



CITIZENSPHERE:

Pathways to Active Participation and Citizenship

Erasmus+ Training Course

6 May–12 May 2024
Trnava, Slovakia



NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE



**Co-funded by
the European Union**





WELCOME TO SLOVAKIA!

AND OUR TRAINING COURSE



Dear participant!

It is wonderful to have you join us for these 6 exciting training days! This training course for youth workers is organised and hosted by the European Dialogue (Slovakian NGO). It is supported by the Erasmus+ programme through the Slovak National Agency – NIVAM. The local partners are:

- ◆TFN (Bulgaria)
- ◆Forum Młodych Dyplomatów (Poland)
- ◆TDM 2000 (Italy)
- ◆European Youth Center Brėclav (Czech Republic)
- ◆Dona Daria (Netherlands)
- ◆Celje Youth Center (Slovenia)
- ◆Tavo Europa (Lithuania)

We hope you are looking forward to participating in this activity as much as we are.

*Your team,
Denisa Karabová,
Monika Kmeťová
and Martin Maška*



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In this document you can find all useful information.
Please read through it carefully and if you have any
questions, please write an email to Denisa:
d.karabova@europskydialog.eu.

SUMMARY & OBJECTIVES

The role of active citizenship becomes more significant than ever in an era where global interconnectivity and societal challenges are at the forefront. **“CitizenSphere: Pathways to Active Participation and Citizenship”** is a comprehensive training program designed to provide youth workers with an in-depth understanding of citizenship's multifaceted nature. The program aims to equip participants with the competences, tools, and perspectives necessary to inspire and guide young people in becoming active, informed, and responsible citizens at local, national, European, and global levels.

Delving into the concept of citizenship, the training explores its meaning and responsibilities from the grassroots to the global arena. It emphasises the importance of active participation in shaping democratic societies, encouraging critical thinking and action-oriented approaches among youth.

By examining the different layers of citizenship — including local community engagement, various political involvement, the broader context of the EU and other European opportunities, and the global impact of international institutions — participants will gain a comprehensive view of how active citizenship operates across various spheres and what it brings and offers.

This program is not just about understanding the theory of citizenship; it's about empowering youth workers to foster a new generation of engaged, proactive individuals who can navigate and influence the complex tapestry of today's world.

What competences will the participants gain? Participants of the **“CitizenSphere: Pathways to Active Participation and Citizenship”** training program will acquire a diverse range of competencies essential for addressing the complexities of active participation and citizenship in our interconnected world.



Understand the Essence of Local Citizenship:

Delve into what it means to be a citizen at the grassroots level, exploring the journey of becoming an active community member and the responsibilities entailed in local citizenship.

Explore European Union Citizenship:

Gain insights into the benefits and possibilities brought by EU membership. Understand how the EU can serve as a platform to address national issues, explore participatory opportunities provided by the EU as well as the Council of Europe, EEA and Norwegian funds, and many more.

Engage in National Civic Activities:

Learn about active participation at the national level, including the role of protests, initiatives, elections, and volunteering in shaping and influencing democratic processes and societal change.

Global Citizenship and International Institutions:

Acquire a global perspective on citizenship, focusing on the role and influence of international institutions in world affairs. Understand how these bodies operate, what is their power in shaping global policies and practices, and how young people can get engaged.

Cultivate Active Participation Skills:

Develop strategies for encouraging active citizenship among youth. Learn how to inspire young people to engage in civic activities and understand their role in societal development.

Navigate Complex Socio-political Landscapes:

Equip participants with the skills to navigate the complexities of modern sociopolitical environments, understanding the nuances of different levels of citizenship and engagement.

Foster Inclusivity and Empathy:

Understand the importance of inclusivity in active citizenship. Learn methods to create environments where diverse voices are heard and valued, promoting empathy and understanding among different groups.

Advocate for a Change in Community and Global Issues:

Develop the ability to effectively advocate for public interests at both local and global levels, empowering participants to be proactive agents of social change.



Logistics

Our meeting will take place in **Trnava-Hrnčiarovce**, not far from the capital city of Bratislava.

We very much encourage you to choose a **green way of transport** - either train or bus. The easiest and most economical way to reach Trnava by plane is to fly to *Bratislava* (which is a very small airport and usually it is hard to find the flights there). Other very convenient option is to fly to *Vienna* (Austria), then take a bus from the airport to Bratislava (approx. 1 hour) and then bus or train to Trnava (approx. 30 minutes).

