

ELEVATE

(Emotional Learning and Empathy
Values: Advancing Training in
Educators)

Training Course for Youth Workers

15–23 September, 2025

Bratislava, Slovakia



Co-funded by
the European Union



ABOUT US

Innonet n.o. We are a non-profit organisation from Slovakia. Our main goal is to combat the societal and humanitarian problems of today's changing world by collecting and creating innovative methodologies and disseminating them via workshops and educational events. We are the lead applicant of this project.



Eurotender Association



Eurotender Association is a public benefit organization from Hungary. Our operations include the support of disadvantaged people in the region, primarily improving the conditions of ethnicities, youth, the elderly, and women.

We are going to implement the training courses within this project in both Bratislava and in Szeged.

Contact with any questions:
Zsanett Függ
fugg.zsanett@gmail.com



ABOUT THE PROJECT

The **ELEVATE project** is designed to **strengthen emotional intelligence** capabilities among youth workers, enabling them to create more inclusive and empathetic environments for young people's development.

The project is structured around two main training courses. **This info pack is about the first training course that will take place in Bratislava, Slovakia.** This first training course concentrates on developing and enhancing the emotional intelligence of the youth workers themselves, helping them build their own emotional awareness and management skills.

The second training course (that will be held in Szeged, Hungary in early 2026) takes this a step further by equipping youth workers with the knowledge and tools needed to effectively develop and nurture emotional intelligence within their target groups – the young people they work with.

The background features a light blue sky with white wavy lines, a dark blue rectangular shape, and a blue grid pattern at the bottom left with several dark blue oval shapes scattered around it.

HERE'S WHAT THIS ADVENTURE ISN'T:

It isn't a vacation package! While Slovakia's beauty is captivating, organized tours aren't on our agenda. Feel free to explore on your own time before or after our project (if the organizers allow, you may arrive 1 day earlier and/or 1 day later to Bratislava). Remember, extra travel and stay costs are on you.

Forget about formal classrooms and traditional teaching. Keep in mind that our workshops aren't led by teachers, but by experienced facilitators/trainers. We're here for a non-formal, hands-on experience, where learning is as dynamic as the ideas we explore. You'll be learning by doing and from each other in a fun and easy way!

Luxury hotels and "gourmet" meals aren't part of the plan. With the budget we have we're focused on essentials – comfortable accommodation, good food, project materials, and other key expenses. It's about making the most of what we have, not luxurious adventures.

WHAT TO EXPECT?

Expect to dive into an adventure focusing on your personal emotional intelligence development. Through interactive workshops, role-playing, and group activities, you'll explore self-awareness, empathy, conflict resolution, and resilience. Expect daily gratitude practices and collaborative learning that will enhance your emotional intelligence toolkit for youth work.

Sept 15	Arrival
Sept 16	Intro, Team Building, EI Basics Focus on understanding fundamental emotional intelligence concepts and creating a team from the group
Sept 17	Personal EI Development Focus on developing self-awareness and emotional regulation techniques
Sept 18	Youth-Centered Empathy Focus on developing empathetic listening skills specifically for youth work contexts
Sept 19	Relationship Building Focus on using EI to create and maintain meaningful professional connections
Sept 20	Conflict Management Focus on applying EI principles to effectively resolve conflicts (Intercultural Evening)
Sept 21	Building Resilience Focus on developing emotional strength and coping strategies
Sept 22	Leadership & Program Design, Closure Focus on incorporating EI into leadership practices and youth activity planning, closure of the training
Sept 23	Departure

*The programme may be subject to change.

PARTICIPANTS' PROFILE



To apply, fill out the application form:
<https://forms.gle/7XfVGROywhwTUP43>

- **Age:** You should be over 18 years old.
- **Nationality/Residency:** You must be a citizen of or have residency in one of our partner countries (Slovakia, Hungary, Spain, Serbia, Portugal, North Macedonia, Germany). Also, you must travel from there to the training course return there after taking part in it.
- **Interest:** You should have a keen interest in the topic of the training course and have a wish to develop professionally and personally. It is a plus, if you are willing to also participate in the second training held in Hungary (in 2026, dates to be confirmed).
- **Background:** No specific academic or professional background is required, but you should be currently involved in working with young people (in any format) or express a serious commitment to get involved in the future.
- **Talking & Listening:** You must be able to communicate in English.
- **Being There:** You're ready to join us for all the project days and do all the activities (including dissemination and follow-up).
- **Learning from Others:** You're eager to engage in non-formal educational settings, collaborate with peers, and be open to diverse viewpoints.
- **Sustainable transport:** You should be willing to travel by bus/train to Hungary, especially if you travel from less than 1000km away from Bratislava..

