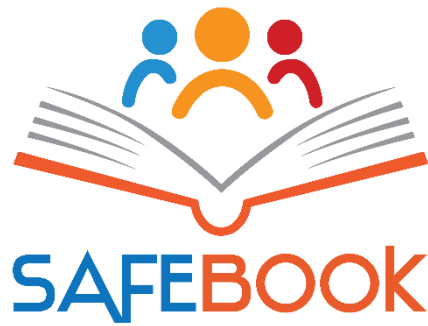




Training “Safebook – new methodologies in youth work”

19.09. – 26.09.2022– Nis, Serbia

INFO PACK

Dear participants,

We are sending you the info pack that will provide basic and useful information about Nis, Serbia, travel arrangements – how to get to the destination of this training course, accommodation and board and general info about the place where you will stay. If you need additional info, please do not hesitate to contact us

Looking forward to see you soon,
Team of KOM 018



ABOUT THE PROJECT

“Safebook - new methodologies in youth work” project aims at promotion of safety culture among young people through newly developed manual “Safebook” for youth work in the field of youth safety. The manual was produced through Strategic partnership in the field of youth in 2021 by the Club for Youth Empowerment 018 (KOM 018) together with Beyond Borders – Italy, and partners from Croatia and North Macedonia and recommended as a good practice project by Erasmus +. “Safebook” manual includes new and innovative methodologies and creative tools in the form of youth friendly manual for youth workers. It focuses on 5 segments of youth safety: peer violence, cyber bullying, abuse of psychoactive substances, discrimination and mental health in time of COVID–19. Training course will bring together young people (youth workers, educators, activists) from 10 European countries: Austria, Bulgaria, Germany, Greece, Italy, Lithuania, Poland, Romania, Serbia and Spain to adopt new methodologies regarding above-mentioned safety segments and to explore concept photo and concept video as methods in youth work in youth safety related project.

Specific objectives of the project are:

- To equip 22 youth workers and educators with set of new educational tools in the field of youth safety focusing on 5 segments: peer violence, cyber bullying, abuse of psychoactive substances, discrimination and mental health in time of COVID–19 through new manual on youth safety “Safebook”
- To provide youth workers from European countries with skills and knowledge to use concept photo and videos as methods for the work in the field of youth safety.
- To network young people from European countries with different set of skills and tools to promote youth safety culture.

Developed methodology which is incorporated in the youth friendly manual for youth workers will be used as main tool for achievement of defined aim and specific objectives. Project consortium includes partner organizations; Club for youth empowerment 018 (KOM 018) and Beyond Borders as organizations which developed mentioned methodology and partners DOPE from Germany, Innovative Education Center from Austria, Hellenic Youth Participation from Greece, Idea4Life from Poland, L'Ayalguina from Spain, Mano Europa from Lithuania, Act o'clock from Romania and YES from Bulgaria which will strengthen their capacities in the field of youth safety and security through adoption of Safebook methodology

Participants:

Profile of the participants: youth workers, peer educators, activists from participating countries – participants should be over 18 with basic knowledge of English, they should be interested in youth work, non-formal education, topic of youth safety and security, creative methods (photography, video) in youth work, and most importantly they should be motivated to take active part in this international activity. In

addition to this, participants should be openminded and interested in networking with their peers and colleagues from other countries and organizations.

