

# T W I S T E R

**1st stage:** 14. - 22.1. 2024, Czech Republic  
**2nd stage:** 18. - 27.5. 2024, Italy



Co-funded by the  
Erasmus+ Programme  
of the European Union



COMMUNICATION AND  
PRESENTATION SKILLS

SELF-AWARENESS AND SELF  
ASSESSMENT SKILLS

# THE PROJECT

Twister is a two-stages Erasmus+ project that aims at communication and presentation skills - extended for areas of self-awareness and self assessment. The project is based on techniques of learning by doing and experiential learning. We aim at giving participants practical skills and a wider understanding of themselves so they can further develop the way how they communicate, since communication is part of our lives. We will work on it so it helps the participants to achieve their goals. We will focus on communication theory and implication (sender - receiver), presentation, connection with audience or partner, interpretation. Through this project we want to help youth workers and young people to better navigate in today's world and be able to communicate in a meaningful and effective way.

## NUMBERS OF PARTICIPANTS

Czech Republic	Genesis	4
Italy	Mobility Opportunities Happening APS	4
Romania	Asociatia CPDIS	4
Spain	Asociación Juvenil Manfred on Tour	4
Turkey	Pange Gençlik Derneği	4
Azerbaijan	Common Sense	4
Georgia	ICPI	4
Ukraine	UNIT	4

If you have any questions, contact your sending organization or Genesis.

# OBJECTIVES

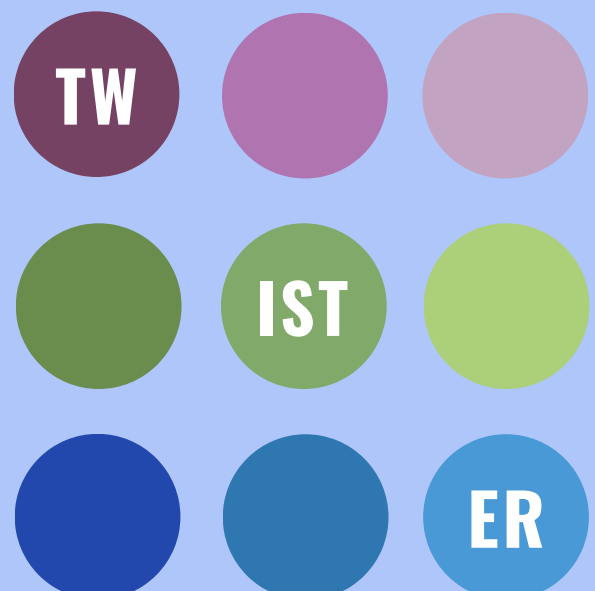
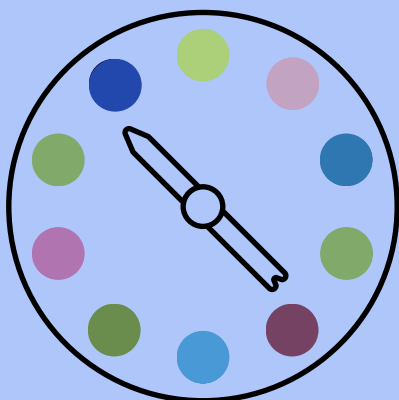
**Communication** - Let's explore the world of communication. How to better form our ideas, how to play with words and how to be able to connect to others. Main goal of communication is to connect and create mutual understanding. So let's work on it together.

**Presentational skills** - To convey message in front of an audience has been becoming more present in our daily lives. Whether we have to stand in front of class, colleagues or youth, we have to be able to get their attention, keep it and transfer our idea so everyone understands it. And that is a real challenge.

**Team work** - This can be seen as result of good communication. We often try to do things by ourselves, though in unity lies the power. And if we are able to work together well, we can achieve great things.

**Awariness** - Here. Now. In this very moment. The place, me and others. Being able to perceive things how they are, being aware of surroundings and what is happening around. But. What if you close your eyes? Let's explore what awareness can really mean.

**Creativity** - What is it mistake if not another version of success? If you want to be creative, you need to be ready to make a mistake. So let's explore together where is our limit for creativity.



