

Start your adventure in MCT



Project info

START YOUR ADVENTURE IN TRBOVLJE YOUTH CENTRE

X

1st September 2017 – 31st October 2018 - PROJECT, 1st October 2017 – 30th June 2018 - ACTIVITY



TRBOVLJE, SLOVENIA





Summary

Our motivation for the project lies in the high level of unemployment among the youth in Zasavje, particularly the long-term unemployed youth. With periods of unemployment and unsuccessful job searching getting longer, also possibilities of active participation in society are getting smaller.

As one of possible ways to combat social exclusion, resulting also from long-term unemployment, we'd like to promote general "volunteer culture" in our local environment.

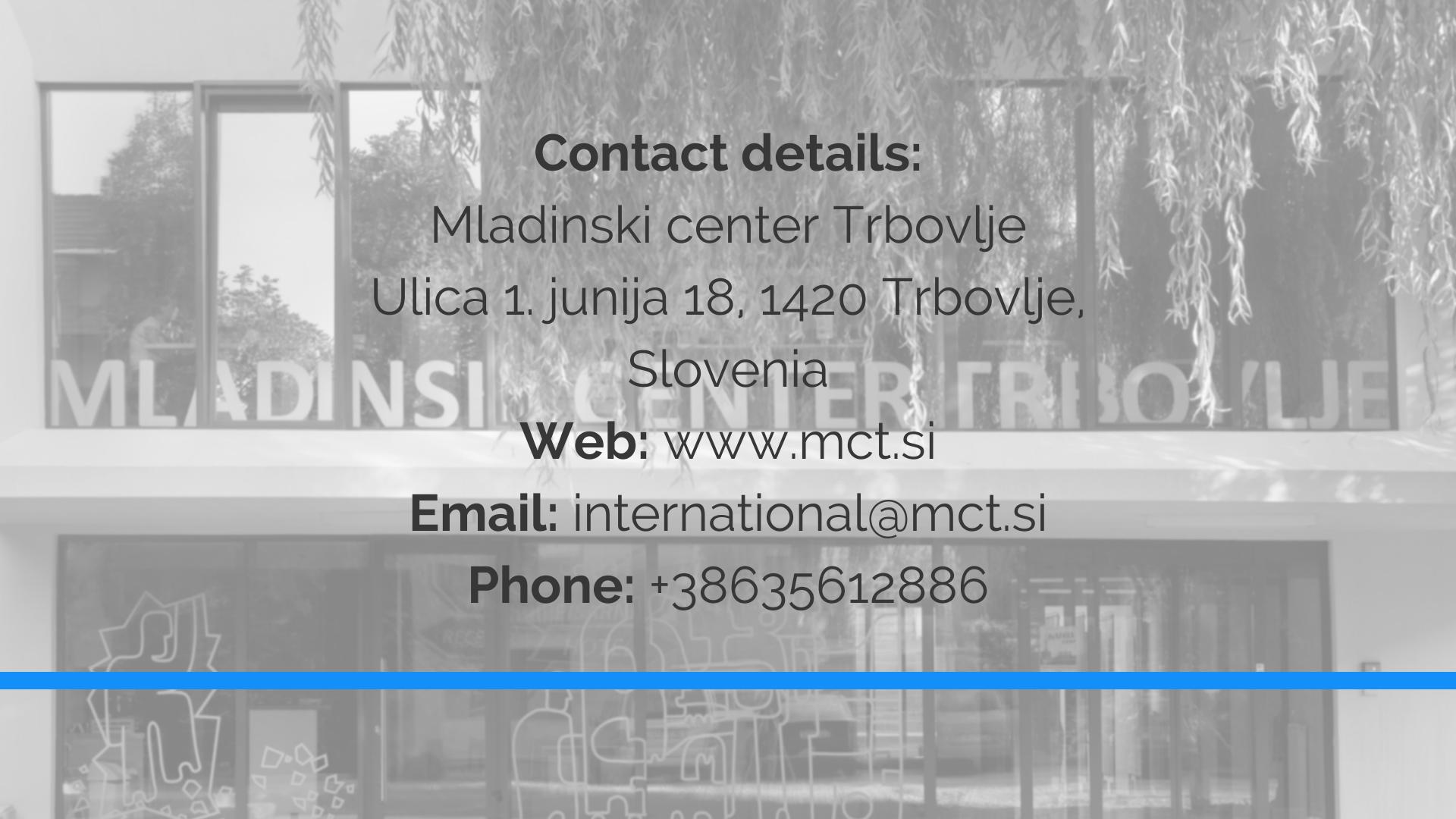
The strategic goal of the project is to develop a strong volunteer culture in the local environment that will have positive influence on the development of active individuals as well as development of an interconnected and solidary community. These two aspects will further cause a decrease of the risk of social exclusion, particularly the long-term unemployed youth.

