

Training Course

“Art of life - a program for empowerment and resilience”

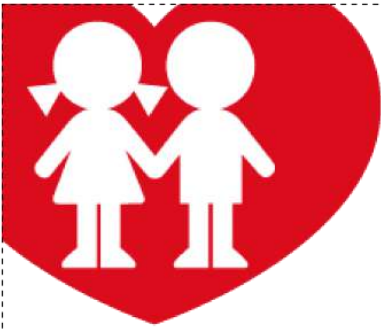
10. - 17.09.2022



Austria, Klaffer

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Hosting Organization

The “Kinderfreunde” organization was founded in 1908 to provide children and young people with community, education and fun. The general well-being, their interests and needs are the most important tasks in our work – now as well as then.

“Kinderfreunde” are a non-profit association. In the upper Austrian region called “Mühlviertel”, our organization is supported by a regional office in St.Georgen/Gusen, so that way we can provide our services, where they are needed.

Our regional office and voluntary board support our hundreds of volunteers all over the region and are responsible for the “Parent-Child-Centers”, our professional family meeting points.

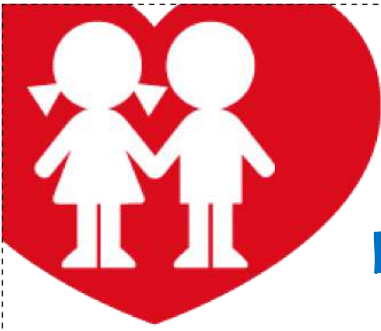
Our voluntary heart

The heart of “Kinderfreunde” is the voluntary work in about 40 local groups all over the Mühlviertel.

Integration

We strongly believe in the idea of a multicultural society. Everyone should be treated equally. We try to get in contact with migrants and bring the cultures together. Especially children should have the chance to experience and learn that working and living together in peace benefits all of our lives. Enabling equal chances to all people is another goal in the topic of integration.





Klaffer (Mühl-fun-viertel)

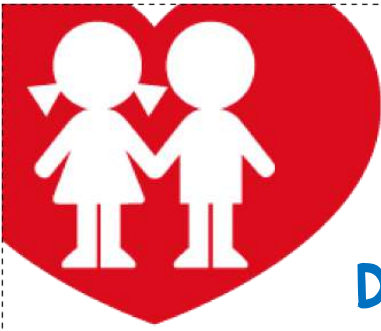
Klaffer is situated in the province of Upper Austria. The community has about 1.350 inhabitants and covers an area of 28 km². If you'd like to be inspired from nature, Klaffer is the right place. ;-)

The venue, which is called "Mühl-fun-viertel" is not only a house for children and families, but also a popular conference centre for education and for diversity. What began with training for teachers of children and youth groups has developed into a great and highly demanded seminar alternative for schools, companies, associations and apprentices.

The Mühl-fun-viertel is working with professional trainers training schedule can be created tailored especially to all of your requirements. In total there are about 160 beds in various room configurations. There also are areas for tent-camps or camping. Sports enthusiasts will find a football field, a volleyball court, rolling hills and steep trails for mountain biking. The participants will sleep in rooms with bunk beds, male and female participants are in separate rooms. It's possible that in one room there are more than one nationalities. There will be 3 meals: breakfast, lunch and dinner + coffee breaks; All meals are planned beforehand taking in consideration some individual requirements (diseases, diets etc.) These should be given beforehand to the organizers. There is an Internet connection (Wi-Fi), the login data you'll get from the trainer.



www.muehlfunviertel.at



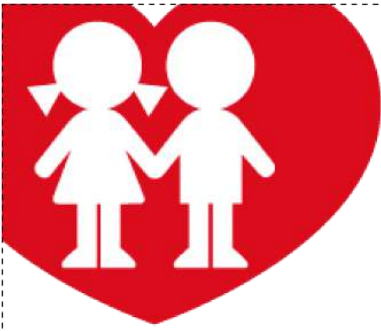
Description of the project

Many young people are often confronted with situations in everyday life that are stressful for them (stress and pressure to perform, conflicts with parents, problems at school/training, high unemployment). Therefore, it is necessary to strengthen and support them and to offer them opportunities to raise and promote their self-efficacy and self-confidence - important and necessary prerequisites for resilience. The main purpose of holding this training course is to strengthen and promote the personal, professional and social skills of the participants. Therefore, the participants can also pass on these experiences and methods to the children and young people entrusted to them.

