



***Beyond Borders:
Fostering Employability
and Digital Innovation for Rural Youth
(Training course)
Stara Bystrica, Slovakia***



DATE:

15. – 22. May 2023

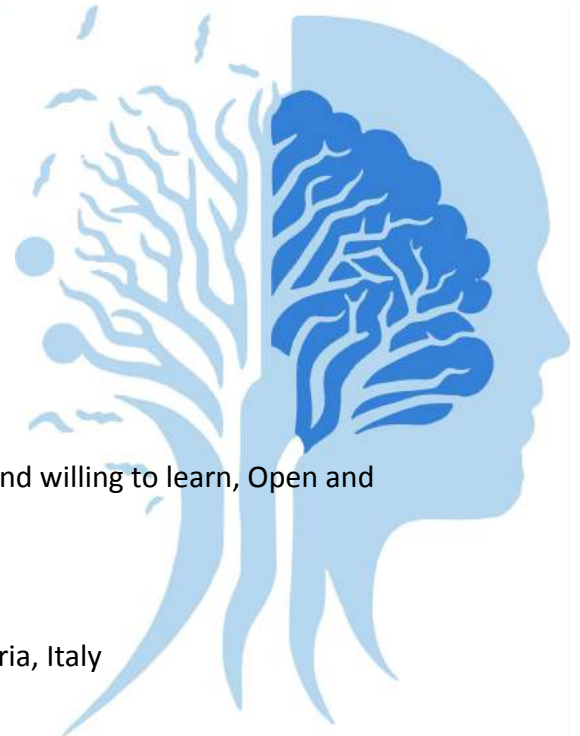
PARTICIPANTS:

34 people (5 participants per country, 18+)

Interested in the topic, Communicative English, Motivated and willing to learn, Open and friendly

COUNTRIES:

Slovakia, Czech Republic, North Macedonia, Romania, Bulgaria, Italy





SUMMARY

The aim of **“Beyond Borders: Fostering Employability and Digital Innovation for Rural Youth”** Erasmus+ training course is to equip youth workers with the knowledge and skills necessary to support young people from rural areas in developing their digital competencies, promoting self-development, enhancing mental health, and increasing employability. The training will provide participants with practical tools and resources for designing and implementing digital projects, self-development projects, mental health projects, and employability projects that address the specific needs and challenges faced by young people in rural areas. Participants will learn how to facilitate the use of digital technologies and online resources in their projects, as well as how to promote the personal and professional development of young people from diverse backgrounds. By the end of the training, participants will be able to design and implement effective projects that promote digital literacy, self-awareness, mental health, and employability among rural youth, thereby contributing to their social inclusion and well-being.





Who can participate in the youth exchange?



Each group will have 5 participants from local communities of partner organization. Slovak group will be composed of 5 participants + 2 management staff and 2 trainers from Bugaria and Malta. 34 people will take part in the project. Youth workers who are participants of this project are in age 18+ and have different level of international experience. The participants are from different communities, the project is also attended by people who do not have enough opportunities, who are from economically and socially disadvantaged groups or have a geographical disadvantage. We tried to ensure taking care of selection, youth leaders involved into this application tried to choose equal number of males and females.

Partners

The project will host 34 participants from the following 6 organizations:
Slovakia, Czech Republic, North Macedonia, Romania, Bulgaria, Italy



Travel cost

Country of origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Slovakia	Slovakia	10 - 99 km	7	0 €
Czech republic	Slovakia	100 – 499 km	5	210.00 € (green travel)
North Macedonia	Slovakia	500 - 1999 km	5	275.00 € / 320.00 € (green travel)
Romania	Slovakia	500 - 1999 km	5	320.00 € (green travel)
Bulgaria	Slovakia	500 - 1999 km	5	275.00 € / 320.00 € (green travel)
Italy	Slovakia	500 - 1999 km	5	275.00 € / 320.00 € (green travel)

After sending your tickets and boarding cards, all the participants will receive the reimbursement of their travel cost by bank transfer.

Please, do not forget to keep all your travel (bus / train) ticket with you!

