


CITY HEALTH WEEK



08.5. - 30.5. 2024

VOLUNTEERING DATES



TRNAVA, SLOVAKIA



Youth for
Equality



EUROPEAN
SOLIDARITY
CORPS



NIVAM

NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE



Youth for Equality is an organization, founded in Slovakia in 2016 as a local youth initiative with the aim to realise positive changes and develop activities on local and international level in the field of education, human rights and ecology for the current requirements of the Labour market

Since its establishment, the organization has become a pool of young professionals who provide guidance and organize teaching activities in order to provide youngsters with soft skills, knowledge about different educational and career opportunities at local, national and international level.

Youth for Equality carries out a program to acquire soft skills through non-formal learning such as discussions, debates, group work, brainstorming. From the topics of internal motivation and creativity, we go through leadership, teamwork, communication, marketing, work and educational opportunities, all the way to the creation of a business plan. During these workshops we implement new trends in the labour market.

The key persons of our organization



Diana Jašeková - president of the Youth for Equality organization. She has a doctor degree of Law and knowledge of International and European Law, her researches are focused on Criminal Law, Criminology and Youth delinquency. She has gained international certificates of project management. She has been working in three NGOs as a volunteer. She was involved in environmental projects where she led international volunteers and collaborated with municipalities on environmental topics. She is a youth worker, facilitator of our youth projects, mobilities of youth workers, as well as of projects organized.

Hakan Oguz - project manager experienced in Erasmus+ and ESC programs. He has experience with managing international programs, volunteering, and mentoring. He has gained experience in writing, managing, and implementing projects including planning, monitoring, and supervising all project-related activities.

Who are we?



City Health Week 2024


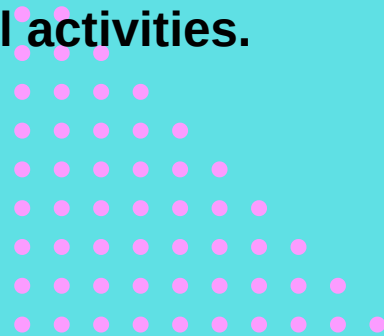

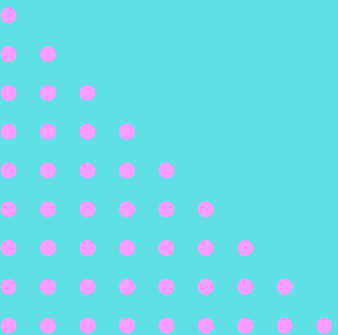


“Healthy City of Trnava” invites everyone who is interested in a healthy lifestyle, physical and mental health and sustainability in all spheres of our lives to the 2024 Health Days.

The event will bring preventive measurements, sampling, massages, demonstrations and lectures focused on practical body and mind, and last but not least, advice on health issues.

Counseling in the field of nutrition, support of mental health and physical activity through sport, meditation and yoga, awaits those interested.

The event will also be attended by specialized high schools and universities, which will offer consultations and practical activities.



PARTNERS

Youth for Equality,
Slovakia

+ 4 partner
countries



PARTICIPANTS



Team of 10 volunteers.
Each country will send 2
participants.

age 18 - 30

We do not require specific skills
or professional qualifications,
but rather interest and
enthusiasm. Candidates should
be eager to learn, open to new
challenges, and able to
communicate in English.

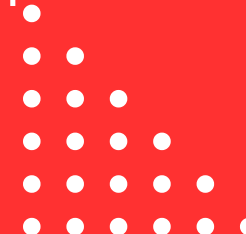


PROJECT DESCRIPTION

Volunteers will help with
preparation for the
annual event World
Health Week in Trnava.
They will participate in
coordination of the
event and help to carry
everything out.

After the event they will
help with dissemination
and creating a good
impact of the event.

Timetable will be
published in FB group.



HOW TO GET TO TRNAVA?

Here are some useful tips on how to get to Trnava.

Green Travel: You should prefer green travel with bus, train, or car sharing.

From Vienna airport: The best connection from there is a direct bus from the airport to Bratislava bus station (no need to get to Vienna center). Please buy your ticket online with one of these companies: www.slovaklines.sk, www.regiojet.sk, and www.global.flixbus.com.

If you go directly from Vienna airport to Bratislava - on security check you say "transit to Slovakia" and no documents are required. If you wanna stay in Vienna then you have to manage tests based on regulations in Austria on your own before your arrival (extra days or extra expenses are covered by you).

