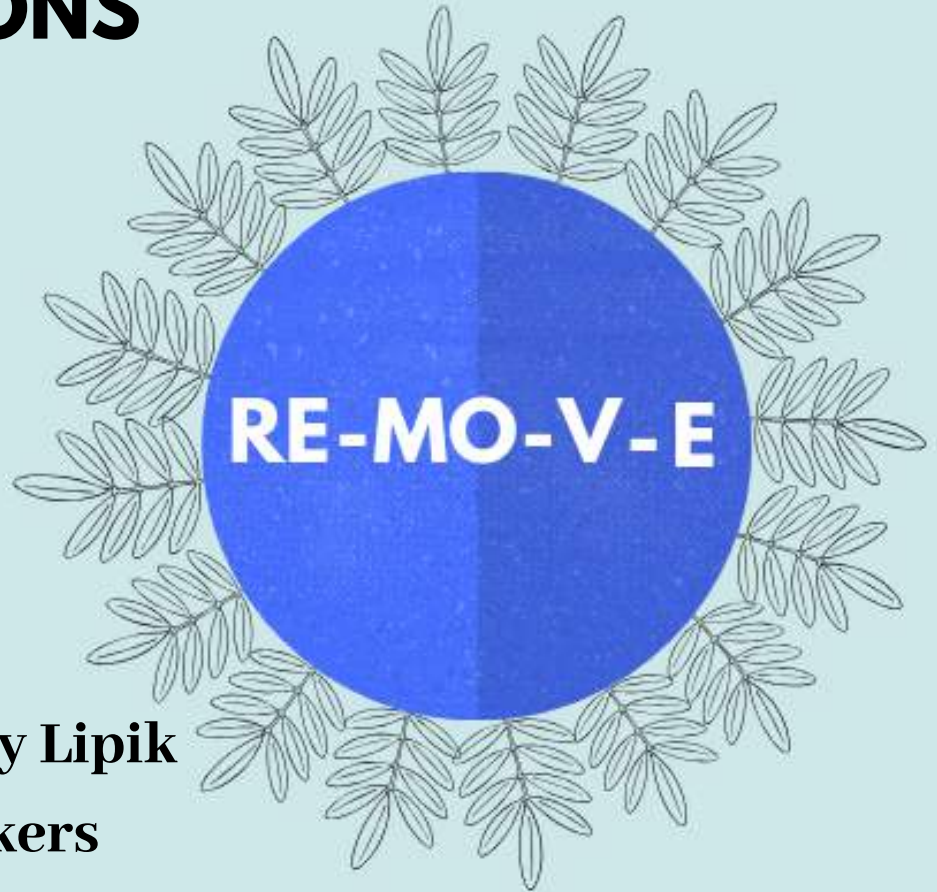


# **TC RESILIENCE- MOTIVATION-VALUES- EMOTIONS**



**WHERE? Croatia, City Lipik**

**WHO? 32 Youth workers**

**AGE: 18+**

**WHAT? Erasmus+ Training Course**

**8 activity days (INCLUDING TRAVELING DAYS)**

**WHEN? 23rd of August - 30th of August 2019**

**COUNTRY GROUP SIZE: 4 participants**

**COUNTRIES : Georgia, Serbia, North Macedonia,  
Lithuania, Moldova, Ukraine, Italy and Croatia**

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of the European Union



**23.08.-30.08.  
2019  
LIPIK,  
CROATIA**



OCEAN ZNANJA

## Short info about the training:

One of the important pillars of high-quality youth work in general is a stable system of support. In many countries the system is not well built or it is non-existent which can lead to high stress, professional burnout and lack of motivation to work.

With this training we want to create an international environment of support for youth workers where they will be able to be understood, learn how to take care of their wellbeing, share their experiences, hear and learn how other colleagues are dealing with the same obstacles.

### The objectives of the training are:

- to equip youth workers with the knowledge and tools to effectively work with youth through developing resilience and proper reacting in (crisis) situations.
- to empower youth workers by promoting self-awareness and self-appreciation and by working on competences needed to cope with everyday challenges working with youth.
- to develop practical recommendations for minimizing the possibility of a professional burnout.
- to increase participants' competences to implement and disseminate learning achievements within their youth NGOs and enrich their local youth work.
- to support youth organizations in increasing the capacity of their work and thereby - foster quality improvements in youth work through international cooperation.
- to create space for sharing knowledge and exchanging experiences and good practices with each other in the atmosphere of common understanding between people representing different cultures, working styles, etc.



