

TC QM - ESC

23rd August - 1st September 2021 Kysak, Slovakia

Erasmus+ | KA1



Quality Measures in the European Solidarity Corps – Enhancing coaching roles for Volunteer support in ESC projects in Rural Areas

The Slovak Civil Society Organisation “EduEra” is happy to welcome you on our upcoming international training course “QM - ESC”.

“QM - ESC” foresees the creation of the professional figure of a “coach” for youth work, and to be applied to local and international youth work across Europe and beyond, by establishing a training course which is followed by online coaching and home assignments.

The training course is implemented in partnership with the Estonian Company “Res Cogita” which will provide a **Rescogita OU Certification** for those who complete the home assignments of 80 hours of coaching upon returning to home.

The training course will take place from **August 23rd to September 1st of 2021** in Kysak in eastern Slovakia. Funding is provided by the Slovak National Agency for ERASMUS+: Youth in Action, Key Action 1, Mobility of Youth Workers.

Due to COVID-19 situation, if the minimum amount number of participants won't be reached, the training course will be postponed.





PROFILE OF PARTICIPANTS

We are targeting teachers, therapists, psychologists, youth workers, youth leaders, community leaders and job office employees, the main criteria being that the participant be **actively involved in value-based youth work** in an educational role.

Participants must be **aged 18+** and **be residents in the country of the nominating partner organisation**. Participants should be **fluent in english**, and be willing and **committed to work** hard (about 9 hours per day at least). Participants should furthermore commit to **carry out agreed preparatory tasks and be willing to follow-up on the training course** via active youth work, ideally in co-operation with their sending/partner organisation.

AIM AND PROGRAMME ELEMENTS



The training course foresees up to 8 days of work, whereas the first half of the training focuses on the personal development of participants and development of constructive attitudes and self-confidence to engage in coaching practices. The second half of the training is focused on providing practical coaching tools and dedicated space and time for practicing.

The methodology to be applied for this training course is a mixture of different existing methods and approaches used worldwide in coaching practices, namely:

- Neurolinguistic Programming and Gestalt Psychology
- Eco-psychology, the impact of nature and natural habitats on the human psyche
- International Coaching Federation approaches and practice
- Storytelling practices

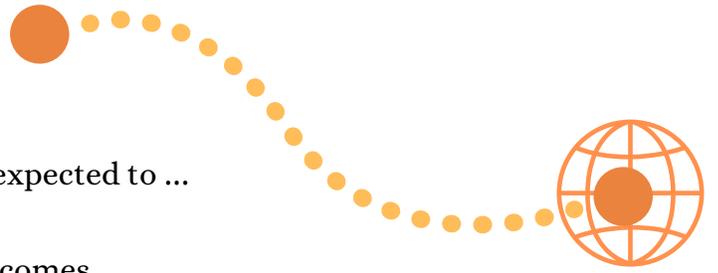
The training also foresees the extensive use of **outdoor spaces, outdoor activities**, and coaching demonstrations.

“QM - ESC” sees a path that starts from exploring coaching from the perspective of selfcoaching and self-awareness, to coaching others and empower towards self-awareness and goal achievement. Participants will experience through experiential learning, non-formal education and value-based learning a journey across psychology, philosophy, and pedagogy.

They are going to gain tools, self-awareness, attitudes and competences that will later benefit the target groups of their youth NGOs back home, when being walked through their action plans supported by their peers and the training team.

APPLICATION FORM: <https://forms.gle/MSgMBjZgb3vjxr9P9>

IMPACT, DISSEMINATION & FOLLOW UP

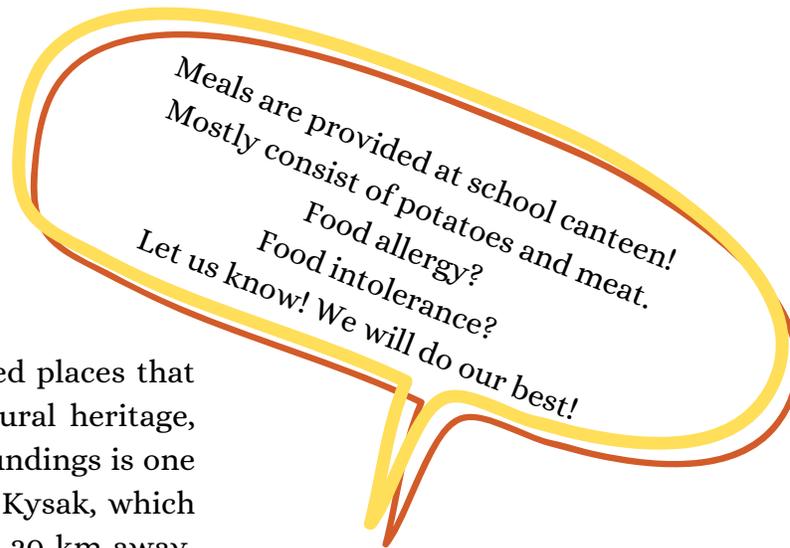


The participants and the partner organisations are expected to ...

