

**GET UPDATED:  
PROJECT FOR PROFESSIONAL DEVELOPMENT OF YOUTH WORKERS**



## DEAR PARTICIPANT,

If you are reading this, it means that you are almost on the doorstep of the  
**'Get Updated: Project for Professional Development of Youth Workers'**  
Training Course in Struga, Macedonia.

This Welcome Info Kit will provide you with information about the Training Course, its venue and how to get there, timetable of the activities, accommodation details, reimbursement of travel costs, contacts and other useful and practical information that you need to know before coming to the project.

Please, read all the information carefully, and note that if you participate in this Training Course, you will be engaged in interacting and having unforgettable time with wonderful people from different cultures and with different cultural, social, religious, sexual orientation or other specific background, coming from 15 different European countries.

We hope that you are looking forward to this Training Course as much as we are, or maybe even more than that.

Your Project Organization Team




## ABOUT THE PROJECT

In order to ensure high quality of youth activities, it is essential to provide youth workers opportunities for professional development.

The project 'Get Updated: Project for Professional Development of Youth Workers' aims at improving the capacities of youth workers in the following key areas

– **emotional intelligence, conflict management and communication** – enhancing in this way the competencies that youth workers need to have in order to be able to adequately respond to the needs and interests of young people and fully support their development and active participation in the society.

By empowering youth workers, the project will contribute to developing the quality of activities delivered by youth organizations and quality of support systems for youth activities.



The project will be realized in two stages –

two training courses: one training course focusing on the topic of emotional intelligence, which will be realized in London, UK, 09-17 June 2019, and a second training course addressing conflict management and communication, which will be held in Struga, Macedonia, 1-10 September 2019.

In the following pages you can find detailed information about the second training course of this project.

## **PROJECT OBJECTIVES**

- Reflecting on necessary competencies of youth workers in the areas of emotional intelligence, conflict management and communication;**
- Experiencing methods and techniques to increase competencies in the areas of emotional intelligence, conflict management and communication;**
- Supporting participants in mastering experienced techniques and methods and transferring these methods and techniques to their work with young people, including young people with fewer opportunities;**
- Exploring online tools and resources available for professional development of youth workers;**
- Promoting the exchange of good practices in the area of professional development of youth workers;**
- Providing space to work on development of new ideas addressing the need of professional development of youth work with support of the Erasmus + Programme, Key Action 1.**





Participants are expected to arrive in the hotel where the Training Course will take place by 19:00 on 01 September (arrival day), and depart on 10 September (departure day).

You may arrive a maximum of 2 days before 1 September or leave a maximum of 2 days after 10 September (these are the activity dates). If you decide to arrive a day or two before the Training Course or leave a day or two after it, all your expenses regarding your accommodation and food for these extra days cannot be reimbursed from the budget of the project. If your travel plan and flight dates do not fit into the abovesaid timeframe, before buying any tickets, please contact us for approval of your planned travel plan.

Health insurance is normally not provided by the Erasmus + Programme and will not be reimbursed. However, we strongly recommend you to contact your health/travel insurance companies in your country and obtain insurance cover that would be valid in Macedonia.



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## **COSTS**

Participation in this Training Course is free of charge. Expenses for activities, food and accommodation are covered with financial support of the Erasmus+ Programme of the European Union.

Travel costs will be reimbursed following the rules of the Erasmus + Programme for calculating the travel costs in accordance with the distance from the city of your departure to London, measured using the Distance Calculator of the European Commission. We will reimburse 100% of your travel costs in the limits set by the Erasmus + Programme.

The total amount per person for two-way tickets that we can reimburse is:

- distance between 2000 – 2999 km: 360 EUR/participant
- distance between 500 – 1999 km: 275 EUR/participant
- distance between 100 – 499 km: 180 EUR/participant

## **ACCOMMODATION**

The participants will be lodged in the hotel "Solferino" in rooms for 2 or 4 people.

Accommodation Address: **Partizanska,**

**Struga, Macedonia**

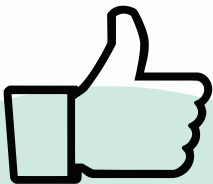
**Phone: +389 46 781 733**

Food: you will have three meals and two coffee-breaks a day. Please inform about your food habits and needs (fast, vegetarian, vegan)

Internet Access:

there is an Internet access in every room.