# ABOUT THE PROJECT

The project **TWISTER** is the 2nd run of the methodology created 5 years ago for youth workers and young people so they can develop their communication skills and other skills that are directly connected to communication. As this is the 2nd run we have altered the methodology and fill its gaps and extended time of the project to better address needs.

In this project we will focus on general development of our communicational skills as they are described in objectives, for being a good communicator requires mastering different areas of communication including ourselves.

## WORD FROM TRAINER

I see world full of possibilities. I see wonderful people, I meet them everyday, sometimes I teach them as well and what I see as of the problems is that people can say properly and out loud what they really want. Key to this I see not only in communication or presentation itself but more in awareness and conscious work. After all, we all are working in progress and our biggest fault is that from certain age we take ourselves as finished work. With this project and methodology I would like to take you on journey of self-discovery through communication.



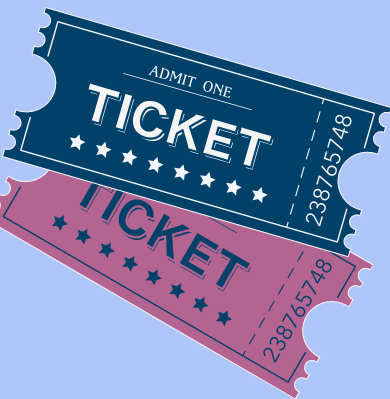
# PROFILE OF PARTICIPANTS

- Age above 18.
- Readiness and availability to involve in project, participate actively and be willing and open to contribute to mutual work.
- People working with youngsters and are motivated and committed to support their personal development.
- Those, who are interested in coaching, mentoring and interpersonal and presentation skills.
- Those, who are motivated to involve and develop new Erasmus+ projects after the Training Courses.

## **More specifically, the training for people who want:**

- 1.To learn differences in communication and interpersonal skills. To learn how to motivate people in an open dialogue.
- 2.To learn about differences in communication.
- 3.To learn how to create bridge among people as a mentor.
- 4.To learn how to express own intentions and improve self
- 5.presentation.
- 6.To learn useful techniques that help to concentrate, calm and
- 7.control self.
- 8.To understand the role of speaker, motivator and presenter.
- 9.To better understand each role in a dialogue.
- 10.To better distinguish roles as active & passive listener. 10.To better influence listeners.
- 11.To facilitate and take a lead.
- 12.To better understand needs in communication and disputes.
- 13.To be able to help others in thd field of communication.





# TRAVEL INFORMATION

PLEASE REMEMBER, ONLY THE MOST ECONOMICAL  
TRANSPORTATION WILL BE REIMBURSED.

**\*You can take 2 extra days before or after the project.\***

Czech Republic	60 EUR
Italy	245 EUR
Romania	245 EUR
Spain	245 EUR
Turkey	245 EUR
Azerbaijan	330 EUR
Georgia	330 EUR
Ukraine	245 EUR

30 EUR will be used for the local transportation in the Czech Republic.

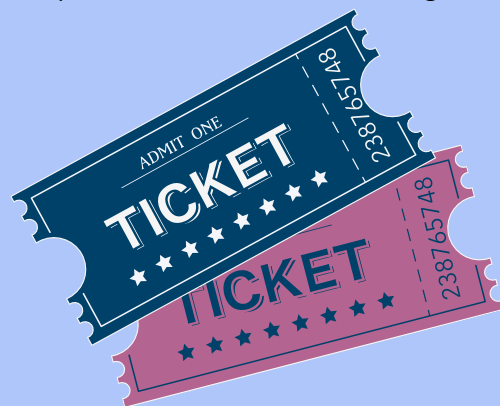
Accommodation, transportation and food will be fully covered with the support of Erasmus+ programme.

**The travel costs will be reimbursed for the cheapest and direct way of transport** and only under the condition that the participant will take part in the whole project. **The travel costs will be reimbursed according to amounts stated in the chart.**

It is necessary for the participants to have travel health insurance (this is not covered by the project).