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## **PARTICIPANTS PROFILE choosing criteria:**

- Youth workers and youth leaders who are involved in daily activities of the work with youth and who are interested to develop networking projects in this field.
- 18 years or older.
- Fluent English as it will ensure effective communication between all participants and all relevant stakeholders.
- With more or less experience in the field of youth work, it can be youth workers who are for long time in youth work, but also youth workers who are quite new in this field

## **EVERY PARTNER NEEDS TO CHOOSE 4 PARTICIPANTS.**



## **ACCOMODATION**

**We will be accommodated in a group house in Lipik, called “Bellevue Lipik”.**

**The accommodation will be comfortable and simple. Participants will share rooms with 2-3 people of same gender but different nationalities.**

**The showers and shared and there are in total 12 showers in the house.**

**- We will be the only group in the house. It was important for us not to be bothered with other groups, timetables and rules, so that is why we decided to come here where we would be alone. We will learn, share our culture and ideas and have fun together. We'll make the rules together and respect the rules that we make.**

**- Food – We will have options for vegetarians, vegans, no pork and so on. Please note that we cannot provide HALAL or fruitarian food. We are not staying at a hotel, so don't expect hotel environment. If you have any concerns about your diet, please contact us.**

**- Everything will be up to us, meaning that everyone should help with something. Either it's setting up the dining table, helping with cleaning after the meals, or helping with the workshop room setup, or just taking care of the house as if it is yours, meaning not littering and helping to keep the house generally clean.**

**- In the venue where we will stay, there is a rule of inside shoes. This means that every participant should bring slippers or some shoes that you are going to use only inside the house.**

**- Towels and bedsheets are provided by the venue. There is washing machine available in the venue that you need to pay to in order to use.**

**You can find more information and photos about the venue here:**

**<https://www.booking.com/hotel/hr/bellevue-lipik.hr.html>**

**<https://www.facebook.com/bellevuelipik/>**

**Lipik is small town, with a little bit more than 2000 inhabitants.**

**Even though it is small it has many secrets and we will discover them all together!**

**It is a home to a unique horse breed and it has it's own mineral water source.**

**Night life practically doesn't exist there but we will create our own content and have fun and hang out together.**



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# TRAVELING!

**TRAVEL COSTS PER PARTICIPANT ARE:**

**GEORGIA = 360 €**

**LITHUANIA, NORTH MACEDONIA,  
MOLDOVA, UKRAINE = 275 €**

**CROATIA, SERBIA, ITALY = 180 €**



**It is not allowed to come to the venue of the training one day later or to leave one day before the designated dates. We can only reimburse tickets that are on/before 23rd of August and on/after 30th of August 2019.**



**If you want to see Zagreb or other cities in Croatia, we suggest that you use the days before and after the project to see all the wonders our beautiful Croatia has to offer!**

**FOR DETAILED DESCRIPTION ABOUT TRAVELING AND THE REIMBURSEMENT PROCEDURE , WHAT IS ALLOWED AND WHAT IS NOT, READ THE DOCUMENT SENT NEXT TO THE INFOPACK: “GUIDELINES FOR TRAVELING TO OCEAN ZNANJA PROJECTS”.**



**We will have organized transportation by bus from Zagreb to Lipik before the training, and from Lipik to Zagreb after the training.**

**YOU SHOULD ARRIVE TO ZAGREB BEFORE 06:00 PM ON 23RD OF AUGUST AND BOOK YOUR TICKET LEAVING ZAGREB NOT BEFORE 11:00 AM ON 30TH OF AUGUST.**



**Detailed instructions when and where the bus will wait for you will be shared in our Facebook group**

**facebook**

**Facebook group – To make the communication easier, we have created a Facebook group. We will use it for communication, daily timetable , sharing materials and getting to know each other.**

**<https://www.facebook.com/groups/2297041877181149/>**

# WHAT TO BRING?



**1. HEALTH INSURANCE** - don't forget to bring your European Health Insurance Card if you are from an EU country, or other types of insurance if you're not from the EU.



**2. ALL TICKETS, BOARDING PASSES** – don't throw any of them, you will need to send them to us after the training. If you lose any of the tickets or boarding passes, we won't be able to reimburse you for those tickets.



**3. INSIDE SHOES, slippers or other shoes that you will use only inside the house.**



**4. Each country should bring stuff for your own traditional COFFEE BREAK.** Each country will have one coffee break (for 40 people) in the duration of 30 min where you will have an opportunity to share with us your country traditions.



**5. TOILETRY** including any medication that you are using



**6. TRADITIONAL FOOD, sweets, national costumes and any materials for international evenings.** We will have 2 international evenings, 4 countries each of those nights.



**7. PASSPORT or ID card, money if you want to buy souvenirs, etc.**



**8. Brochures, leaflets or any other materials from your organization that you want to share during the NGO fair.** You will be able to share videos in our Facebook group, but you won't be able to show the videos during the NGO fair.



**9. Bathing suit and swimming towel just in case :) if we will have some time to check out the mineral waters !**



**10. Your smile and positive energy 😊.**

## IMPORTANT:

In the attachment we are sending you document in which all the rules regarding the travel to our projects are explained in details (first page of the document) - **"Guidelines for traveling to Ocean Znanja projects"**

Please **READ IT CAREFULLY** and contact us in case you will have any questions.

We are also sending in the attachment **Confirmation of Participation**. Read this document and **apply only** if you agree to everything written in it.

On the first day of the training, we will print it out and every participant will need to sign this document.

## REIMBURSEMENT:

Reimbursement will be done **after the end of the training**, to your personal bank account, **after completing all three tasks**:

1. Participating on the whole training, respecting all rules of the house and the training
2. Sending all tickets and boarding passes after the training. You need to keep all original tickets and after the training you'll get email in which it will be explained what you need to do.
3. Doing the dissemination of results and sharing (photos, videos, articles) what you learned after returning home implementing it in your organization/place of work.

We will explain the dissemination in more details during the training.

**For further questions don't hesitate to contact us.**

**See you soon! 😊**

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