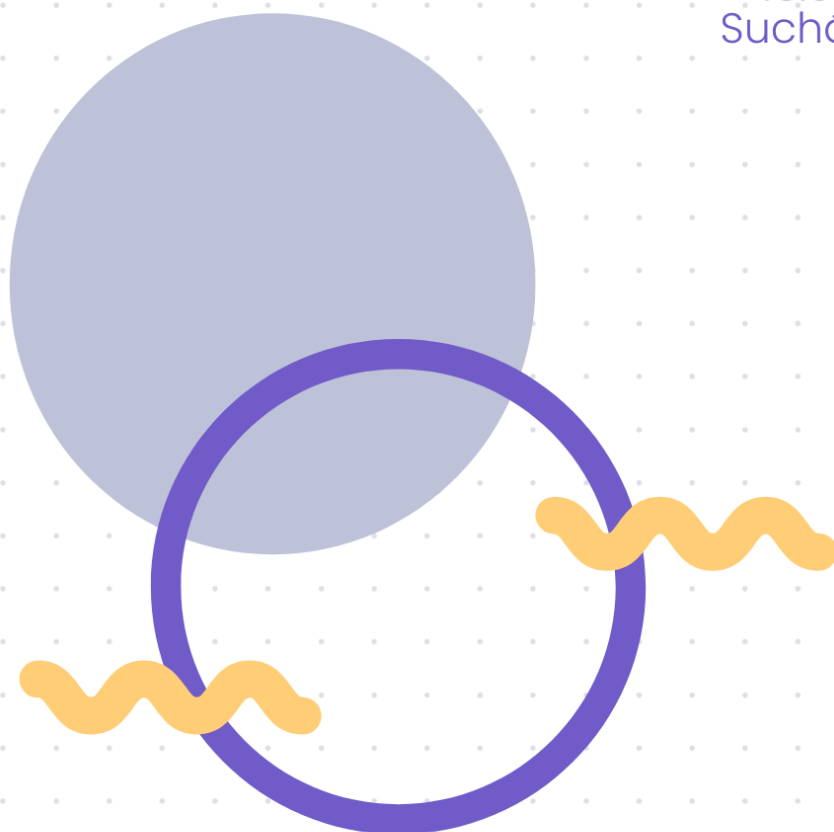


THE IDEA LIST

Training of Youth Workers

16.02–25.02.2026
Suchbát nad Parnou



From “what if
to what is next”



www.bpi.sk



Funded by
the European Union

Erasmus + Training for Youth Workers
The Idea List: From “what if” to “what is next”
INFOPACK

What is it about?

In an era where many youth workers and young leaders feel inspired to create change but are often paralyzed by the complexity of implementation, this training offers a refreshing and much-needed perspective. Moving beyond digital pessimism and passive observation, this 10-day non-formal training course empowers participants to move from "what if" to "what is next" by mastering the full project lifecycle.

The program focuses also on professional empowerment, understanding the pulse of society, conducting interdisciplinary research, and aligning ideas with all Erasmus+ priorities alongside strategic input from the private and corporate sectors. Participants will develop the mindset of active citizens and social entrepreneurs, learning how to create a tangible impact in both digital and physical communities.

By the end of the training, participants will work in groups to develop transnational mock projects. Throughout this process, they will be guided by experienced grant writers, cross-disciplinary external speakers, and successful Slovak and international entrepreneurs and activists. This 10-day journey (8 working days + 2 travel days) provides the tools to decode complex community needs and transform them into structured, data-driven projects that aim for resilience and hope.

Who are we?

Bratislava Policy Institute (BPI) is an independent not-for-profit think tank dedicated to fostering liberal democracy, human rights, Central European region, and European integration through analysis and debate, supporting and challenging relevant stakeholders at national and international levels to make informed decisions based on evidence and analysis.

Who can join?

We are looking for motivated youth workers, trainers, facilitators, mentors, volunteers or NGO staff members aged 18 or older who are proficient or fluent in English. If you ever had a dream or ambition to make a difference in your community (local or digital) this is the place for you!

Date, Place and Travel

Our 10-day training (8 working days + 2 travel days) will take place in Suchá nad Parnou, Slovakia from the 16th until 25th of February 2026. You will be accommodated in a very cozy lake-side guesthouse. This guesthouse will be booked exclusively for us with plenty of space for activities and leisure.

