

# INFOPACK

*E+: Youth in Action KA1 project:*

## **ACTIVATE (A!)**

**Activity days (7–11th October 2019)**

### **SUMMARY OF THE PROJECT:**

The aim of the Act!vate training course is the increase of active participation among young people with fewer opportunities. The last Eurobarometer research on the topic showed that 47 % of young people is not included in any structures that would enable them active participation. This percentage is even higher among young people with fewer opportunities, especially those with social and economic obstacles, which points to the fact that social inclusion a often goes hand in hand with low level of active participation. The environment, parents and teacher often search for reasons behind that in passive nature of young people. But the fact is one cannot blame only young people for being passive, since every time we point a finger at young person, three fingers always point back at us.

The Council of Europe issued the framework of 20 competences for democratic culture which young citizens require to participate effectively in a culture of democracy, but the fact is that is is difficult for young people to develop them on their own, therefore youth workers are the one that need to strengthen those competencies in the first place and develop new methods of youth work that will enable us to successfully forward them to young people. Thus the aim of the project Act!vate is to strengthen the competencies of youth workers for the development of non-formal methods for encouraging young participation in decision-making processes among young people with fewer opportunities and to develop new methods of youth work for raising the level of active participation among young people with fewer opportunities.

The 5-day training course for youth workers (or regular volunteers of partner organizations) will take place in the Trbovlje Youth Centre between 15th and 19th October 2019 and will include 10 participants, aged 18+, from Slovenia, Italy, Estonia, Greece, St. Maarten (Dutch part), the Netherlands, Madeira island (Portugal), Latvia, Spain and Poland. Partners in the project will offer the opportunity to participate to our youth workers or regular volunteers that implements activities with local young people with fewer opportunities. In that way we will strengthen the capacities of partner organizations and their coworkers that will continue on implementing activities for encouraging active participation among young people.

Through different activities of the training course, participants will create the map of competencies of youth workers and a scenario for a youth workshop on the topic of active participation. They will strengthen their key competencies for encouraging active participation among young people with fewer opportunities. They will get to know new methods of youth work and include them into the scenario of youth workshop, which will later on be in use in their organizations and other local organizations which actively work with youth. After the training course, each of

partner organization will organize one follow-up activity in their local environment (youth workshop), which will result in tighter cooperation in their local communities. Partners in the project expect new methods of youth work will result in increase of interest among young people for taking part in decision-making processes, which will consequently encourage young people to take more active role in the society and future activities.

### **Results:**

- Map of competencies of youth workers
- Scenario for the youth workshop on topic of active participation

## **ACTIVITIES AFTER THE TRAINING COURSE:**

- Fill out the [Application Google Form](#) at latest till **30<sup>th</sup> September 2019**
- Fill out the [Traveling Plan Google Sheets](#) at latest till **30<sup>th</sup> September 2019**
- Make a short presentation about your organization, the topics that are close to the organization, most important projects etc. (max. 5 min), interactive presentations avoiding PPT are highly appreciated 😊
- Prepare a list of examples of methods or projects your organization uses to encourage active participation among young people with fewer opportunities
- Short presentation of your country for the international evening – it will be organized in a form of “international” market, feel free to bring some typical local snacks for others to try out

## **ACTIVITIES AFTER THE TRAINING COURSE:**

- Dissemination activities according to the plan we we'll make during the project
- Perform one workshop in your organization or local environment by using the scenario we will make during the project and give short feedback about it

**Expected arrival:**

6<sup>th</sup> October till 20:00 (CET)

**Departure:**

12<sup>th</sup> October – check out till 10:00 (CET)

**Please fill out your travel plan in the following Google Sheets document:**

[https://docs.google.com/spreadsheets/d/1niJTn5lj6NcrEq8VhfQXf-nxGudk\\_njl0A9wTc8Zta4/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1niJTn5lj6NcrEq8VhfQXf-nxGudk_njl0A9wTc8Zta4/edit?usp=sharing)

**REIMBURSEMENT:**

Travelling costs are covered on the basis of actual costs up to the maximum amount (according to Erasmus+ distance calculator) on the basis of original tickets and receipts that prove the journey of the participants. Details regarding payment and travelling costs are provided in the Partnership Agreement sent to the partner organization. **PLEASE KEEP ALL YOUR RECEIPTS AND TRAVELLING TICKETS FOR YOUR TRAVEL, SO WE CAN REIMBURSE YOU THE COSTS UP TO THE MAXIMUM AMOUNT.**

