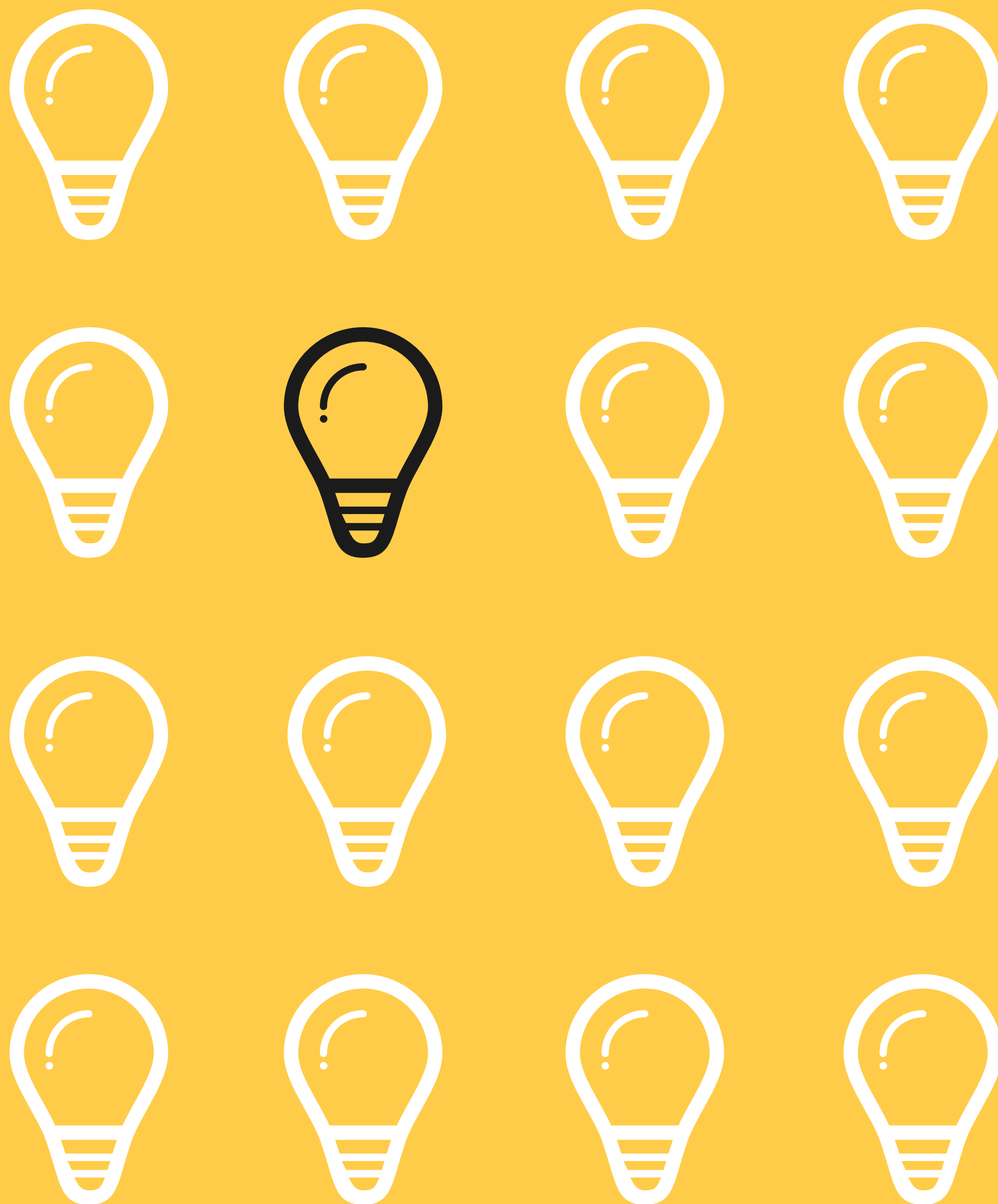


TRAINING COURSE

ABOUT PERSONAL DEVELOPMENT



VOICE

JANUARY 24 - 30 2025 - GEORGIA

WHAT IS IT ABOUT ?

Voice is a 6-months learning program aiming at personal development and **wellbeing** of young educators.

The project focuses on **personal growth**, connection with ourselves and interpersonal communication that will help **YOU** to be more confident, honest & open with **YOURSELF** in your personal and professional life.

PROJECT MOTTO:

We care about others. It's important to take care of ourselves. Let's do it together in the international environment!

OBJECTIVES

Integrity

When everything falls apart and it's just us, what do we lean on? Ourselves? What do we build inside us that can lead us through hard times.

Self-awareness

In the world that is much bigger than us, we often find ourselves to be drowned in chaos of happening. Let's take time and learn how to connect to ourselves and find our place in the world.

Connections

When you push the door that are too big, they won't open but if we are not alone and work together, we can move mountains. The challenge is to find people that are moving them with the same intention.

Values

In the world that is in a rush, we cannot often see where we go or who we are. But if we understand our core values, we cannot waver on the road like a boat that is sailing on right wind.

Perseverance

"If you are going through hell, keep going."

