Infopack: g

DECEMBER 13-20, 2024
CZECH REPUBLIC

RISING HORIZONS: GENESIS

INTERNATIONAL EDUCATIONAL PROJECT ON PERSONAL DEVELOPMENT AND WELL-BEING

About the project

Rising Horizons is an international training course, where youth workers will be introduced to essential tools for personal development, grounded in self-awareness and cognitive growth.

Through a mix of reflective exercises, coaching techniques, and empathic communication practices, participants will deepen their understanding of their own strengths and thought patterns.

This project builds a strong foundation for leadership by enhancing emotional intelligence and fostering peace-building attitudes. The program emphasizes self-reflection as the basis for sustainable development and prepares youth workers to guide others effectively.

Pleae note: This project is alcohol-free.

Objectives

TO BUILD AND CONNECT

partnerships and future cooperation

TO INCREASE

employability and participation of youth workers, develop their personal anf professional skills

TO SHARE

good practices, ideas and experiences

TO STIMULATE

the self-development process of the participants

TO GAIN AWARENESS

of new methodologies (coaching, emphatic communication, conflict transformation)

TO ENCOURAGE

selfdevelopment, support participants to grow personally and professionally

Participant profile

: Youth workers who are 20 years and older.

: People with a good understanding of the local socio-economic reality in which they operate, especially regarding youth (including marginalized and discriminated), their reality and challenges they face.

: Workers with youth such as youth workers, counselors, educators, trainers, but also project coordinators, youth leaders.

: Individuals dedicated to personal growth, passionate about self-improvement and driving innovation.

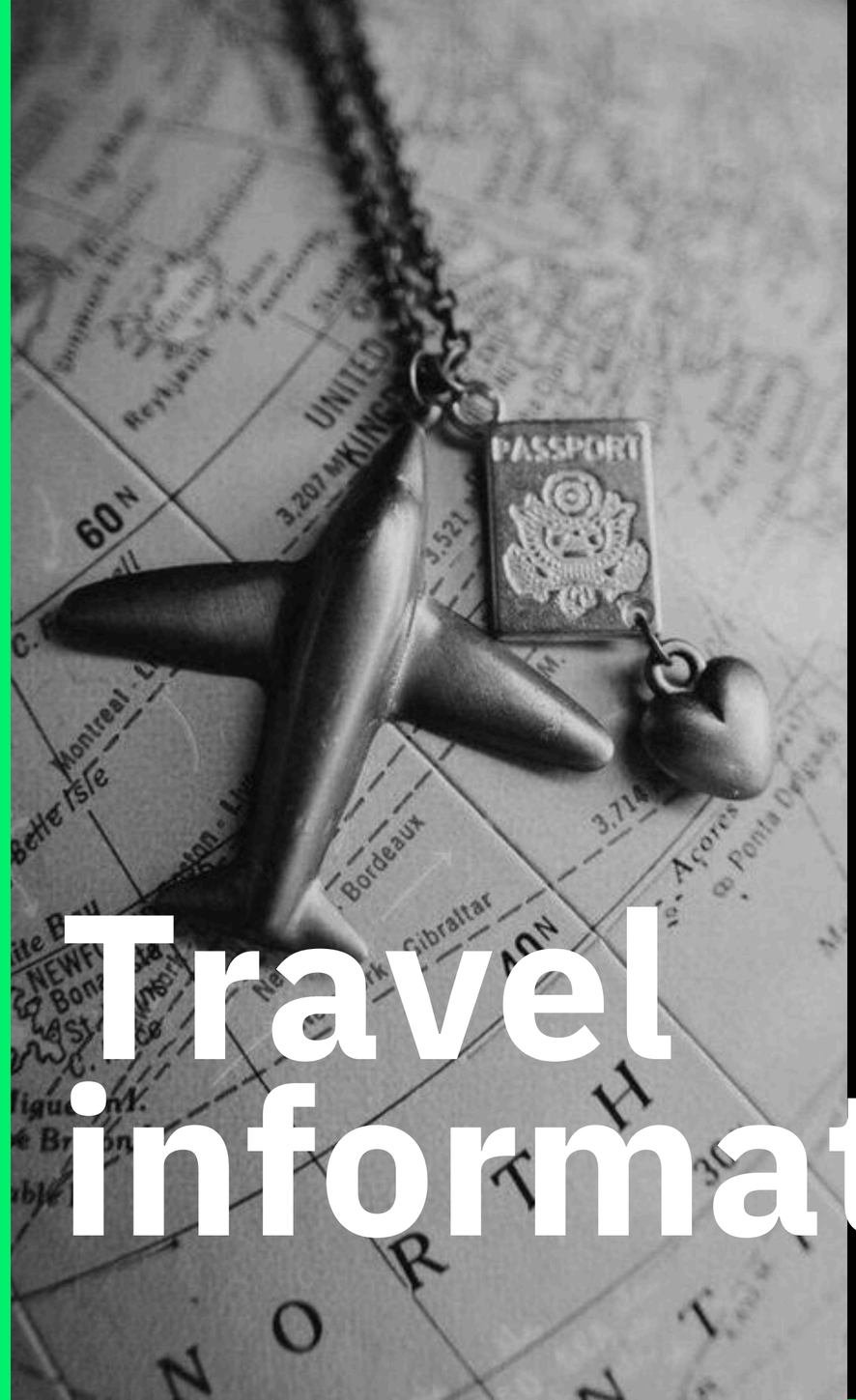
: Motivated individuals, ready to contribute to or start their own projects or initiatives.