## PROGRAM:

Sunday	DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	Saturday
A R R I V A L	breakfast	breakfast	breakfast	breakfast	breakfast	D E P A R T U R E
	getting to know each other, teambuilding activities	introduction to the topic of active participation (AP), Youthpass "refreshment"	Combining methods and competences, group work on the results of the TC	Preparation on youth workshop	Planning dissemination and follow-up activities	
	lunch	lunch	lunch	lunch	lunch	
	short presentation of partners, introduction of the project, reflexion	Defining competences needed for encouraging AP, introduction of 3 new methods, reflection	Group work on the results, reflection	Putting it into practice, evaluation	Final Youthpass activity, final evaluation and reflection, time for making new connections	
	dinner	dinner	dinner	dinner	dinner	
	free time	international evening	free time	free time	free time	

## **ABOUT OUR ORGANIZATION**

Mladinski center Trbovlje is a local youth center. MCT is located in the center of the town, right next to a cinema, theatre, library and a museum. Nearby, one can also find other important institutions – schools, hospital, chemists/drug store, shops and recreation facilities. In the same building you find offices, club for a multi-functional use, cafeteria and hostel. You will be staying in our hostel and also work there.



MCT logo and  
MCT building



## **ABOUT OUR TOWN**

Trbovlje is located in the center of Slovenia (cca. 60 km from Ljubljana), which enables us a simple and quick access to all parts of the country. The town lies next to the main Slovenian railroad, connecting two largest towns, Ljubljana and Maribor. The town lies in a 7 km long narrow basin, with the town center approximately in the middle. The area inside the 2km radius around the town center is also the most heavily populated part of the town, where most of the events take place. The town offers good living conditions for various age groups – education, free time, culture, sport, health services, services etc. For more info about Trbovlje, visit <http://www.trbovlje.si/vsebina/zgodovina/15?language=english> or <https://en.wikipedia.org/wiki/Trbovlje>.

Check the video about our region:  
<https://www.youtube.com/watch?v=kKCAOGQhmqA>

## **TRAVELLING SUGGESTIONS:**

The nearest airport is Ljubljana, but due to its (small) size, flights to Ljubljana tend to be rather expensive. If you'll travel to Ljubljana airport, please keep in mind that it is cca. 30 min out of Ljubljana. There are several options to travel from Ljubljana Airport to the center of the city's main train station (Glavna železniška postaja): you can book Markun Shuttle group van <https://www.markun-shuttle.com/en/index.html> (the price is cca. 10 EUR per person). The other option is NOMAGO travelling company <https://shuttle.nomago.si/si/destinacije/brnik> (the price is 10-12 EUR). The third option is GOOPTI travelling company <https://www.goopti.com/en/>. The cheapest option is travelling by bus (<https://www.ap-ljubljana.si/vozni-red/>) on the distance Brnik/airport – Ljubljana avtobusna postaja (price is around 5 EUR).

The only public transport option from Ljubljana to Trbovlje is the train, which costs around 5 EUR if you take the regular line, or cca. 7 EUR if you take the Intercity or

Eurocity train. The train station Ljubljana is in the center of the town, right next to the main bus station. With regular line, the travel takes around 45-50 min. You can check the schedule here <https://www.slo-zeleznice.si/en/>.

Other nearest airports are Zagreb (Croatia), Venice, Treviso or Wien. The best option to travel to Ljubljana is GOOPTI travelling company <https://www.goopti.com/en/>. The prices vary depending on the number of passengers for the specific date and time – the more passengers, the cheaper the price. You can book the van also directly to Trbovlje (great for the exchange, don't recommend for the APV) - our direct address is Mladinski center Trbovlje, Ulica 1. Junija 18, Trbovlje.

There is cca 3 km from Trbovlje train station to our hostel – the best option is the bus, which costs 1,30 EUR, or taxi – which needs to be pre-ordered and costs around 2 EUR. Please let me know which option you'll choose, so we can arrange the transport for you. On weekends the bus and taxi options are rare - please inform me about your arrival so we can arrange the pick-up for you.

## **ACCOMMODATION:**

Participants and will be accommodated in our Youth hostel which is in the same building as youth center. The majority of activities will take place in our multipurpose hall, some of them also around the town. The project funds cover accommodation, food (5 meals per day: breakfast is prepared in our hostel, lunch and dinner in local restaurant (<https://www.facebook.com/RestavracijaK5/>), two snacks/coffee and tea breaks also in our hostel) all project activities (including field trip) and travel costs as specified above.

MCT hostel offers its guests double bedrooms with bathroom (one to three persons), apartment with your own kitchen and bathroom (one person, couple or family) or dormitory (up to 14 people) with communal bathroom. Guests are welcome to use the multipurpose hall, communal kitchen or enjoy in our cafe which has indoor as well as outdoor seating areas.



### **Service that we offer:**

- Free Wi-Fi
- Laundry room
- Hostel kitchen
- Free video and book library
- Participation in MCT events

**For more info please contact Katarina Kuhar ([katarina.kuhar@mct.si](mailto:katarina.kuhar@mct.si), +38635612886 or mobile phone +38640663358).**

