

TC “From stressed OUT to stress LESS”

12.05- 22.05.2024

Zadar, Croatia

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The TC “From stressed OUT to stress LESS” aims to develop competences of youth workers to design stress awareness and stress regulation educational activities for young people. It is designed as an experiential learning program about and for stress management. Supportive environment established through non-formal education in youth work enriched with concepts from psychology related to stress and stress regulation can bring this topic and necessary skills closer to young people in a comprehensive way. This programme covers the physical, emotional, social and cognitive aspects of dealing with stress.

What will the TC look like?

Working days include two morning and two afternoon sessions. A half an hour coffee break between workshops and longer pause for lunch break will be organised to establish balance between work, socialisation and rest. There is no purpose in training of this kind if participants’ wellbeing is not considered.

During the evenings, we are planning to organise some free time activities. Still, participation in them will be voluntary based, and participants will have a chance to develop them on their own mostly. Such activities are intercultural nights where they will have an opportunity to present their countries, cultures, traditions, food, and drinks through interactive games or presentations; NGO fair where participants will be able to present their organisations and the regular work they do in local communities.

The whole training course will be based on non-formal education and learning by doing methods. We are planning to use general methods: working in smaller groups, interactive and creative presentations, brainstorming, working in country groups, simulation activities, role plays, reflections, etc.

Participants are expected to attend the full duration of the TC
(12th – 22nd May 2024).

All participants will be accommodated at **HI Hostel Zadar**

Obala kneza Trpimira 76, 23 000 Zadar

Hrvatska | Croatia

Tel. +385 23 331 145

Email: hostelzadar@hicroatia.com

WEB: <https://www.hicroatia.com/en/hostel/hi-hostel-zadar/>

We are expecting you on the 12th of May 2024 in the afternoon (between 15:00 and 18:00 o'clock).

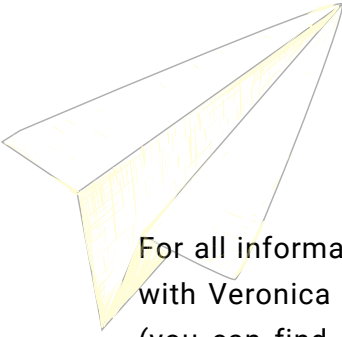
The Welcome Program will start at 18:00 and dinner will be served at 19:00. The departure is envisioned for the morning of 22nd of May 2024 after breakfast.

All participants will be accommodated in Youth Hostel Zadar, situated 5 km from the bus terminal (take bus line no. 5) in the famous Borik tourist zone. In hostel there are terrace with a bar & restaurant, seminar hall, sports ground (basketball, football), baggage room, internet access, tourist info point, and a beach just across from the hostel. Participants will be placed in 3/4-bed rooms (bunk beds) with shared bathrooms. Please note that you should bring your own towels

Breakfast, lunch and dinner will be served daily at the residence.

The Trainig Course will be held at the residence and outdoor.





For all information about booking your tickets and coming to Zadar, you should be in contact with Veronica Braccacini – in charge of project logistics, by using the official project e-mail (you can find all contacts below). We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.*

Travel costs will be reimbursed only for the cheapest way of transport and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

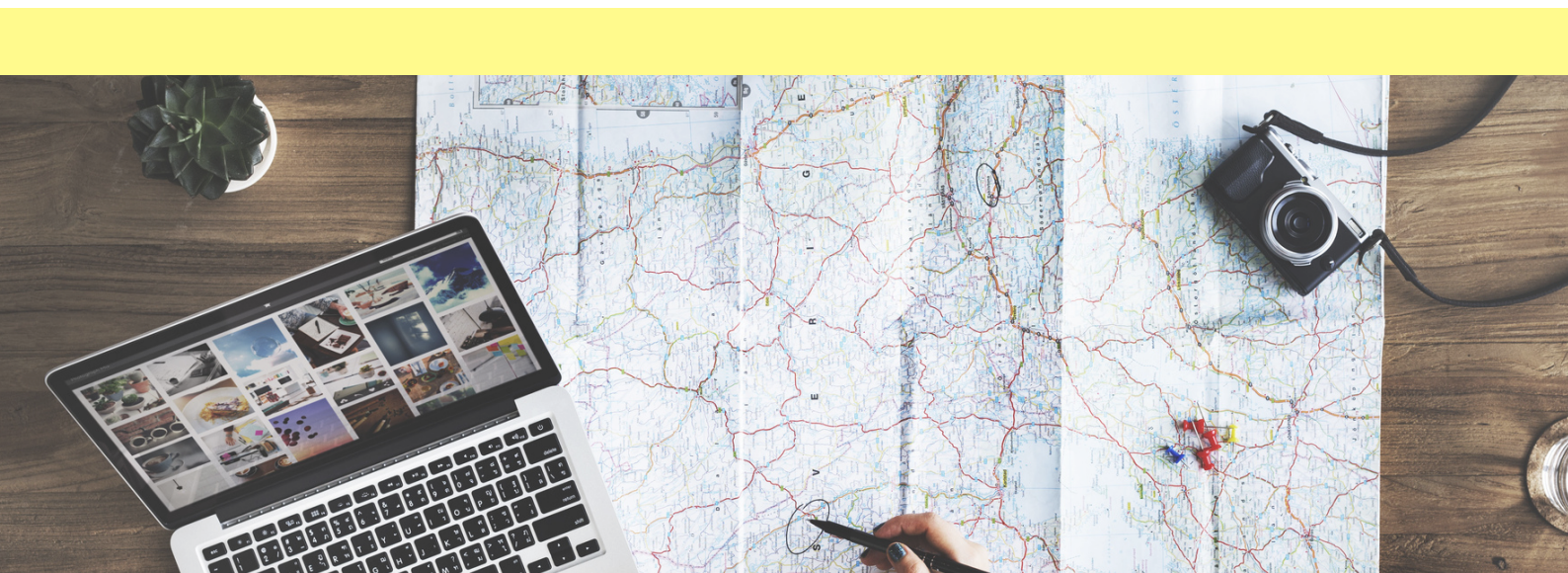
For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

Please don't buy your tickets before we approve them! When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 12th – 22nd May 2024), please inform us in advance, so we can approve your tickets and travel costs.

P.S. AT PURCHASING YOUR TRAVEL TICKET, PLEASE ASK FOR THE INVOICE!

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

***Sustainable means of transport (green travel) is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or carpooling.**



Travel budget calculation is based on the distance between your starting point and the venue of the Program:

10 - 99	km	23€
100 - 499	km	180€ / 210€ green option
500 - 1999	km	275€ / 320€ green option
2000 - 2999	km	360€ / 410€ green option
3000 - 3999	km	530€ / 610€ green option
4000 - 7999	km	820€
8000 - more	km	1.500€

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Further Rules regarding the booking of the tickets and reimbursement:

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- We can't reimburse taxi; only public transport and carpooling will be covered.
- You can arrive maximum 1 day before the activity and depart maximum 1 day after if you want to spend more time in Zadar on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.

The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



YOUTH POWER
Germany

For planning your travel you are directed to contact the project team by using the mail address.

Veronica Bracaccini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!

PROJECT E-MAIL

training8@yp-de.org

LOGISTIC COORDINATOR

Veronica Bracaccini

PARTNERS



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