





Discover your potential



*Dear partners and participants,*

*here you will find all the important information about our Training Course which will take place soon in Croatia.*

*Please read all the information carefully!*

*Looking forward to see you soon*

## Let's start with the information!

**WHAT:** Erasmus plus project – training course

**TITLE:** Discover your potential

**PLACE:** Zagreb, Croatia

**APPLICANT:** Association of deaf and hard of hearing – Croatia ([www.ugng.hr](http://www.ugng.hr))

**DATE:** 20.09.2014 – 29.09.2014.

### WHO WILL GONNA BE ON THIS PROJECT?

-----> 7. participan countries

1. **Croatia** (hosting organization)



Association of deaf and hard of hearing, Nova Gradiška  
[udrugagluhin.ng@gmail.com](mailto:udrugagluhin.ng@gmail.com)

2. **Italy** (partner organization) „Mine Vaganti European Youth Group“ -

[www.minevaganti.org](http://www.minevaganti.org)

**Travel costs:** max. (100%); **275 €**; Number of participants: 3



3. **Romania** (partner organization) – „**Remediu**“  
**Travel costs:** max. (100%); **275 €**; Number of participants: 4



4. **Slovakia** (partner organization) „**STEP - Society for territorial progress**“  
**Travel costs:** max. (100%); **275 €**; Number of participants: 3



5. **Latvia** (partner organization) „**Baltic Regional fund**“ - [www.brfonds.lv](http://www.brfonds.lv)  
**Travel costs:** max. (100%); **275 €**; Number of participants: 3



6. **Slovenia** (partner organization) „**CEZAM Ruse**“ - [www.cezam.org](http://www.cezam.org)  
**Travel costs:** max. (100%); **180 €**; Number of participants: 4



7. **Portugal** (partner organization) „**Associação Spin**“ - [www.a-spin.pt](http://www.a-spin.pt)  
**Travel costs:** max. (100%); **360 €**; Number of participants: 3



### **WHO IS TARGET GROUP OF THIS PROJECT?**

This training course is opened to youth workers, youth leaders and multipliers, and there is no age limit. **Working language of the training course will be English.** (*Your English doesn't need to be perfect, neither is ours! Better a little English than no any language communication at all.*)

## **PROJECT SUMMARY**

'Discover your potential!' is a 10 day training course that will be held in Zagreb Croatia in September 2014. It will bring together 28 participants that are coming from 7 different European countries: Slovenia, Croatia, Romania, Portugal, Latvia, Slovakia and Italy.

During this training course the participants will work on developing and improving their communication, self-management and personal skills in order to increase their employability. Also, they will get the chance to share their own experience and good practice examples in order to learn from each other.

Main objective of this training course is to give the participants the knowledge and skills needed these days in the environment of increased youth unemployment. This will be reached with using non-formal learning methods, such as: workshops, public speaking practice, open space and many others.

## **METHODOLOGY OF THE TRAINING COURSE**

Games and exercises, group presentations, workshops, debates, role plays, open space, open café, outdoor activities, team building.

## **PREPARING FOR THE CONTENT OF THE TRAINING COURSE**

This project is not only based on a “one-way information-flow” but requires a pro-active participation from you. So, we would encourage you to search about the issue in your country, local community, university, NGO.

For more information about the ERASMUS PLUS Program you can visit the following website: [http://ec.europa.eu/programmes/erasmus-plus/index\\_en.html](http://ec.europa.eu/programmes/erasmus-plus/index_en.html)

## **TRAVEL (ARRIVAL & DEPARTURE)**

The participants should arrive to Zagreb on 20.09. and depart on 29.09.2014.

**You are expected to attend the full duration of the Training Course.**

**We kindly remind you that early accommodation and extra overstays will be your responsibility.**

You are invited to use most optimal and cheapest means of travel. If you choose to travel by plane, we recommend you to choose Zagreb airport. Also you can come to Zagreb by buss or by train..

## **ACCOMMODATION**

The accommodation, 3 meals in a day, and coffee breaks will be paid by hosting organization. Extra drinks/snacks will be your responsibility.



You will be accommodated in a hostel „The House“ located in Zagreb – near by buss station. The accommodation has WIRELESS INTERNET so you can bring your laptops, tablets, etc. but please take good care of them !

Info about hostel: <https://www.facebook.com/TheHouseHostel>

## ABOUT CROATIA

*Location;* Croatia is located in at the crossroads of Central Europe, the Balkans, and the Mediterranean. Its capital and largest city is Zagreb. Croatia covers 56,594 square kilometers and has diverse, mostly continental and Mediterranean climates. Croatia's Adriatic Sea coast contains more than a thousand islands. The country's population is 4.29 million. It has a magnificent past, and the nation prides itself in its cultural, artistic and scientific contributions to the world, as well as in its cuisine, wines and sporting achievements.