<https://www.penzionnapriehrade.sk/>



The accommodation is located near the city of Trnava which has connections with trains and buses (Flixbus included). Trnava is located around 50 kilometres from Bratislava which is the capital of Slovakia. There are frequent and convenient transfer options from the capital to Trnava. From Trnava, it is a short local bus trip to reach the accommodation with which we will assist you. To reach Bratislava and then Trnava you can use several options:

BRATISLAVA AIRPORT (BTS)

There are direct flights from several destinations in Europe and many airlines that operate their direct routes to Bratislava – Ryanair, Pobeda, Flydubai, Smart Wings, Air Cairo, Wizz Air. To get to Trnava from Bratislava airport you can take a bus no. 61 to Main Train Station (Hlavná stanica). From there, you can take a train to Trnava main station. Train tickets can be bought directly at the train station.

Bus tickets for no. 61 are available in ticket machines at bus stops or in kiosks (or in the mobile app). The tickets for the bus no. 61, which cost around 1,20 EUR, must be validated on the bus.

VIENNA-SCHWECHAT (VIE) AIRPORT

The airport at Vienna-Schwechat is only 40 kilometres west of Bratislava and Slovaks mainly use it for long-haul flights. It is one of the main gateways to Slovakia. Buses to Bratislava depart at 30 to 60-minute intervals. Tickets can be bought on the bus or online on the website; check the following companies: eurolines.sk, regiojet.com, flixbus.com to Autobusová stanica or The Main Train Station, Bratislava. You can take a bus or train to Trnava from there.

BY TRAIN

Bratislava is connected to the main lines from Prague, Budapest, Vienna, and various regions in Slovakia. Bratislava has many railway stations; however, you can take a train to Trnava from The Main Train Station so we would recommend taking trains from abroad to The Main Train Station in Bratislava.

BY BUS

Bratislava is also conveniently connected with many European cities via a network of bus lines. It has frequent services to the surrounding areas and to other regions in Slovakia. Buses arrive and depart from Autobusová stanica, Bratislava. Coaches between Vienna and Bratislava run at 30 to 60-minute intervals: eurolines.sk, regiojet.com, flixbus.com. You can take the bus to Trnava from Autobusová stanica, Bratislava.

BY CAR

Bratislava is situated at the intersection of several important motorways. The distance to Prague is 330 km, Budapest 200 km and Vienna 65 km. If you bring your own car, you need to display a valid motorway tax sticker (known as “diaľničná známka”), available at borders or petrol stations. The minimum validity period is 10 days (costs around 10 EUR). Trnava is approximately 30 minutes from Bratislava and the easiest way to get there is through the highway.

If you choose this mean of transport, please make sure it is a shared drive.

Accommodation and food costs will be covered by the organization (including snack breaks) while travel costs will be reimbursed after the training after the submission of travel tickets and documents. **Before the training, an online preparatory call will be organised by the coordinator to clarify all practical questions related to travel, accommodation, reimbursement, programme expectations, participation rules, and to help participants prepare for the activity.**

Maximum travel cost according to Erasmus+ distance calculator:

- Slovakia – depending on travel (4 participants)
- Romania – 309 EUR (5 participants) – green travel 417 EUR
- Turkey – 309 EUR (5 participants) – green travel 417 EUR
- Spain – 309 EUR (4 participants) – green travel 285 EUR
- Hungary – 211 EUR (5 participants) – green travel 285 EUR
- Czech Republic – 211 EUR (4 participants) – green travel 285 EUR

Training's objectives:

- To understand and apprehend all the phases of a project. From small scale projects to large scale. From local to transnational and from digital to non-digital.
- To learn and use tools and methods for identifying the needs of your community, especially youngsters.
- To set SMART objectives, learn project management tools, and work on communication and marketing skills, such as pitching.
- To develop a group project and go through group evaluation and feedback to polish it and implement it in the future.
- Meet like-minded young people from different backgrounds and different areas of Europe and make meaningful connections.

Learning outcomes:

- Identify and recognize unseen and niche needs of communities through research and focus groups.
- Learn how to use project management tools and templates to make sure your project is feasible and impactful.
- Create transnational mock projects in collaboration with mentors and entrepreneurs to support active citizenship and local activism.
- Communicate project visions and inspire civic engagement through facts, professionalism, and strategic networking.
- Understand how dissemination and communication are vital nowadays for any type of project.

Methodology of Training

The training is based on non-formal education principles and learning-by-doing.

Methods include:

- Interactive workshops and simulations
- Design thinking exercises
- Group work and peer learning
- Case studies and real project examples
- Study visits and guest speakers
- Daily reflection and learning evaluation

Participants will work in international groups to develop mock transnational projects, supported by trainers and external experts from youth work, research, and practice.

Until when can you apply?

The deadline for registering is by 30th of January 2026.

You can ask any further questions or information about the training or the organization by contacting wagingerova@bpi.sk

What to bring with you?