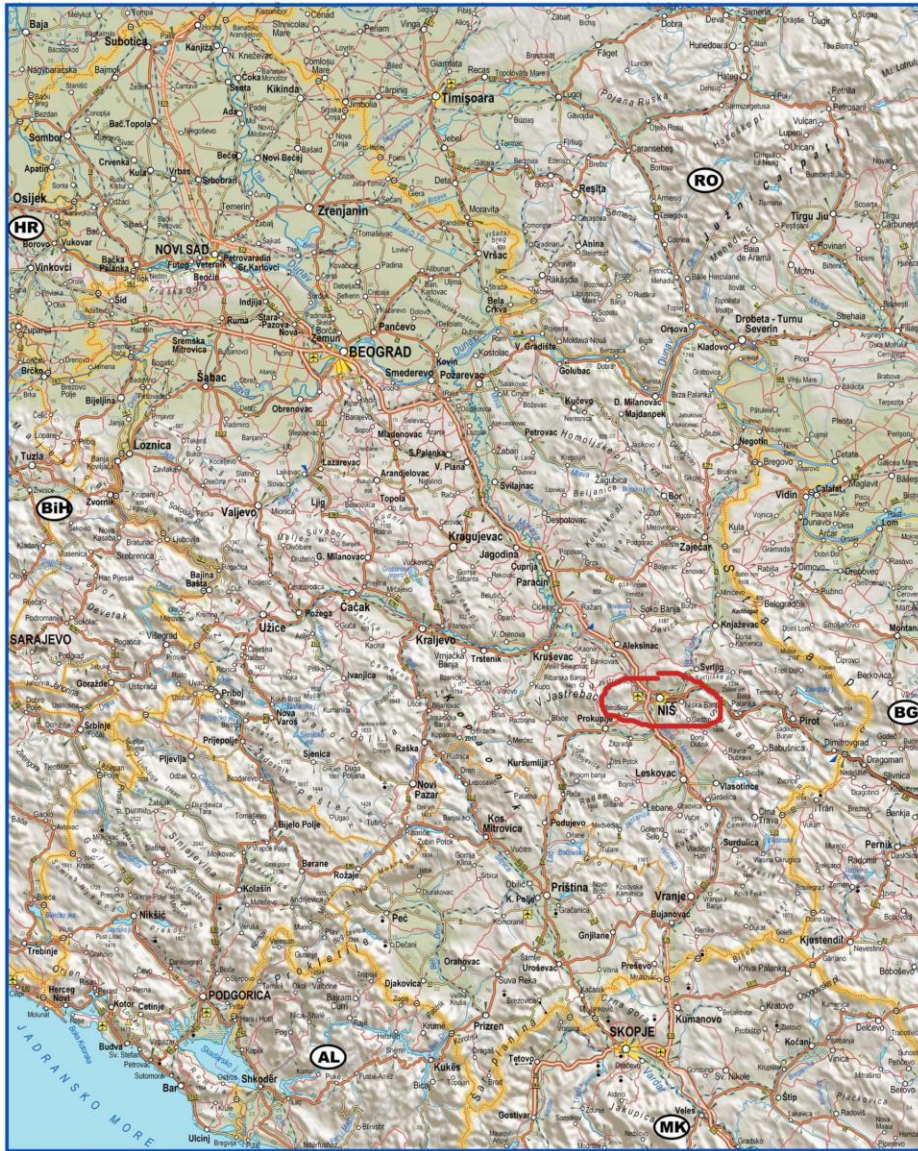
NOTE: Every country should send 2 participants. Every participant should fill in the [Google form](#)

Draft agenda (minor changes in the agenda possible)

19 th September 2022	
15:00 -	Participants' arrival
20 th September 2022	
08:00– 10:00	Breakfast
10:00-13:00	Introduction to the training course and participants / Expectations and fears/Rules Team building
13:00 – 15:00	Lunch
15:00 – 18:00	Team building Debriefing Evaluation of the day
19:00 – 21:00	Dinner
21 st September 2022	
08:00 – 10:00	Breakfast
10:00 – 13:00	Reflection of the day Thematic workshop: Introduction to "Safebook" manual Thematic workshop: Situation analysis
13:00 – 15:00	Lunch
15:00 – 18:00	Thematic workshop: Segment Psychoactive substances: Safe Lifestyles Thematic workshop: Segment Peer Violence: Peer Pressure Debriefing Evaluation of the day
19:00 – 21:00	Intercultural night
22 nd September 2022	
08:00 – 10:00	Breakfast
10:00 – 13:00	Reflection of the day Thematic workshop: Segment Discrimination: Diversity Café Thematic workshop: Segment Cyber bullying: Keyboard Lions
13:00 – 15:00	Lunch
15:00 – 18:00	Thematic workshop: Segment Mental Health: A Letter to Remember Thematic workshop: Segment Mental Health: Negativity Transformation Debriefing Evaluation of the day
20:00	Dinner
23 rd September 2022	
08:00 – 10:00	Breakfast
10:00 – 13:00	Reflection of the day Creative workshop: Development of the concept photos and videos – work in groups
13:00 – 15:00	Lunch

