



# CHANGE YOUR ATTITUDE II

## TRAINING COURSE

# INFOPACK

19TH - 26TH AUGUST 2021, GÁNT -  
HUNGARY



Erasmus+



EGYÜTT  
HATÓ

KÖZÖSSÉGÉPÍTŐ EGYESÜLET



# WHAT IS THIS TRAINING ABOUT?

This project has been created by the desire **to raise awareness regarding the situation about inclusivity of people living with disabilities in Erasmus+ activities.**

This project will bring together professional youth workers from 9 European countries: Greece, North Macedonia, Bulgaria, Serbia, Romania, Hungary, Germany, Spain and Lithuania.

By participating in this TC, you'll

- Be able to assess needs of people living with disabilities in the context of international youth programmes

- Be better able to organize barrier-free environment regarding both infrastructure and programme
- Have more knowledge regarding the topic and become more skilful regarding inclusion
- Hopefully change your attitude :)

## OUR OBJECTIVES:

- to develop attitude, increase the level of empathy and sensitivity of youth workers towards youth living with disabilities
- to exchange methodology and experience during 12 workshops
- to learn and think about disability, introduce the science of disability studies
- to raise awareness about the importance of adapting methodology and involving participants with disability in youth projects, with focus on Erasmus+ activities



Erasmus+



# WHY DO WE WANT TO CARRY THIS PROJECT?

Association “Co-Efficient” has been working with people living with disabilities for almost 10 years. **Our main goal has been real social inclusion, and for this, we have created projects that were welcoming people with all kinds of conditions to work for a common goal together and experience community.**

We believe that everyone has the right to participate in society regardless to their physical and mental condition. For this, environment has to be barrier-free.

We have implemented many Youth in Action and Erasmus+ activities with this approach and **we would like to transfer existing knowledge and practices in order to increase awareness and create ability and attitude in youth projects for others to involve participants living with disabilities.**

This project is to boost capacity for further thinking in how to create inclusive environment also suitable for people with disabilities.





# WHAT WILL I LEARN?

*HOW TO INVOLVE YOUTH LIVING WITH DISABILITIES INTO ERASMUS+ ACTIVITIES OF MY ORGANIZATION?*

## **INTRODUCTION**

*Theoretical background, history and types of disabilities, models, movement and mobility, segregation, integration, inclusion, results of the researches*

## **HOW TO?**

*How to adopt the program in a way that youth people living with disabilities can participate as well: personal support, choosing the venue, transportation, helping tools, communication and communication strategy.*

## **MENTORING**

*Mentoring flow, building trust between mentor and mentee.*





# PARTICIPANT PROFILE

We aim to involve **23 professionals working as a youth worker, 3 experience experts, 1 accompanying person and 2 trainers**, from Greece, North Macedonia, Bulgaria, Serbia, Romania, Hungary, Slovakia, Germany, Spain and Lithuania.

## Participants must be:

- youth workers in either local or international context,
- residents or/and citizens of one of participating countries (listed above),
- highly motivated to participate in the training course and will use this knowledge in his/her future work,
- Good command of English language.

**Our venue is barrier-free and a professional personal assistant will be part of our team during the TC.** Please, keep in mind that the course was designed for youth workers, social workers, teachers, facilitators—the course will be disappointing for those not having a professional background. Also, good command of the working language is a must for effective participation.

## **APPLY NOW!**

Apply through relevant partner organisation. Pre-selection is done by the partner organization and final selection process **might include** a Skype interview with the host organization.

