



Erasmus+

## TRAINING COURSE



# BEYOND THE FORM

● CZECH REPUBLIC

● GREECE

● POLAND

● CROATIA

● DENMARK

● MACEDONIA

● TURKEY

● ITALY

10 - 19 FEBRUARY 2016

**HANA**

OSTRAVA,  
CZECH REPUBLIC



We are happy to welcome you to our beautiful Czech Republic for our Training Course

## BEYOND THE FORM

In this **info pack** you will find description of the venue, how to reach the Venue and all necessary information about the program. Furthermore, you will find a description of the project, description of Ostrava and Pustá Polom, travel options some reminders what you should take for your country.

For all additional questions, please contact **Hana Roubickova** (out program coordinator) [projectshanka@gmail.com](mailto:projectshanka@gmail.com)

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

So let's get started and see you soon!  
Your **"BEYOND THE FORM"** Team



# PROJECT DESCRIPTION

## ABOUT THE PROJECT

Training course “Beyond the form” to success” will address the need present throughout whole Europe for competent young leaders and facilitators in civil society who will be willing and able to run educational activities for youth based on the values of the European Union and the Council of Europe, through usage of nonformal approach that has proven utmost flexibility beyond the borders of social classes, gender, nationalities and mentalities.

### TOPIC:

TC seeks to enable participants to explore and actually understand the concept and factors behind non-formal learning, and thus to competently design, facilitate and debrief existing and novel non-formal learning sessions and opportunities. Furthermore, in order to ensure sustainability, this TC wants to provide the participants with a coached and structured opportunity to elaborate a professional and personal development plan based on competencies and values.

## WORKING METHODOLOGY

All the activities will be based on non-formal and experiential learning methodologies: ice-breaking games, team building activities, participative/interactive workshops, debates and discussions, simulations, open space technology, theater Techniques. The activities will be structured in order to encourage the creativity and the enterprising spirit of participants within the group. In all the phases of the project, they will experience participative decision-making process and non-hierarchical work division.

## PARTICIPANTS:

“Beyond the form” is open for 26 participants from 8 countries. **The target group is trainers and youth workers who are interested working as a trainers and facilitators.** They must also have a good knowledge of English. Preferably experience attending on other Erasmus + projects.

# APPROACHES:

- Participants will be challenged in order to reach a high learning impact, they won't be let in the dullness of their comfort zone. At the same time, this will of course be done on a voluntary basis and in a safe and supportive environment.
- We'll implement it as voluntarily, learner-centered and participatory TC, which means that nobody will be forced to participate in the activities, the group processes will be based on consensus and motivation of each participant in order to reach learning points.
- We'll implement a holistic approach which means that all areas of existence and being of the participants will be touched, in order to take account of the different learning styles, and the holistic nature of the human being.
- This of course demands a high variation and expertise in the use of a wide range of methods.
- Similar to the holistic approach outlined above, we'll also take care of personal and professional development, which means that the development of the participants at this TC is not only limited to their professional world, but also reaches out together personal life and possibly even to their personality, behavior, attitudes and values.



# PARTICIPANTS AND COST

The project is open to 26 participants from 8 countries. Participants will be involved according to their motivation to work on the training and based on their previous experience. They must also have an average knowledge of English. The costs for accommodation and meals are 100% funded by the European Union, while travel costs are funded (in whole or in part) up to the amount determined by the Erasmus + distance calculator

(Check here: [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm))

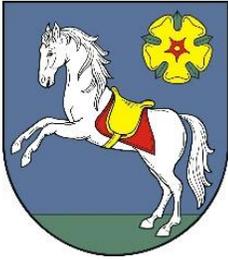
For travel distances between 100 and 499 KM: 180 EUR per participant*
For travel distances between 500 and 1999 KM: 275 EUR per participant*
For travel distances between 2000 and 2999 KM: 360 EUR per participant*
For travel distances between 3000 and 3999 KM: 530 EUR per participant*
For travel distances between 4000 and 7999 KM: 820 EUR per participant*
For travel distances of 8000 KM or more: 1100 EUR per participant*

\*Based on the travel distance per participant.

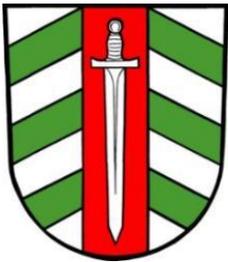


On this training course we don't have specific age limit, but preferable are participants from 23 till 29. Taking care of gender equality as well.

## PLACE AND ACCOMODATION



The biggest and closest city to our venue is **OSTRAVA**. This large city in North Moravia is one of the as-yet-undiscovered treasures of the Czech Republic. Ostrava's main attractions include the fascinating technical monuments of European importance and recently also the famous Stodolní, symbol of fun and a street which never sleeps. The dominant feature of the city is the unique Lower Area of Vítkovice, which was included on the European cultural heritage list.



**Pustá Polom** is a village in the Moravian-Silesian Region of the Czech Republic. It has around 1,400 inhabitants and lies 12 km from Opava. It's a village who have new build nursery center, health center, firehouse and everything that can be related with safety of participant. Numerous organization like Volunteer firefighters, Sport club, Pensioners' Club, the Association of gardeners, Czech Red Cross, Hunting Association Benitky and more are active in this village. It's a small quiet typical Czech village which is offering amazing atmosphere for working. It well connected with Ostrava and Opava.



**Setina guest house** is located in a peaceful and picturesque valley of the river Setiny. It in the forest between two large cities of Ostrava (25km) and Opava (15km). The building was used as a rehabilitation facility, today it's used for company trainings, sport events, corporative

parties and seminars etc. You can read more on their web page: <http://www.penzionsetina.cz/>

# TRAVEL AND OTHER INFO

## From Prague airport:

Take bus AE: airport - to Prague main train station (goes every half and all hour) than take the train to from Prague to Svinov (direction Ostrava). Then to take bus from Svinov to Pusta Polom, bus 286 <http://www.kodis.cz/data/linky/286.pdf>

## From Mošnov Ostrava airport

Take straight train from Mošnov to Svinov, and then same as for travelers from Prague

- **Please contact the project coordinator for all information and details**

## TAXI NUMBERS:

City Taxi Ostrava	+420 800 290 000 taxiostrava.cz
Taxi Radek Březina	+420 608 335 435 taxiostrava.com

## VENUE:

### PENSION SETINA

Pustá Polom 90 Telefon: +420 553 673 240 [www.penzionsetina.cz](http://www.penzionsetina.cz)

## EMERGENCY NUMBERS:

The European emergency number 112 is not the only emergency number in the Czech Republic.

Alongside 112, the following emergency numbers are available:

150 – Fire brigade,

155 – rescue/ambulance,

156 – Metropolitan police,

158 – Police.

## DONT FORGET:

- ✓ Please bring with you if you have traditional clothes, sweets and beverages from your country for the intercultural nights. It will be really nice also if you can show us some presentation videos about your countries, brochures, dances, etc. - for the NGO Fair please bring materials about your organization's activities in order to present them to the others and help create new future partnerships.
- ✓ If you have previously worked with experiential learning or organized trainings/courses on topics like intercultural dialogue, human/citizen's rights, entrepreneurship please bring with you materials, presentations, etc. that can be shared with the others as best practices.
- ✓ **Original travel tickets and boarding passes** Please note that reimbursement of travel costs of the participants is **ALWAYS** based on receiving all the eligible travel documents (tickets, invoices, boarding passes, etc.) in original (or in electronic original where available).

## CONTACT:

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