

## Control – Job – Alternative

Youth exchange: 2018-1-SK02-KA105-001696

Slovakia, France/Martinique, Greece, Lithuania, Spain, Italy, Portugal

7. – 14. September 2018 in Nitra, Slovakia



**Arrival day:** 7. September 2018    **Departure day:** 14. September 2018

**Youth exchange days:** 8. – 13. September 2018

### Who we are

OTI Slovakia would like to bring new opportunities to young people, help them to develop new skills and competences, encourage them to be active in local communities, to be participative and active citizen. To give the opportunity to anyone that wishes to better our local or international communities. To build self-confidence and employability, entrepreneurial trainings, skill development through workshops, intercultural exchanges and gaining respect of these differences.

### Introductions

With youth unemployment reaching over 25% in most EU countries we see that young people try to get the best education simply to secure a job, but is a job enough, what happened to searching for the right career? Young people in Europe were among the hardest hit by the financial crisis. Youth unemployment rate was more than 25 percent in most of the partner countries in December 2017.

By project Ctrl-Job-Alt we would like to empower young people to enter labour market, help them to gain self-confidence and find together alternative (smarter) ways to find for the jobs or create or find their dream job. To promote volunteering, culture of participation, personal, professional and responsible development as well as active citizenship in Europe.

This youth exchange will focus on helping youngsters to identify their skills and competences (desires and motivations) in order for them to plan for careers rather than jobs which will simply pay the bills. We hope to empower young people to identify their skills and talents and to plan for their careers while understanding the needs of the labour markets and making sure they find a solid standing in their labour markets with a long-lasting



career that can offer them a more secure future. Job search network created during the youth exchange will be supportive ongoing tool, which will keep participants active in their career in the future.

### Goals of the project

- To gain self-confidence and find together alternative ways to search for the jobs.
- Encourage young participants and initiate them to support their own business ideas
- Intercultural awareness through the interaction between people from various backgrounds, different entrepreneurial cultures, and traditions.
- Share common values and European citizenship by living together for a week, participating in common activities and sharing experiences in non-formal and informal way

### Program and activities

**Meeting in "job fair":** language and social skills, awareness through the interaction between people from various backgrounds

**World café:** Traditional ways of job searching job - answer some needs of people living around, awareness through the interaction between people from various backgrounds

**Seminar:** Wants and Needs in a grid - learning how to motivate yourself and what helps you to feel more confident, learning how to set individual aims and objectives for yourself, decision making

**Workshop:** Selling yourself - increasing self-confidence, to be creative and innovative in realizing project's activities

**Discussion:** Smarter ways to find a job - working in the team, to be creative and innovative in realizing project's activities, find alternative ways to find for the jobs

**Seminar: Youthpass & job search** - using concrete things you learnt in your project in job search

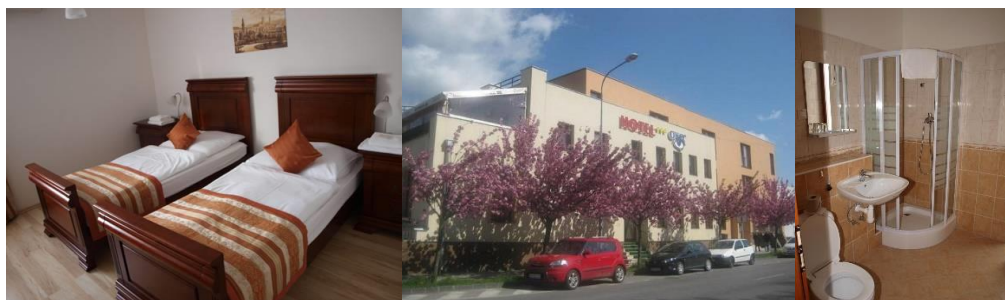
**Workshop:** How to Build Your Job Search (Career) Network - using concrete things you learnt in your project in job search, participating in common activities.

