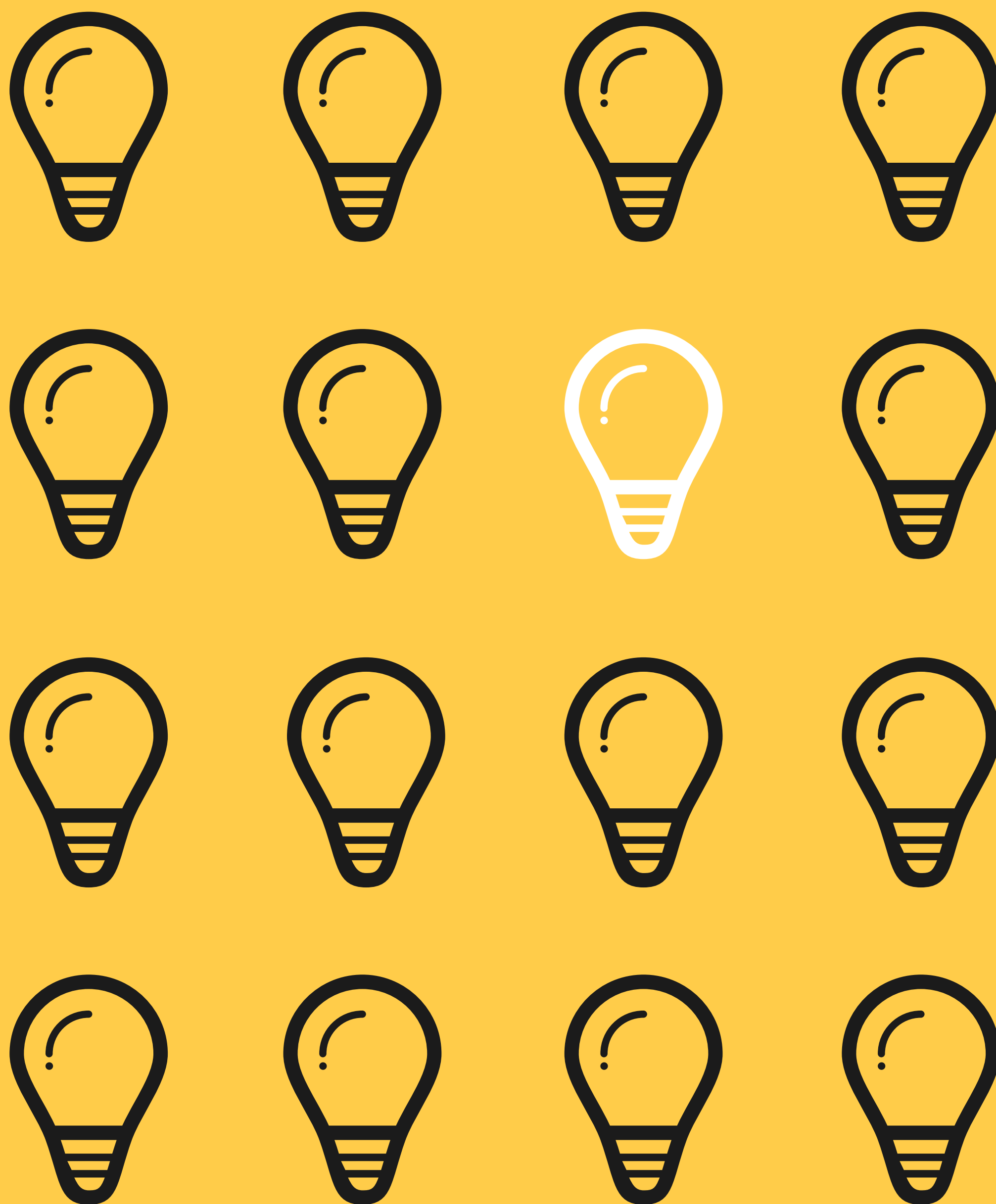


TRAINING COURSE

ABOUT PERSONAL DEVELOPMENT



VOICE

1ST STAGE - JUNE 10-19, 2024 - CZECH REPUBLIC

2ND STAGE - OCTOBER 20-26, 2024 - GEORGIA

WHAT IS IT ABOUT ?