The art of leading life, of consciously shaping and enjoying it, is an art that can be learned and that can be especially effective where children and young people are burdened. It is basically about developing enjoyment of life and being mindful of oneself and the environment. The aim of this training course is first of all to introduce the participants to this art and to try it out in practical exercises. Subsequently, the participants will be enabled to apply these exercises with children and adolescents in their direct working and living environment.

The objectives of this project are:

- learn to enjoy life, to shape it consciously and to use their own resources
- Strengthening important key competencies
- Strengthening for empowerment in the workplace, personal development, active citizenship and social inclusion.
- Strengthening and developing one's own communication skills in order to be able to cope well in different conversational situations
- Strengthening the ability to shape key-competencies
- Strengthening personal, professional and social skills
- Self-confidence and self-awareness and the conviction to self-efficacy is increased and strengthened
- The ability for self and process reflection is developed



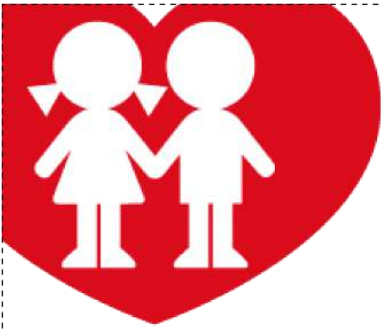
- The ability to increase and consolidate one's own well-being and learning potential
- Learning artistic means and techniques
- Learning methods of outdoor and experience pedagogy

METHODOLOGIES:

Non-formal methods as Presentations, Teamwork, Arts, Outdoor-exercises, performance, installations, Energizers...

Short Overview

- **Working language:** English
- **Date:** 10. – 17.09.2022
- **Venue:** Vorderanger 16, 4163 Klaffer, Austria
- **8 Countries:** Lithuania, Turkey, Italy, Armenia, Portugal, Croatia, Spain, Poland, Austria
- **Participants: 3 participants from each country**
- Age: +18 years old
- good English communication skills
- People working in a formal or informal context with young people, e.g. as teachers, youth workers, social workers, street workers, people working in social institutions...
- Especially those who work with disadvantaged youth
- Participants are willing to make dissemination activities and share the result of the training course after it ends
- **Official Recognition:** the participants get a European certificate, "YOUTHPASS"



Our Trainer

Wolfgang Rohm:



Mag. Wolfgang Rohm, M.A.: sociologist, social psychologist and theatre pedagogue, director of "Theater asozial" – a theatre in Ottensheim/Upper Austria.

Wolfgang has a wide range of experience in the management of seminars and training courses also in the context of Erasmus +.

Lecturer at the Universities of Education of the Province of Upper Austria, the Diocese of Linz and Styria, planning and realization of numerous intercultural projects with children, youth and youth workers. He possesses a broad package of methodological tools from non-formal education; his working style was often defined as "unique", which makes him as a trainer very special.

Application Process

The sending organisation is committed to collect all data from each participant and forward them to the coordinator. The sending organisation is responsible for filling in the application form, which will be sent by the coordinator to the sending organisation.

Insurance/Safety Matters

The sending organisations are in charge of taking care that every participant has his/her European Health Insurance Card which allows her/him to be treated by a doctor or a hospital in case of an emergency in every European country. Buying risk insurance is also highly recommended! Also, think about an insurance, which covers Covid-19.



Things to bring...

- Towels
- Shampoo and soap
- Other hygiene and personal products
- Medicine, if needed
- Hair-dryer
- House shoes, if you need some
- Insurance card, which is valid abroad (Please clarify that in your country BEFORE the project)
- Passport
- FFP 2 Masks (if required at that time)
-

Covid-19 Regulations

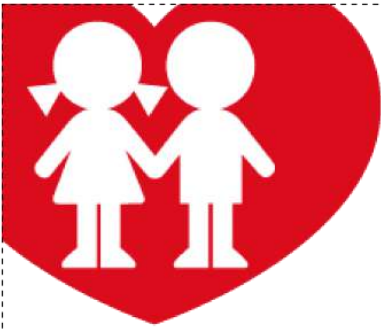
Accommodation:

- Please follow the safety precautions in the house during the Training Course. They are hung up everywhere in the house.
- In a suspected case (regarding Covid-19), the trainer must immediately inform someone from the reception and the coordinating organisation to "isolate" the group so that they no longer have contact with other guests in the house!

