

YOUTH Lifestyles

Youth Lifestyles, Deviance and Prevention Youth work for Vulnerable Young people

Erasmus + Ka 2

Training Course
Stara Lubovna (SK), 21st – 25th May 2019

Dear friends,

after our inspiring meeting in Almere, we are already quite close to the **third phase** of our Project, the Stara Lubovna Training Course.

Stara Lubovna is a small town located about 20 km from the Polish border in the north of Slovakia. It is a home for over 16,000 people and there are four Primary Schools, four High Schools, three Kindergartens and a very active Leisure Centre... our Centre! the

Centrum Vol'ného Času Stara Lubovna

Welcoming the participants of "Youth Lifestyles, Deviance and Prevention" will be a real pleasure for our Leisure Centre as well as for the whole Stara Lubovna community!

Infopack

Please, find below relevant information about:

- Dates
- Travel (how to reach Stara Lubovna)
- Accomodation
- TC's Contents and Work Methods
- Participants' Profile
- Free time
- Programme

Dates: Tuesday 21st (arrival day) - 25th Saturday (departure day).

The program includes three days of training (22, 23, 24 May). The activities could start as early as the 21st afternoon/evening depending on the arrival of the participants. If the whole group will be in Stara Lubovna already in the afternoon or early evening, the group leaders and/or the EVS volunteers of the Center are ready to propose you some ice-breaking games and other dynamic activities.

Travel: how to reach Stara Lubovna

the closest airports to reach Stara Lubovna are **Krakow** (140 km), **Kosice** (100 Km) and **Poprad-Tatry** (50 Km)... the latter is only interesting for participants arriving from England due to direct flights from London Stanstead.

Certainly, to choose how to get to Slovakia you have to consider the flight costs of the various air companies, but let us tell you that **the best arrival airport to reach Stara Lubovna is Krakow.**

There are also other two options to reach Stara Lubovna, via **Budapest** or **Vienna/Bratislava**, but we do not recommend these other ways due to the long journey by car or train (minimum 5/6 hours) that would require reaching Stara Lubovna.

Anyway, depending on your airport of arrival **we will arrange transport from the airport to Stara Lubovna.**

In order to organize your transportation from the airport of arrival to Stara Lubovna, we kindly ask you to send us **information about your participants' travel** as soon as possible. Thanks!

Accommodation

Due to the small size of our city, there is a lack of places in the hotels, especially single rooms. This is why the participants will be accommodated **in double** rooms at the **Gurmen Hotel**.

Themes, Contents and Methods

The central themes of the Stara Lubovna Training Course will be **Prevention and Tackling of various forms of Addictions** of which young people are victims and the **Proposal of a Healthy Lifestyle**.

There will be two Slovak organizations competent in the field of prevention and combating dependencies that will take part in the TC: the Association of Medical Students (the antenna of Kosice County) and FILIA PREVENČIA - Adolescent's Prevention Centre of Kosice.

ASSOCIATION of MEDICAL STUDENTS

In Stara Lubovna there will be two trainers representatives of the local antenna of the Association of Medical Students which is a worldwide organization that has branches in almost all the countries of the world.

Contents. Girls and Boys' health: first gynecological consultation, contraceptive methods/prevention of early pregnancies, prevention of sexually transmitted diseases, breast, testicular and prostate cancer, illustration of the harmful effects of smoking and alcohol, proposal of a model of healthy lifestyles.

FILIA PREVENČIA - Adolescent's Prevention Centre

It is a Center based in Kosice, founded in 2012 thanks to European Union grants (*Programme EU-DAP, European Drug Abuse Prevention*). In the Kosice region the Centre is very appreciated for its work with young people in troubles with different forms of addictions. Its cooperation with schools and local institutions is very intense and fruitful but, over time, FILIA has become a point of reference also for young people in troubles with alcohol and drug addiction and their families. The work carried out in the field of preventing and fighting bullying is also remarkable.

The trainer will be Sasha (Alexander Fotul), a founder and an experienced member of FILIA-PREVENČIA Trainees Team.

Contents. How to talk to young people fragile, in difficulty, looking for help. Working with young people: illustration of prevention activities in schools (**how to set up workshops focused on prevention**). The relationship with the parents of young people who are victims of addictions. **Methods and Tools** to fight against different kinds of addiction (drugs, alcoholism, smoking, gambling on-

line, use of electronic devices).

