

## International seminar for youth workers

# ViaRopes



Dear Friends,

in this information letter, you will find all the information about international training **ViaRopes**, which will take place in **Klokočov, Slovakia from 21<sup>st</sup> till 29<sup>th</sup> April 2012**. The information letter contains goals and program of the training, money reimbursement and other practical issues. Needing more information, do not hesitate to contact us at **vladimir.randa@gmail.com** or call **+421 949 754 146**. We are looking to meet you here in Slovakia.

Best regards,

Organizing team

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## Motivation

**Outdoor is the perfect way of creating the environment where young people can learn, grow and develop their personality.**

Today, it became inevitable to include outdoor activities in variety of youth programmes like workshops, trainings, summer and winter camps etc. Our culture is looking for entertainment and outdoor activities with their adrenaline part are perfect answer for this demand. Youth workers from many organizations all around Europe started to use outdoor activities at their daily work with youth. They want to be with the trend. That is very positive on one hand, but on the other hand there lies significant danger in using these activities, which is coming from their nature. They are naturally dangerous and that's why person who wants to incorporate outdoor activities in youth work must be aware of all the appropriate techniques, used materials, possible dangers and behaviours connected to this issue. Only keeping this broad view in one's mind outdoor activities can become fully usable tool in achieving learning goals of young people.

## What?

*ViaRopes* is a 7-day long international seminar involving 21 participants from 7 countries: Slovakia, Romania, Czech Republic, Hungary, Latvia, Poland and Netherlands. This seminar is inspired in training organized in 2009 in Czech Republic. However, it is new training.

During this training you will be provided with outdoor tools which can be integrated into your professional life (as a youth leader). Most of the time, you will be participating in workshops and practical training sessions. There will be also several lectures on specific topics (safety, materials, risk management, reports..).

## Who can do this training?

This training is **open for everyone without age limits**, from Slovakia, Romania, Poland, Hungary, Latvia, Netherlands and Czech Republic (citizens and/or having a residence permit).

Our main target groups are youth workers, this means people:

- who regularly work with youth,
- who are working with outdoor methods and want to improve their skills regarding rope techniques (low and high ropes, rope systems, rappelling, belaying, tree-climbing),
- who want to start using above mentioned outdoor methods in their programs,
- people who want to adopt concept of risk management into their daily work and who want to improve on issue of safety in (outdoor) activities.

There are no further selection criteria for this training. Basically, partner organizations are responsible for their participants, who should match the above criteria.

## Detailed program

### Topic

Topic of the training course *ViaRopes* is the safety of outdoor activities and its deliberate usage in the youth programmes.

### Objectives

Our main objective is to achieve a level of running outdoor activities where

- activities are safe,
- properly done,
- logically fitting into overall programs,





- with adequate technical equipment,
- delivered by experienced instructor,
- in compliance with learning goals.

Particular objectives that we want to reach during the seminar:

- to raise the awareness of safety issues in youth work, youth activities, particularly in outdoor activities,
- to understand the role of the outdoor activities in youth programs, to be able to put these activities in right moment, in order to achieve learning goals,
- to explore broad usage of the same activities for different learning goals,
- to be aware of principles in Risk Management, to be able to assess risks, know them, prepare for them, avoid them if possible and be able to react adequately if risk appears,
- to be able to create emergency plan,
- to safely instruct outdoor activities for groups of (young) people and to supervise outdoor activities,
- practically learn 3 outdoor techniques (low and high ropes, rappelling, belaying). By this, we mean to be able to technically deliver this activities to the group of people,
- to be able to work with outcomes from outdoor activities, to understand the role of the reflection.

### **Goals**

During the exchange you will have opportunities to improve your skills in:

- building low and high ropes, rope systems
- belaying (as a group activity)
- rappelling (as a group activity)
- climbing (as a group activity)
- working in intercultural groups
- ability to assess risks

### **Team**

The team, running the seminar, will consist of 5 experienced trainers and person responsible for camera and daily shooting of lectures, workshops etc. External experts will be invited for particular parts of the program. The head-trainers are experienced in working with international groups, with the method of non-formal learning. We specialize in the outdoor education. Most of us are also working in the area of high ropes and rock climbing.

### **Program, methods and structure**

#### **Methods**

Methods used in the training include a lot of practical workshops, several lectures, peer learning and learning by doing.

#### **Structure of the training**

**The first 3 days** are focused on technical skills as knowing different material, basic knots, and types of low and high rope obstacles. We will practically train building low ropes and different ropes systems. At second half of day 3, we will start exploring concept of safety.

### Days 4-5

These days will be dedicated practical training of rappelling, belaying and tree-climbing. Within these days we will visit permanent high ropes course and rock climbing area outside accommodation.

### Days 6-7

These days will be dedicated to safety. Lectures and practical workshops from external lecturers will be delivered. In these days, participants will have unique opportunity to use their newly acquired skills by creating public event for local students, which will be focused on creating specific outdoor program.

