

Youth Exchange

INFOPACK

Handmade

*– a way to creativity, relaxation,
self-employment*



Date: 20th – 30th Juny 2016

Venue: ŠVP Piesočná, Moravský Svätý Ján, Slovakia

Coordinating organisation: Non-formal group Cardio Youngs



Erasmus+

iuventa
Slovenský inštitút mládeže

Project partners

Slovakia: Non-formal group Cardio Youngs – 5 participants + 1 leader

Contact: Mária Horníková, 00421 903 453 556, majenka@gmail.com

Czech Republic: Středisko volného času Děčko Náchod – 5 participants + 1 leader

Contact: Katarína Hiebschová, hiebschova@seznam.cz, +42 775223294

Poland: Fundacja Laja – 5 participants + 1 leader

Contact: Magdalena Janczuk, volunteer@laja.pl, +48 509537103

Slovenia: Youth centre Idrija, 5 participants + 1 leader

Contact: Maša Eržen, info@mcidrija.si, 00386 40276133

Bulgaria: Walk Together – 5 participants + 1 leader

Contact: Mrs. Vilislava Metodieva walktogetherbulgaria@gmail.com, 00359886969670

Lithuania: Unique projects – 5 participants + 1 leader

Contact: Algė Šalkauskaitė, alge@uniqueprojects.eu, +37068653076

France: Intercultura, 5 participants + 1 leader

Contact: Fabrice Le Floch, f.lefloch@yahoo.fr, 0033 2 96390469

About project and goals

This exchange is focusing on creative art techniques and handmade as possibility not only passion, but begin of entrepreneurship of youngsters. It comes out from need and situation of young people, because a lot of young people begins to look for own creative activities as opositum to PC work and overtechnised world. People with passion in creativity and doing handmade, it leads to sell own handmade products. This is the right point for that these people begin think about begin of business in this area, mainly when a lot of youngsters can not find right job. In this project we connect these two facts: creativity and handmade as a passion and at the same time possibility, at which can they stand self-employment.

From these come out mainly goals of project:

- from area of creativity – to learn new creative techniques, to try peer-to-peer learning
- in workshops of recyArt increase eco-thinking, participants get tips, how to create from mess materials
- to get to know participants with traditional art and techniques from participated countries

- to develop competences and soft-skills of participants, to build possibility for intercultural learning and getting to know each other

- from area of entrepreneurship – to get to know reality in participated countries, to learn to create business plan, to inspire from examples of best practices, to compare advantages and disadvantages of entrepreneurship and general job



Results and assumed impacts at participants:

Participants get new attitude to entrepreneurship and to looking for job, they learn to create business plan, to discover advantages and disadvantages of entrepreneurship, to get to know reality in participated countries, to inspire by examples of best practices, to get to know traditional art and techniques of participated countries, to increase eco-thinking, to learn new creative techniques. On the end of exchange participants create infobrochure with guidelines of creative techniques and entrepreneurship in this area.

Project target group

Active young people aged 18-25, who are interested in the topic of the exchange (creative techniques, handmade products, handicrafts and self-employment, business). Some of slovak participants will be members of our non-formal group and they have health problems – heart diseases. Participants with fewer opportunities are welcome. Exceptions in age in all groups are possible, the most important is interest in topic.

Conditions of participation:

1. Active approach of participants

It is necessary to take part in the project and actively participate in the program! Youth Exchange is based on non formal education. It means, on you depends it, what you can learn and take from program activities and workshops. To achieve goals, it is necessary to engage in each activity, to keep ears and eyes open, and also actively contribute to the program as much as possible.

2. Youth exchange isn't individual holiday

Youth exchange is project for youth people and into this kind of project doesn't belong drinking a lot of alcohol. We would like explain you too, that youth exchange isn't your personal trip and holiday for european money and you

can't wait mostly program like individual trips to surrounding and parties. We offer really quality in program. Of course, free time goes without saying, but free time will be not mostly part of program.

3. Preparation before exchange

In weeks before exchange you and your leader have to prepare some parts of program: for example reality about self-employment in your country, starting business in your country and some traditional art techniques

4. Working language of youth exchange will be english.

Your english doesn't need to be perfect, neither is ours! Better a little english then no language communication at all.

Accommodation + venue

Škola v prírode Piesočná (www.piesocna.sk) – in english: School in nature
Piesočná - is accommodation used mostly for children and youth. In area are: buildings with accommodation, meal-room, meeting rooms, sport rooms, places for playing football, basketball..., barbecue, outdoor activities... Area is about 3 km from centrum of village Moravský Svätý Ján, in this case possibilities for individual shopping are limited. But we will have car for shopping and case of emergency. All area is near river Morava, by floodplain forests, in beautiful nature. Please, you don't forget repellent, because sometimes is here a lot of mosquitoes .



Financial conditions

We will provide from Erasmus+ grant:

- Accommodation in 2-4 bed rooms with toilet and shower
- Meal 5 x day (with coffeebreaks – coffee, tea, snacks)
- Excursion with program and lunch
- Program with all material

Your contribution:

- In project is **participant's fee 30 €** (for things, which we can't pay from grant or grant is not enough). You will pay it cash by begin of project. If you are from weak social background and participant's fee will be only obstacle of your participation, we can agree individual (without fee).
- Travel insurance (it's obligatory)

Travel costs

We cover your travel costs in accordance of rules E+. **Travel budget is:**

Slovakia, Czech Republic, Poland, Slovenia – **80 € / person**

France, Bulgaria, Lithuania – **170 € / person**

But, we know, that for some countries is maybe not enough and I hope, that we can give more money from another travel budgets of countries, who don't need all of money from budget. Maybe we will cover all your travel costs.

