



Erasmus+

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present

a multilateral youth exchange:

„ STOP the BULLY “

12. – 19. October 2014

Sninské rybníky, Slovakia

Participant's guide

Infopack



1. Welcome

Dear youth leaders, dear participants,

The STEP – Society for territorial progress is really glad to say:
“Welcome to Slovakia!”

Our team is grateful for such a big opportunity to organize project in our country. We are ready for your visit and participation. There are a lot of information that we want to give you, so let's get started.



This Participants guide contains the most important information you should know before attending the project and hopefully it will help you to make a picture about the whole project realization phase. In case it won't, you can still contact us and ask questions via our email.

The youth exchange will include 6 different countries from Europe and it will be held in nine days in Snina region, which is situated at the eastern part of Slovakia.

This multilateral exchange, aims to moral and psychological boosting of the youngsters, to the development of an acceptable social behavior and attitudes that they are based upon tolerance, respect of diversity, fighting off racist phenomenon and racial discrimination, to total respect of human life, to free thought and free human expression.



2. Description of the project

Project “ STOP the BULLY” is going to target in how to locate and recognize the false behavior and bad practices inside the school environment, on Internet, into working area, inside the frames of the family, even into the internal function of a state and into the relations of the state and its citizens.

The aims that we are expecting to accomplish through this youth exchange are:

- the opposition and the prevention of anti-social behaviors and racist phenomenon,
- fighting off the racial discrimination,
- the erase of any kind of Bullying and the empowering and armouring of the youngsters against such situations,
- the nomination of their inner strength and their denial to social exclusion,
- the continual claim of their rights as active European citizens,
- the respect of human dignity.



Basic purpose of the program will be the registration of good practices and the quest of possible solutions so the young participants could confront such phenomenon. They will also do action planning having as a main purpose the wide updating of the youngsters, in matters such as, antisocial behavior, bullying of any kind, racism and social exclusion.

There are 6 different European organizations included:

GREECE	SHARP MINDS
ITALY	Associazione di Volontariato INCREDERE
ROMANIA	Youth Around Youth
SLOVAKIA	NS HAM
SPAIN	Asociación de Desenvolvimento e Acción Social-ADAS
TURKEY	Aktif Genclik ve Spor Kulubu Dernegi



3. Dates and travel

Project dates are as following:

Arrival day	12.October 2014
Activities start	13. October 2014
Activities end	18. October 2014
Departure day	19. October 2014



Travel details and suggestions

Basically you can travel however you want but since we are from Slovakia and we are usually travelling to your projects often, we should know the best ways of travel. Here they are:

➤ If you are taking a flight to VIENNA

- the best solution to fly to is **Vienna airport (Schwechat)**
- it is a big international airport with many companies using it and its the best option because when transporting from Austria to Slovakia you do not have to change any money and you can use euro as a currency,



- from Vienna you can take a bus departing from in front of the airport arrivals (**bus stop no. 5**) every 30-45 minutes (company named SLOVAK LINES) The bus will take you to Bratislava bus station "**Mlynské nivy**". The ride lasts app. 40 minutes and a ticket costs app 8 €,
- from Bratislava bus station „**Mlynské Nivy**“ you need to get to the train station. Use **a public bus (trolleybus) no. 210**, the bus stop is on the left in front of the bus station, buy a ticket in the machine, one ride costs 70 c,
- the trolleybus will take you to a main train station „**Hlavná stanica**“. From there you can continue to Snina (which is our hometown) using one of these train connections:



Departure time	From	To	Arrival time	Price
05:37	Bratislava	Košice	10:41	
11:00	Košice	Humenné	12:34	25,10 €
09:37	Bratislava	Košice	14:41	
14:50	Košice	Humenné	16:34	29,10 €
09:55	Bratislava	Humenné	18:34	21,88 €
13:37	Bratislava	Košice	18:41	
18:50	Košice	Humenné	20:34	29,10 €
13:55	Bratislava	Košice	19:52	
21:00	Košice	Humenné	22:34	21,88 €
17:37	Bratislava	Košice	22:40	
22:50	Košice	Humenné	00:34	29,10 €
23:40	Bratislava	Humenné	08:34	21,88 €

- From Humenné train station its only app. 25 km to Snina, we will pick you up by regular cars or our own transport.