Travel by cars / taxis will not be reimbursed.

Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (Stara Bystrica). These distances must be calculated using the distance calculator supported by the European Commission. We send money to each participant. We can send money too to sender organization and sender organization will pay to participants. It may be that money from European Commission will be late; in that case, you will get your reimbursement after the project by bank transfer (be ready for that).

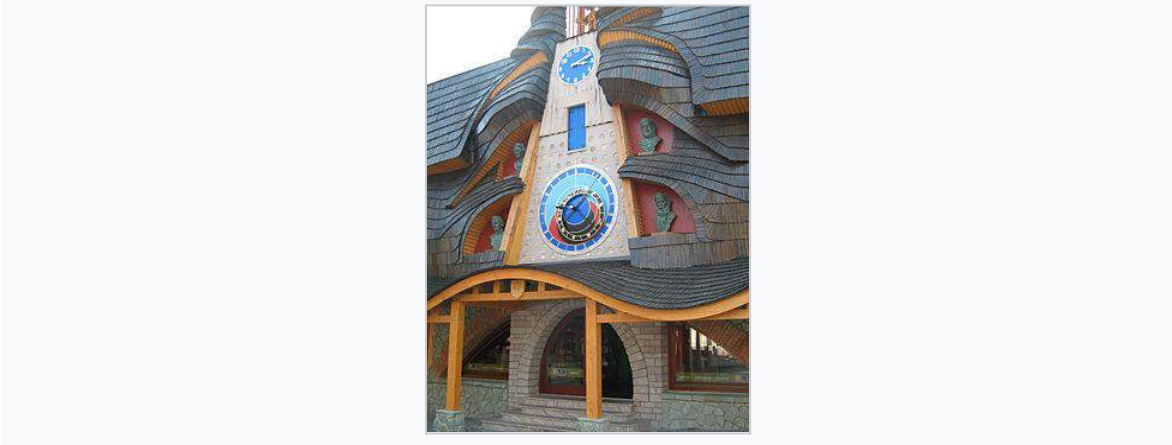
In case you wish to stay longer, it will be your own responsibility. Of course we can help you choosing the rightest place!

Money

The official currency in Slovakia is Euro (€). We suggest you withdraw the money from the any ATM or exchange your money for Euro in your country, or here. It is quite common to pay by the credit card. It will be possible to change money in Žilina.



The Venue



Stará Bystrica is a village and municipality in Čadca District in the Žilina Region of Northern Slovakia. It is the home to the world's youngest **astronomical clock**, completed in 2009.

Accommodation place

Apartmány Stará Bystrica

Address: Stará Bystrica 1552, 023 04 Stará Bystrica

GPS: 49.347346, 18.938428

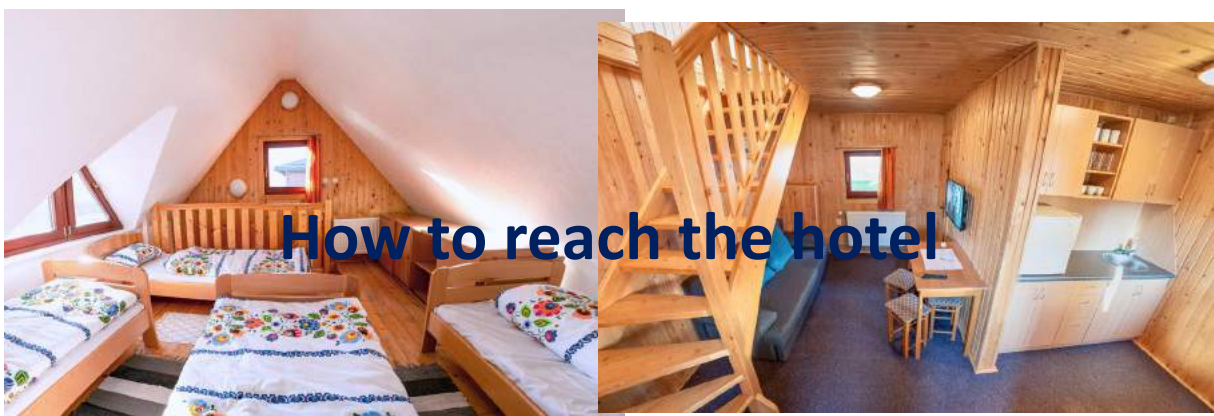
Google link: <https://www.apartmanysb.sk/>



Rooms: Participants will be accommodated in cosy and modern accommodation.