Voice is a 6-months learning program aiming at personal development and **wellbeing** of young educators.

The project focuses on **personal growth**, connection with ourselves and interpersonal communication that will help **YOU** to be more confident, honest & open with **YOURSELF** in your personal and professional life.

METHODS

The project is based on **interactive workshops**, experiential learning, theatre techniques, connection with our mind and body which are proven to help people to improve communication skills, better understand one *self* and create more proactive lifestyle.

PROJECT MOTTO:
We care about others. It's important to take care of ourselves. Let's do it together in the international environment!

OUR MOTIVATION

We believe that the time to dedicate to **YOU** and **YOU** only is only **now**. The program is designed to offer wellbeing activities for young educators. TO YOU & NOW.

We invite you to stop, take time for yourself, be in nature, work on both your strenghts and weaknesses, but mostly, let yourself **BE**.

 All this in beautiful **NATURE**. 

Are you ready to begin journey on *self* discovery with us?

Find your VOICE!

PROFILE OF PARTICIPANTS

- Active Youth Workers/ Youngsters with potential.
- **Committed to attend both stages**, participate actively during the whole duration of the project.
- Ready and fully dedicated to work on own wellbeing and personal development.
- Ready to apply gained techniques in youth work, own organizations and communities.
- **Ready to spend time in nature, little Czech mountains, on fresh air, possibly with less comfort.**
- Interested in various areas of civic work, education, art or other areas that can inspire people and help them grow.
- People with fewer opportunities.
- Individuals who are ready to learn, work hard, share, explore new horizons, through this support others and be inspiring leaders.

In Genesis, we support good ideas. We are open to support you to design own project, guide you through it and mentor you. It is our specialty :)

The project is designed for those who want to:

1. learn about differences in interpersonal skills and personal growth
2. learn how to work on self motivation and self sustainability
3. learn about different aspects of human development and how to apply it in practice
4. learn how to create communication bridge between two and more people
5. learn how to mentor
6. learn techniques that can help to concentrate, calm and control self
7. understand the role wellbeing in our time and the importance of maintaining it
8. better understand possibilities of an individual in 21st century
9. better distinguish opportunities and areas where one can be an asset
10. learn how to facilitate and take a lead
11. be able to help others in the field of active citizenship and active life style

Czech Republic	Genesis	5
Georgia	ICPI	5
Italy	MOH	5
Spain	Manfred on Tour	5
Greece	Infinity Greece	5
Turkey	PANGEA GENÇLİK DERNEĞİ	5



OBJECTIVES

Integrity

When everything falls apart and its just us, what do we lean on? Ourselves? What do we build inside us that can lead us through hard times.

Self-awareness

In the world that is much bigger than us, we often find ourselves to be drowned in chaos of happening. Let's take time and learn how to connect to ourselves and find our place in the world.

Connections

When you push the door that are too big, they won't open but if we are not alone and work together, we can move mountains. The challenge is to find people that are moving them with the same intention.

Values

In the world that is in rush, we cannot often see where we go or who we are. But if we understand our core values, we cannot waver on the road like a boat that is sailing on right wind.

Perseverance

"If you are going through hell, keep going."

Winston Churchill

WORD FROM TRAINERS



As local and international educators we often take care of others. We support, we care, we provide. This training is an invitation to dedicate time for OURSELVES.

Let's stop for a bit in this fast world, be present, spend time in beautiful nature and through this become a more aware and mindful educator.

- ANETA -

World is a messy place and one simply gets lost in it unless he/she knows self properly. While schools prepare us for the world of work, non prepares us for life itself. During my time I have found out that answers to most questions lies within true understanding. To properly understand, we must question everything first.

- LUKAS -



1ST STAGE: CZECH REPUBLIC

JUNE 10-19 PEC POD SNĚŽKOU

VENUE

Pec pod Sněžkou is a picturesque mountain town in the Úpa river valley. Thanks to its location in the center of the Krkonoše National Park, it is an ideal place for a combination of experiences and relaxation. The town is spread over the mountain slopes, but most of it is concentrated in two valleys.

