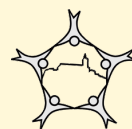




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NVC for Refreshing Post Pandemic Youth Work



General information

Location: Mělník, Czech Republic

Dates: 18.03.2023 - 26.03.2023

Partner countries: Czech Republic, Poland, Romania, North
Macedonia, Hungary, Germany, Italy, Cyprus

Activity schedule: [Schedule.pdf](#)

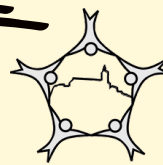
Contact person:

Oana Buzera: tmelnikvolunteer@gmail.com, +420 777 033 289

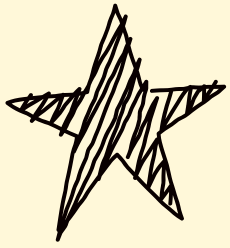
Vladimír Škuta: info@tmelnik.cz, +420 777 277 310



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Summary of the project

NVC for Refreshing Post Pandemic Youth Work is an international project developing the competencies of 24 youth workers coming from 8 different countries (Czech Republic, Poland, Romania, North Macedonia, Hungary, Germany, Italy, Cyprus) in practicing empathy and embracing non-violent communication(NVC).

The aim of the project is to empower youth workers, leaders, and youth project coordinators, in dealing with conflict, tension, or misunderstandings in a mindful and peaceful way. This component is relevant in the work environment at the youth organizations and while directly working with young people.

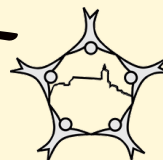
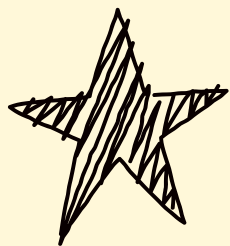
The objectives of the project are:

- To develop the conceptual understanding of youth workers in NVC work, as the most actual concept in communication concept in contemporary peace education
- To strengthen the competencies of youth workers in applying concrete tools and methods from the NVC approach to daily youth work in local communities
- To intensify transnational cooperation between the project partners around NVC approach as the most modern and actual methodology in the youth work field
- To support the professional development of those who work with youth, with a view to improving the quality of their communication
- To provide youth organizations and youth workers with opportunities for cooperation and peer support





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Participants' profile

The project's target group is youth workers, youth mentors, and youth project coordinators, 21 years old or more, who feel the need to improve their competencies in meaningful communication. A total of 29 participants work (or volunteer) directly with partner organizations or who work with their local partners and will contribute to activities organized in the future in collaboration with the sending organization.

Each partner organization of the project will select the following number of participants taking in consideration gender balance.

Country	Organisation	Nr. pax
North Macedonia	Koalicija Na Mladinski Organizacii SEGA Prilep	3
Czech Republic	Tmelnik z.s	6
Germany	Weltoffenes Interkulturelles Netzwerk e.V	4
Romania	Asociatia de Dezvoltare Intercomunitara Timis Torontal	3
Cyprus	Youth Dynamic	3
Hungary	Kulturalis Kapcsolatokert Alapitvanv	4
Italy	ODV Inclusion Go ETS	3
Poland	Fundacja Centrum Inicjatyw na Rzecz Spoleczenstwa	3

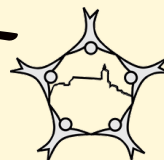
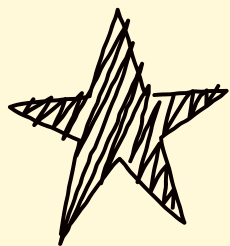
How to apply

If you want to join us for the training course please [FILL THE APPLICATION FORM](#) until 20 February.





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Venue information

Location: Mělník, Czech Republic

The town of Mělník lies on the elevation of the River Elbe lowlands some 30 km north of Prague. This ancient royal dowry town became famous as a center of the agricultural region for its cultivation of grapevines and for holding a celebratory grape harvest every year. The impressive dominant features of the town, are the chateau and the tower of the Church of St. Peter and St. Paul. In addition to its historic monuments, the town offers a wide range of cultural and sporting entertainment.