During the training you will work in **small international groups**. The groups will change several times during the training. In this way you will get an opportunity to work with every member of the group and to learn from everyone.

### Online multimedia manual

As outcome of this seminar, online multimedia manual for participants will be created. It will be available for broad use at [www.viaropes.eu](http://www.viaropes.eu) - webpage of the project. We will also encourage you to create your own national event after the seminar connected to the topic of outdoor education.

### Practical information

#### Food, accommodation and transportation

Food, accommodation and 70% of your travel costs are covered by support of **Youth in Action program**. Web page of the program: [http://ec.europa.eu/youth/index\\_en.htm](http://ec.europa.eu/youth/index_en.htm)

#### Language

The training is given in simple, easy-to-understand **English**.

#### Location

Training will take place in **Klokočov, Slovakia**.

Venue: **Sudopark**, Klokočov (<http://www.sudopark.sk/en/>)



Accommodation is located in the north of Slovakia, in the surrounding of village Klokočov. It is about 20 minutes of walk from the village, where you can find basic services like grocery shop and post office. Village Klokočov is around 220km from Bratislava (capital of Slovakia) to the north.



## Map

<http://g.co/maps/f5yq3>

## How to get there

From Vienna airport you should take shuttle bus to Bratislava. From Bratislava airport take a bus to either railway station or bus station.

### *Public transportation in Bratislava*

When looking for local transportation in Bratislava go to:

<http://imhd.zoznam.sk/ba/journey-planner.html>

Choose „Letisko (Airport)” for airport ☺ and “Autobusová stanica (Bus station)” or „Hlavná stanica (Central railway station)” according to your preference.

### *Public transportation in Slovakia (trains and buses)*

Use web page [www.cp.sk](http://www.cp.sk). It is available in English. Full name of your destination is “Klokočov, Hlavice, Galus”.

## Dates

Arrival day	21 <sup>st</sup> April 2012 in the afternoon, after 12:00
Start of the program	22 <sup>nd</sup> April 2012, 9:00 AM
End of the program	28 <sup>th</sup> April 2012, 10:00 PM
Departure day	29 <sup>th</sup> April 2012 in the morning, until 12:00

There are **7 working days** in total.

If you need to arrive in Slovakia earlier than 21<sup>st</sup> April or leave later than 29<sup>th</sup> April, you should arrange yourself an accommodation. Organizers might be helpful. You can contact Vlado at [vladimir.randa@gmail.com](mailto:vladimir.randa@gmail.com) or call **+421 949 754 146**.

## Money Reimbursement

### Reimbursement of travel costs

First of all, we ask you to keep all your **original** tickets, boarding passes and receipts. ONLY if you have the travel tickets, boarding passes and receipts we are able to reimburse your travel costs.

The reason for this is that we only get money for your travel cost from the Youth in action (YiA) program, if we can prove that you have really traveled. This we do by showing your travel documents (tickets, boarding passes, invoices). If we don't have your documents, we will not get money from the YiA program and therefore we won't be able to reimburse your travel cost.

**We will reimburse you in cash for all the tickets you will bring to the training.** After leaving Slovakia you will send us remaining tickets (the ones you will use for traveling home) and this we will reimburse you by sending money to bank account of group leader / or your organization. The reimbursement will be sent within the period of 2 months after the training is finished.

We will only reimburse your travel costs if you participate in the whole training. The Youth in action program will **refund 70 % of your travel costs**. For that you have to choose the cheapest way of traveling. Maximum amount of travel costs we can reimburse you are in the table below. (See Max. travel costs 100%).

### Participation fee

For the organization to be able to manage the project and maintain its activities, we ask for a small participation fee. This is to be paid upon arrival.

Country	Max. travel costs (100 %) / person	Max. refund (70%) / person	Participation fee / person
Hungary	50 €	35 €	50 €
Latvia	400 €	280 €	50 €
Poland	50 €	35 €	50 €
Romania	120 €	84 €	50 €
Netherlands	300 €	210 €	50 €
Czech republic	35 €	25 €	50 €
Slovakia	10 €	7 €	50 €

### What to bring

#### Required

- Good, water-resistant walking shoes
- Warm and water-resistant clothes for outdoor & indoor activities
- Cap and gloves
- Raincoat
- Headlight (recommended) or flashlight
- Passport or other official identification
- All medicines you need (or you use regularly)
- All original invoices, travel tickets, boarding passes
- Travel and health insurance for all days of your staying in Slovakia

Note: Weather in April is quite unpredictable in mountains of north Slovakia. Please, be ready, that there can still be substantial amount of snow.