The area is surrounded by a wonderful mountain landscape with many beautiful views of long valleys and the mighty ridges of the highest Czech mountains. To get to know Pec pod Sněžkou itself and the surrounding area, it is a good idea to use the many marked walking routes. **It is located in hills, nearest shop and civilization is 2km down the hill.**

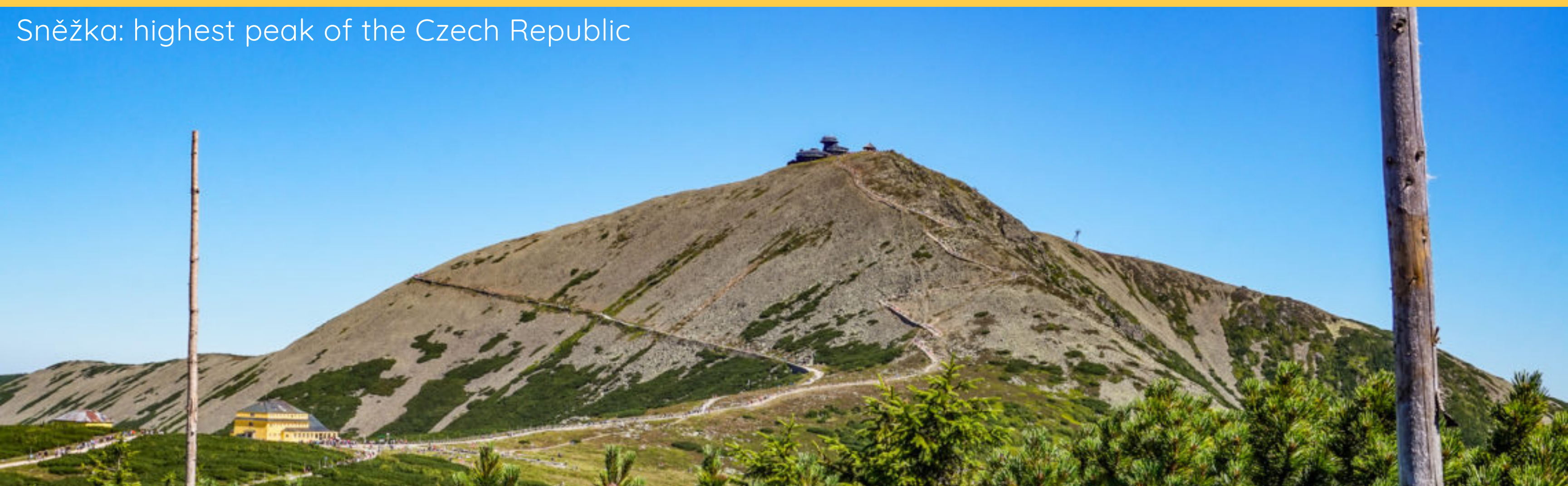


Our home for the week

Link to the accommodation
Horská chata Lucký.

There are rooms of 2-4 beds with shared men and women bathrooms on the first floor.

Sněžka: highest peak of the Czech Republic



WE WILL BE OUTDOOR

How can we explore our real natural self the best?

In nature.



IT IS CRUCIAL THAT YOU BRING:

- good shoes - suitable to hiking
- raincoat
- outdoor clothes - be ready for cold weather, wind and rain
- sleeping bag & sleeping mat
- water flask
- backpack for hiking
- headtorch or flashlight
- hat
- sunglasses
- sunscreen
- basics for first aid kit for time in nature (plaster, bandage)



TRAVEL INFORMATION



PLEASE REMEMBER, ONLY THE MOST ECONOMICAL TRANSPORTATION WILL BE REIMBURSED.

You can take 2 extra days before or after the project.

Czech Republic	60 EUR
Italy	245 EUR
Spain	245 EUR
Greece	245 EUR
Turkey	245 EUR
Georgia	330 EUR

30 EUR will be used for the local transportation in the Czech Republic.

Accommodation, transportation and food will be fully covered with the support of Erasmus+ programme.