**The project methodology** is based on methods of non-formal learning, peer learning, active involvement of the participants and equal cooperation between the partners. All activities have an interactive character, promote experiential learning, require the active participation of young people and enhance their creativity.

**Profile of participants:** Participant's age: 18-25, leader without age limit. Participants must be interested in the topic of the project, able to communicate in English and ready to participate in each activity.

**Accommodation:** Hotel OKO \*\*\* Address: Frana Mojtu 6, Nitra

We will be accommodated directly in the heart of the town in the hotel OKO \*\*\*. Rooms will be occupied by 2 participants from different countries of the same gender. Towels will be provided and changed twice a week, wifi is also available in the hotel. Workshops will be held in hotel conference rooms as well as in the cafeterias across the downtown. You can reach hotel from bus station within 20 minutes by walk. Taxi in Nitra cost around 2,5 eur, but taxi will not be reimburse following guidelines of Erasmus+.



**Food:** 3 meals per day and 2x coffee break will be provided by the hosting organization in the hotel OKO

**Hosting organization:** OTI Slovakia

## About the city

Nitra is one of Slovakia's most ancient and most beautiful towns, with almost 83 000 inhabitants. It is located in the south-western part of the country, on the banks of river Nitra, right below Zobor Hill (588 metres) which towers above the town, accompanied by six minor hills to create a unique view.

## What to bring and prepare

- for the intercultural evenings - each national group should prepare interactive presentation of your country - bring some food/sweets, drinks, national dresses if you have...you can present your music, teach us your traditional dance, tell us some stories, show us some interesting videos, booklets, prepare quiz or whatever else what may allow us to see, listen or taste your country. Creativity is the basic requirement :)
- bring light clothes as well as warmer clothes as long trousers and jumper and coat for the evening.
- If you have some interesting materials related to the topic of a youth exchange or materials about your country bring it please
- if you are member/volunteer in some NGOs, initiatives - bring leaflets or brochure about it
- your own medicines or something for allergies if you have any,
- **most important: do not forget your smile, bring good mood, active and positive energy!**

## Finances and Reimbursement

The accommodation and meals will be arranged and covered by coordinating organization OTI Slovakia, thanks to the support of Erasmus+ grant. We don't require any participation fee (but you might pay some registration fee to sending organization). Limit for travel costs (maximum reimbursement set according distance calculator of European Commission). As the Erasmus+ guide suggests, we recommend you to choose the most economical way to reach the venue.

Slovakia	OTI Slovakia	4 + 1 leader	20 EUR
France (Martinique)	D'antilles et D'ileurs	4 + 1 leader	820 EUR
Greece	United Societies Of Balkans Astikai Etaireai	4 + 1 leader	275 EUR
Lithuania	Asociacija "Tavo Europa"	4 + 1 leader	275 EUR
Portugal	Associacao Check-in - Cooperacao e desenvolvimento	4 + 1 leader	360 EUR
Spain	Asociacion Projuven	4 + 1 leader	360 EUR
Italy	New Horizons	4 + 1 leader	275 EUR

Please keep all your original invoices, receipts, tickets, boarding-passes or any other transport document. Be careful, since without these documents, we could not reimburse your travel costs!

After youth exchange, you will send all your tickets and boarding passes via traditional post to our address (but scan it before in case your envelope would get lost). The reimbursement will be done as soon as we will get your original tickets and money will be sent to bank account of your sending organization or group leader who will forward money to each participant.

