

# “Belong to yourself”

*True belonging doesn't require you to change who you are; it requires you to be who you are.*  
(Brene Brown)

## TRAINING COURSE INFOPACK

**ZADAR, CROATIA**  
**11 - 18.9.2024**

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Young people often feel tension between being themselves and belonging successfully to different communities or different groups. Finding balance between being authentic and accepted by your peers, colleagues, partners can be challenging and stressful in teenage years and adolescence. Youth work setting can be a supportive environment in accompanying young people on their journey of discovering the answers to the question: Who am I?, What is my purpose?, Where is my place in this world? and How do I feel along the way?

Youth workers can support young people through different social and emotional educational activities in exploring their inner compass, becoming more aware of their strengths and weaknesses and help them become more emotionally intelligent in assessing themselves with confidence. This training course aims to support youth educators in creating an environment and activities that offer opportunities for raising the self-awareness of young people so they can know themselves, be themselves and belong authentically to the groups of their choice.

## **What will the tc look like?**

Each working day will include 4 workshops in duration of 90 minutes each. Two of them will be implemented in the morning session (before lunch break), and two of them will be implemented in the afternoon session (after lunch break).

A coffee break for a duration of 30 minutes will be organised between each of them. At the end of every working day, we plan to organise self-reflection and evaluation sessions led by trainers and the staff team.

During the evenings, we are planning to organise some free time activities. Still, participation in them will be voluntary based, and participants will have a chance to develop them on their own mostly. Such activities are intercultural nights where they will have an opportunity to present their countries, cultures, traditions, food, and drinks through interactive games or presentations.

The whole training course will be based on non-formal education and learning by doing methods. We are planning to use general methods: working in smaller groups, interactive and creative presentations, brainstorming, working in national groups, simulation activities, role plays, etc.

## **Objectives**

- to understand youth work setting as the opportunity for nurturing a positive approach to young people's mental health;
- to explore different realities of existing programmes supporting identity development and healthy transition to adulthood;
- to explore and understand the challenges young people face in the contemporary world in combination with developmental crises and social, educational, emotional, relational and professional expectations;
- to learn how to explore and reflect on different aspects of identity (self-image);
- to be able to create environment and opportunities for young people to explore their strengths and weaknesses in a safe way;
- to practise empathic communication in youth work and positive feedback to support self-esteem of young people;
- to raise the ability how to build a supportive and encouraging environment and trustful relationships with a young person;
- to explore personal dilemmas when dealing with issues concerning development of young people and their well-being;
- to get to know cognitive strategies for lowering negative self-talk and practice self-compassion.



Participants are expected to attend the full duration of the TC  
**(WHEN)**

All participants will be accommodated at **HI Hostel Zadar**

Obala kneza Trpimira 76, 23 000 | Zadar

Tel. +385 23 331 145

Email: [hostelzadar@hicroatia.com](mailto:hostelzadar@hicroatia.com)

WEB: <https://www.hicroatia.com/en/hostel/hi-hostel-zadar/>

We are expecting you on the 11th of September 2024 in the afternoon (between 17:00 and 19:00 o'clock).

The Welcome Program start will be arranged with the trainers based on arrival time of the participants, and dinner will be served between 19:00 - 20:00h. The departure is envisioned for the morning of 18th of September 2024 after breakfast.

All participants will be accommodated in Youth Hostel Zadar, situated 5 km from the bus terminal (take bus line no. 5) in the famous Borik tourist zone. In hostel there are terrace with a bar & restaurant, seminar hall, sports ground (basketball, football), baggage room, internet access, tourist info point, and a beach just across from the hostel. Participants will be placed in 3/4-bed rooms (bunk beds) with shared bathrooms. Please note that you should bring your own towels.

Breakfast, lunch and dinner will be served daily at the residence.

The Training Course will be held at the residence .

### **Something too bring:**

In order to organise a specialty evening and some tasty intercultural learning, you are very welcomed and invited to bring some specialties from your country or region (food, drinks, candies... ). Music, games, photos and others are also welcome. Also, please bring some promotional material of your organizations and information about the projects organization is having. If possible, bring some sport/casual clothes as well, as we can exchange some games from our countries, at least for energizers.



For all information about booking your tickets and coming to Zadar, you should be in contact with Veronica Braccacini – in charge of project logistics, by using the official project e-mail (you can find all contacts below). We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.\*

Travel costs will be reimbursed only for the cheapest way of transport and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

**Please don't buy your tickets before we approve them! When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 5 - 11.9, please inform us in advance, so we can approve your tickets and travel costs.**

P.S. AT PURCHASING YOUR TRAVEL TICKET, PLEASE ASK FOR THE INVOICE!

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

**\*Sustainable means of transport (green travel) is defined as the travel that uses lowemissions means of transport for the main part of the travel, such as bus, train or carpooling.**



Travel budget calculation is based on the distance between your starting point and the venue of the Program:

<b>10 -99</b>	<b>km</b>	<b>23€</b>
<b>100 - 499</b>	<b>km</b>	<b>180€ / 210€ green option</b>
<b>500 - 1999</b>	<b>km</b>	<b>275€ / 320€ green option</b>
<b>2000 - 2999</b>	<b>km</b>	<b>360€ / 410€ green option</b>
<b>3000 - 3999</b>	<b>km</b>	<b>530€ / 610€ green option</b>
<b>4000 - 7999</b>	<b>km</b>	<b>820€</b>
<b>8000 - more</b>	<b>km</b>	<b>1.500€</b>

**The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:**

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

### **Further Rules regarding the booking of the tickets and reimbursement:**

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- We can't reimburse taxi; only public transport and carpooling will be covered.
- You can arrive maximum 1 day before the activity and depart maximum 1 day after if you want to spend more time in Zadar on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.

**The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).**



For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!

**PROJECT E-MAIL**

**project02@yp-de.org**

**LOGISTIC COORDINATOR**

**Veronica Braccacini**

## Partners



 **Youth Power Austria**



 **Fucina Salentina**



 **Carousel 8**



 **Epeka Slovenia**



 **IRCD**



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