15:00 – 18:00	Creative workshop: Development of the concept photos and videos – work in groups Debriefing Evaluation of the day
20:00	Dinner
24th September 2022	
08:00 – 10:00	Breakfast
10:00 – 13:00	Reflection of the day Creative workshop: Development of the concept photos and videos – work in groups
13:00 – 15:00	Lunch
15:00 – 18:00	Creative workshop: Development of the concept photos and videos – work in groups Debriefing Evaluation of the day
25th September 2022	
08:00 – 10:00	Breakfast
10:00 – 14:00	Reflection of the day Erasmus + Final evaluation Secret friend Certificates Messages
14:00 – 16:00	Lunch
16:00 – 18:00	Free afternoon
20:00	Dinner
26^h September 2022	
08:00 – 10:00	Breakfast
10:00 -	Departure of the participants

SERBIA



Serbia, officially the **Republic of Serbia** is a country located at the crossroads of Central- and Southeastern Europe, covering the southern lowlands of the Carpathian basin and the central part of the Balkans. Serbia borders Hungary to the north; Romania and Bulgaria to the east; the Republic of Macedonia to the south; and Croatia, Bosnia and Herzegovina, and Montenegro to the west; its border with Albania is disputed. Serbia's capital city, Belgrade, is among the most populous in Southeastern Europe. Serbia is a member of the United Nations, Council of Europe, BSEC, and will preside over the CEFTA in 2010. Serbia is classified as an emerging and developing economy by the International Monetary Fund and an upper-middle income economy by the World Bank. WTO accession is expected in 2010. Serbia has a high Human Development Index and Freedom House in 2008 listed Serbia as one of

few *free* Balkan states. The country is also an EU membership applicant and a militarily neutral country. As of January 2010, Serbia without Kosovo is estimated to have 7,334,935 citizens. Ethnic Serbs, or those who identify have declared themselves only as Serbs, are the largest ethnic group in Serbia and they represent 83% of the total population. However, there is a variety of nationalities living in Serbia and some of them are: Hungarians, Bosniaks, Roma, Albanians, Croats, Bulgarians, Macedonians, Montenegrins, Slovaks, Vlachs, Romanians etc. Refugees and internally displaced persons (IDPs) in Serbia form between 7% and 7.5% of its population – about half a million refugees sought refuge in the country following the series of Yugoslav wars.

The Serbian climate varies between a continental climate in the north, with cold winters, and hot, humid summers with well distributed rainfall patterns, and a more Adriatic climate in the south with hot, dry summers and autumns and relatively cold winters with heavy inland snowfall.

Capital of Serbia is Belgrade, and other bigger cities are Nish in the south, Novi Sad in the north and Kragujevac in the central Serbia.

More info about Serbia on: <http://en.wikipedia.org/wiki/Serbia>

NIS

The place of the training course will be Nis (pronounced as Nish). **Nis** is the largest city in southern Serbia and the third-largest city in the country (after Belgrade and Novi Sad).

Niš has around 300.000 inhabitants without students from south of Serbia and internally displaced people from Kosovo. The city covers an area of about 597 square kilometres, including the urban area, the Niška Banja spa and 68 suburbs. Niš is the administrative center of the Nišava District. It is one of the oldest cities in the Balkans, and has from ancient times been considered a gateway between the East and the West. Niš is also notable as the birthplace of Constantine the Great, the first Christian Roman Emperor and the founder of Constantinople, as well as two other Roman emperors, Constantius III and Justin I. It is home to one of Serbia's oldest Christian churches dating to the 4th century in the suburb of Mediana. There are about 30,000 university students at the University of Niš, which comprises 13 faculties. Niš is also one of the most important industrial centres in Serbia, a center of electronics industry, industry of mechanical engineering, textile industry and tobacco industry, but after everything that happened in the country, it is economically still weak. Niš Constantine the Great Airport is its international airport.

