

“The Social Start-up” Training Course for Youth Workers and Leaders

**13.01.-20.01.2017
Wuppertal, Germany**

Brief Description of the training course

This training course is organized by JuBuK, Germany and it is financed by the European program Erasmus+.

The society in this rough times is in urgent need of “individuals who are able to take financial resources and convert them into changing the world in the most positive ways”.

The scope of ‘The Social Start-up’ training is to provide youth workers with an insight on social entrepreneurship, which could possibly operate as the main catalyst in inspiring young people to apply social entrepreneurship.

The practical exercises of the training will be based on non-formal education in order to guide participants to go beyond the understandable and the predictable. The portfolio exercises will encourage creativity and boost young entrepreneurs’ confidence.

Group size and Partners:

Target group of this project will be 34 youth workers and active members of European youth organizations coming from Germany, Cyprus, Bulgaria, Malta, Norway, Romania, FYROM Macedonia, Poland, Latvia, United Kingdom and Portugal.

Working Language:

Working language of the training course is English.

Particular objectives:

- -To exercise entrepreneurship through workshops and practical exercises
- - To inspire the next generation of social entrepreneurs.
- --To identify the challenges of our time in order specific solutions and models for sustainable social organizations to be developed.
- - To create strong partnerships for future projects concerning social entrepreneurship

The trainers’ Team:

Angelos Parmatzias- Citizens in Power, Cyprus

Natalia Seriakova- JuBuK, Germany

Profile of the Participants:

- Age above 18
- Youth workers, youth leaders, activists
- Able to work in English
- Willing to share the new knowledge with the members of his/her organization once he/she gets back, act as multipliers
- Able to attend the entire duration of the course
- Motivated to take an active part in all the stages of the training course

Costs:

Board and accommodation will be covered by the hosting organization.

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 up to the certain amount according to Erasmus+ rules.

Project participation fee is 35 Euro (to be paid at the training course).

Maximum Travel Costs for each Partner Country according to Erasmus+ Distance Calculator

Organization, country	Number of participants	Maximum amount of travel costs per participant in Euro
JuBuK, Germany	3	100
CIP, Cyprus	2	360
BYF, Bulgaria	3	275
Creolabs, Malta	2	275
Terram Pacis, Norway	2	275
Orizont, Romania	3	275
Art Studio 212, FYROM Macedonia	3	275
Youth of Europe, Poland	3	275
Sistema un G, Latvia	3	275
Consilium DT, UK	3	275
Novo Mundo, Portugal	3	275

Travel reimbursement will be done in 2 ways:

- 1) For the countries with Euro currency- reimbursement will be done via bank transfer after the receipt of all travel documents including boarding passes.

2) For the countries with the non-Euro currency-reimbursement will be done on the last day of the training course in cash, participants send their return tickets including boarding passes by post.

For the reimbursement we will need all original tickets and boarding passes.

We can't reimburse taxi, only public transport.

PRINT your flight tickets and invoices and give them to us at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.

The selected participants choose flight connections and send them to us or via the partners for confirmation. Please don't book any tickets without our confirmation.

Arrival Day is the 13th of January –you can arrive at any time on this day. The dinner will be served at about 6 p.m.

Departure Day is the 20th of January- you can depart any time on this day. There will be only breakfast on this day.

Some information about the airports around Wuppertal:

There are several possibilities how you can reach our location, so before booking the tickets we kindly ask you to check all of them and to find the cheapest one. Before booking the flight for each participant we ask the partners to send us the flight details and price, we will check and confirm or ask to book another alternative.

The nearest airports:

-Dusseldorf International Airport - the biggest number of airlines and connections.

Train station directly at the airport.

-Dusseldorf Weeze- cheap flights by Ryanair and several other airlines.

-Cologne (Köln) airport-many airlines, train station directly at the airport

-Dortmund airport- cheap flights by Wizzair and others



If you hesitate or not sure how to book your flight, feel free to ask us, we will be happy to help you. 😊

*Small tip: Wuppertal is situated close to such beautiful cities as Dusseldorf and Cologne, which are worth visiting. Unfortunately, we can't promise you will be able to have enough time to visit them during the project (although we're planning to make one free afternoon), that's why we would recommend you to come 1 or 2 days before the beginning or to leave Germany 1 or 2 days later after the end of the project, if you want to visit these cities. (*please, keep in mind, that we provide the accommodation and board only during the training course).*

How to get to the venue from the airport:

Dusseldorf Airport

From the airport station take the Metro (S-Bahn) or regional train (RE) to Dusseldorf Main Station (Düsseldorf Hbf). Regional trains to the central station usually depart from track 6 but better check it at the station.