The limit for travel costs is the following:

Slovakia	180* EUR
Poland	180 EUR
Italy	275 EUR
Netherlands	275 EUR
Bulgaria	275 EUR
Lithuania	275 EUR
Slovenia	180 EUR
Czechia	180 EUR

***For participants from Slovakia: if the distance is more than 99 km**

Please plan to arrive
by **6th May before 19:00**
and depart anytime **after**
breakfast on 12th of May.

Once you are selected and confirmed by the partner organisation, please check the most suitable travel tickets for you and consult it either with the sending organisation or directly with us. We can also talk about travel itineraries individually, and we can help you to find suitable bus/train itineraries for travel from Bratislava/Vienna to Trnava-Hrnčiarovce and back. **If you have confirmed the flight tickets by a representative of the European Dialogue, you can proceed with tickets booking.** Right after the training, you will be reimbursed directly on your bank account after providing all the original travel documents to organisers. The procedure of the reimbursement process will be explained to you during the first day of training.

HOW TO GET FROM BRATISLAVA AIRPORT TO TRNAVA

FROM BRATISLAVA AIRPORT

DIRECT BUS:

Outside the Bratislava airport (in front of arrivals) you will find a bus stop. Several times a day there are buses going to Trnava.

You can check it here:
<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

You have to search as follows:

from: Bratislava, letisko

to: Trnava

PUBLIC BUS → TRAIN:

If there is no bus going to Trnava, you have to take the public transport number **61** which last stop is *Bratislava main train station* (*Bratislava, Hlavná stanica*). Don't forget to buy the ticket in the machine outside and then to validate it in the machine inside the bus. Buy the 60 min ticket (the bus ride takes 24 minutes).



BRATISLAVA MAIN TRAIN STATION → TRNAVA

There are always trains going to Trnava from the Bratislava's Main Train station. Some of them are named Os, and they make stops in regional villages. Try to catch the fast train with its code starting with R, or REX, or Ex.

You can book your tickets in advance here:

<https://www.zssk.sk/en/>,

but it is not necessary. You can buy them at the station (though online tickets are 1% cheaper).

Your ticket (digital/paper) is valid for 24 hours from the moment of purchase until validated.



HOW TO GET FROM VIENNA AIRPORT TO TRNAVA

FROM VIENNA AIRPORT

TRAIN:

There is a train station the the airport, so you can reach Bratislava by train: from the *Flughafen Wien* trains go to the main *Wien Hauptbahnhof*, then you take another train to Bratislava, and another train to Trnava (see above). Check your way here: <https://www.zssk.sk/en/>

Here are some bus companies:

StudentAgency

Slovak Lines

FlixBus

You can also check which bus from Vienna suits you the best here: <https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

BUS:

We usually use buses though (it is cheaper) - there are several bus companies that go to the *Bratislava bus station Mlynské Nivy* or to the *Bratislava's Main Train Station*. You just have to get out of the airport arrival building and you will see the bus platforms on your right (see the map below). Buses go to Bratislava almost every 30 min. You can check it out on the websites and book the ticket in advance. Since you cannot know whether your flight is delayed or no, we would recommend you to buy the ticket online right before landing. Be careful, as buses get fully booked often.



BRATISLAVA MLYNSKÉ NIVY → TRNAVA:

The trip by bus takes up to one hour. You get to the Bratislava bus station and maybe you will be lucky and catch a bus going to Trnava.

You can check it here:
<https://cp.hnonline.sk/en/vlakbus/mhd/spojenie/>.

Note: don't forget to check **how long the ride is**, because it might be the bus stopping at every village, which can take up to two hours. In this case, please go rather by train.



If there is no suitable bus, you need to get to the train station. Get on the bus number **40 (platform D)**, **destination:** *the Main Train Station (Hlavná stanica)*. The public transport stop is outside of the shopping centre and underground bus station.

Don't forget to buy the ticket in the yellow machine outside and then validate it in the machine inside the bus. Buy the 30 min ticket (the bus ride takes 12 minutes). See above on how to get from **Bratislava Main Train Station → Trnava**.

When you reach the train station in Trnava, please follow the below instructions on how to get to the accommodation.