## LOG IN AND JOIN US

We have created a Facebook group for all the participants in this Training Course, where we will start getting to know each other and share information.

Find us on

<https://www.facebook.com/groups/2257127547839007/members/>

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## MONEY EXCHANGE

You can exchange money in the banks or local exchange offices, any of the choices is more or less good. At the airport/bus station there is an exchange office. The exchange rate 1 euro to denar is 61.5 denars.

## WEATHER



In September, weather conditions in Macedonia make it a medium trip destination. Among our chosen destinations (see below), the average temperatures you'll face in September would be between 8.5°C and 19.0°C, with exceptional possible peaks as low as -5°C and high as 34°C as observed in previous years

### PRACTICAL

ENGLISH will be the working language. Do not worry! Your English proficiency should not be perfect, enough is to understand and be understood!



## HOMWORK

Participants are more than welcome to prepare and share with us games, ice-breakers or similar socializing, non-formal learning activities during the Training Course.

As part of the programme of the Training Course, we are going to have intercultural evenings where you will have an opportunity to present your country, so please bring your traditional clothes, flags, music, food, drinks, souvenirs, show us your national dances or games.

Make us speechless, hit us with the most creative way of presenting your country that you can think of. Make us beg to visit you!

Ahm...and no video presentations of your beautiful countries this time, sorry.

## WHAT TO BRING

- your homework;
- bring any medicine if you have some illness or medical condition. We will have a first aid kit, but we won't have specialized medicine. If you have allergies that you think we should know, please inform us beforehand. We promise that we will keep it confidential.
- comfortable clothes and shoes, slippers for moving around indoors;
- you play some musical instrument? Feel free to bring it;
- all papers connected to your travel;
- lots of good mood, positive energy, smiles, more smiles...





## PROJECT PARTNERS AND COOPERATION

The cooperation of all partner organizations in this project includes active involvement of all partners in each stage of the project. Special attention is paid to the promotion of the project and the dissemination and visibility of its results. In this sense, all partners and participants are obliged to actively take part in promoting the project by spreading and sharing information via their websites, Facebook, YouTube, Instagram and/or other popular Internet sharing platforms that they have at their disposal, and organize a presentation about the project in their local communities after the Training Course and the return of the participants back home.

The second training course of the project '**Get Updated: Project for Professional Development of Youth Workers**' is organized and hosted by ASSOCIATION FOR VOLUNTEERISM VOLONTERSKI CENTAR SKOPJE from Macedonia, in partnership and collaboration with FAYO FOUNDATION from the United Kingdom, as well as in partnership with Associazione Attiva-Mente from Italy, Bulgarian Youth Association from Bulgaria, ASOCIATIA YOUNG EUROPE SOCIETY from Romania, SEMPER AVANTI from Poland, MEDIA TERRA NEA ASTIKI MI KERDOSKOPIKI ETAIRIA from Greece, ASOCIACION MUNDUS – UN MUNDO A TUS PIES from Spain, HANG-KEP KULTURALIS EGYESULET from Hungary, NaturKultur e. V. – Zweigstelle Bremen from Germany, PUNTLAND DIASPORA FORUM from Sweden, HORU-SOCOD from Norway, UBUG ASSOCIATION from Ireland, Maahanmuuttajien työ, koulutus ja kulttuuri ry from Finland, and Mladi za Marof from Croatia.

## ERASMUS + PROGRAMME

This project is funded with the support from the Erasmus + Programme of the European Union. The Erasmus+ UK National Agency is a partnership between the British Council and Ecorys UK. Erasmus+, the EU programme for education, training, youth and sport covers the period 2014-2020. Aimed at boosting skills, employability and supporting the modernization of education, training and youth systems, the seven-year programme has a budget of €14.7 billion. More than 4 million people will receive support to study, train, work or volunteer abroad, including 2 million higher education students, 650 000 vocational training students and apprentices, as well as more than 500 000 going on youth exchanges or volunteering abroad. Students planning a full Master's degree abroad, for which national grants or loans are seldom available, will benefit from a new loan guarantee scheme run by the European Investment Fund. Erasmus+ will also provide funding for education and training staff, youth workers and for partnerships between universities, colleges, schools, enterprises, and not-for-profit organizations.



## CONTACT

Feel free to contact us if you have any questions:

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