# TRAINING AGENDA I

	AUG 19	AUG 20	AUG 21	AUG 22	AUG 23
	Day 1	Day 2	Day 3	Day 4	Day 5
08:30-09:30	ARRIVALS	Breakfast	Breakfast	Breakfast	Breakfast
10:00-13:00		Project interaction Group integration	Personal experiences of inclusion of people living with different level of disabilities	History and types of disabilities, models, movement, segregation, integration, inclusion	Program adaption for participation of people with disabilities: assistance, venue and transporation
13:00-15:00		Lunch	Lunch	Lunch	Lunch
15:00-17:00		Erasmus+, Youthpass, Get to know each other	Watcing the movie „The Miracle Worker” and discussion	Watching the movie „The Mask” (1985) and discussion	Program adaption for participation of people with disabilities: communication and communication tools
17:00-19:00	15:00 - 19:00h Introduction, name games, common rules	Reflection Group  Team Meeting	Reflection Group  Team Meeting	Reflection Group  Team Meeting	Reflection Group  Team Meeting
19:00-20:00	Dinner	Dinner	Dinner	Dinner	Dinner
20:30	Welcome evening	Intercultural night 1	Intercultural night 2	Free evening	Movie night „Temple Grendin”



# TRAINING AGENDA II

	AUG 24	AUG 25	AUG 26	AUG 27
	Day 6	Day 7	Day 8	Day 9
8:30-9:30	Breakfast	Breakfast	Breakfast	Breakfast
10:00-13:00	Mentoring process	OPEN SPACE 1	Dissemination day - Szent István Király Museum Székesfehérvár	Evaluation, Youthpass process
13:00-15:00	Lunch	Lunch	Lunch	DEPARTURES
15:00-17:00	Trust building between mentor and mentee	OPEN SPACE 2 and video interviews	Free afternoon at Szé- kesfehérvár	
17:00-19:00	Reflection Group Team Meeting	Reflection Group Team Meeting	Reflection Group Team Meeting	
19:00-20:00	Dinner	Dinner	Dinner	
20:30	Free evening	World café	Farewell party Youthpass ceremony	

# PROJECT STRUCTURE

## **PREPARATION PHASE :** end of July 2021

- selection of the participants,
- preparatory meeting organised by the partner organisations,
- travel arrangements,
- participants get ready for the course including researches and readings prior the program.

## **IMPLEMENTATION:** 19th - 27th August, 2021

- Active participation in the 9-day (travel days included) youth exchange in Gyongyos, Hungary, or nearby
- Participants deliver their planned presentations and discussions.

## **FOLLOW UP PHASE:** September

- participants fill the evaluation survey sent by the EU commission,
- sending documentation (photo, video and short narrative) of the activities,
- project results get uploaded to the webpage of the project, the webpage gets shared online by the participants and the partner organisations







# I want to apply!

Should you wish to take part in our project, please be so kind to check (once again) - **are you eligible and interested?**

If yes, please contact partner organization from your country of residence. See the next page for detailed contacts and feel free to write them!

The partner organisations will go through the steps of selection with you.

**Application deadline:  
July 31th, 2021**



# PARTNER ORGANISATIONS TO APPLY

Parner organization	City, Country	Number of participants	Travel costs to Hungary (per pax)	Contact
		Training Course		
Association <b>CO-EFFICIENT</b>	Budapest, <b>HUNGARY</b>	<b>7</b>	<b>20,00€</b>	info@egyutthato.com
Asociacija <b>TAVO EUROPA</b>	Vilnius, <b>LITHUANIA</b>	<b>2</b>	<b>275,00€</b>	facebook.com/TavoEuropa
Sdruzenie <b>ACTIVE BULGARIAN SOCIETY</b>	Blagoevgrad, <b>BULGARIA</b>	<b>3</b>	<b>275,00€</b>	absociety.info@gmail.com
Fundacio <b>CATALUNYA VOLUNTARIA</b>	Barcelona, <b>SPAIN</b>	<b>2</b>	<b>275,00€</b>	info@ catalunyavoluntaria.cat
<b>SERBIAN YOUTH ROMA ORGANIZATION</b>	Belgrade, <b>SERBIA</b>	<b>2</b>	<b>180,00€</b>	tackagledista@gmail.com
<b>YOUTHFULLY YOURS</b>	Nižný Klátov, <b>SLOVAKIA</b>	<b>2</b>	<b>180,00€</b>	info@youthfullyyours.sk
Asociata <b>NEVO PARUDIMOS</b>	Resita, <b>ROMANIA</b>	<b>3</b>	<b>180,00€</b>	nevoparudimos@ yahoo.com
<b>AMARO FORO E.V.</b>	Berlin, <b>GERMANY</b>	<b>2</b>	<b>275,00€</b>	eileen.koenig@ amaroforo.de
Zdruzenje <b>RROMA</b>	Kratovo, <b>NORTH MACEDONIA</b>	<b>3</b>	<b>275,00€</b>	info@rromassn.org
The network of youth engagement — <b>KATERINI</b>	Katerini, <b>GREECE</b>	<b>2</b>	<b>275,00€</b>	international@ diktyo-katerini.gr



