

# “How to BE an emotionally intelligent educator?”

**SPLIT, CROATIA**  
**16.7 - 26.7**

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ASTRUCTURE



Moving rural  
**YOUTH**  
forward

TRADITION



EDUCATION



DECI  
MAKING

ISATION

TC “How to BE an emotionally intelligent educator?” aims to develop competences of youth workers in supporting social and emotional learning (SEL) of young people through designing experiential learning activities with a positive approach to mental health. Social and emotional learning aims to facilitate social and emotional development in young people thereby supporting young people in realising their potential, enhancing mental health and wellbeing, maximising their participation in education, training and employment, and reducing health and social inequities. Focusing on psychosocial strengths and protective factors rather than behavioural problems and risk factors for mental health is also likely to be more acceptable to young people, and may relieve some of the stigma related to mental health problems.

### **What will the tc look like?**

Each working day will include 4 workshops in duration of 90 minutes each. Two of them will be implemented in the morning session (before lunch break), and two of them will be implemented in the afternoon session (after lunch break). A coffee break for a duration of 30 minutes will be organised between each of them. At the end of every working day, we plan to organise self-reflection and evaluation sessions led by trainers and the staff team. During the evenings, we are planning to organise some free time activities. Still, participation in them will be voluntary based, and participants will have a chance to develop them on their own mostly. Such activities are intercultural nights where they will have an opportunity to present their countries, cultures, traditions, food, and drinks through interactive games or presentations. The whole training course will be based on non-formal education and learning by doing methods. We are planning to use general methods: working in smaller groups, interactive and creative presentations, brainstorming, working in national groups, simulation activities, role plays, etc.

### **Objectives:**

- to enable understanding of mental health as multidimensional phenomena;
- to understand youth work setting as the opportunity for nurturing a positive approach to young people’s mental health;
- to explore different realities young people experience when facing mental health issues and stigmatisation;
- to explore and understand the challenges young people face in the contemporary world in combination with developmental crises and individual coping capacities
- to learn how to reflect on identity (self-image) and develop self-awareness in a mindful way;
- to encourage and support the personal development of emotional self-awareness and self-regulation(emotional domain) as the basis for encountering mental health issues in young people;
- to improve the readiness of youth workers to practise empathic communication (as a social domain) in their work and learn how to raise the empathic skills of young people;
- to raise the ability how to build a supportive and encouraging environment and trustful relationships with a young person;
- to explore personal boundaries when dealing with issues concerning mental health and wellbeing.



Participants are expected to attend the full duration of the TC  
(16th – 26th July 2024)

All participants will be accommodated at **Hostel Bruno Bušić**

Spinutska ul. 37, 2100 | Split, Croatia

Tel. +385 (0)21 361 853

Email: [protokol@scst.hr](mailto:protokol@scst.hr)

**WEB:** <https://www.scst.unist.hr/smjestaj/studentski-domovi/studentski-dom-bruno-busic>

We are expecting you on the 16th of July 2024 in the afternoon (between 15:00 and 18:00 o'clock). The Welcome Program start will be arranged with the trainers based on arrival time of the participants, and dinner will be served between 19:00 - 20:00h. The departure is envisioned for the morning of 26th of July 2024 after breakfast.

All participants will be accommodated in **Hostel Bruno Bušić**. You can reach the hostel in 15 min from the bus terminal (take bus line no. 28) or in 25/30 by walk. Please make sure you have the right address, as there is more hostels in the area.

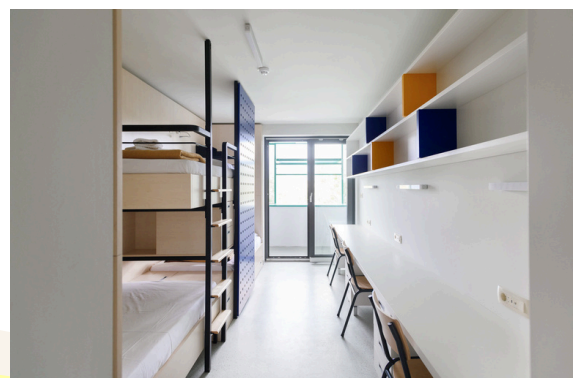
The Hostel is placed right at the sea side and is surrounded by a park.

Participants will be placed in 3-bed rooms (in rooms there are bunk beds). Every room will have a bathroom. Breakfast, lunch, dinner and two coffee breaks will be served daily at the hostel. There is a wifi connection and air-conditioning.

Breakfast, lunch and dinner will be served daily at the residence. The Trainig Course will be held at the residence.

### **Something too bring:**

In order to organise a specialty evening and some tasty intercultural learning, you are very welcomed and invited to bring some specialties from your country or region (food, drinks, candies... ). Music, games, photos and others are also welcome. Also, please bring some promotional material of your organizations and information about the projects organization is having. If possible, bring some sport/casual clothes as well, as we can exchange some games from our countries, at least for energizers.



For all information about booking your tickets and coming to Split, you should be in contact with Veronica Braccacini – in charge of project logistics, by using the official project e-mail (you can find all contacts below). We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.\*

Travel costs will be reimbursed only for the cheapest way of transport and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

**Please don't buy your tickets before we approve them! When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 16.7 - 26.7, please inform us in advance, so we can approve your tickets and travel costs.**

P.S. AT PURCHASING YOUR TRAVEL TICKET, PLEASE ASK FOR THE INVOICE!

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

**\*Sustainable means of transport (green travel) is defined as the travel that uses lowemissions means of transport for the main part of the travel, such as bus, train or carpooling.**



Travel budget calculation is based on the distance between your starting point and the venue of the Program:

10 -99	km	23€
100 - 499	km	180€ / 210€ green option
500 - 1999	km	275€ / 320€ green option
2000 - 2999	km	360€ / 410€ green option
3000 - 3999	km	530€ / 610€ green option
4000 - 7999	km	820€
8000 - more	km	1.500€

**The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:**

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

## **Further Rules regarding the booking of the tickets and reimbursement:**

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- We can't reimburse taxi; only public transport and carpooling will be covered.
- You can arrive maximum 1 day before the activity and depart maximum 1 day after if you want to spend more time in Split on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.

**The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).**



For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!

**PROJECT E-MAIL**  
**LOGISTIC COORDINATOR**

**project16@yp-de.org**  
**Veronica Braccini**

## Partners



 **Youth Power Austria**



 **ECO Intercultura**



 **Carousel 8**



 **Gaming House**



 **IRCD**