If you need any help with finding the best options, let us know.
We can send you available train schedules depending on your arrival times.

HOW TO GET FROM TRNAVA TO ACCOMMODATION

When you reach Trnava, we will be organising pickups for you. Still, there are few ways how to reach the hotel by yourself:

BUS:

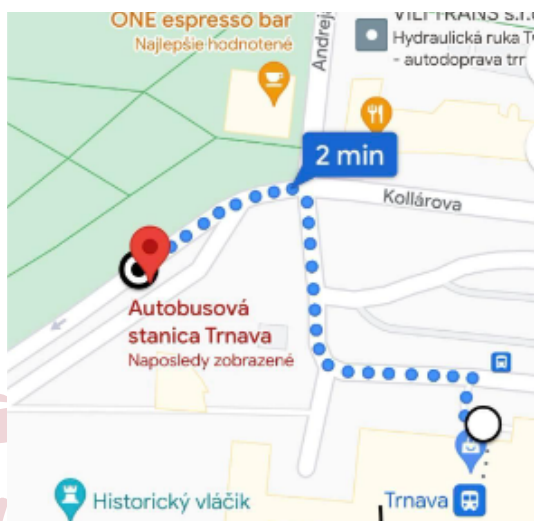
Take a bus (number **666** or **207425**) from the bus station, platform number 7. The bus station is a two minutes walk from the train station (see the map below). You can check the bus timetable here:

<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

You have to search as follows:

from: Trnava

to: Hrnčiarovce n.Parnou, Cíferská.

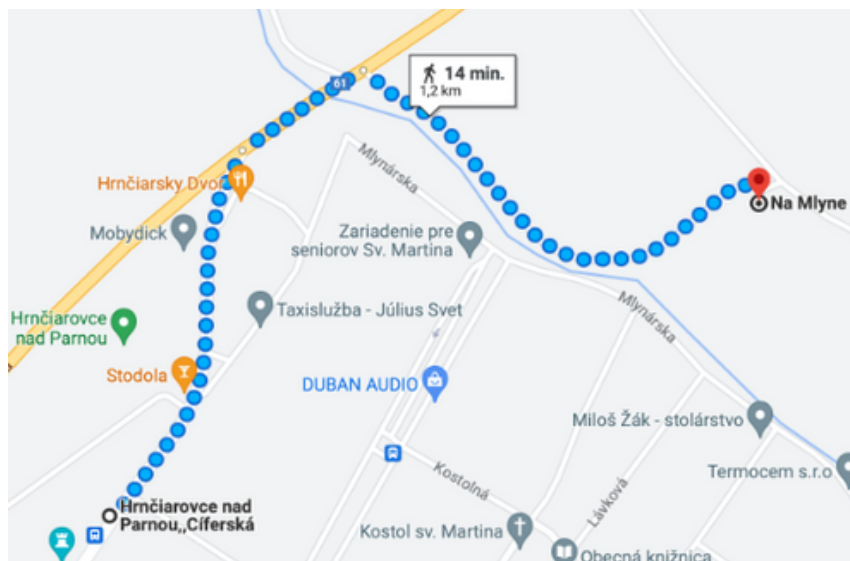


Map: Route from Trnava's Train Station to Bus Station



**Trnava's Bus station
on Google Maps**





Map: How to Get from Bus Stop to Accommodation

BUS (LAST STEPS):

You cannot buy the ticket in advance. You need to buy it from a bus driver in cash (euro) asking for the adult ticket to *Hrnčiarovce*. The trip will take around **8 mins**. Once you get off the bus in Hrnčiarovce, you will reach the **Penzion Na Mlyne** by foot, which will take you around 14 mins (see the map above).

TAXI:

You can take either a Bolt taxi from the train station by using the Bolt mobile app or you can call or message Denisa (+421908203410) and she will call the normal taxi for you. The accommodation address is:



Na Mlyne,
Mlynárska 4583/14,
919 35
Hrnčiarovce nad Parnou

BY FOOT:

If you are a fan of walking, you can reach the accommodation by foot. It will take around 40 min (if you walk fast than less 😊).

Accommodation & Hospitality

We will be accommodated in **Penzion Na Mlyne** located in a pleasant green suburban area of the historical city of Trnava.