For covering we need: original of travel tickets – train / fly / bus ticket in 2. class (economy). To fly tickets is necessary invoice with price too. Please, before you buy ticket, contact your contact person! Travel costs will be reimbursed after returning from the exchange. Tickets must be submitted to the organizers of the exchange, the return ticket should be send by post after getting home.

Travelling to Slovakia

Your point to travel in Slovakia will be our capital city Bratislava. Please, arrange your journey to be not later at 17.00 (5 p.m.) in Bratislava.

We will rent bus at 17.00 (5 p.m.) from Bratislava (near city centre – about details we will inform your later) to Moravský Svätý Ján. Travelling with public transport to Moravský Svätý Ján is complicated and in this reason we want to travel together by rented bus.

Tips for travelling:

Slovakia – by train / bus to Bratislava

Czech republic – by train / by bus (Regiojet) – it's possible to buy cheaper tickets earlier before trip

Poland – by train / by bus (very cheap is www.polskibus.com)

Slovenia – by train / by bus (for example If you travel through Austria, railway in Austria – www.oebb.at have sales for tickets / much more cheaper prices)

Lithuania, Bulgaria, France – by bus / train / plane

To Bratislava Airport flies Ryanair from Paris Beauvais, but not every day. The nearest international airport is Vienna Schwechat, from Bratislava only 60 kilometers (one hour by bus). From Vienna Airport is going bus to Bratislava 3x in hour (3 different companies: Slovak Lines, Blaguss, Regiojet). The cheapest is Regiojet (4 € / way) to city centre (bus stop Nový most). Blaguss is going to Nový most too, but is more expensive. Slovak Lines has stop in Bus station and it is not in city center. Second Airport, where you can fly, is Budapest Airport in Hungary. The journey from Budapest to Bratislava takes time about 3 hour by train and costs about 20 € (both ways). From Budapest is also going bus Regiojet (from 9 € / way). www.regiojet.sk is going from France and Poland too, you check web page.

If you need help with managing your journey, don't by worry contact me.

If you want to come to Slovakia / travel from Slovakia earlier or later than 20.th Juny / 30 th. Juny, it's possible 1 day earlier / later. But you staying in Slovakia is going to your own costs. If you want, we can help you with looking for accommodation in Slovakia.

Currency

The national currency in Slovakia is **Euro**. Mostly you can pay with card, but in small shops must be not possible, that better is to have some cash.

Weather conditions + clothes

At the end of Juny is in Slovakia often summer time. It means temperature about 30 degrees and sun. But weather can be unstable too and they can come rainy days with temperature 15 – 20 degrees. It's good to bring summer clothes, but something warmer, waterproof jacket and shoes too. We will spend some time in outdoor. For creative workshops is good to bring some old clothes, because we will paint and glue and during this activity you are going to be dirty.

PROGRAM

Day Agenda

Daily activities are divided into 3 blocks: the morning starting about 9:15 to 13:00; in the afternoon from about 15:00 to 18:30, with coffeebreaks. Those time blocks we use for creative workshops or for activities about business

creating. In the evening we will have light, funny program in time from 20.00 – 22.30, for example intercultural evening, quiz, barbecue, disco...

In the spare time there will be opportunity to play games, sports, go for a walk or to create something nice.

What can you enjoy:

- Creative workshops, for example: decoupage technique, jewellery making (tinkery...), recy-Art (PET art jewellery...), scrapbooking, different paper techniques, traditional folk handicrafts...
- Role playing
- Outdoor games and activities...
- Group work, teambuilding activities
- Energisers, funny competition, quiz
- Excursion in Bratislava



Exact program you become before exchange.

Your preparation for program:

Youth Exchange is type of project in which young people must be involved in all stages from preparation to evaluation. This will require you to join the project before the start of the activities and involved in the preparations. Some parts of the program will require finding information about your home country and preparing materials which will be later needed for the activities. The preparation for the program will be coordinated with you before you leave with your national group leader.

Every national group will have possibility to prepare workshop about one from your national handicraft technique. Please, prepare and coordinate it before exchange with your group leader. We must know, which material do you need for workshop.

During exchange we will have several creative workshops. If you know some creative technique, you tell it us before and you can prepare and lead your workshop / or you can of course help with leading workshops with us.

What do you need to bring with:

- ID card or passport, travel insurance
- Original of travel tickets
- Your preparation for exchange (it will be coordinated before exchange)
- Repellent
- Notebook, if you have
- English dictionary ☺



Our facebook group Youth exchange Handmade – a way to creativity, relaxation and self-employment is here:

<https://www.facebook.com/groups/481009058770995/?fref=ts>

You are welcome to join us!

More information about Erasmus+ programme can be found here:

<http://www.erasmusplus.sk/>

<http://ec.europa.eu/programmes/erasmus-plus/>



*WE LOOK FORWARD TO SEEING
YOU!*

Mária Horníková,

non-formal group Cardio Youngs, majenka@gmail.com, 00421 903 453 556