The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. **The travel costs will be reimbursed according to amounts stated in the chart.**

It is necessary for the participants to have travel health insurance (this is not covered by the project).

TRAVEL TIPS

Plan your trip well and choose the best means of transportation. Especially short distance can be often covered by a bus or a train, and flights can be avoided. Travel light, take only as much as you really need.



You can take 2 extra day before or after the project. **However**, we would like to ask you to look for flights that **will be arriving NO later than 11:00 on June 10, 2024 at the Prague Airport**. So you have enough time to reach the meeting point. And **returning flights that will be NOT before 16:00 June 19, 2024**.

REMEMBER to send us a proposal of your tickets before buying them.

It is necessary that we will APPROVE them first!

Keep invoices of the purchases and boarding passes and tickets so we can reimburse them for you.

GREEN TRAVEL

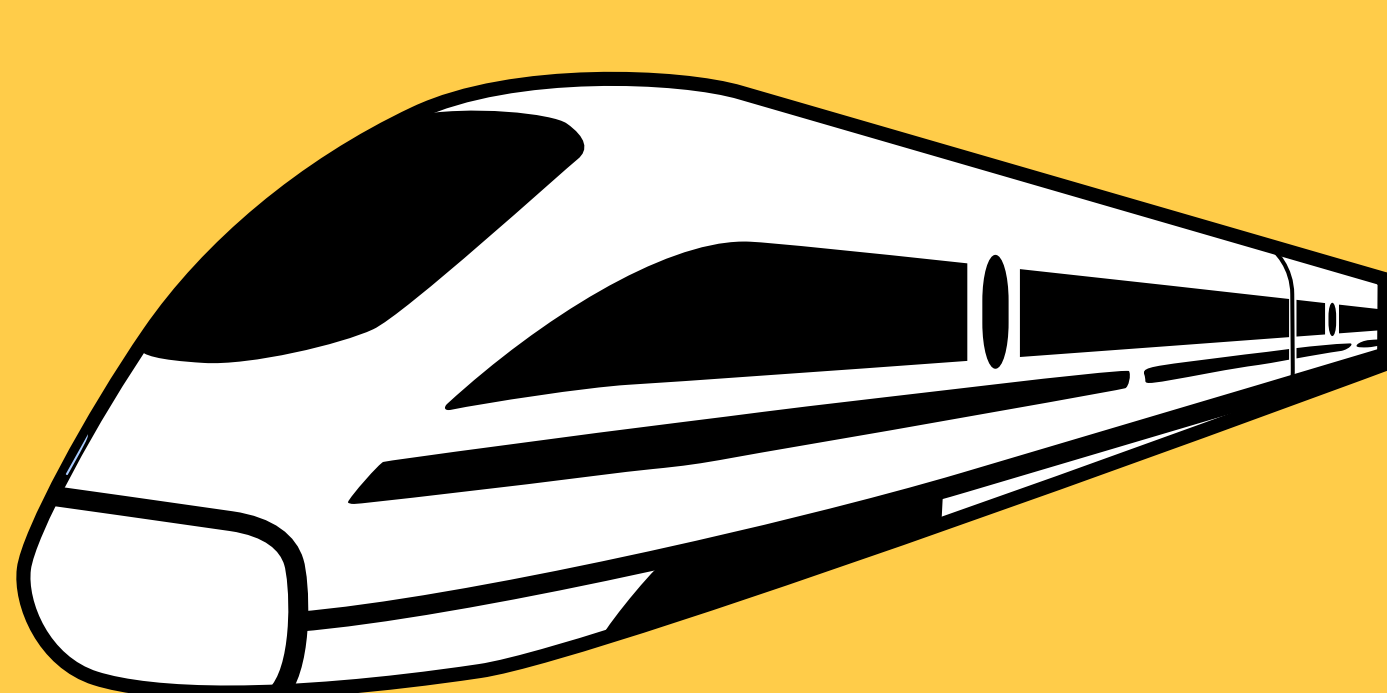
Plan your trip well and choose the best means of transportation. Especially short distance can often covered by a bus or a train and flights can be avoided. Travel light, take only as much as you really need.