Participants will stay in shared rooms (2-3 people in a room and one big apartment for 4 people) with their own bathroom.

The meeting room where most of the activities are taking place is right in the pension.



<http://www.namlyne.sk>



LUNCHES DINNERS COFFEE-BREAKS



The food will be provided by the organisers (breakfast, lunch, dinner and coffee breaks included each day).

We will take into consideration your dietary restrictions that you **informed us about through the registration form.**



Any additional refreshments and food are on your own costs.

Trnava is a beautiful and cosy regional city where you can find lots of nice places to go. You definitely won't be bored there in your free time.

PROGRAMME





FINANCES WHAT TO PREPARE

We would like to invite you to fully engage with the program, so if you have any ideas for energizers, group discussions or games, they are much welcomed. Also, during two of our evenings we will organise an “intercultural night”, the aim of which is to present our countries and learn more about them. Therefore we would like to ask you to prepare a short presentation/quiz/talk about your country and if it is possible please bring with you some traditional snacks, drinks, or food which you would like to share with others.

FINANCES a.k.a Reimbursements

We would like to ask you to bring those documents for reimbursements that you don't need for your return trip to organisers in the beginning of the training. You can hand them to trainers each day during the training. European Dialogue will reimburse travel costs (flight + train or bus ticket, in a specific situation also taxi) from the place of your current residence up to the amount written below.

Slovakia	180* EUR
Poland	180 EUR
Italy	275 EUR
Netherlands	275 EUR
Bulgaria	275 EUR
Lithuania	275 EUR
Slovenia	180 EUR
Czechia	180 EUR

Although travel costs will be reimbursed, you are expected to make your own travel arrangements as soon as possible after receiving the acceptance email.

Please ask for the confirmation on your choice from someone of the European Dialogue contacts, unless your local sending organisation is taking care of this for you.

You are expected to use following means of the transportation:

- ✧ **Train:** 2nd class ticket (normal as well as high-speed trains),
- ✧ **Flight:** return economy-class air ticket or a cheaper ticket,
- ✧ **Bus,**
- ✧ **Car.**

If you don't have it already, you are expected to arrange adequate **medical and travel insurance**.

Unfortunately, it cannot be reimbursed by organisers.

In specific situations you may use a taxi, but you should discuss this with us in advance.

European Dialogue (or your sending organisation) can help you with finding the most suitable travel plan.

Please send the documents you need for your return trip by post to European Dialogue (reimbursement form and information about address will be given to you at training). If you have only digital tickets, it is enough to send them via email.

You are asked to do so within **three weeks** after the training. Without all documents required we cannot proceed with your reimbursement, so please keep all receipts, invoices, tickets or boarding passes!

Documents to fill for reimbursement:

The documents that will be provided to you by the European Dialogue:

- Reimbursement form.

Documents you provide for reimbursement:

- Invoices, where the price is stated;
- Original plane boarding cards, train/bus tickets.

For any further details concerning reimbursement arrangements, please write to
d.karabova@europskydialog.eu or *m.maska@europskydialog.eu*

IMPORTANT CONTACTS

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trainer

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CHECKLIST

Time zone	Slovakia is located in the UTC/GMT + 1 hour
Currency	The currency in Slovakia is Euro - €
Weather conditions	Weather is expected to be warm (10°-20°C). Check details upon arrival here: https://www.yr.no/en
Venue and accommo- dation	Penzion Na Mlyne, Mlynárska 4583/14, 919 35 Hrnčiarovce nad Parnou, http://www.namlyne.sk
Arrivals Departures	Participants are expected to arrive on 6th of May, ideally before 19:00. Departure will start on 12th of May after breakfast.
Contacts on organisers	Denisa: +421 908203410 Monika: +421 918732830 Martin: +420 721766873 Stela: +421 918594862
Insurance	Make sure you get relevant travel and health insurance, if you don't have it yet!
Registration form	If you have been selected to participate, make sure you filled the registration form: https://forms.gle/YkUWeIiYqcwSwzx86
Don't forget as well	✧ Shampoo and other toiletries (personal hygiene set); ✧ Laptops, chargers, power cables (not obligatory); ✧ Pocket money - Euros; ✧ Personal Identification documents; ✧ Ideas for energizers; ✧ Your good mood! You don't have to bring with you towels, as they will be provided to you by the accommodation.