#### Recommended

- Sleepers
- Climbing shoes and climbing harness
- Warm pyjamas
- Towel
- Backpack, not suitcase
- Photo-camera
- Swimsuit (for hot-spot in accommodation)

**You don't need to bring your own mattress and sleeping bag.**

### Contact persons of partner organizations

Country	Organization	Contact person	Email
Slovakia	Preles	Vlado Randa	vladimir.randa@gmail.com
Hungary	Academy of Experience	Krizstina Gyöngyösi	kriszta.gyongyosi@gmail.com
Latvia	Luzumpunkts	Juris Zigelis	juris@luzumpunkts.lv





Romania	Outward Bound Romania	Ádám Horváth Kovács	office@outwardbound.ro
Czech republic	Lanové centrum Proud Brno	Lukáš Sedliský	brno@lanovecentrum.cz
Netherlands	Olde Vechte Foundation	Marco Vlaming	oldevechte@hotmail.com
Poland	Magic Mountain Foundation	Robert Kazmierski	fundacja@czarodziejskagora.org.pl

## Organizer



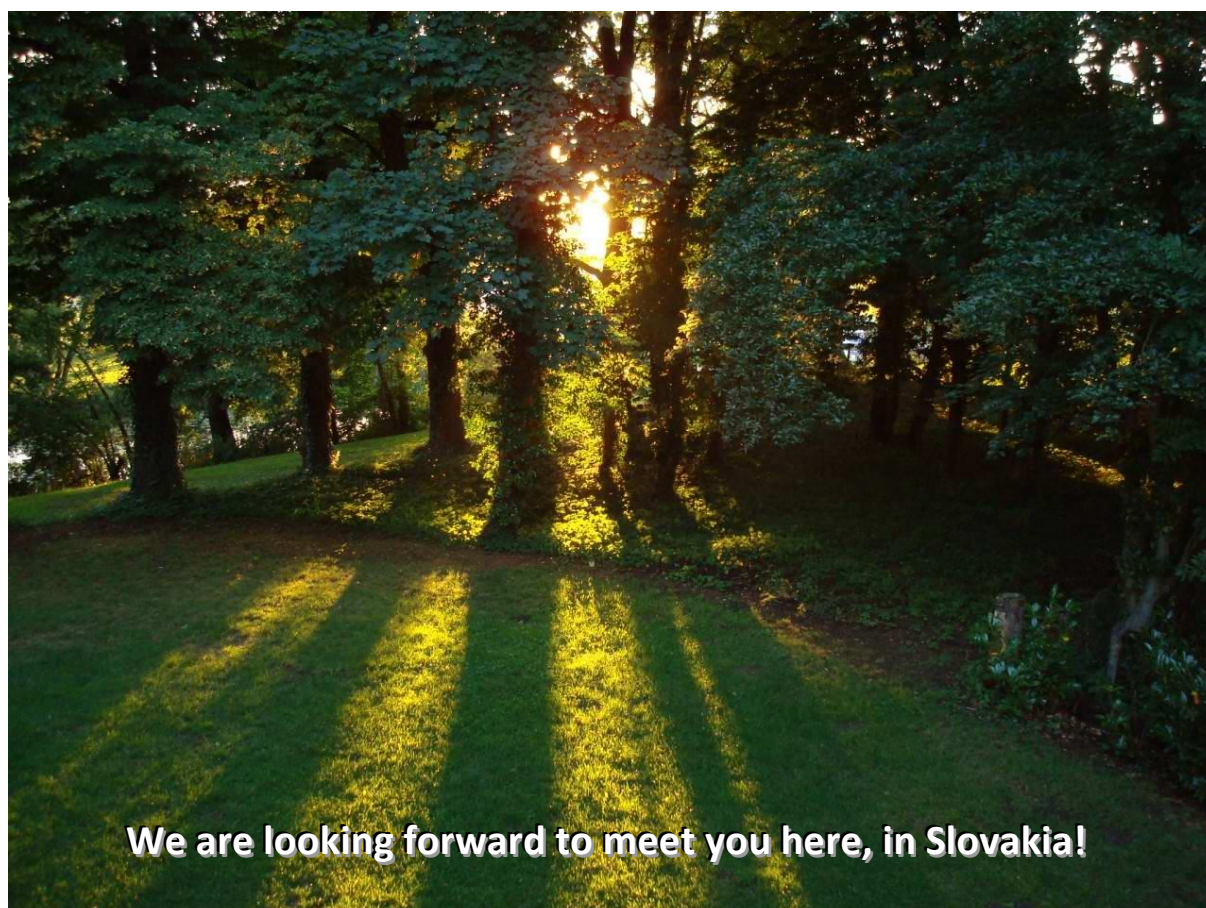
Preles is non-governmental organization based in Žilina, Slovakia focused on supporting personal growth and development through creating harmony within people, among people and between people and nature. Our vision is to develop active citizenship by acknowledging one's own strengths and power of people. We are dealing with several issues – nature protection, social inclusion, international understanding, and support of potential youth leaders. For the described goals we are using methods of non-formal education in different forms – trainings, seminars, outdoor trainings, high ropes courses, etc.

### Address:

Preles, Gaštanová 48, 010 07 Žilina, Slovakia

Phone contact: +421 949 754 146

More information at <http://preles.aktivnyobcan.sk/oz/about-us/>



**We are looking forward to meet you here, in Slovakia!**



Education and Culture DG

'Youth in Action' Programme