From Dusseldorf Main Station take the train (RE13 or RE4). They usually depart from track 7 every 20-30 minutes, but better check it at the train station. Get out at the station Wuppertal-Barmen. The drive is about 20-25 minutes.

At Wuppertal-Barmen take the bus 640 (every 30 minutes) with the direction to Echoer Strasse. After about 15 minutes, get out at the bus stop "Wuppertal Jugendherberge" (better ask the driver). Jugendherberge means youth hostel.

Single ticket costs 11,80 Euro

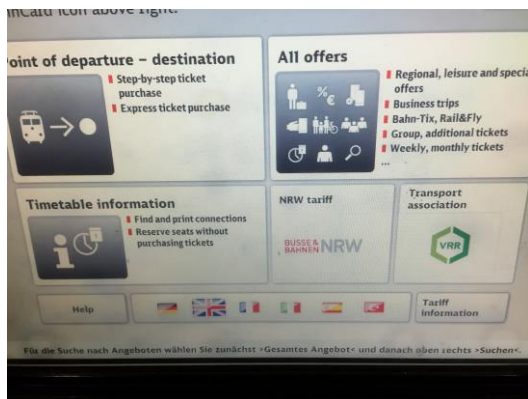
Group Ticket for 3 people costs 31,50

Group Ticket for 4 persons costs 35,70

Group Ticket for 5 persons costs 39,90

Hence, if you arrive in a group, buy a group ticket. You need only one ticket for all the means of transport, it is valid in the train, metro and bus. We won't reimburse separate tickets for bus and train as they are not necessary.

How to buy a ticket: When you arrive with the SkyTrain to the airport train station you will see the red ticket machine. Please change the language to English and you will see this:



In the right you see "Transport association"



Please touch this area of VRR.

Your Tariff stage to Wuppertal is C.



After pressing Tariff C, you can pay for the single ticket. If you travel in a group, press the Day Ticket and then choose the number of people.

We know it is a bit complicated, but if you take this description with you and do it step by step, you will make it 😊

If you arrive to other airports, we will help you to find the way to the hostel or you can find your travel schedules and ticket prices on these 2 websites:

<http://www.vrr.de/en/index.html>

<https://www.bahn.com/i/view/USA/en/index.shtml>

Our telephone numbers in case of emergency:

Stas: 0049-1732674736

Natalia: 0049-179 968 82 46

For the project partners and confirmed participants there is a **facebook group**. Please join for easy communication and sharing:

https://www.facebook.com/groups/331830747181610/331832463848105/?notif_t=like¬if_id=1478024441290011

What to bring:



- 1) Please, bring all invoices and receipts of your tickets, where we will be able to find your first and last names, dates of the trip and price of the tickets. We also need your boarding passes. So please don't through them away! Be really accurate and careful with your tickets! Without the originals we can't reimburse the travel costs. Please print out all your flights tickets, even if you sent them to us before, we need them in paper for the reimbursement!!!!

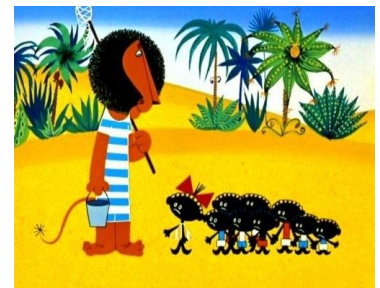
- 2) The weather in Germany is changing and unpredictable=) It can rain and it can be quite cold. So be prepared and check the weather forecast a couple of days before the training.

For example here: www.weather.com



- 3) On the second evening of the project we will celebrate "The International Night"! For this purpose please bring your favorite national snacks, sweets, drinks or even costumes and anything else you would like to present and share with the group like music, dances.