Entry Regulations for Austria (July'22)

Currently, there are no restrictions unless entry is from a state or area of very high epidemiological risk. At this time, this does not affect any state.

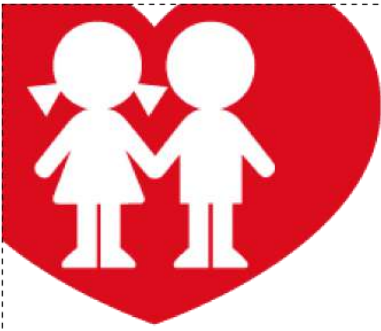
Further information about the entry regulations can be found on the website of the Austrian Integration Fund and the Austrian Federal Ministry of Social Affairs, Health, Care and Consumer Protection.



Please inform yourself about the entry regulations in Austria and general official regulations BEFORE you start your travel. NOTE: If you have a stopover in another country, you have to check those entry regulations/ corona measures too! Please, also inform yourself about your way back home, if there are any restrictions should be effective.

General rules and requirements

- **Allergies, diseases, special diets** etc. have to be announced before the project.
- Using **the washing machine** at the venue: if's possible, please ask the Mühl-fun-viertel team
- **After 23.00** all the noise must be reduced to permit the other participants to sleep and rest
- **Smoking** in the house and in front of children is forbidden because of the values of the Kinderfreunde. Please use ashtrays while smoking.
- **Attention:** Neither the hosting organisation nor the house Mühl-fun-viertel itself carries any responsibility for lost/stolen/broken things of yours!
- For the **beverages/snacks** from the bar, each participant has to pay by him/herself; taking sth. from the bar, you have to fill in what you've taken in the list on the bar and pay for consumed drinks/snacks before your departure.



DEOR

Dissemination and Exploitation of Results

Each partner organisation has to take an active part in the DEOR of this project!

The participating organisations and their teams should work out a strategy plan for the DEOR. This should happen **before** the project gets started.

After the project each organisation has to send a short report of this part. This report can include links to postings on Facebook/Websites/Online Newspapers etc..., everything, what was reported about the project beginning with preparations and ending by evaluations.

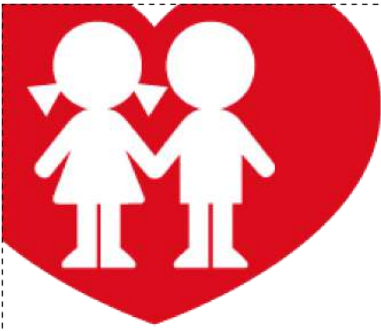
All these activities have to be sent by each involved organisation via email to the coordinating organisation!



Travelling to the venue...

Good to know:

- The trip to Klaffer is your responsibility! We provide all necessary information beforehand and support your planning, if needed! Just let us know
- **Before booking tickets you should check your itinerary with us. Any decision without consulting us will be your responsibility.**
- The participants from one country should travel as one group.
- Think about green travel options.
- **Arrival:** Please make sure that you arrive in Linz **before 18:00 o'clock in Linz**. There will be a rented bus, called **"Venzl"** at Linz main station, which will take all of you to Klaffer.
- **Departure:** Please make sure that your train/bus/flight leaves **after 12:00 o'clock**. You will arrive in Linz main station approx. at 10:15 in the morning. If you leave from Vienna it will take you at least 1.5 hours to get there from Linz.
- **Please Note:** the costs of the rented bus will be deducted from each participant's travel reimbursement (approx. 18€ per person for one way). This option is cheaper and more comfortable as taking public transport.



How to get to Linz?

From Vienna to Linz: if you arrive in Vienna airport you have 2 options:

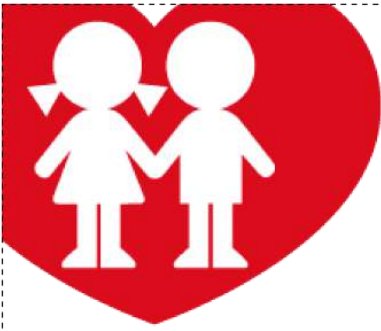
- 1) Take the train directly from the airport to Linz main station. The train line is called ÖBB. One ticket costs approx. 45€.

<http://fahrplan.oebb.at/bin/query.exe/en?> (timetables)

- 2) From Vienna airport you take a shuttle bus called "Vienna Airport Lines" to Vienna Westbahnhof (train station). This ticket costs 8€. From there you take the Westbahn (name of the trainline) to Linz. A ticket is approx. 25€.

www.westbahn.at (timetables)

Good to know: If you book tickets online before your travel you may have the chance to get cheaper ones (for both train lines).