Educational actions **to tackle cyber-bullying**.

Peer Education: how to form teenagers helping teenagers.

Methods: both training sessions proposed by FILIA and the Association of Medical Students will be based on a **practical approach**, they will be **absolutely interactive** (learning by doing). The TC will also propose a **reflection on** the educational effectiveness in prevention actions of **Non-Formal Education** and on **the role of educators/youth workers** in proposing a healthy lifestyle to young people.

Participants: number, profile, selection, conditions

3 participants from each partner organisation (4 from Slovakia)

Profile/Background: Educators/Youth Workers/Group Leaders having experiences of working with young people with less opportunities, but also Operators of Social Services and Teachers and also Young People involved in peer education's initiatives.

If possible.. just if it s possible... it would be desirable to have participants having a psychological/pedagogical background.

Selection: because of its contents and in order to ensure a real multiplier effect to this TC, let us suggest you kindly **to recruit participants having concrete possibilities to put in practice in their own contexts the methods and the tools** that they will acquire in the training sessions.

Conditions: participants are required **a)** to attend the whole training course **b)** actively participate in the T-sessions by bringing elements of their own experience
... about this second item...

What to bring along

we kindly ask the participants to bring to Stara Lubovna:

- ✂ **a case study related to the themes of the TC to share and work on with the other participants**, perhaps something that happened in their daily work with young people in troubles (eg. cases of alcohol or drug abuse, or relating to conflicts with other peers or parents, or victim of cyberbullying, etc.).

The session proposed by Sasha (Filia-Prevencja) will be an excellent opportunity to share experiences and methods, to analyse the cases and see how to approach, process, resolve/reduce the problems.

- For the **Intercultural Night**, some traditional food and drinks but also musics and a presentation of the culture of your country

Discovering Slovakia... the programme includes also....

- Excursion to the medieval castle in Stara Lubovna, which is more than 700 years old
<http://www.hradlubovna.sk>
- Rafting on the Dunajec river, which is on the border between Slovakia and Poland, in the Pieniny National Park <http://slovakia.travel/en/national-park-of-pieniny>

- Visit of the local distillery and the park that also includes historical exhibition (Nestville <http://www.nestvillepark.sk/>)
- Opportunity to taste the local dishes <https://www.salasufranka.sk/>

Daily Programme

21st May Arrival Day – Accommodation in Hotel

Ice Breaking Games/Informal activities (depending on the arrivals)

22nd May

8:00 – 9:00 Breakfast

9:15 – 11:00 Official Welcome - Opening of the Meeting

Local & National Youth Policy: **Centrum Vol'ného Času & Asociácia**

CVČ SR

Where are we? Youth Lifestyles, Deviance and Prevention... after
Almere (NL)

Expectations

Themes, Aim & Objectives of the 3rd Phase

11:00- 11:30 Coffee break

11:30 – 13:00 TC's Programme

13:00 Lunch

15:00 – 18:00 Visit of Lubovna Castle... an immersion in the Slovakian Middle Ages!

18:00 – 19:30 Free time

19:30 Dinner

23rd May

8:30 – 9:15 Breakfast

9:30 – 11:30 **Association of Medical Students:** *Prevention is better than Cure*

Organisation, Target, Activities, Methods

11:30 Coffee Break

11:30– 13:00 **Association of Medical Students:** Youth Lifestyles and the “Risk Factors”

13:00 Lunch

14:30 – 16:00 **Association of Medical Students:** working with young people

16:00 – 16:30 Coffee break

16:30 – 18:30 **Association of Medical Students:** workshops and the multiplier effect

Free time

20:00 **Intercultural Night:** countries, cultures, traditions, food and drinks.

Taste of traditional local foods

24th May

8:30 – 9:15 Breakfast

9:30 – 11:30 **FILIA-PREVENČJA: the phenomenon of Addiction among teenagers:**

Causes & Effects (the consequences in the lifes of young people, families, peer group and local communities)

11:30 Coffee Break

12:00 – 13:00 **FILIA-PREVENČJA: Alcohol and Drug abuse:** to work with young people, to dialogue with families

14:00 **Open-air Activities:** the Nature source of motivation for young people in troubles

Visit of Pieniny National Park and Traditional Slovak Rafting

18:30 **Looking towards London...** a short introduction to the next phase
Final Evaluation

25th May Departure of the participants

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