- 4) For contact making activities bring prospects or any other promotional material of your organization.
- 5) Bring 35 Euro participation fee, that will be collected on the first day of the course.
- 6) Bring some Euro cash for your personal needs as in Germany not all bars, cafes, transport means and other small services can accept credit cards.
- 7) Towels and cosmetic items.
- 8) Bring your good mood, energy and motivation ☺



Some interesting facts about Germany:



- Germany is the most populous European country (apart from Russia), with a population of 81 million.
- German people are the second biggest consumers of beer in the world (after the Irish), with an average of 119 litres per person per year (or 0.32 l per day).
- The German language was once the lingua franca of central, eastern and northern Europe, and remains the language with the most native speakers in Europe.
- 15 million people in Germany are of non-German descent (first and second generation), i.e. 18.5% of the population. About half of them are foreign residents, not German citizens.
- Germany has nearly 700 zoological gardens, wildlife parks, aquariums, bird parks, animal reserves, or safari parks, including 414 registered zoos! Berlin's Zoologischer Garten is the largest zoo in the world, both in terms of number of species (1,500) and animal population (14,000).
- German athletes have won a total of 1548 Olympic medals (summer and winter combined), i.e. more than any other country in the world except the USA.
- Classical music has been widely dominated by German-speaking composers. A few famous ones born on the present territory of Germany include Bach, Händel, Beethoven, Schumann, Mendelssohn, Brahms, Wagner and R. Strauss.
- Some of the world's greatest philosophers were German: Kant, Hegel, Schopenhauer, Nietzsche, Heidegger...
- There are 1,300 beer breweries in Germany, making some 5,000 kinds of beer.
- Germany was the first country in the world to adopt Daylight saving time (DST, a.k.a. summer time) in 1916, in the midst of WWI.
- Since 2003, Germany is the world's largest exporter of goods with \$1.016 trillion exported in 2005. 10.1% of world exports come from Germany.
- Germany the world's second producer of cars (after Japan) and motor vehicle in general (after the USA).
- Frankfurt International Airport claims the world record in the most international destinations served. The Lufthansa, based in Frankfurt, is the world's largest airline in terms of international passengers carried, and Europe's largest in terms of passenger-kilometers flown, freight tonne-kilometers flown and fleet size.

About Wuppertal -



Wuppertal is located in and around the river Wupper valley, and is situated east of the city of Düsseldorf and south of the Ruhr area. With a population of approximately 350,000, it is the largest city in the Bergisches Land. Wuppertal is known for its steep slopes, its woods and parks, and its suspension railway, the Wuppertal Schwebebahn. Two-thirds of the total

municipal area of Wuppertal is green space. From any part of the city, it is only a ten-minute walk to one of the public parks or woodland paths.

During the 18th and 19th centuries, the Wupper valley was one of the largest industrial regions of continental Europe. The increasing demand for coal from the textile mills and blacksmith shops encouraged the expansion of the



nearby Ruhrgebiet. Wuppertal still is a major industrial centre, being home to industries such as textiles, metallurgy, chemicals, pharmaceuticals, electronics, automobiles, rubber, vehicles and printing equipment.

About the accommodation:

Our training course will take place in the Jugendherberge Wuppertal.

Youth Hostel Wuppertal
Obere Lichtenplatzer Str. 70
42287 Wuppertal

Phone: +49 202 552372



Bring your towels and cosmetic items.

The participants will be accommodated in 4-beds-rooms.

Check-in is from 3 p.m. possible, if you arrive earlier, you can leave your luggage at the reception and go for a walk in the city.

More information you can find on the web-page of the hostel:

<http://www.jugendherberge.de/en/youth-hostels/wuppertal469/amenities>



Some basic German:

In order to help you a little bit to get in contact with native speakers, we will teach you some basic German expressions:

<i>English</i>	<i>German (Deutsch)</i>
Excuse me...	<i>Entschuldigen...</i>
Where is the metro?	<i>Wo ist die Bahnstation?</i>
Good morning	<i>Guten Morgen</i>
Good afternoon	<i>Guten Tag</i>
Good evening	<i>Guten Abend</i>
Thank you/yes/no	<i>Danke/ja/nein</i>
How much is this?	<i>Wieviel kostet das?</i>
I don't understand	<i>Ich verstehe nicht</i>
Have a nice day!	<i>Schönen Tag noch!</i>
Good/ bad	<i>Gut/schlecht</i>
What time is it?	<i>Wie spat ist es?</i>

Application Deadline is 21st of December

Confirmed participants should book their flights till 28th of November.