TRAVEL

Sending travel documents: We must receive all tickets and invoices to reimburse them. Digital tickets must be sent via email, “physical” tickets must arrive via recommended post, within 20 days, post-activity.

VISIBILITY

Sharing your learnings and experiences: Share a public post about the project on your personal (but public) social media platforms. Include photos, your testimonial, and tag our page to spread the word about our program's goals and your personal experiences. And of course, share our outcomes!

DISSEMINATION

Becoming an ambassador: Organize a local (in-person) event to share your experiences from the training course with peers and community members. This event could be a small gathering, a workshop, or a presentation, but it should engage at least 15 participants. Use this opportunity to inspire others to participate in Erasmus+ projects and to think of the societal challenges we are facing today. Share information about this event with some photos of it in a public post on your social media platforms.

PARTICIPANT REPORT

Reflecting and evaluating: You should reflect and evaluate your learning process during the training course and how you will apply it in your personal and professional life. This includes filling up your Youthpass Certificates and the official evaluation survey of the program.

YOUR RESPONSIBILITIES AFTER THE TRAINING

Travel reimbursement will only be made by bank transfer and based on real costs. We will make one transfer per country, which can be sent either to the account of the partner organization or the account of one appointed participant per country.

The bank transfer will be executed up to the limit per person after:

- providing all of the original **travel documents**,
- filling out the European Commission's online evaluation (“**participant report**”)
- sharing **visibility** and **dissemination** activities.

Arrival day: 15th of Sept.
Departure day: 23rd of Sept.

NOTE: Procuring **medical insurance** valid during your stay in Slovakia is your own responsibility. EU citizens are entitled to have a European Health Insurance Card (EHIC) which you can get for free from your health authorities and you can use in Slovakia and any other EU country as well.

Anyway, you can also choose private insurance for the duration of your stay **at your own expense**. You have the freedom to choose any health insurance provider that suits your needs, but having health insurance for the duration of the training course is mandatory.

TRAVEL COSTS WILL BE REIMBURSED UP TO THE FOLLOWING LIMIT:

Country	Max travel grant / person
Slovakia	-
Hungary	28 €
Spain	395 € (green travel is not applicable)
Portugal	395 € (green travel is not applicable)
Serbia	285 € (only green travel* is accepted)
North Macedonia	417 € (green travel* is encouraged)
Germany	417 € (only green travel* is accepted)

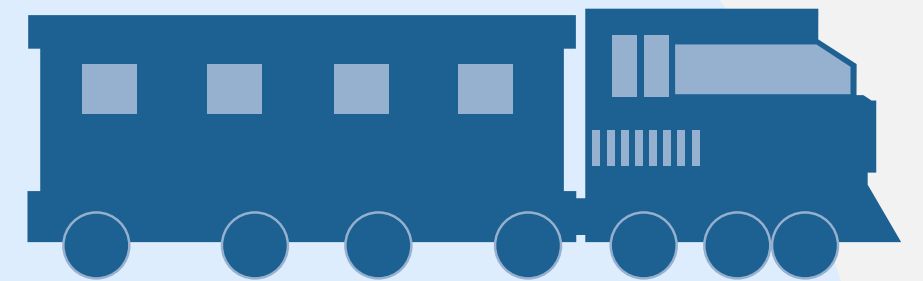
*IN LINE WITH THE PRIORITIES SET WITHIN THE ERASMUS+ PROGRAMME GUIDE FOR 2021 – 2027. GREEN TRAVEL IS DEFINED AS TRAVEL THAT USES LOW-EMISSIONS MEANS OF TRANSPORT SUCH AS BUS OR TRAIN. THEREFORE, UNLESS IT IS IMPOSSIBLE (E.G. TRAVELING FROM OVER 2000KM), PARTICIPANTS SHOULD **TRAVEL BY BUS OR TRAIN**.

PLANNING YOUR TRAVEL

We encourage **green travel** for everyone traveling from less than 600km away from Bratislava, especially if there are convenient **bus/train** connections (Slovakia, Hungary, Serbia, Germany, North Macedonia).

