



TRAINING COURSE

QM - ESC

4th - 13th of November 2022
Kysak, Slovakia

Quality Measures in European Solidarity Corps

EduEra is happy to invite to apply for upcoming international training course Quality Measures in European Solidarity Corps (QM - ESC) - enhancing coaching roles for volunteer support in ESC projects in rural areas.

4th - 13th of November 2022

(including travel days)

Kysak, Slovakia

If you are interested in participating, read the infopack and [apply here](#).



SUMMARY

In the frame of the Erasmus+ project QM-ESC, there are funded places available for participants from **Spain, Hungary, Portugal (including Madeira), Poland, Romania, Bulgaria, Estonia, Germany, and Slovakia.**

QM - ESC sees a path that starts from exploring coaching from the perspective of self-coaching and self-awareness to coaching others and empowers 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.

Participants are going to gain tools, self-awareness, attitudes, and competencies 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.

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 will take place from **4th to 13th of November** in Kysak, Eastern Slovakia. Funding is provided by the Slovak National Agency for Erasmus+: Youth in Action, Key Action 1, Mobility of Youth Workers.

Please read carefully all indications given in this call, especially the eligible countries, conditions of participation, and the requested profile of participants. If you feel you would like to join us [submit your application here](#).

The deadline for receiving your applications is September 15th. Please note that in each eligible country, we have an official partner organization who will be informed about your applications and who also have a say in the selection process of participants (see list below). You will be informed about the selection results on September 18th.



WHAT WE OFFER

- Participation in the fully-funded international training course
- Focus on the **personal development** of participants and the development of constructive attitudes and self-confidence to engage in coaching practices
- Providing practical **coaching tools** and dedicated space and time for practicing
- The extensive use of **outdoor spaces, outdoor activities**, and coaching demo sessions
- Access to an **international peer group**
- Access to **internal bibliography**
- Upon successful completion of all required tasks: **a certificate**



PROFILE OF PARTICIPANTS

Participants are expected to meet the following profile:

- active and experienced in working with young people (e.g. youth worker, teacher, trainer, coach, mentor, facilitator, counselor, youth leader, community worker, therapist),
- interest and enthusiasm for the purpose and theme of the project; in a position to implement the learned techniques in (local) work with young people and their communities,
- committed to working hard (about 9 hours per day at least),
- aged 18+,
- good command of the English language,
- residence in one of the countries mentioned above,
- ready to implement local practice activities after the course, and provide evidence thereof.

Participants should furthermore commit to carrying out agreed preparatory tasks and be willing to follow up on the training course via active youth work, ideally in cooperation with their sending/partner organisation.



INSURANCE

The project **does not provide any insurance** coverage of any form. This also refers to anything related to COVID-19. Participants must ensure their own health, accident, travel, and liability insurance. 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.



IMPACT, DISSEMINATION & FOLLOW UP

The participants and the partner organizations are expected to:

- disseminate and promote the project and its outcomes,
- transfer the competencies developed at this training course to further youth workers and educators,
- implement local practice activities after the course, and provide evidence thereof.

In any case, it will be necessary to provide proof of the implemented dissemination, transfer, and follow-up activities in order to reimburse the participant's travel expenses.



HOW TO APPLY

In case of interest please [apply here](#) until the latest the 15th of September. You will be notified about your selection by the 18th of September.

Thanks to funding provided by the Erasmus+ program 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 2 days earlier or stay 2 days longer.

The costs of your potential stay in Slovakia outside of the period 4th of November to the 13th of November have to be borne by yourself and are not covered by the organizers.

Following the rules of Erasmus+, the costs of your travel are covered up to the following total amounts (if you prove that your travel falls into the corresponding distance band):

Countries	Distance band	Maximum travel grant
Hungary, Poland, Austria	100 - 499 km	180€
Spain, Italy, Romania, Bulgaria, Estonia, Germany	500 - 1999 km	275€
Portugal (mainland)	500 - 1999 km	275€
Portugal (Madeira)	3000 - 3999 km	530€



TRAVEL REIMBURSEMENT

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 flight tickets only if you present us with your boarding passes. In case of using a mobile app for check-in, please, remember to save the boarding pass or take a screenshot of them they are automatically deleted from the mobile app after some time.

The condition for travel reimbursement is to provide evidence over at least one follow-up activity that includes at least 10 persons.



TRAVEL ARRANGEMENTS

In any case, do not arrange any travel yet but wait for the selection results. Only selected participants will be able to participate in the training course.

Check possibilities of arriving to:

Košice (Slovakia)

Take a bus No. 23 (imhd.sk) from the airport, bus stop *Letisko* to train station, bus stop *Staničné námestie*. Duration is 40 minutes. Then take a train (zssk.sk) to Kysak. Duration is 15 minutes.

Poprad (Slovakia)

Take direct train (zssk.sk) to Kysak. Duration is approx. 1 hour.

Budapest (Hungary)

You can take a bus (regiojet.com) or train (zssk.sk) to Košice. Duration is 3.5 hours. Then take a train (zssk.sk) to Kysak. Duration is 15 minutes.

Bratislava (Slovakia)

Take direct train (zssk.sk) to Kysak. Duration is 5.5 hours.

Vienna (Austria)

You can take a bus (regiojet.com or slovaklines.sk) from Vienna airport to Bratislava. Duration is 50 minutes. From Bratislava take direct train (zssk.sk) to Kysak. Duration is 5.5 hours.

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



COVID AND ENTERING SLOVAKIA

As of April 6th, 2022, all restrictions on entry to Slovakia have been lifted. Thus, incoming persons are not required to provide a confirmation of vaccination, a negative test or a confirmation that they recovered from COVID-19 disease. Furthermore, persons coming to Slovakia do not need to register in any system. But conditions can of course, change at any time, depending on the development of the pandemic. Please find the current situation in Slovakia [regarding COVID here](#).

Also, upon arrival at the venue, before entering the house, you will have to take an antigen test (provided by the organizers). Should the test be positive, you will be isolated.

€ SOLIDARITY FEE

A symbolic solidarity fee is kindly asked from each participant to participate in the project. The participants can decide the contribution; however, it should range between 50€ and 100€.

📍 THE VENUE

Slovakia still has 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**, 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 - bedrooms with a private bathroom. Feel free to browse [pictures of the venue here](#).

There is no Wi-Fi Internet, we are in the countryside, so please try not to plan important things through email or conference call for that week. The venue is out of town, we will be surrounded by nature. Take some sporty and warm clothes because the temperatures can go down and up. Bring slippers, towels and toiletries for the shower. Keep in mind there will not be a daily opportunity to go shopping.





CONTACT & TEAM

MarCus Vrečer | trainer

MarCus has been involved in international youth work and education since the early 90s. His focus areas include the training of educators, training of managers, training of youth workers and activists, social entrepreneurship, organizational management and development, personal development, and mass facilitation. MarCus is a member of the Austrian National Agency's pool of trainers, a founding member of the International Youth Work Trainers Guild, and a member of the TOSCA pool of trainers by the European Solidarity Corps Resource Centre.

Lorenzo Nava | trainer

Lorenzo is a certified coach and co-creator of the coaching system which combines Eco-Psychology with Neurolinguistic Programming and Personal and Social Values System. He has been an active non-formal education trainer since 2004, collaborating with different SALTO Resource Centres, Civil Society Youth Organisations and public bodies. Today he is managing a Training and Coaching company in Estonia, ResCogita.

Petra Papierníková | coordinator & trainer

Petra is the founder and president of Slovak NGO EduEra, a certificated coach and psychotherapist in training, and a student of PhD in education. She has experience in formal education as a teacher in primary school and University, in non-formal education as a facilitator, trainer, and youth leader. Petra coordinates the pool of coaches of the European Solidarity Corps program in Slovakia.

In case of any additional questions, do not hesitate to contact Petra Papiernikova at petra@eduera.sk. We look forward to hearing from you and supporting you.

All the best!

Please, do not arrange any flights!
Apply and wait for the selection results and instructions.

[Apply here](#)



Edu
Era



Slovenský inštitút mládeže
IUVENTA

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