## TRAVEL TIPS

Plan your trip well and choose the best means of transportation. Especially short distance can be often covered by a bus or a train, and flights can be avoided. Travel light, take only as much as you really need.



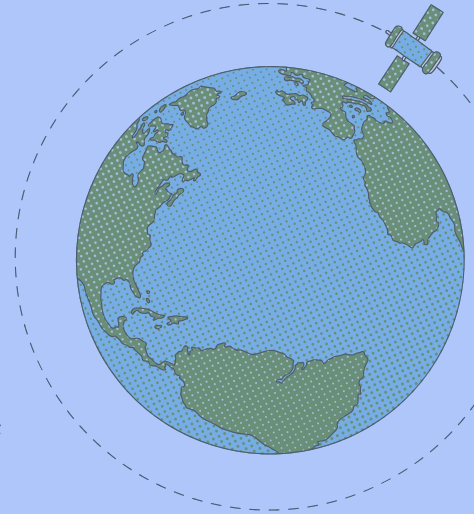
You can take 2 extra day before or after the project. **However**, we would like to ask you to look for flights that **will be arriving NO later than 1:30pm on January 14, 2024.** So you have enough time to reach the meeting point. And **returning flights that will be NOT before 3pm January 22, 2024.**

**REMEMBER** to send us a proposal of your tickets before buying them  
**It is necessary that we will APPROVE them first!**

**Keep invoices of the purchases and boarding passes and tickets** so we can reimburse them for you.



# GREEN TRAVEL

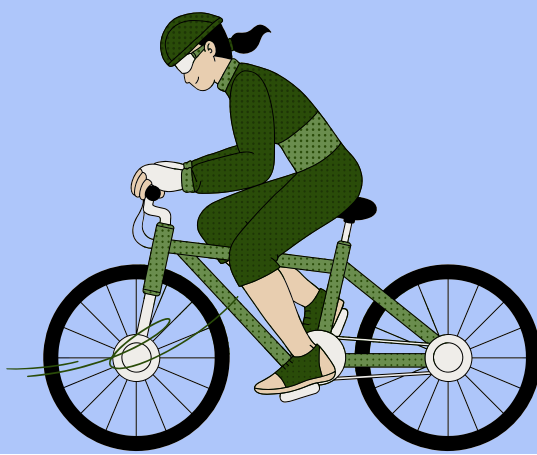
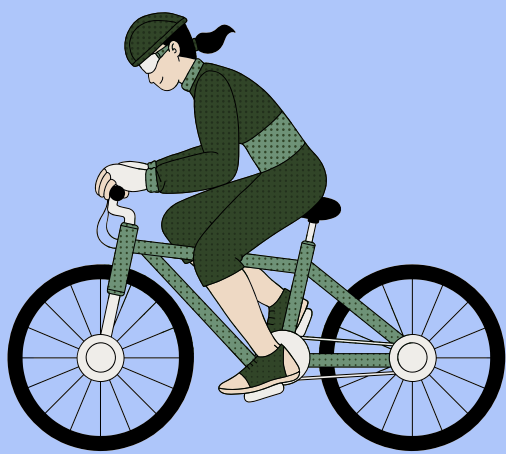


Plan your trip well and choose the best means of transportation. Especially short distance can often covered by a bus or a train and flights can be avoided. Travel light, take only as much as you really need.

The Erasmus+ program offers **Green Travel Support** for people travelling to their destination using sustainable modes of transport - car-pooling, a bus or a train. To qualify for Green Travel Support, you must use sustainable means of transport for at least half of your journey (outward and return).

Green Travel Support is available if your destination lies within 100 km to 4000 km travel distance. If you receive Green Travel Support, **you will receive a higher travel allowance** than the standard travel allowance. And the funded travel duration **will be increased** from maximum of 2 days to **maximum of 4 days**.

COUNTRY	STANDARD TRAVEL	GREEN TRAVEL
Czech Republic	60 EUR	100 EUR
Italy	245 EUR	290 EUR
Romania	245 EUR	290 EUR
Spain	245 EUR	290 EUR
Turkey	245 EUR	290 EUR
Azerbaijan	330 EUR	380 EUR
Georgia	330 EUR	380 EUR
Ukraine	245 EUR	290 EUR



A stylized, handwritten signature in green ink.