From Budapest to Bratislava: There are buses and trains from Budapest to Bratislava. You will easily find the connection with bus companies www.slovaklines.sk, www.regiojet.sk, www.global.flixbus.com, but I suggest trains <https://www.zssk.sk/en/>. It is up to you.

From Bratislava to Trnava: Getting from Bratislava to Trnava is easy by bus or train - the website to check the connection is www.cp.sk (BUS - ticket to buy from the bus driver, TRAIN - ticket to buy is in the window in the station or <https://www.zssk.sk/en/>).

Practical arrangements for the volunteer

Accommodation and food: The volunteer will be accommodated in a living community, with all accommodation expenses paid, in Trnava and surroundings, very near public transportation and will share a room with another volunteers.

For the meals, HO will make available an allowance of 150 eur for food and other expenses for 21 days of team volunteering service, promoting her independence and accountability.

The practical arrangements (working hours, days off per week, holidays):

The volunteer will have the opportunity to participate in several activities in an active role and she will have a full-time service, working 35 hours per week (including language course), five days a week, from Monday to Friday, with 2 free days per week, generally on Saturday and Sunday, though it can change according to the needs of the volunteer or the hosting organization.

Pocket money:

The volunteer will receive 126 euros per team volunteering as the allowance.

Language support:

During the service the volunteer will have access to a Slovak language course.

FLIGHT OPTIONS

You can search for the flights to Bratislava, Vienna , Budapest or Prague. We recommend www.skyscanner.net

If you arrive to Bratislava, you can check connections to Trnava on www.cp.sk (bus/train, 30 - 60minutes, price around 5 eur).

If you arrive to Vienna Schwechat airport, you will take a direct bus to Bratislava (duration 1 hour, price 5 eur, companies Regiojet, Slovaklines or Flixbus) and then from Bratislava to Trnava again you can check connections on www.cp.sk.

If you arrive to Budapest airport, you will take public transport in the city and then either a bus or a train to Bratislava (3 hours, price 15 - 20 eur).
From Bratislava to Trnava you can check connections on www.cp.sk.

If you arrive to Prague airport, you will take public transport in the city and then either a bus or a train to Bratislava (5 hours, price 20 eur +)
From Bratislava to Trnava you can check connections on www.cp.sk.

More details will be provided by email and in facebook group.

YOUR INSURANCE

All participants must have a valid EHIC to travel and attend the project. Insurance is obligatory for your safety and health. We will prepare Henner insurance.

Covid19 REQUIREMENTS:

Participants should preferably hold the Green Pass to come to the project - it is not currently an obligation. An antigenic test prior departure may be required by your country if non-Schengen country (in this case it will be covered under the travel costs allowances per person).

WHAT TO BRING FOR THE PROJECT

personal hygiene products (shampoo, toothpaste, etc.)

specific medicines (if you need any)

personal documents to travel

laptop and/or tablets that serve to work for the project activities (please, do not count only with your smartphones as it will be not sufficient)

materials and a presentation regarding your Sending Organisations

any other item that you consider relevant.

PRACTICALITIES

Travel costs will be reimbursed up to limit counted from the participant's departure place to project place by European distance calculator.

**Travel days are: 08.5. arrival and 30.5.2024
departure.**



ABOUT TRNAVA / SLOVAKIA

TRNAVA IS ONE OF THE OLDEST AND MOST IMPORTANT CITIES IN SLOVAKIA. IT IS A NATURAL CENTRE OF LOWER POVAŽIE, THE SEAT OF THE TRNAVA DISTRICT AND TRNAVA SELF-GOVERNING REGION. WITH A POPULATION OF 65 000 INHABITANTS IT IS THE SEVENTH BIGGEST CITY IN SLOVAKIA.

TRNAVA IS ONE OF THE OLDEST AND MOST BEAUTIFUL MEDIAEVAL TOWNS IN SLOVAKIA. IT WAS THE FIRST TOWN TO BE GRANTED THE PRIVILEGES OF A FREE ROYAL TOWN. IN THE MIDDLE AGES IT RANKED AMONG THE LARGEST GOTHIC TOWNS IN CENTRAL EUROPE.

TRNAVA IS CALLED ALSO A "LITTLE ROME" BECAUSE OF THE CHARACTERISTIC COMPLEX OF UNIVERSITY BUILDINGS AND THE MANY PRESENT CHURCHES IN TOWN.



CURRENCY IN SLOVAKIA IS EURO (EUR). THERE ARE SEVERAL MONEY EXCHANGES IN TRNAVA.

[HTTPS://SLOVAKIA.TRAVEL/TRNAVA](https://slovakia.travel/trnava)



Youth for Equality



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us**



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