- disseminate and promote the project and its outcomes,
- transfer the competences developed at this training course to further youth workers and educators, and
- ensure the wider impact of this project by implementing concrete follow-up activities and providing opportunities with and for young people in their regions and countries.

THE VENUE

In Slovakia there are still unknown and undiscovered places that are exceptional for their beautiful nature, rich cultural heritage, and kind and hospitable people. Kysak and its surroundings is one such place. We will be accommodated in a resort in Kysak, which lies between two big regional cities, Kosice which is 20 km away, and Prešov which is about 20 km away. Kysak is a village and railway hub in Košice-okolie District in the Košice Region of eastern Slovakia.



Just 2.5 km behind the village of Kysak you can find our venue “Škola v Prírode Kysak” (<http://svpkysak.sk/>), at the foot of the Slovak Rudohoria in the Humenec Nature Reserve in the Ružin Miniregión near the river Hornád. Participants should be prepared for rustic conditions and to share their room with several persons in 4 - bed rooms with private bathroom. Feel free to browse pictures of the venue here:

<https://drive.google.com/drive/folders/1rq7NeWQA6SZfHrOl1-DwjjNfGWleP83w?usp=sharing>



There is Wi-Fi Internet but since we are in the countryside, **we cannot ensure it will be working 100%** all the time, so please **try not to plan important things** through email or conference call for that week.

The venue is out of the town, we will be surrounded by nature. Take some sporty and warm clothes because the temperatures can go down and up. Bring the **slippers, towels, toiletries** for the shower.

Keep in mind there will not be a daily opportunity for going shopping.

Obtaining a full insurance (travel risks, medical, injuries) is the participant's responsibility!



Providing information on special needs, does not remove the participant's personal responsibility for ensuring their own health and safety!

FIRST HEALTH AND SAFETY

EduEra puts the security of the participants at a high priority. Therefore, we have put effort into consulting all issues with the Slovak NA and the Ministry of Health in Slovakia, and have eventually received the green light from them. Nonetheless, the full security of the participants cannot be guaranteed, despite our efforts. Therefore, the participants should have full health and travel ticket insurance in case of a COVID 19 outbreak, as EduEra does not accept liability for any damage inflicted by participating in the training activity.

CONDITIONS OF PARTICIPATION

The training course will **start with dinner at 18:00 of August 23rd and end with breakfast on September 1st**. Thanks to funding provided by the ERASMUS+ programme through the Slovak National Agency, during this period all costs for food, accommodation, local transport and course materials are covered.

You are free to arrive to Slovakia some days earlier or stay some days longer, as long as the **total amount of your extra days outside of the programme activities is not more than three days**. The costs of your potential stay in Slovakia outside of the period August 23rd afternoon to September 1st in the morning have to be borne by yourself and are not covered by the organisers.

Following the rules of ERASMUS+, the costs of your international travel are covered up to the following total amounts (if you prove that your travel falls into the corresponding distance band). Costs exceeding the indicated amounts have to be borne by yourself. Here is an overview of travel grant per distance band:

https://ec.europa.eu/programmes/erasmus-plus/programme-guide/part-b/three-key-actions/key-action-1/mobility-project-for-young-people-and-youth-workers_en

And these are the travel grants approved by the Slovak National Agency based on the submitted funding application:

COUNTRY	KM	€
Spain	500 - 1999	275
Hungary	100 - 499	180€
Italy	500 - 1999	275
Portugal (Madeira)	3000 - 3900	530
Poland	100 - 499	180
Romania	500 - 1999	275
Bulgaria	500 - 1999	275
Estonia	500 - 1999	275
Germany	500 - 1999	275
Slovakia	0 - 20	20

Furthermore ...

- a participation fee of EUR 30 is to be paid in cash in Slovakia
 - you are in charge of arranging your own insurance for your travel and stay in Slovakia
- full participation in the programme from afternoon of September 23rd to morning of September 1st is **mandatory** to be eligible for the reimbursement of travel and subsistence costs, you cannot arrive later or leave earlier from/to Kysak
- the programme will be very intensive and there will hardly be any free time. Should you wish to do some tourism, relax, travel around etc, be advised that this is NOT part of the programme, and can only be done on your private costs if you arrive earlier or stay longer after the training cours



TRAVEL REIMBURSEMENTS

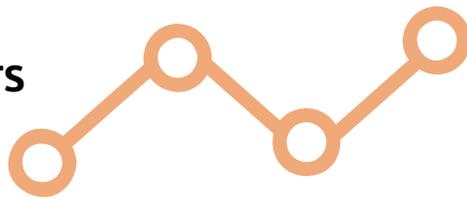
The course is co-funded through the Erasmus+ European programme. We can reimburse only the cheapest transportation possible and only public transport, 2nd class fares. Taxi is not refundable, as well as private cars.