The Erasmus+ program offers **Green Travel Support** for people travelling to their destination using sustainable modes of transport - car-pooling, a bus or a train. To qualify for Green Travel Support, you must use sustainable means of transport for at least half of your journey (outward and return).

Green Travel Support is available if your destination lies within 100 km to 4000 km travel distance. If you receive Green Travel Support, **you will receive a higher travel allowance** than the standard travel allowance. And the funded travel duration **will be increased** from maximum of 2 days to **maximum of 4 days**.

COUNTRY	STANDARD TRAVEL	GREEN TRAVEL
Czech Republic	60 EUR	100 EUR
Italy	245 EUR	290 EUR
Spain	245 EUR	290 EUR
Greece	245 EUR	290 EUR
Turkey	245 EUR	290 EUR
Georgia	330 EUR	380 EUR



MEETING POINT

The meeting point will be in front of the Metro line B in Prague Černý Most on **June 10 at 2pm.**

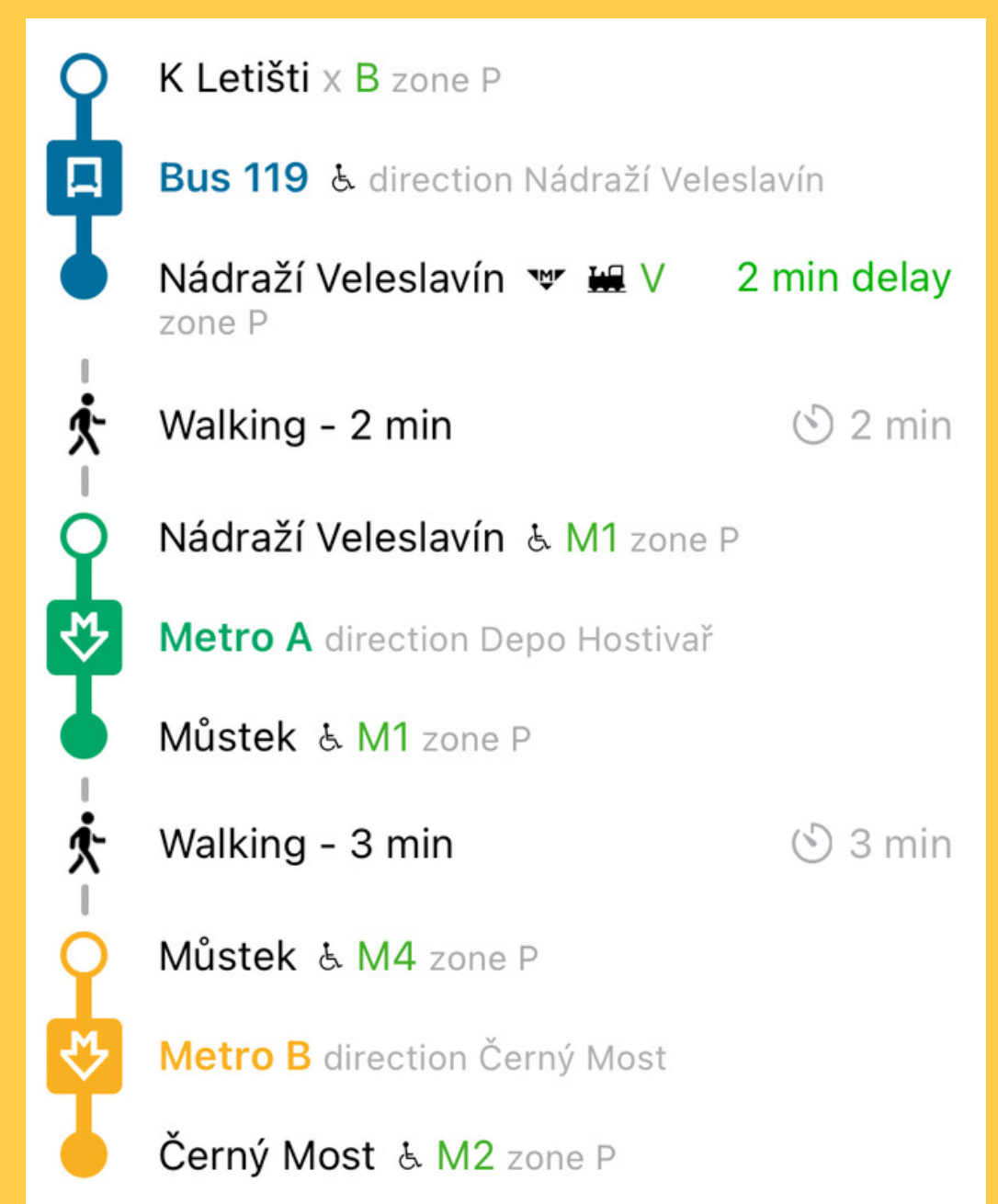


How to get from the airport to the Prague Černý Most:



Participants who will be landing at the Václav Havel Airport Prague can take **bus 199 or 322** at the bus stop in front of terminal 1 or terminal 2 which goes to **Nádraží Veleslavín**. Then you need to take the **Metro Green line A** and switch to **Metro Yellow line B** at the stop **Můstek**. From there you go to the final stop **Černý Most**. You can buy 90-minute ticket (40czk) at the bus stop in the ticket vending machine.

It takes around 70 minutes to get from the Prague airport to Černý Most. Keep this in mind when you are planning your journey so you get to the meeting point on time. Keep extra time for possible delay, do not arrive on last minute.



