

Sustainable ImPACT 2

Mobility of Youth Workers



Jizbice pod Blanicem, Czech Republic

25. 8. – 2. 9. 2024

(24. 8. arrival, 3. 9. departure)

Basic info about the project

Participating countries: France, Portugal, Bosnia, Armenia, Italy, Czech Republic, Romania.

Number of participants: 35 (5 per country)

Hosting organization: Youth Progress, z. s.

Location: Jizbice pod Bláníkem (Čechtice)

Dates: 25. 8. – 2. 9. 2024
(arrival day: 24. 8., departure day: 3.9.)

Working language: English

Application deadline: 14. 4. 2024

About us



We are a European organization “Youth Progress” and our mission is to provide opportunities for young people to develop and fulfill their potential.

We encourage and mediate the participation of young people in non-formal education activities on local and international levels and so support their personal and professional development and the more active and quality life of individuals and their communities.

For more information check here:
youthprogress.eu

YOUTH PROGRESS

About the project



The Project: Embracing Sustainability in Youth Work

Our project builds upon the project Sustainable ImPACT from 2022, focusing on the evolving needs of youth work and the latest trends in sustainability. This second edition aims to enhance the learning experience and dissemination activities.



Origins and Purpose:

The project stems from a crucial need to combat overproduction among young Europeans. Our mission is to empower the new generation with knowledge about sustainability and green practices that can be seamlessly integrated into their daily lives. We aspire to cultivate a society that values sustainability and resource efficiency.

What We Aim to Achieve:

Our goal is to equip youth workers with the knowledge and skills to promote sustainability within their communities. Through knowledge exchange and practical training, participants will become champions of change, inspiring others to embrace sustainable practices. Together, we strive to create a greener, more sustainable future.

Main Objectives



Improve knowledge of the youth workers about European environmental policies and understand the impact of human daily action on the environment



Develop sustainable practices and exchange their best practices with their international colleagues



Exchange ideas for developing sustainability related activities within their local youth work



Equip the youth workers with efficient methods and tools for promotion of the project main mission



Strengthen cooperation among the European youth workers and their connections for future international projects

Who are we looking for?

- You are aged 18+
- You can communicate and work in an English-speaking environment
- You are interested in sustainability and environmental issues, ideally with previous experience to bring to the project.
- You have a plan for how to apply the skills and know-how from the project in your daily practice and further projects.
- You seek inspiration and want to network with other professionals with whom they may cooperate in the future.
- You are committed to fully participate in the dissemination of the project.

Do you want to be part of the project?

APPLICATION FORM

What we will do?

Project will consist of **three main parts...**

Theory Sessions: Understanding Environmental Challenges



In our theory sessions, we'll explore important environmental issues and sustainability topics through presentations and research. Participants will discuss these topics, backed by statistics and facts, to grasp their significance. We'll delve into current issues like overproduction and lack of environmental awareness, examining their effects on society. Additionally, we'll highlight how sustainable practices can improve these situations.

Participants will also review global and European policies related to environmental issues and discuss their implementation in national policies. We'll share insights on local environmental challenges and the measures taken at various levels to address them.



Practical Workshops: Hands-On Learning



Our workshops will offer practical and creative activities focusing on sustainability and green skills. From zero waste initiatives to DIY projects, participants will explore innovative ideas that can be applied in youth work activities. They'll learn to repurpose old materials into useful objects and create everyday products at home using simple supplies. Through brainstorming and interactive sessions, they'll discover sustainable approaches to daily life.



Promotion Tools: Spreading the Message



Youth workers will have the opportunity to create online content to promote their activities and project mission. Sessions will cover movie-making, editing, and creating engaging content like reels and interactive posts. The outcomes of these sessions will be used to disseminate the project's message effectively.