For more information you can visit; <http://croatia.hr/en-GB/Homepage>

## ABOUT ZAGREB

**Zagreb** is the capital and the largest city of the Republic of Croatia. It is located in the northwest of the country, along the Sava river, at the southern slopes of the Medvedniva mountain. Zagreb lies at an elevation of approximately 122 m (400 ft) above sea level. In the last official census of 2011 the population of the City of Zagreb was 792,875. The wider Zagreb metropolitan area includes the City of Zagreb and the separate Zagreb County bringing the total metropolitan area population up to 1,110,517. It is the only metropolitan area in Croatia with a population of over one million.

The oldest settlement in the urban area of Zagreb was a Roman town of Andautonia, now Šćitarjevo, which dates back to the 1st century AD. The first recorded appearance of the name Zagreb is dated to 1094, at which time the city existed as two different city centers: the smaller, eastern Kaptol, inhabited mainly by clergy and housing Zagreb Cathedral, and the larger, western Gradec, inhabited mainly by farmers and merchants. Gradec and Zagreb were united in 1851 by ban Josip Jelačić, who was credited for this, with the naming the main city square, Ban Jelačić Square in his honour. During the period of former Yugoslavia, Zagreb remained an important economic centre of the country, and was the second largest city. After Croatia declared independence from Yugoslavia, Zagreb was proclaimed its capital

For more information you can visit; <http://www.zagreb-touristinfo.hr/?l=e>

## WHAT TO BRING WITH YOU?

### - **Materials About Your Organisation:**

During the TC, each one will get the opportunity to present own organization in a visual way on Organizational Market Evening

We encourage you to bring as much –relevant- materials as possible.

To bring with you:

- English information about your organization; brochures, leaflets, etc.
- All relevant information you have on the previous international project(s) you've organized / been part off (reports, gadgets, and press releases).
- Picture, posters, etc.
- Casual Clothes for outdoor activities

### - **About Your Country/Region/Town:**

Please bring your national food, traditional drinks, music or souvenirs for the intercultural evening. On this evening you will be able to show what is typical for your country; it can be food drinks or whatever you would like to present from your country.

**PROOF OF ALL THE TRAVEL EXPENSES** and visa costs you wish to reclaim. If you come by plane, please be sure to bring evidence of the sum actually paid (invoice) and boarding pass. Electronic tickets will only be considered as acceptable on proof of payment (invoice) and on presentation of the boarding pass for the outward journey. Please keep in mind the travel rules of the ERASMUS PLUS Program. If you come by train or bus do not forget to buy a return ticket. Please copy your tickets before you leave your home.

- **Medication, shampoo and other personal items.**
- **Standard seminar equipments; an alarm clock, an English dictionary, music CDs and tapes, varied and comfortable clothes. Please check the weather before you start packing.**

## ABOUT REIMBURSEMENT OF TRAVEL COSTS?

To secure full reimbursement of travel costs, you should arrange your journey according to the following rules:

- **Participants are requested** to arrange their journey by the most **economical** route.
- Your travel expenses **will only be reimbursed** upon presentation of documentary evidence of the sum actually paid. For this reason, the **ORIGINAL INVOICE** is necessary (issued by the travel agency or other ticket issuing company). Copies of invoices are not taken into account. Electronic tickets will only be considered as acceptable on proof of payment (invoice) and on presentation of the boarding pass for the outward journey. This evidence of the expenditure will be joined to the claim form for reimbursement together with the relevant travel tickets or copy (plane, train, etc) and boarding passes.

**Please buy return tickets for your full journey, and keep your boarding passes.**

**Reimbursements will be made according to the rules of the Erasmus plus Program.**

### **TRAVEL INSURANCE**

It is necessary that all participants on this training course have travel insurance. So buy travel insurance for the dates of this training course.

### **PASSPORT**

**If you have a passport please bring it.**

### **WEATHER CONDITIONS IN ZAGREB**

Zagreb has a moderate continental climate.

You can check the weather at:

[http://prognoza.hr/sedam\\_e.php?id=sedam&param=Hrvatska&code=14240](http://prognoza.hr/sedam_e.php?id=sedam&param=Hrvatska&code=14240)

### **PARTICIPATION FEE**

There is a 40 € participation fee per participant. We will organize a trip to the beautiful The Plitvice Lakes National Park, and the participation fee is for this trip.

<http://www.np-plitvicka-jezera.hr/en/>





## **EMERGENCY TELEPHONE NUMBERS**

If you have any problems you can call the team members;  
00385 91 154 11 71 Josip.