**The address for sending tickets is:** OTI Slovakia, Parovska 8, 94901 Nitra



## How to arrive to Slovakia

There are two recommended options about arrival airport:

- 1) You can fly to Bratislava, capital of Slovakia, but the airport is small and there are flights just from certain destinations with low-cost airlines (e.g. Rome, Milan, Trapani, Madrid, Paris, Porto, Thessaloniki, Athens), therefore prices from other destinations can be higher. If you come to Bratislava airport, please take the bus 61 (every 20 minutes) towards main railway station „Hlavná stanica“. This bus takes you to bus stop „Bajkalska“, from where you should change for bus 205 which takes you to bus station called „Autobusova Stanica Mlynske Nivy“. Do not forget to buy ticket in ticket machine (0,70 euro cents) and mark it in another machine when entering bus. If you are late, or just lazy to use public transport you can simply use taxi, it should cost you around 5 euros. If you don't use those applications, and want to take taxi, here is the phone number of one taxi company in Bratislava – 00421216223. Don't take taxi which are staying in the front of bus station, they would charge you fortune, always call. But according the rules of Erasmus+ programme, we are not allowed to reimburse you costs for taxi or taxify. When you arrive to bus station, you have to take a bus to Nitra.

There is also chance to catch the bus from Bratislava airport to Nitra directly (with possibility of the short stop in towns Sered or Trnava) and here is the schedule on 7.9.2018 from airport: 10.15 h, 11.30 h, 12.15h, 13.00h, 13.18h, 14.10h, 15.15h, 16.10h, 19.15h, 21.40h, 22.35h. This would be quickest option and cost about 5 eur/single way.

- 2) You can fly to Vienna, Austria and then to take a bus to Bratislava. The bus takes one hour, cost 5 -8 euros and there are buses each 30 minutes directly from Vienna airport. When you exit the airport, there are few bus station platforms right in front of the exit and from one of them are buses to Bratislava going. There is no chance you would not find it and miss it. There are various bus companies operating on this line, but take either „Slovak Lines“, „Student Agency“ or „Flixbus“ since they are going to main bus station called „Autobusova Stanica Mlynske Nivy“. When you arrive to bus station, you have to take a bus to Nitra. There is not direct train between Vienna airport and Bratislava.

Easiest and most convenient way to reach Nitra in by bus from Bratislava main Bus station called „Autobusova Stanica Mlynske Nivy“. Best and most comfortable option is yellow buses called Raggiojet operated by „Student Agency“ or Žltý expres operated by „Turancar“. Bus ticket cost about 3-4 eur/single way.



**Do not miss your flight please, because we will not be able to reimburse it.  
According the rules of Erasmus+ programme, we are not allowed to reimburse you costs for taxi or uber.**

Third option, we would not really recommend is to fly to Budapest, Hungary and then to take a train to Nitra, changing at Nove Zamky. This is the most difficult and longest travel and if you decide to fly to Budapest, please do not take flights arriving later the 7 pm, you will not be able reach Nitra same day or departing from Budapest airport before 12.00 noon, because you will not be able to reach airport from Nitra unless you do not stay overnight in Budapest on your own cost.

### When arriving to Nitra bus/train station:

You can reach hotel from bus station within 20 minutes by walk. Taxi in Nitra cost around 2,5 eur, but taxi will not be reimburse following guidelines of Erasmus+. Taxify is not available in Nitra.

**Do not forget to:**

1. To arrange the health insurance for your stay abroad
2. Fill in application form (link will be provided later)
3. When you receive our confirmation that you are selected join our Facebook group to start to know each other. <https://www.facebook.com/groups/231835607422505/>

**Erasmus+** is the EU's programme to support education, training, youth and sport in Europe. Its budget of €14.7 billion will provide opportunities for over 4 million Europeans to study, train, gain experience, and volunteer abroad. Set to last until 2020, Erasmus+ doesn't just have opportunities for students. Merging seven prior programmes, it has opportunities for a wide variety of individuals and organisations. Erasmus+ is open to all young people, not just those currently enrolled in education or training. With Erasmus+, you can volunteer across Europe and beyond or participate in a youth exchange abroad. **Youthpass** At the end of the youth exchange, the participants will receive the **Youthpass certificate**. Youthpass is a European recognition tool for non-formal and informal learning in youth work. Youthpass is for projects funded by Erasmus+. With Youthpass, participants of Erasmus+ projects can describe what they have done and show what they have learnt.

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