Here is the preliminary timetable for the project:

	8/24/2024	8/25/2024	8/26/2024	8/27/2024	8/28/2024	8/29/2024	8/30/2024	8/31/2024	9/1/2024	9/2/2024	9/3/2024
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning		Team building/getting to know each other		DIY: exchange of good practices							
		Introducing the project	Local challenges	Human Library	Exchanging good practices: Meeting Local Sustainability Actors		Free time	Creating online content: workshop and exchange of good practices	Open Space: preparation	Erasmus+ opportunities	
		Expectations and Fears									
	Arrival	Lunch	Lunch	Lunch	Lunch	Excursion	Lunch	Lunch	Lunch	Lunch	
Afternoon		Introduction to sustainable legislation	Green Skills in practice: introduction		Assessment on individual Fashion Consuming Habits				Creating online content: creating the outcomes		Departure
		Discussion about the legislations	Assessment of Personal Environmentally-Friendly Actions	DIY: UPCYCLING	Slow fashion		Green guide		Open Space: workshops	Evaluation of the project	
			Waste Experts					DIY diner teambuilding activity			
		Reflection group	Reflection group	Reflection group	Reflection group		Reflection group	Reflection group	Reflection group		
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Evening	Getting to know each other	International cultural evening	Free time	International cultural evening	Free time	Free time	Free time	International cultural evening	Open space: assessment	Farewell party	

Currency



Please be aware you will **need to exchange your money to the Czech crown (Kč / CZK)**.

In Prague, most of the services and shops, credit cards Visa and MasterCard are accepted, but not at the project venue and there are no ATM's either. Therefore please make sure to do the exchange in Prague before coming to the venue. **1 euro is currently around 25 CZK.**

If you don't have the opportunity to exchange in your country, we can recommend this exchange office in Prague city center – it is on the A metro line next to the Old Town square and offers very reasonable exchange rates. We do not recommend using random exchange offices in the center or central station, because you might get scammed easily. If you do not have much time to search for an exchange office in Prague, you can exchange at Prague airport as well – just be aware that the rate could be a bit higher.

Financial conditions



Accommodation, food, and all materials for the project will be covered by the Erasmus+ program.

There is **no participation fee**.

The international travel costs are covered according to the rules of ERASMUS+. To get their travel costs reimbursed, the participants must take part in all activities of the youth mobility.

The travel costs are **covered up to a maximum amount** according to the travel band of the participant.

Country Maximum Amount covered per person

Country	Max amount covered by the project/per person
Czech Republic	23€
Bosnia	275€
Romania	275€
Italy	275€
France	275€
Armenia	360€
Portugal	360€

In case some of the participants are not travelling from the home cities of the sending organisations, the reimbursement will be done according to the following rates based on the distance calculator below:

100-499 km = 180 euro
 500-1999 km = 275 euro
 2000- 2999 km = 360 euro
 3000-3999 km = 530 euro
 4000-7999 km = 820 euro

Check your distance in the distance calculator:

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

NOTE: This money should also cover costs for your local transport to your nearest airport and travel costs from Prague-Čechtice-Prague.



Arrival/Departure



NOTE: Do not purchase any tickets before having your suggestions confirmed by the hosting organization!

From **Prague Airport** there is a **Bus Airport Express** that goes every 30 minutes and it takes you to **Prague Main Station** (From there you can get nearly everywhere).

There is a **direct bus from Prague (Bus station Praha, Rozptyly)** to a village near the venue called **Čechtice** and another direct bus from Prague to a town called **Vlašim** (From there you can take a bus to **Čechtice**).

Čechtice is like **4,5 km away from venue**.

Nevertheless, we are still considering arranging common transport for all from a meeting point in Prague, so we will further specify the pick-up arrangements as the project approaches.

Tips for public transportation in Prague: We recommend using this site to search for connections: <https://www.dpp.cz/en>. There is also an app that you can use on your phone.

For buses and trains all over Czech Republic, there is an app called **Jízdní řády IDOS (IDOS in short)**.

If you need to use a taxi in Prague, we recommend you download and use an **app, such as Uber, Bolt, or Liftago**.

Please **keep ALL your travel tickets** with you, we will need them for the reimbursement.