➤ If youre taking a flight to BUDAPEST

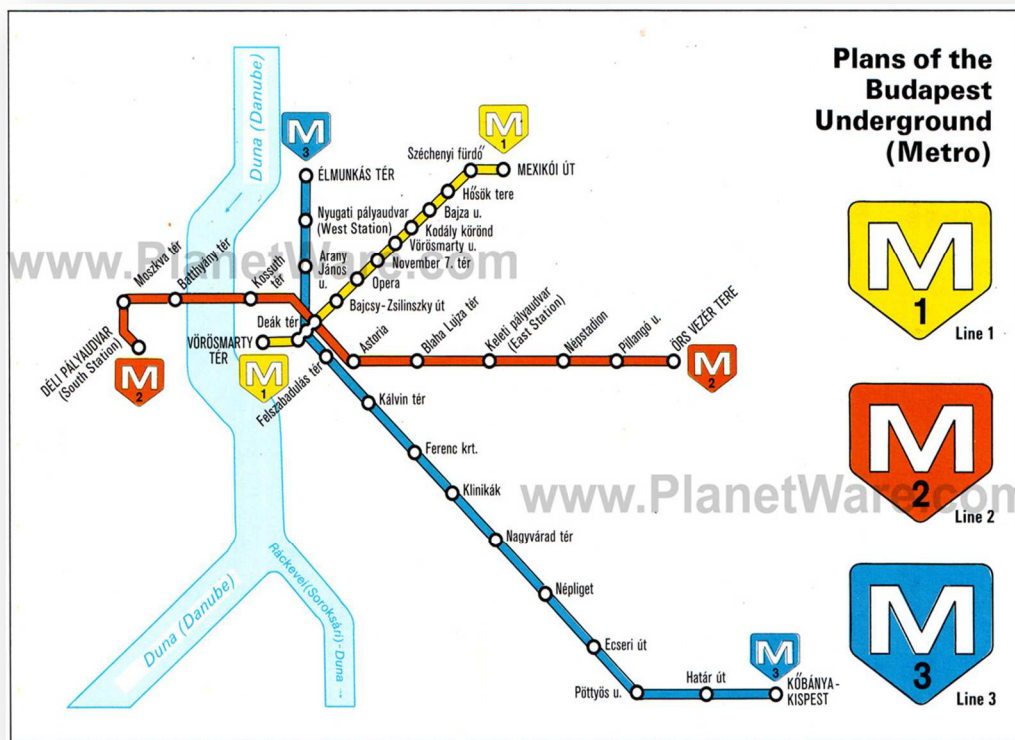
- if you are flying to Budapest airport, you have to continue by using a **bus number 200** from Budapest airport, standing right in front of the arrivals. **You need a ticket which you can buy from a vending machine** in front of the airport but before that you have to change your currency to Hungarian forints. Remember to change app 25-30 euro, not more, you will need it also for the train when coming to Slovakia from Budapest. The bus will take you to a metro station named **Köbánya-Kispest**.
- **Köbánya-Kispest** there is a metro station – **line M3 (blue line)** from this metro station you should take a train to **Deák Tér station** and then **change to red line M2** to get to **Keleti pályaudvar (East station)** – the main train station of Budapest.





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- from Budapest train station (**Keleti Pályaudvar**) you should continue to **Košice**. Unfortunately there are only 2 direct trains to Košice every day:

Departure time	From	To	Arrival time	Price
06:30	Budapest Keleti PU	Košice	09:58	
11:00	Košice	Humenné	12:34	20 € two way ticket
18:30	Budapest Keleti PU	Košice	21:58	
22:50	Košice	Humenné	00:34	20 € two way ticket

- from Humenné we will be able to pick you up by our own transport or cars.



4. Participants profile

Every country in the project is represented by:

- 5 participants + 1 leader (6 per country)
- 6 countries x 6 people = 36 people together in the project

Since this project is strongly about moral and psychological boosting of the youngsters, we would like to kindly ask you to provide us with participants:

- between the age of **18 and 26**,
- mind the gender balance,
- active people who are aware about the topic of the project (have proper education experiences, interest etc)
- able to communicate with other in English on communication level,
- able to attend the whole duration of the project,
- energetic, cheerful and creative!

There is no age limit for the group leader.

What do we need from you:

- **name of participant,**
- **date of birth,**
- **email contact/telephone number,**
- **their special needs (allergies, vegetarian and other).**

Deadline for sending information about participants:

31 August 2014

After you provide us with participants details we will create a Facebook group where we will share the latest information about the project.



