

"LET'S GET CREATIVE!"

a youth exchange and basic
Synergy training

9.-18. April 2016

Adamov, Czech Republic

ABOUT THE PROJECT

„**Let´s Get Creative**“ is a 10-day youth exchange that will take place in the Czech Republic, in the ecocentre Svycarna close to Adamov, from 9th till 18th April 2016. It brings together young people from the **Czech Republic, Croatia, Italy, Latvia, Bulgaria and Romania**, creating a diverse group in which we will explore the topics of **creativity, proactivity** and **playfulness**.

The main topic we are addressing through the project is the **youth unemployment**.

We will explore how to bring playfulness and creativity in your everyday life, how to challenge yourself, how to take responsibility for your life and use the potential you have in going for your dreams and creating a career path you want for yourself. It will also be about self-expression and cooperation with others, regardless of their cultural or social background.

It is an **intense personal development project**, designed for those who are unemployed, looking for job, planning to change jobs or finishing their studies and deciding about their next steps.

You can expect 10 full days of personal development activities, outdoor physical activities, discussions, creative workshops, theatre and much more.



THE EXCHANGE IS FOR YOU IF:

- you are **18 – 30 years** old (plus one group leader per group that can be older than 30)
- you are a registered inhabitant of the **Czech Republic, Bulgaria, Romania, Latvia, Italy or Croatia.**
- you are unemployed, between jobs or soon to be looking for job
- you want to improve your personal and professional competence, refresh your approaches and exchange practices
- you are willing to live, learn, play, inquire, reflect, experiment and explore in a multicultural group
- you are physically and mentally ready to take on **10-14 hours per day** of programme
- you are **able to work in English**
- you are highly motivated and willing to actively participate during the whole exchange

YOU WILL HAVE AN OPPORTUNITY TO WORK ON:

- creativity and proactivity
- communication skills
- leadership skills
- cooperation skills
- organisation skills
- flexibility



TRAINING METHODS

Experiential learning

Our training method is based on learning by experience. We invite participants to point out where they find themselves at the moment in their learning process, what they want to learn and how they want to develop themselves. The method is focused on an experience of an individual and is connected to the specific needs and the level of learning of the participant at the moment. The program is a tool for the participant, not the other way around.

Peer education

The participants will have the opportunity to learn from each other, being of same age but different backgrounds, they will deal with same questions in different ways, which will enrich everyone's perspectives and help creating friendships that will hopefully extend beyond the scope of the exchange.



Simulated situations

Participants will be faced with solving problems in various contexts. To succeed they will need to expand their personal limits, to go beyond what they have done so far.

It is about playing and gaming. Gaming is a working method meant to create a situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work.

Outdoor

Some of the days, participants will work in different environment. Outdoor activities provide opportunities for going out of one's comfort zone. By this they will become more aware of how different situations and environment effect on them. Constant changes will give them new perspectives. By this method they will easier distinguish what kind of environment supports their work style.

Coaching and open sharing

We will create space and let participants develop their ideas, share, encourage others to express themselves and let them to understand the balance between work and review of what is done. We will deal with the maintaining a belief in personal ideas.



OUR APPROACH

The programme is what we call a **“Basic Synergy Training”**, the first step in the Synergy Trainings (a method shared in the International Synergy Group).

The approach used in this project is based on empowerment, meaning we will create a safe environment for learning for you. We find it important not just for young people, but for everyone to become active learners through their whole lives. With our approach we would like to support the development of your skills and attitudes.

Methods we use are applied through **non-formal education** and **learning by doing** concepts: open workshops, individual tasks, working in couples/small or big mixed groups, sharing of experience and giving feedback. Program includes practical assignments on cultural awareness, improvement of key competences, self-directing and self-assessment, outdoor activities, methods from dance, theatre and creative expression.

The method is highly experiential, based on active physical participation. The learning process is designed as a whole and this requires full-time participation.

Arriving late, leaving early and missing workshops is not allowed.

We planned the follow up of the training in such a way that it will give you the opportunity to become actively involved in improving your environment, whilst putting in practice what you´ve discovered in the training.



DAY TO DAY PROGRAMME

DAY 0: ARRIVAL

You arrive, settle yourselves in the new environment, we have dinner together, we do registration. You'll have time to relax after travels

DAY 2: ROLES AND PATTERNS

We will explore out typical roles in life and will challenge you to go out of your typical patterns. It is a dynamic day full of short activities both outside and inside, individual and in group. We will create support groups and buddy couples.

DAY 4: TRUST

We will explore trust in various group activities; we will work with feedback and group empowerment.

DAY 1: INTRODUCTION

We introduce participants, trainers, team, give information on the programme and training methods. We will set ground rules to create safe learning environment and talk about goals and purposes of the training.

DAY 3: SELF-LOYALTY

Third day will be about you and your relationship with yourself. How do you evaluate yourself? How do you work in a group? Do you see your successes in life?