- Your passport or ID card
- All your travel tickets!!! (It is very important to keep all your tickets, receipts, and boarding passes, because we can give you back the travel costs only if you have the original tickets/ receipts/ boarding passes – not torn)
- National snacks, drinks, easy food, specialties, local music for the Intercultural evening
- All participants must have valid health insurance covering the full duration of the activity (European Health Insurance Card or private insurance)
- Participants are responsible for their own health and medication during the training
- Medicines – if you need them (anti-allergy pills, pain killers, Aspirin etc.)
- Laptop, camera – it is not obligatory, but it can be useful

Weather

Before leaving your home country, please check the weather forecast at:

<https://www.meteo.sk/>

Usually, the weather is still very cold and windy in February.

10 days set up scheme – 3 workshops per day: 2 in the morning, 1 in the afternoon + reflection of the day

Day 1: Travel day – arrivals

Day 2: Introduction, teambuilding, expectations/ fears/ contributions, Erasmus/ European Solidarity Corps introduction

Day 3: What is a good project, introduction to project management, teamwork – different people, different attitudes, different roles

Day 4: Design thinking – 1 theoretical workshop, 1 practical workshop, open class – best and worst examples of projects we experienced {a.k.a. what can go wrong}

Day 5: Inclusion in the projects – what does it mean, examples of inclusive projects, introduction to group work

Day 6: Study visit day – projects which changed the city, e.g. Lifestarter

Day 7: Community – what it is, why does it matter, active participation 101, group work – 1st session

Day 8: Supervision sessions with trainers about the project ideas, feedback, incorporation of feedback and progressing in project creation /morning/, second check with the supervisors /afternoon/

Day 9: Finalisation of the group works, presentation in the group, feedback and reflection of the whole training, goodbye party

Day 10: Travel day – departures

| | Day 1 16.2. Monday Arrival | Day 2 17.2. Tuesday F.R.I.E.N.D.S. | Day 3 18.2. Wednesday From Idea to Projects | Day 4 19.2. Thursday Design Thinking | Day 5 20.2 Friday Study Visit/ Free Day | Day 6 21.2. Saturday Inclusion and Ethics | Day 7 22.2. Sunday Community & Participation | Day 8 23.2. Monday Youth Work | Day 9 24.9. Tuesday Final Day | Day 10 25.2. Wednesday Departure |
|---------------------|-------------------------------------|---|---|--|--|---|---|---|--|---|
| 08:00 - 09:00 | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 09:30 - 11:00 | Arrival of Participants | Get to Know Each Other/ Ice Breaking Activities | From Idea to Project | Design Thinking, but Make It Human | Study Visit in NGO in Trnava | Inclusion in Practice | Understanding Community | We Act, Who Is Listening? Dissemination and Communication | Feedback with Facilitators on Group Project | Departure of Participants after Breakfast |
| 11:00 - 11:30 | | Coffee Break | Coffee Break | Coffee Break | Coffee Break | Coffee Break | Coffee Break | Coffee Break | Coffee Break | |
| 11:30 - 13:00 | | Introduction to the Mobility's Aim and Goals – Day-by-Day Programme – House Rules | Project Management 101 – Simplified | Break to Build (Lego Prototyping) | Study Visit in NGO in Trnava | Building with Communities – Youth Council Simulation | Active Participation 101 | Youth Work in Action – Guest Speaker | Feedback with Facilitators on Group Project | |
| 13:00 - 15:00 | | Lunch | Lunch | Lunch | Lunch in the City | Lunch | Lunch | Lunch | Lunch | |
| 15:00 - 16:30 | | Teambuilding Activities | Mastering the Brainstorm | What Can Go Wrong? – How to Identify Risks | Free Afternoon with Several Options | Guest Speaker | Presentation of Media Literacy Lab Project in Armenia – Guest Speaker Part 1 | Dissecting Erasmus+ Projects | Final Presentation of Group Project (Baterkäreň) | |
| 16:30 - 17:00 | | Coffee Break | Coffee Break | Coffee Break | | Coffee Break | Coffee Break | Coffee Break | Coffee Break | |
| 17:00 - 18:00 | | Erasmus Presentation | Final Remarks – Reflection | Final Remarks – Reflection | | Final Remarks – Reflection | Community Workshop – Guest Speaker Part 2 | Group Project | YouthPass Ceremony + Evaluation of the Training | |
| 19:00 - 20:00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 20:00 | Getting to Know Each Other | Intercultural Night – Part 1 | Intercultural Night – Part 2 | Free Evening | Free Evening/ Movie Night | Free Evening | Free Evening | Free Evening | Goodbye Party | |

