



Skin in the Game

Erasmus+ training course

October 19-28, 2023

Czech Republic



Co-funded by
the European Union



Basic idea:

- ▶ The training course „Skin in the Game“ will gather young leaders who are starting to be active in youth work and need to gain more experience in order to turn into independent “leaders” that are able to organize activities on their own.
- ▶ Together, participants are going to work on their leaderships and communication skills, get more knowledge about the area of youth work and non-formal education, try to organize educational activities on their own and gain confidence and motivation to become active youth workers.
- ▶ The training course is based on principles of non-formal education – no lectures, lots of various activities and games, hands-on experience.

During the TC, you will:

- ▶ put yourself in “skin in the game” mode
- ▶ enjoy non-formal learning and use its methods
- ▶ develop your leadership and communication skills through a wide range of activities (debates, role-play, group work, etc.)
- ▶ work with in meta-games
- ▶ understand the edge between leadership and manipulation, feel free to take your own path
- ▶ manage the principles of organizing an educational activity - from energizer to debriefing
- ▶ go into the dynamics of a group (team- and trustbuilding, reflection and feedback, conflict management, etc.)
- ▶ share knowledge and give feedback, exchange experiences with others, learn from the group, be part of the team
- ▶ practice the principles of effective communication with your youth group to become the „master communicator“
- ▶ discuss about contemporary issues, state your opinion, learn to address important topics, such as intercultural learning, critical thinking, etc.
- ▶ build your confidence, become more independent

Profile of participants:

- ▶ Currently involved in working with young people (in any format) or express serious commitment to get involved in the future
- ▶ Wish to improve their leadership skills and basic knowledge in the field of youth work
- ▶ 18 – 25 years of age
- ▶ Ready to actively participate in the whole project (preparation, training course and follow-up)
- ▶ Ready to organize 1 follow-up activity (workshop for youth/colleagues) using the experience from this project within 2 months after the training
- ▶ Able to communicate in English



Accommodation:

- ▶ The training course takes place in Tábor – a city in South Bohemia with beautiful architecture and interesting history.
- ▶ We will be staying in [Hotel Palcát](#), which is close to the city center as well as to a small lake, which will be the perfect location for doing some of our activities outside.
- ▶ Your accommodation and food during the training course is covered by the Erasmus+ programme and therefore free for you.

Youthpass



- ▶ At the end of the training course, you will receive a Youthpass certificate. Youthpass is an EU tool for recognition of non-formal learning activities, such as Erasmus+ projects.
- ▶ You can use your Youthpass for example when you apply for university or for a job. It will prove that you developed your competences in an international training, improved your English and became a better leader. 😊
- ▶ Find out more about Youthpass [HERE](#).



How to apply?

- ▶ If you are interested in taking part in this project, please, fill in [THIS APPLICATION FORM](#).
- ▶ If you have any questions, do not hesitate to contact us at: maja.svobodova@email.cz



Travel arrangements:

- ▶ ARRIVAL DAY: **19th October**
- ▶ DEPARTURE DAY: **28th October**
- ▶ When your participation is confirmed by us, please, look for suitable tickets and send them to us for approval.
- ▶ PLEASE, DON'T BUY ANY TICKETS WITHOUT CONFIRMATION FROM OUR SIDE. OTHERWISE, WE WILL NOT PAY YOU THE REIMBURSEMENT.
- ▶ IT IS OBLIGATORY FOR EACH PARTICIPANT TO OBTAIN **TRAVEL INSURANCE**.

Travel reimbursement:

- ▶ The money for travel will be reimbursed to you up to the following limit:

Country	Number of participants (including facilitators)	Travel grant per person GREEN TRAVEL	Travel grant per person PLANE TRAVEL
Czech Republic	5	23 EUR	-
Spain	5	-	275 EUR
Netherlands	3	320 EUR	275 EUR
Italy	4	-	275 EUR
Turkey	4	-	360 EUR
Germany	3	210 EUR	180 EUR
Hungary	3	210 EUR	180 EUR
Poland	3	210 EUR	180 EUR

- ▶ Learn more about „green travel“ on page 11.

Travel tips:

- ▶ The money for travel will be reimbursed to you up to a limit (see previous page) at the end of the training course.
- ▶ When booking the tickets, please consider that the transport in Czech Republic will also cost some money. Please, try to find the cheapest tickets possible.
- ▶ If you use any physical tickets during your journey, we can only reimburse them if we get them from you physically – a picture is not enough, you need to give them to us in person or send them by post.
- ▶ Please, keep the environment in mind and try to find the „greenest“ way of travel.

Travel tips:

- ▶ The best way to get to Tábor from Prague is by train – trains to Tábor go from the [main train station in Prague](#) in quite short intervals - ca. every hour. Our hotel is located 750 m. from the train station in Tábor, so no public transportation is probably needed.
- ▶ To get to the Prague main train station from the airport, use the airport buses. They stop right in front of the terminals.
- ▶ When travelling in the Czech Republic by train, keep in mind that:
 - ▶ It is much cheaper to buy the train ticket for the whole group together than separately.
 - ▶ Students only pay 50% of the full price, but you need to have your ISIC card with you.

Green travel:

- ▶ For those countries that are closer to the Czech Republic, we are offering the option of „green travel“. Your travel budget (see the table on previous page) can be higher if you use „green means of travel“.
- ▶ „Green means of travel“ is pretty much everything but flying and driving a car alone. It covers: train, bus, carsharing, bike and any other low-emission means of transport.
- ▶ In order to receive the „green travel“ budget, you have to use green means of transport for the main part of your journey – so if you, for example, take your car to drive 10 km to the train station, it is not a problem.

Participation fee:

- ▶ The hotel we chose for our training course is on a very good level and its good reputation ensures that we will have a very comfortable stay. However, as it is somewhat more expensive, we decided to charge each participant with **30 EUR participation fee** in order to be able to cover the costs. The fee will be deduced from your travel reimbursement at the end of the training course.
- ▶ We are not going to ask you for the participation fee if you are in the category of participants with fewer opportunities. In such case, just tell us when signing the reimbursement documentation at the end of the training course.
- ▶ Who are **participants with fewer opportunities**? A lot of various people, actually, and you may be one of them without even realizing:
 - ▶ people with financial obstacles,
 - ▶ people excluded areas,
 - ▶ people with health problems,
 - ▶ people with educational difficulties,
 - ▶ members of minorities... and more.
- ▶ Simply put, if it is for some reason harder for you to participate in our project than for others, then you fall into the category. Find the concrete definitions [HERE](#).

Find out more about us:



TOM Dumánci

- ▶ [Website](#)
- ▶ [Facebook profile](#)
- ▶ [YouTube channel](#)

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be the change

CD El bosque de hielo

- ▶ [Website](#)
- ▶ [Instagram profile](#)

- ▶ If you have any questions, don't hesitate to contact us at maja.svobodova@email.cz.