More info about Nis on: <http://en.wikipedia.org/wiki/Ni>; www.nis.rs

HOW TO GET TO NIS

If you are coming by plane...

There is an airport in Nis and is used for a few lines such as Wizzair, Air Serbia and Ryanair from different European countries. Check out Air Serbia, Wizzair and Ryanair sites to see if the flights are compatible with the training dates (in case they don't match, let us know about the difference in dates and we will check if we can arrange your stay). Airport in Nis also has flights from Belgrade and back so check carefully, it could be possible to connect your flight to Belgrade with flight from Belgrade to Nis. There are many options, just explore.

If you travel to Belgrade, once you land, you need to go from Nikola Tesla airport to the Main Bus Station in Belgrade (some 20-30 min drive). There is a bus that drives passengers from the airport to a couple of stations in Belgrade, and one of them is the Main Bus Station. The name of the bus company is GSP and it departs every 32' between 05:20 in the morning till midnight. The price of the ticket is around 1 EUR. If you arrive during the night, the only solution is taxi, you have the office for taxi inside the airport where you can buy the ticket for taxi (around 15.00 EUR) and with this ticket you show to the taxi in front of the airport. Do not take taxi without a ticket, they will charge you much more.

Once you get to the Main Bus Station, you just need to check when there is the bus to Nis, the traffic between Belgrade and Nis is quite frequent and the departures are often. We usually travel with Lasta Company or Nis express, but other companies like are usually ok too. You just need to check if it is the direct drive – it means it drives directly to Nis or stops at one place, usually Aleksinac or Jagodina. Otherwise, the trip will take longer than necessary. Nis is 250 km far from Belgrade, in the south of the country and usually it takes 2.5-3h bus drive to get here.

Finally, if you want to avoid buses, there is the option that we organize a car for you that will wait for you at the airport, but this option is expensive, around 200,00 EUR to take you from airport to hotel (250 km ride). If you yet decide to use it, you will have to tell us in advance so that we can organize transportation for you.

Beside this, other nearby airports are the ones in Skopje, North Macedonia and Sofia, Bulgaria, so you can check the flights to these two cities as well. There are a few bus lines a day from Skopje to Nis and there are two buses per day from Sofia to Nis. For Sofia it is also possible to organize the transport by car (around 170,00 EUR).

The train traffic within the country is terrible so do not try to travel in this way, because you will travel forever! 😊

Once you are in Nis, you will give us a call or text us, and we will organize transportation to the hotel – 0038163552430 or 0038162663830.

If you are coming by bus...

You will get straight to Nis main bus station. Once you are in Nis, you will give us a call or text us, and we will organize transportation to the hotel – 0038163552430 or 0038162663830.

If you are coming by car...

Once you are in Nis, drive to hotel. If you have a problem to find it, you will give us a call or text us, and we will help – 0038163552430 or 0038162663830.

COVID-19 REGULATIONS

ENTRY REGIME FOR FOREIGN CITIZENS

There are no restrictions on entering the Republic of Serbia. The recommendation to wear masks indoors remains in force, while wearing masks in health facilities is mandatory.

You are advised to follow the updates at the official site of Ministry of Foreign Affairs: <https://www.mfa.gov.rs/en/citizens/travel-serbia/covid-19-entry-requirements>

When it comes to situation with COVID-19 in Serbia, all the measures are removed (masks are obligatory only in the medical institutions).

In case your country requires the PCR or antigen test for your return to the country, there is a state lab in Nis that provides tests, so no worries. Costs of PCR test in Serbia is around 50,00 EUR and antigen is around 15,00 EUR.

When it comes to covering the expenses of PCR tests, you can use the indirect costs of your budget. We also advice all participants to have medical insurance covering COVID-19 too.

ACCOMMODATION AND PLACE OF WORK

The accommodation and food, as well as place of work for the part of the activities will in Hotel Marica, Nis, Njegoseva street 81a. The hotel is located on a hill which offers a panoramic view of the city, but it is also near the center of the city. The hotel offers great accommodation, swimming pool, wireless internet etc.