Spanish, Portuguese (and North Macedonian) participants can reach the venue by flying to Bratislava - **BTS airport** (which is unfortunately a very small airport and usually it is hard to find flights there). You can fly to Vienna - **VIE airport** and then take a bus from the airport to Bratislava (approx. 1 hour), or you can even check flights to Budapest - **BUD airport**, then take a bus from the airport to Bratislava (approx. 3 hours).

*Further help on how to reach the venue will be sent to **selected** applicants.*



The **arrival day** is the 15th of Sept and the **departure day** is the 23rd of Sept. You are expected to arrive in Bratislava and check in at the hotel on the 15th of Sept and leave on the 23rd of Sept (check out at the hotel by 10:00).

Only after your participation is confirmed by us, look for suitable tickets and send them to us for **approval** to fugg.zsanett@gmail.com (clear screenshots of which the exact route, date, times and final price are visible). Don't buy any tickets without confirmation from us. Tickets purchased without our written confirmation will not be reimbursed.

Remember that the project is NOT about tourism. Only **uninterrupted travel** expenses incurred within 1 day before the activity start date and/or 1 day after the activity end date can be accepted for reimbursement if you find tickets for the same or lower value than those on the actual travel dates and you get confirmation from us. If you decide to arrive earlier or stay longer (**maximum 1 day before and/or 1 day after the project**), all costs related to that shall be covered by yourself, including food and stay for those days.

Travel agency fee charges (online or offline!) are also not reimbursed. Tickets should be purchased directly through the service-providing companies' websites (i.e. flight tickets through the airlines' websites, train tickets through the railways' websites)

You need to make sure your journey is planned wisely and in an **economical and sustainable** way. Since the project is financed with public money you are not allowed to travel in first class, use taxi, or purchase additional services, such as extra legroom or special seating. Participants will be reimbursed on the basis of the **least expensive and greenest route** (green=bus or train). We do not accept travel by car.

The participants must be also involved in the activities of **dissemination and follow-up** of the project. For this, they must submit proof (links of public posts) via email within 20 days after the project. In the situation where the responsibilities won't be accomplished in time, participants should be aware that the travel reimbursement will be treated as a voluntary contribution to the project.

Attending all the activities/sessions during the training course is mandatory and except for illnesses or other well-justified situations, you are expected to **participate FULLY in all activities**.

Missing or lost tickets will not be reimbursed. **PDF boarding passes** for all parts of air travel are essential for reimbursement. **Only original travel documents** will be considered for reimbursement. **Electronic tickets** are preferable! If you use any physical tickets during your journey, we can only reimburse them if we get them from you physically – a picture is not enough, you need to give them to us in person or send them by post after the training course. Please note, that no scanned document will be reimbursed if the original hard copy is not provided as well. Similarly, screenshots of boarding passes are not enough, the original PDF boarding pass is required for reimbursement. **Digital and physical copies of these documents must be received by the organizers within a maximum of 20 days, post-activity.**

THE VENUE

The training will take place in Bratislava, Slovakia. The accommodated will be in gender-based rooms with 3-4 separate beds and bathrooms in Hotel Remy. The training room where most of the activities will take place will be right in the hotel. Further help on how to reach the venue will be sent to selected applicants. Breakfast will be provided in the hotel for all participants, however lunch and dinner will be at a comfortable walking distance from the hotel.

Your accommodation and food during the training course are covered by the Erasmus+ programme and therefore free for you, as long as you participate in the daily program of the training course.





YOUTHPASS



At the end of the training course, you will receive a Youthpass certificate. Youthpass is an EU tool for recognition of non-formal learning activities, such as Erasmus+ projects. Find out more about Youthpass [HERE](#).

Youthpass

WHAT TO BRING

- A working **laptop**. We are going to have some workshops where you will need to use it.
- **Comfortable clothes** and shoes! You should be comfortably dressed.
- Any necessary **hygiene products** and medications you might need over the course of the week! (Towel is going to be provided by the accommodation.)
- Food and drinks from your country(only the kind that doesn't go bad in a few days), so you can share the authentic culinary experience of your home with the other participants at the **Intercultural Evening**! Please, only bring items that do not require a kitchen to prepare.
- Further preparatory tasks will be shared with selected applicants.



THANK YOU

for keeping these in mind!