Please note that to be able to reimburse your travel costs we need **all your original travel documents**: tickets and boarding passes also invoices.

The reimbursement will be done after receiving **all the original travel documents**.

IMPORTANT: We can reimburse your flights tickets only if you present us your boarding passes. In case of using mobile app for checkin, please, remember to **save the boarding pass or take a screenshot of them** they are automatically deleted from the mobile app after some time.

TRAVEL ARRANGEMENTS



How to get to Kysak?

From the Kysak train station, it takes 30min to get to the venue by foot. It is a beautiful walk in the nature. If you have issues with walking, we will pick you up.

FROM KOŠICE AIRPORT

You take a bus No. 23 from the airport (The bus stop is called: LETISKO) to train station: The bus stop next to the train station is called STANIČNÉ NÁMESTIE (approx. 40 min). (Link to check out the schedule <https://imhd.sk/ke/schedule-timetable/route-line/23>).

FROM BUDAPEST AIRPORT

You can **take a bus or train** to Košice and then from Košice to Kysak by train.

FROM BRATISLAVA AIRPORT

You take a train from Bratislava train station to Košice station (approx. 6h). Take the public transport bus No. 61 from the airport and get off at the last stop (HLAVNÁ STANICA). The journey takes approx. 40 minutes. You have to buy and validate the ticket in the machine at the bus stop. The ticket costs 0,90 eur.

FROM VIENNA AIRPORT

You take a bus from Vienna airport to Bratislava (approx. 1h 20min)
Check the tickets at: www.regiojet.sk or www.slovaklines.sk

For more info:

www.cp.sk - Check the Bus/Trains connections in and also outside of Slovakia

www.slovakrail.sk - Buy train tickets in Slovakia

www.regiojet.sk - Buy ticket from Vienna airport to Bratislava

www.slovaklines.sk - Buy a ticket from Vienna airport to Bratislava

Find the best flight connection: www.azair.eu



Do not forget to buy all your travel tickets before the TC!
We will reimburse just the original tickets which will be received in the project.

CONTACTS & TEAM

Petra Papierníková (Slovakia) – coordinator: petra@eduera.sk

Lorenzo Nava (Italy) – senior trainer & author

MarCus Vreecer (Austria) – senior trainer



We look forward to meeting you! All the best from Slovakia! Contact us at:

Petra Papierníková • eduerango@gmail.com

I acknowledge the contagious nature of the Coronavirus/COVID-19 further acknowledge that EduEra has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I further acknowledge that EduEra can not guarantee that I will not become infected with the Coronavirus/Covid-19.

I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, venue staff, and other participants.

I acknowledge that I must comply with all set procedures to reduce the spread while attending my appointment. I attest that:

* I am not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.*

I have not traveled internationally within the last 14 days.

* I have not traveled to a highly impacted area within the last 14 days.

* I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.

* I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities. I hereby release and agree to hold EduEra harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the EduEra, or that may otherwise arise in any way in connection with any services received from EduEra.

I understand that this release discharges EduEra from any liability or claim that I, my heirs, or any personal representatives may have against the EduEra with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from EduEra. This liability waiver and release extends to the project together with all NGOsmembers, partners, and participants.

Information regarding the Covid-19 pandemic

We understand that you might have questions because of the uncertainty related to the current situation. We would like to answer FAQ and clear out possible risks and their solution related to the Covid-19 pandemic, especially the ones connected to your finances invested in the project.

Here are a few possible scenarios that we drafted according to information we received and our experience during the year 2020/21.

ANYHOW PLEASE NOTE THAT THESE ARE JUST SOME OF POSSIBLE SCENARIOS AND MEASURES WILL BE ADJUSTED TO THE VERY SITUATION AND TO THE MEASURES AND RESTRICTIONS GIVEN BY AUTHORITIES. AS WELL PLEASE NOTE THE NATIONAL AGENCY WILL HAVE THE FINAL WORD IN FINANCIAL MATTERS AFTER THEY EVALUATE EACH POSSIBLE CASE INDIVIDUALLY (WHICH CAN TAKE MORE TIME THAN THE USUAL TRAVEL REIMBURSEMENT PROCEDURE).