More about hotel on: <http://www.hotel-marica.com/>



WHAT TO BRING? – OUR RECOMMENDATIONS

- ✿ **Stuff for the intercultural evenings** – we would have different intercultural evenings. You would need material – leaflets, brochures, posters, presentations about your organization and country for country presentations, traditional food and drinks, traditional music. See this as the occasion to present and promote your organization and your country as well as the possibility that other participants will learn about your country, and we will be all able to learn about each others' cultures
- ✿ **Different types of clothes** – September is usually warm month, with a bit colder nights, so bring the clothes accordingly. Hotel has an outdoor swimming pool that is available to the guests, so you can bring swimming suits, in case weather allows swimming. We also plan to take you out in the evening so if you wear something special on this kind of occasions, bring that too 😊
- ✿ **Medicines** – especially if you need to take some specific medicines. We would have the usual, such as medicines for headache, fever, stomach pain, injuries etc, but if you are taking some specific therapy, we would not know. We also advise that you take travel insurance that includes COVID-19 too.
- ✿ **Good mood and motivation** – this will be great opportunity to meet new people, create new friendships and have fun 😊

OTHER USEFUL TIPS

The currency used in Serbia is dinar. It is a floating currency and at the moment 1 EUR is 117.50 dinars. You can change EURO at the airport, or the bus station. When you are in town (Belgrade or Nis) there are many exchange offices, so called MENJAČNICA (МЕНЈАЧНИЦА) and you can change the money there, and usually their exchange rates are the best. Also, it is possible to change it at the banks too, only there the exchange rate can be sometimes a bit lower. Paying in EUROS is not allowed in Serbia. Those who have other currencies than EURO such as denar, convertible mark, lev and similar should change the money in their countries and bring EURO since they won't be able to change it here.

Some prices in the shops in Nis:

- ✿ 6l bottle water – 5 EUR – Note: water here is safe for drinking from the tap
- ✿ Bottle of Coca Cola 2l – around 1 EUR
- ✿ Snacks – between 0.2 and 0.8 EUR
- ✿ Fruit juice 1l – between 0.6 and 1 EUR
- ✿ Beer – between 0.3-1 EUR

In the wider center of Nis there are plenty of bars, coffee places and fast food and ordinary restaurants. Typical Serbian food will include a piece of meat from the barbecue, vegetables or French fries, salad and desert, but there are also Italian restaurants with pizza and pasta dishes, Greek gyros and suvlaki restaurant, pastries, Mc Donalds etc.

REIMBURSEMENT OF THE TRAVEL COSTS

Maximum amounts that were approved are following:

Country	Maximum amounts allowed by Erasmus +
Austria	Up to 275 EUR per person
Bulgaria	Up to 180 EUR per person
Germany	Up to 275 EUR per person
Greece	Up to 275 EUR per person
Italy	Up to 275 EUR per person
Lithuania	Up to 275 EUR per person
Poland	Up to 275 EUR per person
Romania	Up to 275 EUR per person
Spain	Up to 360 EUR per person

- ✿ **IMPORTANT:** Keep all your travel tickets and boarding passes so we could reimburse the costs, please. If you lose your tickets and boarding passes, we will not be able to reimburse your costs. We will reimburse only for the travel documents you send to us (tickets, boarding passes, receipts for the fuel and similar). The reimbursement will be done after the training when we receive all necessary documents and the payment will be done to your organization's account!!
- ✿ If participants pay for tickets more than it is written above, the organizers will not be able to cover the whole amount of the ticket. Make sure you check the maximum amount approved and buy your tickets according to it.
- ✿ Accommodation in hotel "Marica" starts on 19th September after 11:00 and participants should check out of the rooms on 26th September until 11:00 in the morning. We will NOT be able to cover bed and breakfast if someone comes earlier or leaves later. If anyone still plans to come earlier or leaves later should let us know so that we can negotiate lower price in the hotel.
- ✿ In case of any question, you can contact us at: [kom018projects@gmail.com](mailto:k0m018projects@gmail.com), sanjatosic1@hotmail.com or jovana.joks1709@gmail.com

WELCOME 😊