You will be accommodated in room for 3 or 4 person with own bathroom.

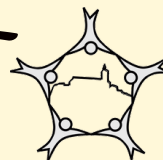
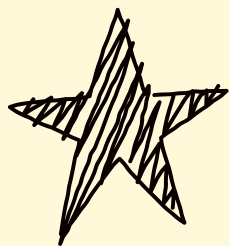
Breakfast will be served in the restaurant of the venue, lunch and dinner will be served in various restaurant of the town.

Towels are offered, but it's recommended to bring an additional one together with hygiene products like shampoo, deodorant and toothpaste.





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Financial aspects

Accommodation and food: 100% covered by Erasmus + Programme

Travel costs: are budgeted according Erasmus + conditions (using the EU distance calculator) http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

Maximum travel costs budget are as follows:

Country	Distance Band	Travel grant
Czech Republic	100 - 499 km	180 €
Cyprus	2000 – 2999 km	360€
Hungary	500 – 1999 km	275€
Italy	500 – 1999 km	275€
Poland	500 – 1999 km	275€
Romania	500 – 1999 km	275€
North Macedonia	500 – 1999 km	275€
Germany	100 - 499 km	180 €

TICKETS TOWARDS THE CZECH REPUBLIC WILL BE BOUGHT IN ADVANCE BY THE HOSTING ORGANISATION OR BY PARTICIPANTS, UPON AGREEMENT WITH THE HOSTING ORGANISATION – PLEASE, DO NOT BUY THE TICKETS ON YOUR OWN – REIMBURSEMENT WILL NOT BE POSSIBLE

Practical information travel

Arriving with bus/train: from Prague Main train station or Florenc bus station you can take the metro to Ládví metro stop, from there bus 369 or 349 will take you until Mělník. Information about the busses and train connection you can find [here](#).

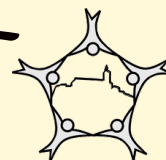
Airports: We propose to fly to Prague, Brno, Berlin or Vienna Airport.

Pick-ups: Just let us know until 1st March your arriving details so we can schedule your trip to Mělník.

IT IS MANDATORY FOR YOU TO ARRIVE ON THE 18 MARCH UNTIL 19:00 (07:00 PM) TO MĚLNÍK.

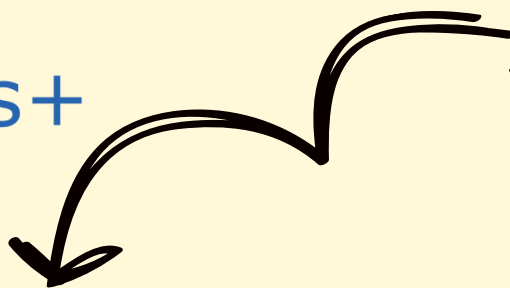


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Active participation in the project

Intercultural evening is the chance to present your country in a special way - bring some special good - food and drinks from your country to make us nice company during the country presentation.

We like hard-working participants, so until 25 February you will receive more documents to revise them until the training starts and a homework. Don't worry we will select something easy for you ☺

We design two open evenings during the training, so in case that you want to prepare some activities you are free to do it! Just let us know in time!



What to bring with you

1. Clothes and practical stuff the weather can be rainy and cold or not in March - so check out the [forecast](#) and choose your cloths according to weather, most of the activities we are planning inside.

2. We don't have Euro! Czech currency is the [Czech Crown](#). Please be aware you might need to change money 1 eur is equivalent of 23.76 czk.

Nearby the accommodation you can find exchange office, cash machines. Cards are generally accepted, but not everywhere.

3. All the [things that you need for a shower](#): towels are offered but it's recommended to bring an additional one together with hygiene products like shampoo, deodorant and toothpaste.

4. [Intercultural evening stuff](#). Please bring whatever you consider that is representing your country ☺.

5. [Working stuff](#) some ideas / dreams / national information regarding your NGO, conflicts and youth work in your country!

6. [Table games](#). In case you have some games at home that you will like to play with the other participants fell free to bring it.