Emergency contacts

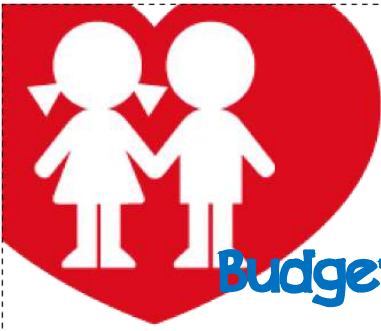
| | |
|---------------------------------|---|
| Stefanie (Office) | Mo-Do: 08:00-16:00 Fr: 08:00-13:00 stefanie.poemmer@kinderfreunde.cc +43/7237 24 65 23 +43/699 16 88 65 03 |
|---------------------------------|---|

In case of emergency, please contact our trainer:

Wolfgang: +43699 104 646 20

| | |
|--|-------------------|
| Team Mühl-fun-viertel 16:00-19:00 (Questions concerning the arrival) | +43/664 130 70 47 |
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| | |
|---|---|
| Taxi in Linz (if tram doesn't work) | 0043/732 6969 |
| Taxi in Aigen (if you have missed our organized bus to Klaffer) | Mrs. Greiner: 0043/664 644 38 07 Mr. Venzl: 0043/664 591 41 19 |



Budget/Travel reimbursement rules

All costs for accommodation, food, materials are fully covered by the funding of the Erasmus+ Programme (only during the stay at the project).

According to the new rules within the Programme Erasmus +, travel costs are reimbursed according to km-distance from the participant's residence city till the venue.

According to this there are the following units for each country:

Maximum travel reimbursement to/from Klaffer according to the distance calculator from Erasmus+: (for distance calculation during the reimbursement process we will take the residence city of a participant till the venue, this amount of km. has to be proved by tickets, invoices etc. and the below mentioned sum will be paid only if this proved distance is as followed)

- check your distance here:

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

| | | |
|------------------|------------------------|--------------------|
| <i>Italy</i> | <i>500 - 1.999 km</i> | <i>275€/Person</i> |
| <i>Portugal</i> | <i>2000 - 2.999 km</i> | <i>360€/Person</i> |
| <i>Armenia</i> | <i>2000 - 2.999 km</i> | <i>360€/Person</i> |
| <i>Lithuania</i> | <i>500 - 1.999 km</i> | <i>275€/Person</i> |
| <i>Turkey</i> | <i>2000 - 2.999 km</i> | <i>360€/Person</i> |
| <i>Spain</i> | <i>500 - 1.999 km</i> | <i>275€/Person</i> |
| <i>Austria</i> | <i>100 - 499 km</i> | <i>180€/Person</i> |
| <i>Croatia</i> | <i>100 - 499 km</i> | <i>180€/Person</i> |
| <i>Poland</i> | <i>100 - 499 km</i> | <i>180€/Person</i> |



Reimbursement will be according to the real amount spent for tickets, up to the maximum amount listed above.

For Example: Your budget is 275€. You spend 260€ for your tickets, only 260€ will be covered according to your invoices. If you spend 295€ for tickets, only 275€ will be reimbursed.

VERY IMPORTANT:

To receive reimbursement we need **ALL ORIGINAL** invoices, tickets, boarding passes from each participant. Even if your expenses have exceeded the limit. It is important that we have absolutely all tickets which proof your travel from your home town to the venue and back.

The check-list for the reimbursement:

- **Booking confirmations** for flights, **boarding passes** + **Invoice** with the following components: names of passengers, issue date, flight dates, departure/destination, price, issued in ENGLISH!
- Absolutely **all invoices/tickets MUST have an issue date**/purchase date!
- Absolutely **all original tickets bought** (even if you are of the budget) for arrival and departure, beginning from your home country to the venue and then back
- **Bank account of the sending organization**, because the money will be transferred to the sending organization!

In case we don't get these documents, reimbursement is not allowed!!!

Dear organisation, please send ALL travel documents of ALL participants together to the following address:

Kinderfreunde Mühlviertel
Gewerbestraße 7
4222 St. Georgen/Gusen
AUSTRIA

Wish you good luck with your preparations! 😊

Feel free to contact me, if you have any questions!

All the best,

Stefanie