Further rules of reimbursement



Participants must choose the cheapest travel option. We will only reimburse public transport costs. **No taxis will be reimbursed.**

The reimbursement will be done only for travel expenses incurred according to the following rules:

Reimbursement of travel costs will only be done upon full attendance of the project and presentation of the **original travel receipts** – boarding passes, receipts, invoices, including e-tickets, buses, trains, shuttles to the airport, etc. We are only allowed to refund **only original tickets** (including for the return trips) once we receive them physically after the project.

Please note that only **receipts containing the following data** are acceptable for reimbursement:

- name of the provider and their business information
- name of the service
- date of issue and payment
- the price + VAT

Card payment statements used instead of receipts **are NOT acceptable**. Please, **make sure to take photos of all your used tickets** as soon as you can, in case any documents get lost on the way etc.

The electronic form of tickets can be used as proof of reimbursement.

The travel costs reimbursement will be done **AFTER the mobility and after receiving all the original tickets** and the costs will be reimbursed **to the bank accounts of the sending organizations**.

Reimbursement will be done in EURO, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR will be **converted** according to the exchange rate of the Czech National Bank on the day when the ticket/s were purchased, according to the rules of the European Commission.



We are going to stay in a nature area of the Czech Republic near a village called Čechtice (a bit over 1 hour from Prague) in a facility called **Rekreační středisko Jizbice**.

The address of the venue is:

Zhoř 23, 257 65 Čechtice



The **nearest village with shops and facilities is about 4,5 km away (Čechtice)**, a smaller town with **more shops and an ATM is about 15 km away (Vlašim)**. There is a medical emergency in **Benešov** and **Pelhřimov**. We will have a car at the project for urgent cases.

The hotel complex offers one **natural swimming pool, football, handball, basketball and volleyball courts**.

There are many cultural monuments and points of interest in the surroundings, which can become the goal of a walking trip.

We will be staying at the hotel in 4-bed and 3-bed rooms, where 2 rooms always share one bathroom. The hotel equipment is very basic – bed sheets are included and the hotel has its own wifi connection.

Please be aware that we will be alone in the hotel, and there is **NO cleaning service**. **So, we are collectively responsible for keeping it clean and taking care of it**. Taking shoes off when entering the building, cleaning your own rooms and bathrooms, and treating the venue well is the responsibility of each one of us.





The meals will be served in the same building and the program will take place in the same room. Please note that the meals served **will be very simple and locally based** (typically used Czech ingredients are usually potatoes, rice, chicken, beef, pork, milk, cheese, different pastries, tomatoes, cucumbers, etc.).

Individual diets/allergies/other limitations of the participants will indeed be taken into account (**so please fill this in your application**).

Health and travel insurance



There is **NO insurance provided by the organisers**. Please, purchase private insurance or, if you are an EU citizen, get it free of charge from your national social security that covers medical costs around EU member states.



What to bring?



Personal medications – there will be a basic first aid kit available at the project, but please bring all of your own medicines with you, since it might be harder to purchase them in the area,

Your home shoes – we will be changing shoes every time when entering the building to maintain cleanliness indoors,

Comfortable clothes for both indoor and outdoor activities – there are sports and other outdoor opportunities, so make sure you are equipped,

Your **towels as well as hygiene supplies** – there won't be any extra in the venue.

There is a natural swimming pool, so you can bring a **swimming suit**.

International evening



We'll host **one or more cultural nights**, featuring the countries showcasing their traditions, food, music, and more in interactive sessions. Bring items representing your country and coordinate with your team beforehand.

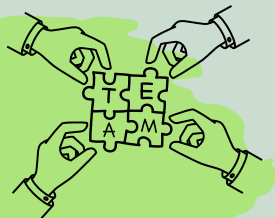
Weather



Expect daytime temperatures in the Czech Republic at the end of August around 26–30°C, possibly reaching up to 32°C, with occasional storms and heavy rainfall. Nights will be cooler, ranging from 8–15°C, so bring warm clothing.

By late August to early September, anticipate slight cooling with temperatures around 20–24°C and increased rain showers. As weather forecasts may change, remember to check closer to your travel date.

Meet our team



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Please do not hesitate to contact us in case of any questions or comments.