

HELLO

WELCOME IN PROJECT "WORK IT OUT"

PROJECT TOPIC

The main objective of the WORK IT OUT Youth Exchange project is to **increase employability** of Young people and support them in **finding a job field or study field** that would be suitable for them.

The second objective is to **raise awareness about discrimination in the job market** and show effective ways to protect oneself from it.

Schedule of activities is specified here
<https://lurl.cz/dMUbl>



PARTICIPANTS

This project will involve males and females 18-25 years old

7 participants will be from Greece
Greek organisation **EN.O Greece**

7 participants will be from Spain
Spanish organisation **AYUNTAMIENTO DE ALZIRA** (www.alzira.es)

6 participants will be from Czech Republic
Czech organisation **Ostrov Slaný, Informační centrum pro mládež**
(www.icmslany.cz)



ACCOMMODATION

The project is based in **Czech Republic** which is country with over 10 million inhabitant in the central part of Europe. Capital city is Prague. Prague is also city of your arrival - because we will pick you up on Prague airport. From Prague we have to travel 1h30m till we will reach our final destination **Haškovcova Lhota** - South Bohemia Region. The project will take place in this small Czech village surrounded by nice and calm nature and the accommodation itself will provide us privacy, enough space for work and also attractive possibilities how to spend leisure time as outside heated swimming pool, sauna, big garden and inside whirlpool. Participants will be accomodated in shared rooms from 2 till 6 people per room. Every room has private bathroom.

The accommodation is fully covered by the project - it is free for participants.

www.apartmany lhota.cz



FOOD

Food will be provided to you for times a day in cooperation with local restaurant. If you have some special requirements as vegetarian food or some allergies, please specify it in your application or inform your team leader/sending organization as soon as possible so we can plan menu for you. Food is free for every participant.

FINANCIAL CONDITIONS

Accommodation, food and materials needed for project activities are fully covered. Transport from Prague airport to Haškovcova Lhota and back on departure day will be arranged by bus and will be also fully covered.

Cost of your flight ticket will be partly or fully refunded to you by czech leaders after your arrival. The amount of refunded money is depending on rules of Erasmus +.

Project is not participating on paying or arranging your **travel insurance - please arrange it by yourself** or consult it with your team leader.

The official currency of Czech Republic is Czech crown, abbreviated as "Kč" or with the international abbreviation "CZK". The approximate value of 100CZK is 4 euros.



WHAT TO BRING

TRAVEL DOCUMENTS

1. Invoice or copy of credit card slip of the travel payments
2. **Boarding passes (you will NOT be refunded without them!)**

SOMETHING TRADITIONAL

Pack some unique food or drink or prepare dance or song or poem which can introduce your home country to other participants.

COMFY CLOTHES

Take what will make you feel comfy and warm and able to stay outside as well as inside. Also pack swimming dress if you would want to swim.

MEDICATION

Don't forget to pack any medication you might need.

WILLING TO LEARN

Take your smile and don't forget good mood at home! :)
As well be prepared to work with yourself (sometimes out of your comfort zone) and be open for positive changes.

APPLICATION

For your application you can use the link below:

<https://forms.gle/e46cmtq4hRdukaf47>

LEADERS

CZECH LEADERS

Markéta Haštabová - The head of Informational Youth centre in Slaný. She created the content of the project based on typology of people and their well-being in future job or studies.

Širín Ježková - Youth worker of ICM Slaný with lot of experiences from international Youth exchanges and also from volunteering projects, both as participant and later as a leader.

GREEK TEAM LEADER

Eleni Ivasina - Vice president of EN.O Greece and Youth projects coordinator

SPANISH TEAM LEADER

Carmen Herrero Pardo - director of Local agency development IDEA

LANGUAGE

Official language of Czech Republic is Czech language belongs to West Slovak language of the Czech - Slovak group. We will share with you some phrases so you can prepare before your arrival if you will want to! :)

However, **working language of our youth exchange is English.**



CZECH BASIC PHRASES

Hello! **Dobrý den!** *Dobree den!*

Hi /Bye (informal) **Ahoj** *Ah-hoy*

Good evening! **Dobrý večer!** *Dobree veh-chair!*

Good night! **Dobrou noc!** *Dobroe nots!*

Good bye! **Na shledanou!** *Nah-sled-dah-no!*

Yes /No **Ano/Ne** *Ah-no/Ne*

Good **Dobře** *Dohb-zhey*

Thank you **Děkuji** *Dyah-koo-yi*

Excuse me **S dovolením** *Zdovo-leneem*

I'm sorry **Promiňte** *Prommin-teh*

Do you speak English? **Mluvíte anglicky?**

Mloo-vee-teh un-glits-key?

I don't speak Czech. **Nemluvíم český.** *Neh-mloo-veem chess-key.*

I don't understand. **Nerozumím.** *Neh-rozoo-meem.*

One beer please. **Jedno pivo prosím.** *Yeddnoh pivvo prosseem.*

Cheers! **Na zdraví!** *Nah-zdrah-vee!*

Local currency **koruna** *koh-roo-nah*