REIMBURSEMENT

**PLEASE, KEEP ALL THE INVOICES,
BOARDING PASSES, TICKETS, ETC.
IN ORIGINAL FORM IN ORDER TO BE
ELIGIBLE FOR THE REIMBURSEMENT
OF YOUR TRAVEL EXPENSES.**

We will reimburse your costs via bank transfer.

Keep your travel documents in e-version if possible that can be easily sent by email, please.

&

Let's be eco-friendly together!

01

Don't buy anything without Genesis approval. **Only the most economical and direct way of travel will be reimbursed.**

02

Presence during the whole project is obligatory for reimbursement.

03

Collect and keep all invoices, tickets, and boarding passes to be eligible for reimbursement.



FINANCIAL CONTRIBUTION



The project is fully covered for you: accommodation, food, international and local transportation, support, experts, mentoring for the whole duration of the project.

The contribution of each participant is active participation and willingness to learn and work on yourself + readiness to apply gained skills in youthwork.

Financial contribution of selected participants varies between 50-80 EUR for each stage. It will be paid on the stage in cash (EUR/CZK).

Based on your experience throughout the project you can decide at the end of each stage how much you want to contribute. It will be a decision of each participant to evaluate how beneficial the whole project was for your personal and professional life and how would you like to reward it. This is also part of your personal development.

