

Building Resilience In Post-Covid *youth work*

Erasmus+ Training Course
12-20 November 2022
KEsterlee, Antwerp, Belgium

ERASMUS NETWORK BELGIUM

www.erasmusnetworkbelgium.org

Erasmus Network Belgium (ENB) is an active organization in Belgium created by post Erasmus activists from University of Antwerp. The organization is promoting Erasmus+ opportunities for youth and adult people to broaden their horizon, encouraging them to explore EU opportunities and take part in European projects as well as volunteer in activities for positive social changes.

Erasmus Network Belgium is aiming to reach wider networks in Belgium in order to encourage citizens to involve in Erasmus+ and other EU opportunities such as European Solidarity Corps, Erasmus Young Entrepreneurs, Erasmus Intern, Erasmus+ Sport, etc. In addition, ENB is aiming to boost participant's chances for increasing employability by equipping them with different skills and abilities, as well as to encourage new generation to get know more about other cultures for tolerance, to create intercultural dialogue for more peaceful futures and to break the stereotypes in the frame of cultural tolerance.



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Partner Organizations



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Erasmus Network Belgium



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Logos Polska



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Reconnect. z,s.



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Pozitiva Samobor



GERMANY

Erasmusplus Hannover

WELCOME!!!

Congratulations! You are one of the 25 participants who will participate in the Erasmus+ Training Course "Building Resilience In Post-Covid Youth Work" that will take place in Kasterlee, Belgium between 12-20 November 2022.

We want you to have a great experience during your stay here. We prepared this info pack with all the practicalities you need to know along with a brave summary about the project itself. We look forward to meet you all there!

Note: 12 Nov 2022 is check-in date and 20 Nov 2022 is check-out date to/from the project venue. Participants are allowed to spend time by their own 2 days before and after the project each.

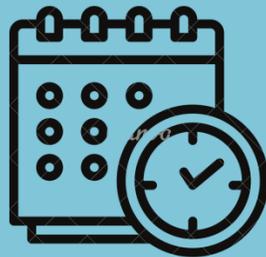
What is "Building Resilience In Post-Covid Youth Work " Erasmus+ Project About?

Our project aims to equip **youth workers, trainers and interested educators** with **resilience**, to explore and practice new tools in **stress management** through meditation, connecting with nature and mindfulness. We aim to practice this tools for increasing the **quality of their youth work** after **Coronavirus impact**.

The training is compatible with the goals of **EU Youth Strategy 21-27: Mental Health and Well-being**, promoting mental and health, sport, physical activity and healthy lifestyles.

GENERAL FLOW of TIMETABLE

09:00 - 09:45.....	Breakfast
10:00 - 11:30.....	Workshop / Activity
11:30 - 12:00.....	Coffee Break
12:00 - 13:30.....	Workshop / Activity
13:30 - 14:30.....	Lunch
14:30 - 15:30.....	Free-time
15:30 - 16:30.....	Workshop / Activity
16:30 - 17:00.....	Coffee Break
17:00 - 18:30.....	Workshop / Activity
18:30 - 19:00.....	Reflection & Leaders Meeting
21:00 - 22:00.....	Intercultural nights & Social Events



Participant Profile

- **Equal number of genders among the participants must be kept.**
- **18+**
- **Active in youth work (trainer, teacher, facilitator, mentor etc)**
- **At least 1 participant with fewer opportunity in each national team according partnership agreement**
- **Having motivation in sharing project results outside and organize workshop & follow-up events in home country after the mobility.**
- **Motivated to participate proactively at all stages of the project.**
- **Consent in participation to the Zoom meetings (20 days prior to mobility - 30 days after the mobility).**

What to prepare before the Training Course?

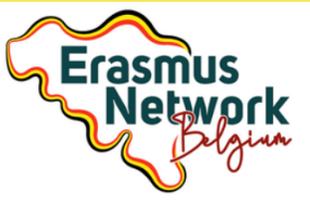
- Researching youth issues and **mental impacts** of Corona **on youth** for personal and professional development.
- Preparation of a **"good practice"** before the mobility to present
- Preparation of the **cultural night** of your country (foods, drinks, games, dances).
Each national team will have a dedicated event time to present country
- To bring **your own** towels, slippers, personal hygiene items, warm clothes for nights.
- Filling the **online participant form** shared by coordinator and to join **Facebook group**.
- It is recommended to buy **health insurance** covering during your stay in Belgium.



PROJECT VENUE

de Hoge Rielen

<https://www.dehogerielen.be/en/>



The project will be held in recreational center “**de Hoge Rielen**” surrounded by nature. **Food** and **catering** will be served at the spot. It offers training room, kitchen, accommodation at dorm and a **large garden** as well as **outdoor spaces** with different kind of **social activities**. The toilets and bath will be common separated by genders. There are golf car and bicycles available for participants to enjoy. Strong alcohols and drugs is prohibited during the program. The sleeping rooms are separated based on gender in shared dormitories.



Location of venue: <https://goo.gl/maps/fx1gQtkKakASDhSv9>

Molenstraat 62, 2460 Kasterlee, Belgium

Travel Instructions?

The nearest airports are **Charleroi Airport** and **Brussels Airport Zaventem**. Those who arrives in this airports should arrive in Antwerp, Belgium through train or bus.

For hose who lands in Brussel Airport, they should get IC train **to Antwerpen-Centraal** from Brussel Airport. Those arrives in Charleroi should get "Flipco" bus to the Brussel-Midi and get the train to Antwerp from there. Pay attention to buy "youth train ticket" which is discounted.

From Antwerp Central train station, you should get the train to **"Turnhout"** or **"Leuven"** and get off at **"Tienen"** station. Our team will pick you up from there. This trip takes around 1 hour.

FINANCIAL ASPECT

- During the mobility all expenses such as **accommodation, catering, training** etc. will be **free of charge**, %100 covered by the program. Outside the mobility dates participants are responsible for their own expenses.
- **30 EUR fee** for private car during the event under service of participants and for given sleeping bags – This fee will be deducted from the reimbursement.
- Real cost of **travel** will be reimbursed up to Erasmus+ rules for each participant. Participants who prefers **GREEN TRANSPORTATION (bus, train, car pooling)** will have more travel budget and it is recommended by the Erasmus+ programme. (Green transport is available only for participants from Netherlands, Slovakia and Italy) – a night of their accommodation cost will be covered if needed both for arrival and departure.

Belgium: 180€ / Green Travel: 210€

Germany: 180€ / Green Travel: 210€

Croatia: 275€ / Green Travel: 320€ (can stay a night at hotel and will be covered up to 40 eur)

Czechia: 275€ / Green Travel: 320€ (can stay a night at hotel and will be covered up to 40 eur)

Hungary: 275€ / Green Travel: 320€ (can stay a night at hotel and will be covered up to 40 eur)

Italy: 275€ / Green Travel: 320€ (can stay a night at hotel and will be covered up to 40 eur)

Tukey: 360€

Note: All digital and physical **invoices, receipts, boarding passes, tickets** related to **travel** must be kept and sent or brought to the coordinators in order to be reimbursed.

Contact Info



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