FINANCIAL CONTRIBUTION

Based on your experience throughout the project you can decide at the end of the stage how much you want to contribute. It will be a decision of each participant to evaluate how beneficial the whole project was for your personal and professional life and how would you like to reward it. This is also part of your personal development.

Financial contribution of selected participants varies **between 50-80 EUR for the stage.** It will be paid on the stage in cash (EUR/CZK).

Travel information



Don't worry about the basics! We've got you covered with program, accommodation, transportation, and meals thanks to the Erasmus+ program. Travel costs will be reimbursed for the most affordable and direct way to get to the project. Check out the travel budget chart for specific amounts.

JUST ONE THING TO KEEP IN MIND: MAKE SURE YOU HAVE TRAVEL HEALTH INSURANCE.

Keep all your receipts, invoices and travel documents so we can reimburse you.

Distance	Travel budget	Green travel
10 - 99 km	28 €	28 €
100 - 499 km	181 €	255 €
500 - 1999 km	279 €	387 €
2000 - 2999 km	365 €	505 €
3000 - 3999 km	550 €	755 €
4000 - 7999 km	1158 €	1158 €
8000 km and more	1705 €	1705 €

Green Travel

Want to travel green and save some money?

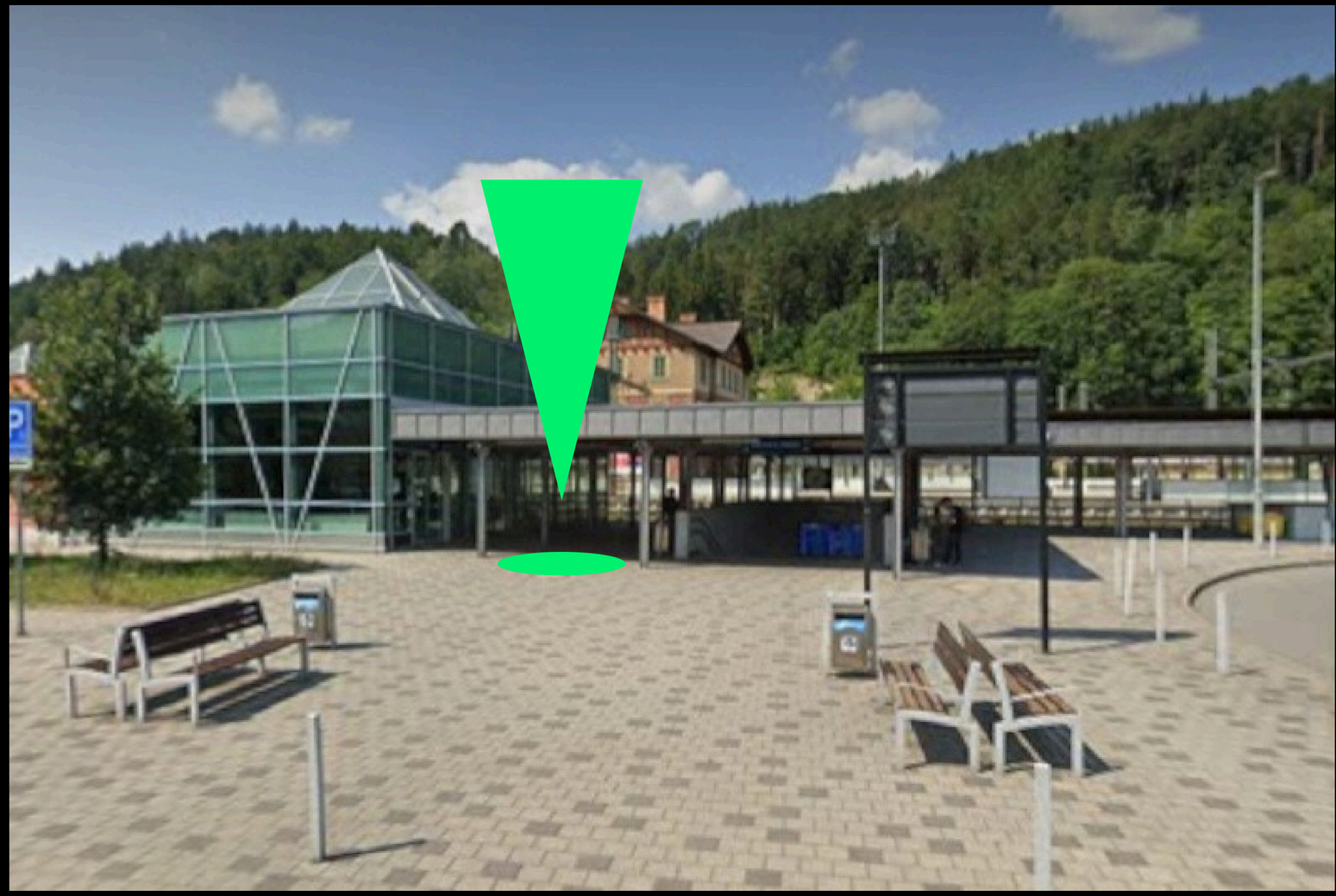
The Erasmus+ program offers Green Travel Support for those who use eco-friendly transportation like:

: carpooling,
: buses,
: or trains.

If you take these sustainable options for at least half of your trip, you'll have up to 4 extra travel days and a Green travel budget, please see the green travel budget.

Meeting point & time

The meeting point will be in front of the main train station in Ústí nad Orlicí, by the green glass entrance into the building on December 13, 2024 between between 4 and 6pm.



Accommodation

The project venue is Kubasova Chalupa, located near the mountains in the Czech Republic.

You will be staying in shared rooms with 3-7 people.

All meals and transportation (international and local) are fully covered by the project.
For more info, visit: Kubasova Chalupa.

Address: Sudislav nad Orlicí 11,
562 01 Sudislav nad Orlicí

Weather & What to bring

Prepare for cold winter weather (between -5°C and 0°C), especially since the project will take place near the mountains.

Make sure to bring:

- Warm, comfortable clothing
- Indoor slippers
- A towel and toiletries
- Any medications you may need
- Your travel health insurance

- Reusable water bottle
- Passport and boarding passes/tickets

Please leave alcohol home as the project is alcohol free. :)

Everyone is welcomed to bring food and drinks typical for their countries to share with others! Keep in mind, that this is alcohol-free project.

Application

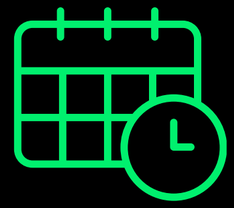
In order to apply, we ask you to send us a 2 min video where you will answer 2 questions and fill an online form.

1. **How has personal development influenced your work as a youth worker?**

2. **What specific skills or areas of personal development are you most interested in working on during this project?**

•• Make sure to keep your video NO longer than 2 minutes!••

IMPORTANT DEADLINES:



For filling the application form: 10.11.2024

For purchasing tickets: 30.11.2024

Apply HERE

https://forms.gle/bXeRFMsmoWy8xepP6

:GENESIS

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

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.

TO KNOW IS TO GROW.

info@ngogenesis.com

@genesis_ngo

ngogenesis.com

:GENESIS Rising Horizons

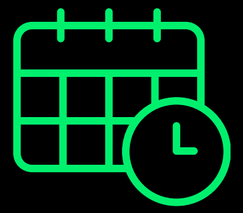
Infopack: g

December 13-20, 2024 in the Czech Republic

Apply HERE

https://forms.gle/bXeRFMsmoWy8xepP6

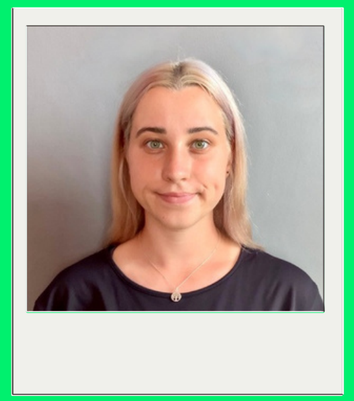
DEADLINES:



For filling the application form: 10.11.2024

For purchasing tickets: 30.11.2024

Contact: g



Lydia Petera

Project Coordinator

genesis.lydiapetera@gmail.com

risinghorizons@ngogenesis.com

@genesis_ngo

ngogenesis.com

: genesis

Erasmus+

Enriching lives, opening minds.