WEATHER AND WHAT TO BRING

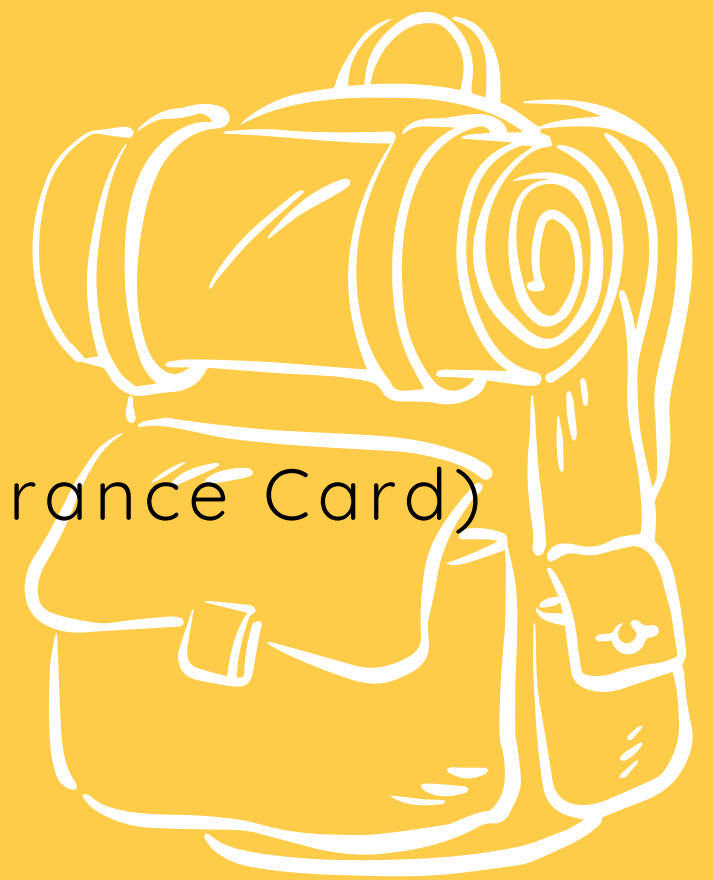


WEATHER

The weather is usually mildly cool with a gentle breeze, with temperatures ranging from 12-24°C. The weather in June is very pleasant with warm temperatures lasting throughout the month and lots of sunshine. **Dont forget we will be in mountains, it can be windy, rainy and the nights can get very cold, even less than 10°C. Be prepared with warm clothes and shoes!**

WHAT TO BRING

Passport, original boarding passes/tickets
Travel and health INSURANCE (European Health Insurance Card)
invoices and travel tickets
Water bottle - let's stay ECO
Slippers - indoor shoes
Cozy hoodie to wear in the evening, raincoat
Towels, hygiene care, any medicine that you use or might need
Each national team is welcomed to bring food and drinks typical for their countries to share on the intercultural evenings



SLEEPING BAG!!!

....it might happen you will have the opportunity to stay outside overnight. Be prepared for surprises. :)

INTERNATIONAL EVENING

Each team will be presenting own country during one intercultural evening. You can introduce songs, dances, games, explain traditions, prepare performances or competitions.

We ask you to avoid promotion videos or formal presentations. No projector will be allowed. **Be creative!**

There will be time to try traditional food and drinks, the presentation doesn't have to be too long (it should not exceed 15 minutes).

Please, bring some typical snacks, candies, chocolate, cheese, and any other kind of food.

It will not be possible to cook food at the project venue, you can of course heat something.

The project is Drug and Alcohol free, we will go into sensitive topics so it's important to keep our minds clear.



PARTNER ORGANISATIONS



GENESIS

genesis.discover@gmail.com

Genesis is a Czech non-governmental organization with a long tradition and simple philosophy.

TO KNOW IS TO GROW.

Genesis provides individual and group trainings. At Genesis, we support all efforts to learn because the more we experience, the better off we all become.

Our goal is to help individuals and companies to receive training that is not only great but also socially responsible.

We believe that innovation in education helps employees, employers, and society as a whole to sustainably grow and develop.



ICPI

contact@icpi.ge

ICPI is a Georgian not-for-profit non-governmental organization with a mission to provide the platform for the development of self-aware, progressive and engaged youth in civil society.

We encourage personal growth, innovation and positive change through critical thinking, intercultural understanding, support for new initiatives and collaboration.

The team of ICPI promotes democratic values, peace-building and social entrepreneurship for a more sustainable society.

We believe in the power of education as a means to plant the seeds of change in attitude and action

HOW TO APPLY

Each sending organization will nominate participants to the selection process. The final number of the selected participants per country will be confirmed by the applicant organization Genesis.

APPLICATION FORM

<https://forms.gle/ZSepNrG3GDZKwcQP7>



In order to apply, we ask you to send us a short video where you will answer 2 questions and fill an online form.

Questions:

1. What aspects of personal development are important to me?
2. What are my struggles now? What helps me in life to move forward and grow?

DEADLINES:

For filling application form: 25.4.2024

For purchasing tickets: 10.5.2024



Contacts :



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If you have any questions, contact us on the project email
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www.ngogenesis.com
www.icpi.ge