There are five separate log houses, each of them consisting of two separate apartments. In each apartment, usual furniture and equipment is at your disposal i.e. a fully equipped kitchen with a refrigerator, a kettle and an electric cooker, the living room with a TV and a sofa bed, also serving as an extra bed, a bathroom with a shower and a toilet. The attic provides a bedroom with four single beds. There is a total of ten separate apartments, the maximum number of beds is fifty.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.



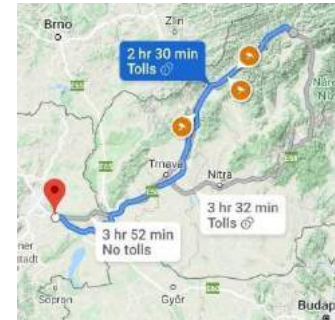
How to reach the hotel



There are a several ways to get to Stara Bystrica. If you want to take a plane, bus, train to:

1) Vienna

The **most recommended way** from us is to take the FlixBus from Vienna airport and travel to Žilina (costs about 10€) from where you can take the direct bus to Stara Bystrica. The bus's cost is 3€. Bus stop is called Stara Bystrica namestie and it is 3 minutes from venue.



2) Bratislava

Recommended way you can take public transport from the airport and then catch the train to Žilina.

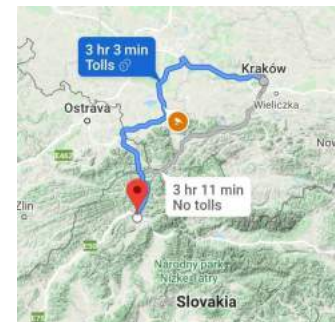
3) Budapest

Little bit tricky. There is direct Flixbus from the centre of the city to Žilina, or you can take a bus to Bratislava and then train to Žilina, or you can take train to Bratislava. The price of a Flixbus is 25-30€. You can also travel from Budapest to Bratislava by FlixBus for about 12€. You can take the train to Žilina. When you get to Žilina, you can take bus to Stara Bystrica.



4) Krakow/ Katowice

You can take FlixBus from Krakow airport directly to Žilina for about 5-10€ max. and go by bus from Žilina directly to Stara Bystrica.



5) Prague

You can take train from Prague. It takes around 6-7 hours to get here from Prague.

What to bring

- ✓ Health insurance - Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel




insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).

- ✓ Travel documents – Please bring all your travel documents and **print out all your documents** even if they are online.
- ✓ ALCOHOL – Please, respect the rule of **NO ALCOHOL** during the activities, only during cultural nights and evening activities
- ✓ Forecast – Check the weather forecast before arriving and try to bring the adequate clothes.
- ✓ Prepare/find - Interesting videos / games / exercises / educational activities on diversity and energizers for sur, so they could be done in the morning.
- ✓ Cultural evening – Prepare the fun presentation about your country, tradition, culture, ... you can get really created about this, it is unnecessary for it to be formal ☺ and of course don't forget
- ✓ The traditional food - ... it can be anything, from national drinks, dishes and snacks, so it represents your country and the region you come from
- ✓ GOOD MOOD ☺ !


Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!

CONTACTS

In case you have any questions, you can contact us via email, Facebook or WhatsApp

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See you in SLOVAKIA!

VERY BRIEF SUMMARY

What: Training course

Beyond Borders: Fostering Employability and Digital Innovation for Rural Youth



Where: Stara Bystrica, Slovakia

When: 15. – 22. 05. 2023

Who: 34 people (5 from each country, 18+)

COUNTRIES: Partner countries will be from Slovakia, Czech republic, Romania, Bulgaria, Italy, North Macedonia

Deadlines: 10. 04. 2023 find participants, end of April - purchase the tickets after our approval!