# MEETING POINT

The meeting point will be in front of the main train station in the **Olomouc**, by the entrance into the building on **January 14**, 2024 at **5pm**.



## Two ways to get from the airport to the Prague train station:



01

Participants who will be landing at the Václav Havel Airport Prague (Letiště Václava Havla Praha) can take **bus 199 or 322** at the bus stop in front of terminal 1 or terminal 2 which will go to Nádraží Veleslavín. Then you need to switch to Metro green line A and get off at the stop **Muzeum**. From here it is either 5 minutes walk to the train station or switch to Metro red line C and continue 1 more

stop to Hlavní Nádraží. You can buy 40-minute ticket at the bus stop in the ticket vending machine.

02

You can take AE bus that will take you straight to the Prague train station Hlavní Nádraží. The ticket costs 100 czk and you can buy it at the bus driver, it is possible to pay in cash or by a card.

At the train station you take a train to Olomouc hl.n. The journey takes about 2 and half hours to reach Olomouc. The meeting point will be **in front of the entrance into the building latest by 5pm on January 14**.



# TRAIN CONNECTIONS

## from Prague to Olomouc

The train is going from Main Train Station in Prague. You can buy your tickets either online or in person at the station. The ticket should cost around 4€.

Link for buying tickets online [HERE](#) and [HERE](#), please do not go by later departure trains.

While buying tickets online, do not forget to pick the right arriving time and your age category. If you own student ISIC card, you can have a discount on it. You will add it with the age category.

## from Vienna to Olomouc

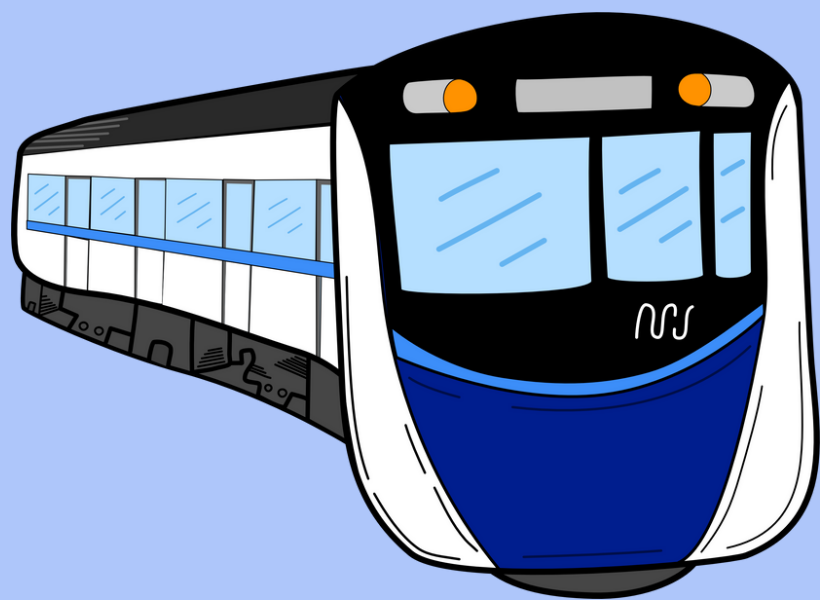
The train is going from Vienna Main Train Station. You can buy your tickets either online or in person at the station. The ticket should cost around 5€.

Link for buying tickets online [HERE](#) and [HERE](#), please do not go by later departure trains.

While buying tickets online, do not forget to pick the right arriving time and your age category. If you own student ISIC card, you can have a discount on it. You will add it with the age category.

### MEETING POINT

in front of the main train station in  
**Olomouc**  
**January 14, 2024 at 5pm!**



# REIMBURSEMENT

PLEASE, KEEP ALL THE  
INOVOICES, BOARDING  
PASSES, TICKETS, ETC.  
IN ORIGINAL FORM IN  
ORDER TO BE ELIGIBLE  
FOR THE  
REIMBURSEMENT OF  
YOUR TRAVEL  
EXPENSES.