DAY 5: CREATIVITY

We will develop our creativity, introducing new tools and applying them directly into our lives, taking first steps towards the life we want for ourselves.



DAY 6: WORKSHOPS

We will give you an opportunity to share what you know, the methods and tool you already have and you want to offer to the others. It will be a very practical day with an opportunity to bring in a piece of yourself and your skills and to practice your creativity

DAY 8, 9: OUTDOOR

You will spend 2 days full of adventure and surprises in the outdoor, in a small group outside the training venue. While fulfilling group assignments you will practice your skills and create results.

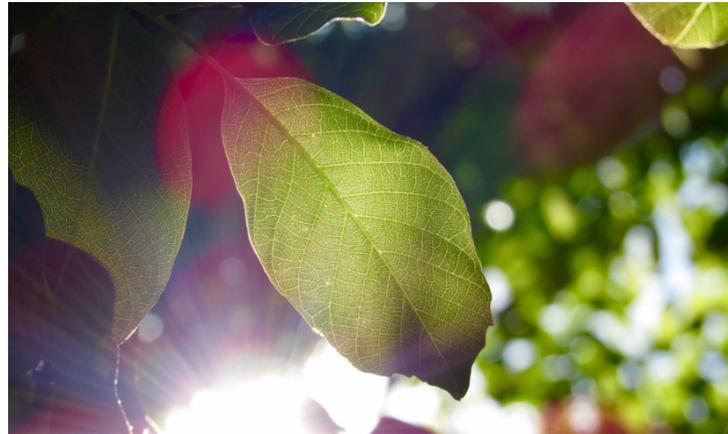
DAY 11: FAREWELL

DAY 7: PERFORMANCE

The next day we will continue getting more and more practical and connecting the training with a real life, using the creativity and playfulness.

DAY 10: CLOSE-UP

Third day will be about you and your relationship with yourself. How do you evaluate yourself? How do you work in a group? Do you see your successes in life?



ABOUT US

Brno Connected is a non-governmental organisation (NGO) active in the field of non-formal education, personal development and volunteering, both on the local and international level. We exist since 2012, when an informal group of young people was founded. Two years later, we decided to transform this group into an NGO with an official status. We believe in unique potential of every individual and we aim to support young-spirited people in discovering and fulfilling their personal goals and dreams. We focus mainly on local and international projects, programmes and workshops. We both create and deliver them or we cooperate with foreign organisations as project partners. At the same time, we are engaged in promotion and support of volunteering. We are part of International Synergy Group, an informal network of organisations all around Europe, with whom we share a common vision: **to create a world that works for everyone.**

THE ORGANIZING TEAM

The project is organized by Brno Connected and its team of youth workers.

The training will be delivered by **Marija Wazi**. Marija is a trainer and social worker, with 5 years of international experience of running trainings on self-development, media and communication topics

The coordinator of the project is **Katerina Martinkova**.

The training is supported by an international team of assistants who have all already participated on at least one basic Synergy training.



"LET'S GET CREATIVE" TIMEFRAME

Arrival day: Friday 8th April until 6 pm

Start of the programme: Saturday 9th April at 10 am

End of the Programme: Monday 18th April around 10 pm

Departure day: Tuesday 19th April until noon

We expect you to participate on the whole programme
(It means coming later or leaving earlier is not allowed)

If you arrive 1-2 days earlier or leave later, please arrange your own accommodation for the extra time.



VENUE AND ACCOMMODATION

During the exchange you will live together with other participants in a group accommodation at the **ecocentre Svycarna** that is situated 3km from the town of Adamov. The area is called **Moravian Karst**, which is one of the most important karst area of Central Europe. In the area there are more than 1100 caverns and gorges, some of them accessible to public.

It is in a remote area in a beautiful nature which provides peace and perfect conditions for calming one's mind, concentrating and creating connections with others.

You will be sharing rooms in smaller groups of people; there are shared showers and toilets.

The accommodation is very simple; you will be taking part in light housework such as daily cleaning, dish washing, etc.

There is wireless wifi available.

We will have meals 3 times a day prepared by the kitchen staff; smaller coffee breaks will be available during the day.



GETTING TO SVYCARNA

Nearest international airports:

Brno (30km)

Vienna (162 km)

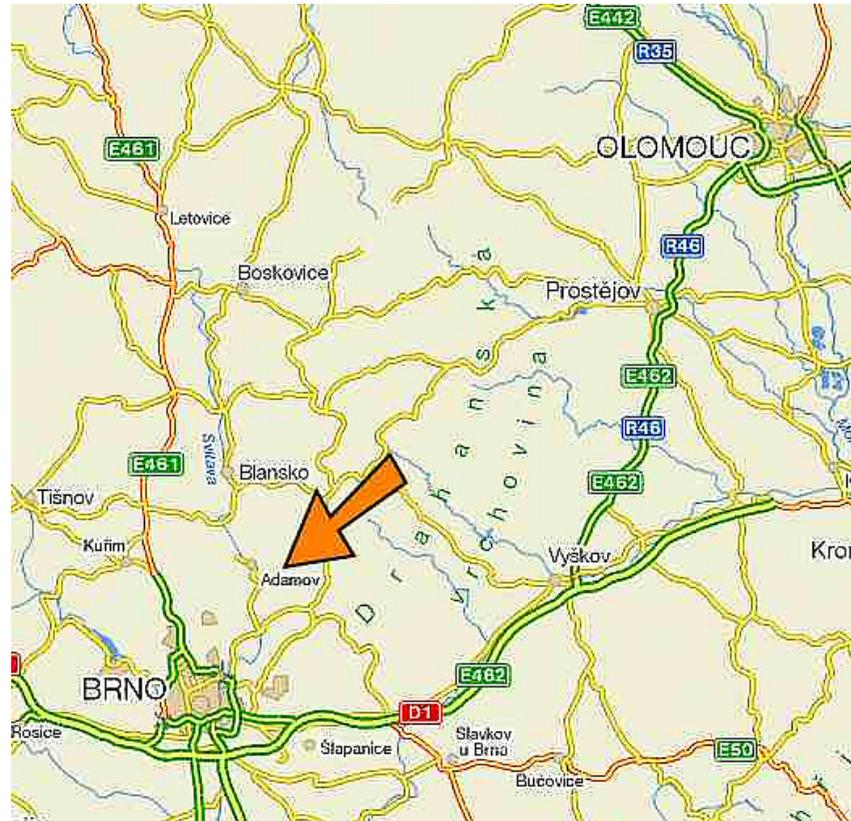
Prague (244 km)

Bratislava (160 km)

From all the airports you can easily travel by bus (we recommend Student Agency buses) or by train to Brno. From Brno there are trains or buses going to Adamov. From Adamov it is 3km to Josefov, Habrůvka where Svycarna is located. There are buses going there.

You can search for local transport in the Czech Republic on: jzdnirady.idnes.cz

(More information will be provided in the Confirmation letter)



COSTS AND FEES

The training is funded through Erasmus+ programme, thus accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are fully covered.

Participation fee is 50€ per person and you pay it upon arrival.

PARTICIPATING COUNTRIES

COUNTRY	NO. OF PARTICIPANTS	MAXIMUM AMOUNT OF TRAVEL COSTS REIMBURSED
Czech Republic	4+1 group leader	20€
Bulgaria	4+1 group leader	170€
Croatia	4+1 group leader	80€
Romania	4+1 group leader	170€
Latvia	4+1 group leader	170€
Italy	4+1 group leader	170€

REIMBURSEMENT INFO

According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to amount stated in the table above, depending on your country of origin. If your travel costs are lower or same as this amount, you get reimbursement of 100% of your real travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend to book your ticket as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance.

To be eligible for reimbursement, **we ask you to keep all your tickets, boarding passes and invoices (originals)**. ONLY if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!

We will only reimburse your travel cost if you participate in the whole exchange. The reimbursement is done after the project, once you send us the originals of the tickets.



APPLICATION – SELECTION - CONFIRMATION

HOW TO APPLY

Fill in the application form provided and send it to your sending organisation from your country, **latest by the 6th March 2016**.

We ask you to fill in the application and answer all the questions in it.

PARTNER ORGANISATIONS

COUNTRY	ORGANISATION	CONTACT PERSON	E-MAIL
Czech Republic	Brno Connected	Katka Martinkova	brnoconnected@gmail.com
Bulgaria	Synergy Bulgaria	Tihomir Georgiev	Tihomir.georg@gmail.com
Croatia	SYNCRO	Mirjana Kovacevic	synergy@synergy-croatia.com
Romania	Synergy Romania	Ioana Topciu	ioana.topciu@gmail.com
Latvia	RED	Ieva Dzelzkalne	international@redngo.lv
Italy	Giovani Iddocca	Carlo Coni	Carlo.coni88@gmail.com

SELECTION

Brno Connected will make the selection of the projects participants in agreement with the partner organisations from your country. Selection is made based on quality of application.

CONFIRMATION

If you are accepted for the project you will receive a "Confirmation letter" with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

DO NOT buy tickets until you get our confirmation!

As soon as you get your confirmation letter, you may book your tickets and inform the organizers about your arrival and departure time. We require that you take part during the whole exchange.

Arriving late, leaving early and missing workshops is not allowed.

If you wish to arrive earlier or leave later, you should arrange your own stay in the Czech Republic. Your stay during the days not included in the program of the project will not be covered by organizers.



CONTACT

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brnoconnected.cz



Brno Connected



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