5. Project venue and hotel

VENUE

During the project we will be accommodated in a small hotel in the middle of forest near Sninské rybníky recreation area (near the town of Snina). The Snina region is located in the north-eastern part of Slovakia, on the eastern border of the Prešov region. It borders with Poland in the north, with the Ukraine in the east, with Sobrance county in the south and with Humenné in the west. There are about 40000 inhabitants living there. The region is surrounded by the East Carpathian mountains.



HOTEL

We will be accommodated in hotel DRZ VIHORLAT situated right in the recreation area of Sninské rybníky.



During whole period of project we will be the only people accommodated there so we will have the whole hotel for us.

Behind the hotel there is a playground where which we can use for the outdoor activities.

Participants will stay in 2 and 3 -bed rooms. There is a toilet and shower in every room.

We would like to mix the participants in rooms together but since we don't know how many girls and boys will be on the project, we will decide about this solution later.

The staff of the hotel is willing to cook us everything we want. Of course we will keep an eye on the needs of people with allergies and vegetarians and so on.

You can find additional information and pictures of the hotel on this link:

<http://www.jurpak.sk/fotogaleria.html>

6. Travel reimbursement

We will reimburse your travel costs from your hometown to the project venue – Snina, Slovakia up to the limits, stated below, according to the rules of Erasmus+ reimbursement policy.



Reimbursement will be provided on the last day of project upon presentation of all the travel documents. We need the originals of all the travel documents you will meet, when travelling to and from Slovakia (including bus tickets, train tickets, flight tickets and boarding passes and invoices).

Please if possible try to buy two-way tickets.

Please use public transport and 2nd class tickets (bus, train, plane), other kinds of transport (taxi) and 1st class tickets will not be reimbursed! If you are travelling by a car, consult it with us before please.

The reimbursement will be done in the currency of EURO (€)

Visa costs for Turkish participants will be reimbursed in 100%.

Travel costs limits (maximum travel limit per 1 person)

ITALY	170 €
GREECE	170 €
ROMANIA	170 €
SPAIN	270 €
TURKEY	170 €

7. What to prepare

Intercultural evenings - presentation

Every evening there will be one cultural night of every country participating on the project. Please bring some of your traditional food, drinks, costumes or whatever + prepare a 20 minutes presentation about your country.

Travel insurance

Travel insurance costs are not reimbursable by the Programme but all the participants are highly recommended to gain a travel insurance for the whole period of project activities on their own costs.



8. YOUTHPASS

Every participant is individually entitled to receive a Youthpass Certificate, which confirms participation and validates the non-formal learning (NFL) experience of Youth exchange project. Validating the learning experiences of participants is important in itself and the document can be of benefit in terms of the educational or employment future of the participant. Through Youthpass the European Commission ensures the Youth exchange activity is recognized as a non-formal learning experience. For more information on Youthpass you may wish to visit <https://www.youthpass.eu/en/youthpass/>

9. Contact

In case of any questions do not hesitate ask us!

Contact person	Rastislav Zaremba (Rasto)
E-mail	societystep@gmail.com
Facebook	https://www.facebook.com/rasto.zaremba
Phone number	+421 908 840 288



10. Daily program

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Energizer	Energizer/ Ice breaking activities	Energizer	Energizer	Energizer	Energizer	Energizer
Arrival of participants	Name games, Ice breaking games	Exchanging experiences about bullying	Sharing best practices - situation about bullying in my country (3 countries)	Leaving for a trip to the Košice	Workshop/role plays - Respect the difference	Debriefing after the movie - discussion WHY?	Follow-up - Lets suggest a new project!
Lunch	Lunch	Lunch	Lunch	Lunch in town	Lunch	Lunch	Lunch
Free time	Free time	Free time	Free time		Free time	Free time	Free time
Arrival of participants	Teambuilding games		Sharing best practices - situation about bullying in my country (3 countries)		Presentation of videos + their promotion	Workshop - prepare the promotion	Reimbursement Sharing pictures, videos. Youthpass ceremony
Coffee break	Coffee break	City tour, Orientation game	Coffee break	Field visit of psychological help centre in Košice	Coffee break	Coffee break	Coffee break
Official welcome, introduction to the programme and project	Tree of expectations, common rules, non-formal learning		Self-evaluation	Free time in the centre	Promotion of the project in the city/town	Workshop - Find out what you've learnt (Personalize your youthpass)	Departure of participants
Dinner Welcome party	Dinner Cultural evening	Dinner Cultural evening	Dinner Cultural evening	Dinner at the hotel Cultural evening	Dinner Cultural evening	Dinner Goodbye party	