Covid-19 testing

Participants are required to stay updated about duties and restrictions which apply to their travel to and from the training course, accordingly self-assess required obligations, and cover associated expenses - including Covid-19 testing. Participants who need to have a negative PCR test in order to enter their countries after the end of the activity, will be able to do it in private microbiological laboratories. At the moment, the cost of a PCR test in Slovakia is approximately 40€. The current situation and Slovak restrictions allow entering the country without the test, only with the GREEN PASS with no future quarantine. For those, who are not vaccinated is 14days of quarantine is required even with the negative PSC test.

Arrival to the training

Only participants who show no Covid19 symptoms and have not been in contact with infected persons in the last 14 days can participate in the training, you will need to confirm this at arrival. If someone develops symptoms while we are there, they will need to stop participating in the training and stay isolated in a single room. Please make sure you have appropriate health insurance coverage in case you need medical support.

The project gets canceled

If the project gets canceled due to the Covid-19 pandemic then the participant is required to cancel his flight (bus, train) and ask for a possible monetary refund or voucher. If the participant receives a confirmation from the travel providers that he is not eligible for any refund (not even voucher), then the organizer tries to reimburse the tickets. If the participant will be eligible for only some amount of refund (e.g. decreased by cancellation fee, etc.), then the organizer tries to reimburse the participant the remaining amount.

The project will be canceled if:

- The government of Slovakia will forbid our project, or will strongly recommend not to organize it
- The restrictions and measures given by authorities will not allow us to organize the project
- More than 1 or 2 participating countries will declare travel restrictions that will make participation impossible
- The majority of the facilitators and project team members will not be able to participate in the project due to Covid-19

The flight/ bus/ train is canceled due to national travel restrictions

If the participant's home country will declare e.g. a state of emergency and will close the borders, the tickets will get automatically canceled or the participant is required by law to cancel them himself. In this case, the participant is entitled to a full refund for his ticket by the airlines (bus, train). The organizer will not assist with claiming such refunds and it will be up to the participant to communicate with the airlines. The right to travel reimbursement by Erasmus+ cannot be applied.

The participant is infected by Covid-19 and cannot travel to the project

The reimbursement of the flight ticket is not guaranteed by the organizer. If the tickets are already purchased then the participant has to communicate with the airline on his own and ask for a possible refund resulting from flight cancellation. If the organizer manages to find a new participant, who would not require to have his travel reimbursed, we can ask the National agency to allow us to reimburse the infected participant's flight from the Erasmus+ budget. In this case, the organizer needs an official document, stating that the participant has positively tested for Covid-19 and also a confirmation from the airlines, that no refund is possible. Both of these documents have to be presented in English. Translation fees will not be reimbursed.

The participant is in forced home (state) quarantine and cannot travel to the project

The reimbursement of the flight ticket is not guaranteed by the organizer. If the tickets are already purchased then the participant has to communicate with the airline on his own and ask for a possible refund resulting from flight cancellation. If the organizer manages to find out a new participant, who would not require to have his travel reimbursed, we can ask the National agency to allow us to reimburse the infected participant's flight. In this case, we need an official document, stating that the participant had to be in quarantine and also a confirmation from the airlines, that no refund is possible. Both of these documents have to be presented in English. Translation fees will not be reimbursed.

The participant needs to get tested for Covid-19 during the project

If the participant needs to get tested for Covid-19 without having any serious symptoms, the participant has to pay for this medical test on his own. The average price is approximately 40 Euros. The EHIC card does not cover this medical test. It is up to the participant to try to find a travel insurance package that would cover this Covid-19 test. If the participants will show relevant symptoms of Covid-19, a local hygienic authority will be contacted. If they will recommend taking action (e.g. hospital transport where Covid-19 test will be performed) then the Covid-19 test should be for free thanks to using an EHIC card.

The participant is positively tested for Covid-19 during the project

If the participant gets infected by Covid-19 during the project (proved by a medical test), then the participant has to leave the project venue (if the health situation will allow it) or get hospitalized in the country of the training course. The required travel medical insurance is supposed to cover repatriation, in case it won't be possible for the participant to return home via plane/bus/train. The organizer tries to reimburse the originally planned flight, the rest will be upon discussion. At the training venue Measures will be applied according to the current situation and restrictions given by the authorities of Slovakia. As per the current restrictions applied by the Slovak authorities, wearing a mask is obligatory while we are inside the training room. Social distancing is required too indoors (when possible). We expect everyone to be mindful of other people's boundaries and respect everyone's needs around this, and of course good personal hygiene. This arrangement may not work for people who are not afraid to catch the virus, so make sure you are comfortable with these conditions before you confirm your participation.

Purchase of protective equipment

The organizer will have prepared basic protective equipment in case of an emergency (disinfectants, face masks, thermometer). Every participant is required to also bring his own face masks in a sufficient amount. If the participants will need to use the special mask (FFP2 or FFP3 masks), the participant has to pay for them. In all scenarios, we kindly ask you to obey and respect the rules and recommendations declared by the governments and by the project team