

“ACTIVE CITIZENSHIP IN THE DIGITAL ERA” Training Course for Youth Workers and Leaders

**15.07.-21.07.2017
Wuppertal, Germany**

Brief Description of the training course

It is more than evident that nowadays, we are ushering an era of democratic disconnection. Accordingly, there is a widespread concern by EU about the declining engagement of civic life; citizens are less inclined to vote, to join political parties, to campaign for social causes, and finally to trust political processes. Young people in particular, are frequently described as alienated or apathetic. Hence, the questions have been raised owing to the declining of civic life are multiple and complex. Do the organizations of civil society motivate in a proper way the young people in order to transform them to active citizens? Do they actually use the right tools which correspond to the real and realistic conditions of the ordinary democratic systems?

Having in mind the problems and the real situation, this training will focus on providing answers to the above questions, mainly by forming an action plan whereby each of the organizations involved, will eventually be capable to activate all its members in the processes concerning democratic institutions in all possible means.

Whilst inevitably the Internet provides the ability to participate in society Online and promotes social inclusion, a special emphasis will be given to the new media society and particularly the Web, as a means of revitalizing civic life and democracy. Believing that just as the education has promoted democracy and economic growth, the Internet has the potential to benefit society as a whole, one of the main ramifications of the project will be based upon the active citizenship in the digital era. The working method will be based upon non-formal education.

Group size and Partners:

Target group of this project will be 32 youth workers and active members of European youth organizations coming from Germany, Cyprus, Bulgaria, Romania, FYROM Macedonia, Poland, Lithuania, Croatia, Estonia, Italy, Spain and Slovakia.

Working Language:

Working language of the training course is English.

Particular objectives:

- To equip youth workers with necessary skills and competencies in order to address the democratic disconnect of young people
- To identify those digital mediums that motivates young people to actively participate Online
- To share effective Online tools that the participating organizations are currently being using with the intention to engage young people in democratic processes.
- To develop communication techniques interwoven with the social media society that inspires young people to be active citizens.

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**

Country	Number of participants	Maximum amount of travel costs per participant in Euro
Germany	3	60
Cyprus	2	360
Bulgaria	2	275
Lithuania	3	275
Croatia	2	275
Romania	3	275
FYROM Macedonia	2	275
Poland	2	275
Slovakia	2	275
Estonia	2	275
Spain	3	275
Italy	2	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. The tickets should be sent immediately after the activity.
- 2) For the countries with the non-Euro currency-reimbursement will be done on the last day of the training course in cash only for the original tickets. For the local transport on the way back only the tickets (bus, train) which can be bought online will be reimbursed. For the reimbursement we will need all original tickets and boarding passes.

Further Rules regarding the booking of the tickets and reimbursement:

- 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.
- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route, extra unnecessary stops and layovers. We don't cover seat reservation

fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees. Only 1 piece of checked-in baggage of maximum 15-23 kg will be covered.

-Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees.

Travel agencies invoices for the flight tickets won't be accepted for reimbursement.

- We can't reimburse taxi or private cars, only public transport will be covered.

-You can arrive 2-3 days before the activity and depart 2-3 days after if you want to spend more time in Germany on your own, provided that the tickets on these days are not more expensive than on the official travel days.

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.

Arrival Day is the 15th of July –you can arrive at any time on this day. The dinner will be served at about 6 p.m.

Departure Day is the 21st of July- 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

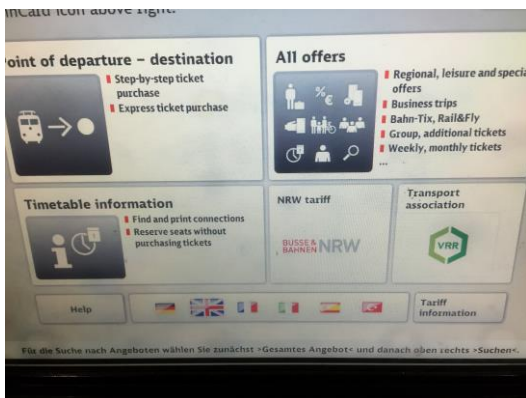
Group Ticket for 4 persons costs 35,70

Group Ticket for 5 persons costs 40,40

The prices can slightly change.

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/1412710158780384/>

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 flight 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.

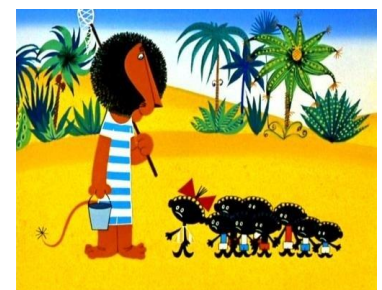
4) For contact making activities bring prospects or any other promotional material of your organization.

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 ☺





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>

