook.com/fecskepalota>

Partner organizations and participants need to arrange their travel to Budapest, from that point we organize a bus ride to the venue. For Portugal, Estonia and Poland, we are able to book the flight tickets.

The weather is usually very cold during February in Hungary, so pack accordingly (warm coat, layered clothing, hat, scarf). Don't forget their own towel. Intercultural nights in the agenda serve to present each other's culture, please bring along your national food/souvenirs/presentations. You're free to bring any informational booklet or flyers about your organization. During the TC we will use laptops, so if possible take your own with you. Please take some official clothes as Oxford debate is part of the programme.



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## Further questions?

You will find more information on our youth projects and methods at

Facebook site of Association Co-Efficient: <http://www.facebook.com/EgyuttHato>

Website of Association Co-Efficient: <http://egyutthato.eu/>

Join or facebook group: <https://www.facebook.com/groups/103260546697472/>

### Questions, contact

Don't hesitate to contact us with your questions, requests at

[info@egyutthato.eu](mailto:info@egyutthato.eu)

See you in Hungary,

Gergő Sebő & Elemér Szentpétery (Tel.: +36 30 874 33040)



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