Winston Churchill

WORD FROM TRAINERS



As local and international educators we often take care of others. We support, we care, we provide. This training is an invitation to dedicate time for OURSELVES.

Let's stop for a bit in this fast world, be present, spend time in beautiful nature and through this become a more aware and mindful educator.

- ANETA -

World is a messy place and one simply gets lost in it unless he/she knows self properly. While schools prepare us for the world of work, non prepares us for life itself. During my time I have found out that answers to most questions lies within true understanding. To properly understand, we must question everything first.

- LUKAS -



TRAVEL INFORMATION



You can take maximum of 2 extra days before or after the project.

Czech Republic	340 EUR
Italy	340 EUR
Spain	510 EUR
Greece	255 EUR
Turkey	255 EUR
Georgia	0 EUR

20 EUR will be used for the local transportation in Georgia.

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).

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.

DEADLINES:

For purchasing tickets: 1.12.2024

FINANCIAL CONTRIBUTION



The project is fully covered for you: accommodation, food, international and local transportation. Support, experts, mentoring for the whole duration of the project.

The contribution of each participant is active participation and willingness to learn and work on yourself + readiness to apply gained skills in youthwork.

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

Based on your experience throughout the project you can decide at the end of each 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.

FROM TBILISI AIRPORT

The municipal bus stop is located in front of the Arrival hall of Tbilisi Airport. The bus #337 (Airport-Tbilisi city center-Airport). **Fare** for the bus is 1 Lari (GEL), you can pay with a "Metro money" card by or a bank card. You can purchase a "Metro money" card on any payment office of metro stations in Tbilisi. The cost of a card is 2 GEL. Busses are working between 06:59 - 22:59. In case you arrive outside of these hours, we recommend to use Bolt or Yandex application to order a taxi.

In case you need to find Luggage storage in Tbilisi visit the site: [Smart Case](#)

FROM KUTAISI AIRPORT

Directly from the Kutaisi airport you can take a bus to Tbilisi (price: 25 Lari/GEL). The buses are going according to the flight arrivals, check the websites for more information: www.georgianbus.com or www.citybus.ge The busses stop in Tbilisi is on Freedom square and Rustaveli metro station.

MEETING POINT

the **BICYCLE STATUE** on the **Rose Revolution Square**, in front of Metro Station Rustaveli

Make sure that you are **ON TIME**. The bus will not be able to wait for late people. The bus will take us all together to the venue in Manglisi.

January 24, 2025 at 2pm



WEATHER AND WHAT TO BRING



WEATHER

The weather in January is cold, with temperatures ranging between 0°C and -8°C. **Don't forget we will be in mountains, it can feel colder, and we can expect snow as well. Be prepared with warm clothes and shoes!**

WHAT TO BRING

Passport, original boarding passes/tickets

Travel and health **INSURANCE**

Invoices and travel tickets

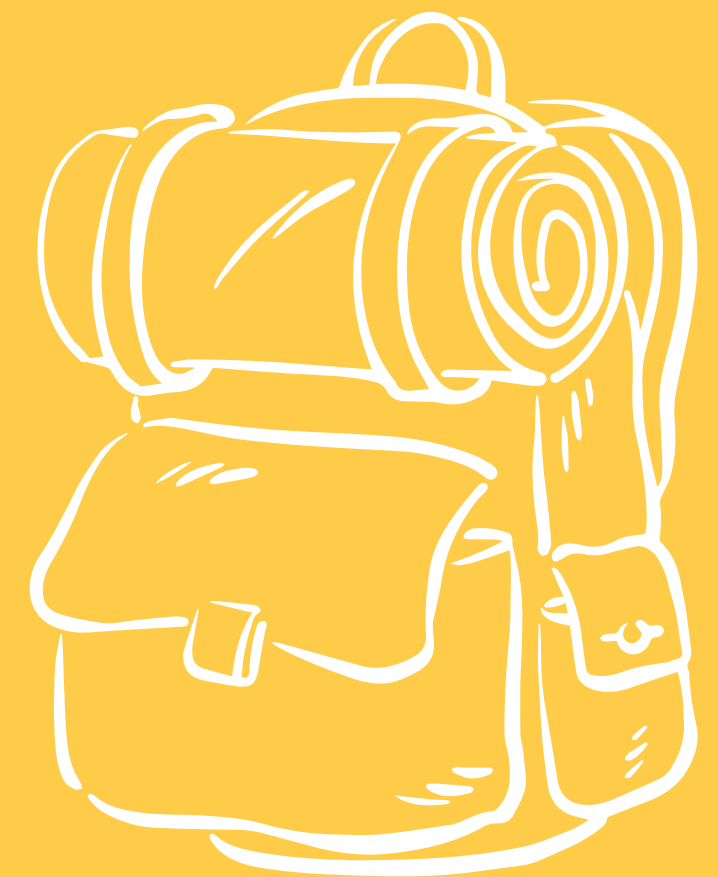
Water bottle - let's stay ECO

Slippers - indoor shoes

Cozy hoodie, winter coat

Towels, 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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If you have any questions, contact us on the project email
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www.icpi.ge