We will reimburse your costs  
via bank transfer.

Keep your travel documents  
in e-version if possible that  
can be easily sent by email,  
please.

&

Let's be eco-friendly  
together!

01

Don't buy anything without  
Genesis approval. **Only the  
most economical and  
direct way of travel will be  
reimbursed.**

02

Presence during the whole  
project is obligatory for  
reimbursement.

03

Collect and keep all  
invoices, tickets, and  
boarding passes to be  
eligible for reimbursement.



**The participation fee is 50 EUR for each stage.  
The fee will be paid on the stage in cash  
(EUR/CZK).**

# HOW TO APPLY

Each sending organization will nominate participants to the selection process. The final number of the selected participants per country will be confirmed by the applicant organization Genesis.

Please, **FILL IN THIS APPLICATION FORM:**

<https://forms.gle/6BWUhTNH2Z618ozVA>



In order to apply, we ask you to send us a short video where you will answer 2 questions and fill an online form.

## **Questions:**

1. What does non-violent communication mean to you?
2. What type of communication do you prefer and why?

## **DEADLINES:**

**For filling application form: 2.11.2023**

**For purchasing tickets: 24.11.2023**

## **REMINDER:**

**DO NOT PURCHASE ANY TICKETS**

**WITHOUT OUR APPROVAL.**



# PARTNER ORGANIZATIONS



**GENESIS**

genesis.discover@gmail.com

Genesis is a Czech non-governmental organization with a long tradition and simple philosophy.

TO KNOW IS TO GROW.

Genesis provides individual and group trainings. At Genesis, we support all efforts to learn because the more we experience, the better off we all become.

Our goal is to help individuals and companies to receive training that is not only great but also socially responsible.

We believe that innovation in education helps employees, employers, and society as a whole to sustainably grow and develop.



**MOBILITY OPPORTUNITIES HAPPENING APS**

Moh.organisation@gmail.com

The association MOH is a non-profit, non-governmental and non-political association which operates on national and international levels in the field of youth mobility and non-formal education. It gathers youngsters from different villages of the hinterland of the regional capital of Puglia, Bari.

The word “moh” comes from sanskrit and means “to become stupefied, to be bewildered or perplexed” and stands in ancient texts for perplexity. We chose this term for expressing the result we hope to bring to our participants, beneficiaries, members and partners: to look at things from a new perspective and get astonished, impressed by the opportunities we’ll create and offer them.

# ACCOMMODATION

During the 1st stage we will stay at a beautiful venue Sluňákov near the city of Olomouc. The accommodation is a modern low-energy house, which quietness is “disturbed” only by frogs in a nearby pond.

The house is surrounded by a unique open-air gallery named Litovelské Pomoraví House of Nature, where the visitors and participants of the programs can experience unusual stories when visiting the bottomland landscape.

Link [HERE](#).



Horka nad Moravou

The venue for the 2nd stage will be specified later.

# INTERCULTURAL EVENINGS

Each national group will present their country. You can think of a challenge representing your country or prepare a quiz for participants from other countries. You can introduce songs, dances, games, explain traditions, prepare performances or competitions.

We ask you to avoid promotion videos or formal presentations. Be creative!

There will be time to try traditional food and drinks after the presentation so the presentation doesn't have to be too long (it should not exceed 30 minutes).

Please, bring some typical snacks, candies, chocolate, cheese, and any other kind of food.

It will not be possible to cook food at the project venue.





# WEATHER AND WHAT TO BRING

## WEATHER

In January, the average temperatures in Olomouc are between 5°C and 0°C.



January in Olomouc can be rainy and snowy so we recommend that you check the weather forecast before the departure and adjust your selection of clothes to it.

## WHAT TO BRING:

Passport, original boarding passes/tickets  
Warm comfortable clothes, warm jacket or coat  
Cozy sweater and hoodie  
Gloves and hat  
Slippers

### **Water bottle -let's stay ECO**

Hygiene care, any medicine that you use or might need  
Each national team is welcomed to bring food and drinks typical for their countries to share on the intercultural evenings





# CONTACTS



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partner organizations:

