



(Y)OUR  
POWER

# Technical Infopack

Training Course stage 2: 13 -21 March, 2024 ||  
Bautzen, Germany



**Bildungswerk Sachsen  
der Deutschen Gesellschaft e. V.**

Eingetragener Verein zur Förderung politischer,  
kultureller und sozialer Beziehungen in Europa



**ICPI**

International Center for Peace  
and Integration



**Erasmus+**

## STAGE 2

**Location: Bautzen, Germany** || **Dates: 13-21 March, 2024**

The training Course (Y)our Power is designed to equip youth workers with skills that they can use first of all in their personal life, and secondly to improve their social work and engagement with youngsters, specifically those with fewer opportunities. The First stage was implemented in Bakuriani, Georgia and it aimed to support youth workers with specific activities and training about Personal Development applied to themselves in order to work on some sides of themselves. TC provided a platform for participants to delve into the concepts of personal dynamics, personal patterns, accountability, acquire tools for communication and conflict resolution, and share experiences and best practices.

## AIM

The aim of the second stage in Germany is to continue the learning process from the first stage, put the knowledge into practice and boost the personal skills on the side of coaching and personal development. The participants will be actively involved in learning process based on learning the coaching techniques that will be offered and practice them in training sessions focused on the techniques and after they will be more confident, focused on the wider process of active listening and empathic connection. Participants will have the opportunity to achieve a variety of important learning outcomes such as gaining knowledge and practical experience related to especially to coaching and in communication practices, useful for improve their capacity in traineeship.

# Travel limits & Reimbursement

- !!!Best airports to use to get to the meeting point!
- 100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+.
- There is a strict 2 travel days policy, i.e. you can arrive (if you want to have your ticket reimbursed)
  - 2 days before the project and leave when it ends
  - 1 day before the project and leave one day after the project
  - on the day when the project starts and leave 2 days after it finishes
- Send travel proposals to the project email: [yourpowertc@gmail.com](mailto:yourpowertc@gmail.com);
- Do not buy anything without receiving confirmation from the organizers!
- Keep all the flight related documents, including boarding passes, invoices, tickets (in paper and/or electronic format) while traveling. You'll need to provide them to get reimbursed;
- Travel must be economy/2nd class for a plane, train or bus; No taxi costs will be refunded unless there is no public transport that covers your journey;
- Please, note that the reimbursement process can take up to 2-3 months after the project ends;
- Participants are obligated to have valid travel insurances. They are responsible to cover the costs of it by themselves.

## Travel Limits

Country	Organization	Number of participants (stage 2-Germany)	Travel limits (stage 2-Germany)
Germany	Bildungswerk Sachsen der Deutschen Gesellschaft e.V.	6	25 EUR
Georgia	ICPI	6	360 EUR
Ukraine	STELLA	4	275 EUR
Italy	SCAMBIEUROPEI	5	275 EUR
Slovenia	Adastra Ljubljana	4	275 EUR
Armenia	ARMENIAN PROGRESSIVE YOUTH	4	360 EUR

# Welcome to Germany!



Germany, a diverse European hub, borders nine nations and boasts stunning landscapes from the Alps to Baltic coastlines. Its central location facilitates travel and cultural exchanges. With an efficient transport network, including extensive trains, exploring cities like Berlin's history, Hamburg's music scene, Munich's festivals, Cologne's charm, and Bautzen's medieval allure becomes seamless.

- Total area: 357.592 km<sup>2</sup>
- Capital city: Berlin
- Population: 84,48 Mio
- Official language: German
- Prefix code: +49
- Time zone: UTC+1;
- Emergency number: 112; 110
- Currency: Euro (€)

# How to get to the meeting point!

- Possible Airports: Berlin (BER), Leipzig-Halle (LEJ), Prague (PRG)
- From all the airports you can take the train to Bautzen. You will always have to transfer.
- For navigation and buying tickets it's recommended to use the DB (Deutsche Bahn) application, as it has an easy interface and can be used in multiple languages

Examples for how to get from the airport to Bautzen:

The screenshot displays several train routes from different airports to Bautzen. Each route includes the departure and arrival times, duration, number of transfers, and the train types involved.

- 13:01 – 15:15** | 2h 14min | 1 Umstieg  
IC 2177 | TLX RE1  
Flughafen BER → Bautzen
- 13:38 – 17:00** | 3h 22min | 3 Umstiege  
RB | RE 2 | RB 65 | TL RB60  
Flughafen BER → Bautzen
- 13:06 – 15:54** | 2h 48min | 1 Umstieg  
IC 2443 | TL RB60  
Leipzig/Halle Flughafen → Bautzen
- 13:52 – 16:55** | 3h 3min | 2 Umstiege  
S | ICE 1559 | TL RB60  
Leipzig/Halle Flughafen → Bautzen
- 12:28 – 15:54** | 3h 26min | 1 Umstieg  
EC 378 | TL RB60  
Praha hl.n. → Bautzen
- 12:45 – 17:15** | 4h 30min | 3 Umstiege  
R 688 | RB | S | TLX RE1  
Praha hl.n. → Bautzen

Examples for how to get from the Bautzen train station to the accomodation:

The screenshot shows a navigation app interface with a map and a list of walking routes from the Bautzen train station to the DJH Jugendherberge Bautzen "Gerberbastei".

- 12:23 bis 12:35** | 12 min  
500 / 530 > 🚶  
12:24 ab Bautzen  
🚶 9 min  
Details
- über Bahnhofstraße** | 19 min | 1,4 km
- 12:39 bis 12:51** | 12 min  
500 / 530 > 🚶

The map shows the starting point at Bahnhof Bautzen and the destination at DJH Jugendherberge Bautzen "Gerberbastei". Other landmarks like Alte Wasserkunst, WESTVORSTADT, and EDEKA Zellmer are also visible.

# Accommodation



Bautzen, a captivating city in Germany, is a vibrant blend of ancient charm and modern energy. Its picturesque cobblestone streets wind around stunning medieval architecture, including the iconic towers of the Alte Wasserkunst and the historic Bautzen Cathedral. But don't let its age fool you—Bautzen is also a hub of youthful creativity, boasting trendy cafes, art galleries, and a buzzing nightlife scene.

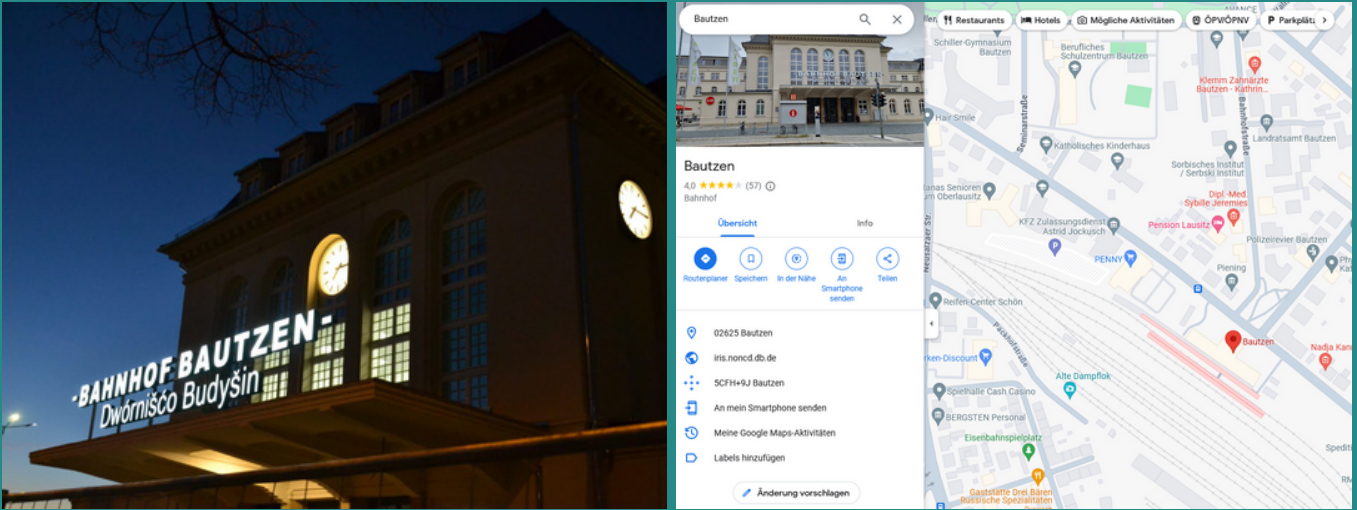
The accommodation is going to be the Jugendherberge Bautzen, where the participants are going to share rooms in small groups. The costs for the stay are covered.



Am Zwinger 1  
02625 Bautzen  
[link to google maps](#)



# Meeting point & time



If you arrive at the Bahnhof Bautzen (main train station) till 5 pm we will pick you up at the main entrance and go to the accomodation together. Please arrive at the accomodation LATEST 5:30 pm as we planned to have dinner together at 6pm.

You will find city buses in Bautzen that can transport you from one place to another. We therefore recommend booking the Deutschlandticket (€49 ticket). For all connections you can use the DB (Deutsche Bahn) application as it is connected with the local public transport.

In Germany you have the option of cashless payment nearly everywhere but for emergency cases we recommend that you exchange a little cash already at the airport when you arrive.

If you have more questions please dont hesitate to contact one of our project leaders, Annkathrin (+49 (0) 341 256 982 26).

# Practical information

## Social Evenings

During the evenings, each country team should prepare Social evening programme, (f.e. karaoke, talent show, game night, social games, theatre, jam session, music quiz, handcrafts, music games, singing. for which you have 1,5 hour. You can also bring some snacks and drinks (non alcoholic).

- Evenings should be focused on fun, challenges, staying together, simplicity.
- Please send your evening programme to the project Email one week before the project starts!

!!Evenings cannot include meditations, yoga, reiki, breathing activities, any religion related or exotheric issues, anything where experienced people are needed to lead and to be there for the safety of the participants if anything happens.

!!!You won't be able to use PowerPoint. Please be as creative as possible :)

## What to bring

Appropriate clothes for different weather conditions

Hygiene necessities

Medicine (if necessary)

Raincoat

Water flask

## Weather conditions

The Weather in Bautzen in March is temperature wise between 1 and 10°. It may be raining/snowing, so please pack warm and waterproof shoes and coats. .



# Practical information

## Deadlines



For buying (flight) tickets to Bautzen, Germany: 30.01.2023

## Participation Fee



participation fee 30 Euro. Please bring it in Cash.



PLEASE, NOTE THAT THE PROJECT IS ALCOHOL AND DRUG FREE!

## Contact



If you have any questions regarding the project, do not hesitate to contact us on the project e-mail: [yourpowertc@gmail.com](mailto:yourpowertc@gmail.com)



Selected participants will receive links to our Facebook and WhatsApp groups as well as an online questionnaire

*Looking forward to meeting you all!*