# LOGISTICS



## Accommodation:

The accommodation is going to be „Fecskepalota”, which is situated in the hilly area of **Gánt**, 60 km from Budapest. The venue is completely barrier free, placement will be in 3-bed rooms. The venue has a special room for those with serious limitations.

More photos and information:  
<https://www.facebook.com/fecskepalota>

There is only little infrastructure in Gánt—no shops, no ATM-s, no tobacco shops. Prepare according to this, but we are likely arrange shop runs to the nearby village so participants are not totally cut-off from their cravings :)

It can be very hot during these days (above 30C). Please check the weather forecast closer to the dates of the training and prepare accordingly.



## Travelling:

We kindly ask you to check what are the best ways to reach Hungary. We recommend you using Budapest International Airport, which is located approximately 1 hour away from Gánt and has more than 100 destinations around the world.

**IMPORTANT! Don't buy any tickets before they are approved by the host organization.** Once you buy your tickets to Hungary, we will be working on the transport from the airport to the venue. Please note that 40€ from your travel costs limit are dedicated for this purpose.

Please, consult the financial guidelines regarding reimbursement rules.



# LOGISTICS



## Costs and reimbursement:

Meals, accommodation and travel cost programme are covered by Erasmus+ grant. There's no participation fee. Association Co-Efficient is booking your flight ticket for you. For bus and train trips, reimbursement of the cost is via bank transfer within 14 days of receiving all relevant documentation.

To ease the reimbursement process, please consult the financial guidelines provided with the infopack, as all expenses has to be justified by invoices and tickets containing at least the following information: date, name of the passenger (or name of the association), origin and destination of the trip, serial number.

No reimbursement can be made if a participant does not follow the steps of the document 'Financial guidelines'.



## Insurance:

All participant must be covered by European Health Insurance and have EHIC. Extra insurance costs and costs of the intercultural evening can be covered if an invoice is provided for the host and it is within the travel budget. For the participants from the partner countries, we highly recommend to book private travel insurance in advance.





# COVID-19 RELATED INFORMATION

Please note that according to the restrictions from Hungarian government, at the moment (but being in effect most of the time in last 10 months), foreigners *“shall not enter Hungary”* ([www.police.hu](http://www.police.hu)), with few exceptions—**business purpose travelling** being one of them.

Therefore, we will send you the document stating that you are entering Hungary on business purpose, which you should show to the authority while entering Hungary.

You don't need to provide negative PCR test and you will not have to be in 10-day self-isolation according to law.

Since the government doesn't require negative PCR test, in order to assure maximum COVID protection measures for participants, **we will agree on how to make sure everyone is safe upon arrival to the venue.**

Participants will have to respect all the other COVID protection rules defined by the state. However, we would like to emphasise that there will be more participants in one room and, as we use non-formal education methods, it won't be possible to keep physical distance during the whole program.



**STAY  
SAFE!**

# AND FOR MORE INFORMATION...



<http://egyutthato.eu/>



<http://www.facebook.com/EgyuttHato>



<https://www.instagram.com/egyutthato/>

For specific information, you can write an e-mail to us to [info@egyutthato.eu](mailto:info@egyutthato.eu) or call us on

+3617972654 Mon-Fri 10-17h

Regarding selection/application for the project, please contact our partner organisation from your country listed on page 10.

We are hoping to host you in August!

—The Co-Efficient team—