The project tracks the implementation of the goal of including the long-term unemployed youth in activities, planned, organized and carried out by EVS volunteers with the assistance of youth workers, as well as the inclusion into voluntary activities in the local environment and abroad.

We will carry out three activities in the framework of the project - long-term coordination of EVS in cooperation with accredited host organizations in Zasavje (4 young people); short-term hosting of EVS volunteers (4 young people) and long-term sending of EVS volunteers (3 young people).

During the project, we will include 50 long-term young people into our activities and cooperate with at least three accredited host organizations as well as at least four associated organizations in the field of voluntary work. The project will start in September 2017 and last until the end of October 2018.

WWW.MCT.SI



Vision

THE COMMON GOAL OF OUR WORK IS TO ACHIEVE THAT YOUNG PEOPLE BECOME THE KEY FACTORS OF THE REGIONAL DEVELOPMENT.



MCT is a place where young people start their adventure, where every idea is the best idea, and every mistake is merely a helpful experience.

ABOUTUS

TRBOVLJE YOUTH CENTRE

MCT is a youth centre whose main purpose is to support the young people in a local community in planning, organizing and carrying out various activities connected to their interests (from concerts to creativity- and education-related activities). These activities usually take place in the MCT club.

Since 2011, when we moved into our current headquarters, we also offer hospitality services, through our café and hostel. This is primarily aimed at support of the youth-related work, but at the same time also available to general population.

OUR TEAM: Eight permanent employees and students.

MCT has been active in the field of sending and hosting EVS projects for over 10 years. In this period of EVS experience we have gained so much as an organization and a community. Experience gained through EVS is priceless in our community and helps our organization and community to grow.





By hosting EVS projects, our organization has gained diverse experiences, and thanks to these projects, our small local community has become more accepting of foreigners. EVS is well known in our local community and we are working towards building better connectivity with the EVS and the local community by hosting EVS projects in different organizations and supporting the organizations to realize the value of EVS projects in their surroundings.

The main contribution of our projects is that the volunteers have a diverse opportunities to work in different kinds of organizations, from educational and cultural organizations to working with handicapped people. Because of the many hosting organizations in our region, we can build projects together with the volunteers and incorporate their needs to enable them to get experience with different organizations.

EVS projects in MCT usually include volunteers working on accomplishing their own activities with the help of a mentor (their coordinator), which includes planning organizing and carrying out the project. Volunteer's projects are aimed at the community, particularly at the long-term unemployed young people, aged from 15 to 30. In this way, our volunteers get in touch with basic planning as well as determining purposes, goals, results and indicators. In the organizing phase, they have a chance to cooperate with various organizations and individuals, and they can also experience team work as well as develop their own entrepreneurial skills through the whole process. Let's start your adventure in MCT project is particularly aimed at motivating long-term unemployed young people for participating in sending EVS projects and for voluntary work in the region.

PROJECT TEAM







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TIMETABLE

monday

MCT

meeting with coordinator, evaluation, weekly plan, reflection on learning outcomes.

tuesday thuersday

HOSTING ORGANISATION

carrying out activities in hosting organization - description at the end of the document.

friday

MCT

carrying out activities for long-term unemployed young people, promoting EVS

"Doing voluntary work in MCT, I had the chance to experience completely new things - from preparing promotional material to carrying out English courses for elderly people and an Origami workshop for kids as well as helping with preparations for a festival, and much more. Anyone can find something they want to do here. All you need is to have a desire to do new things, an open mind as well as show some initiative from time to time."

CSILLA, EVS VOLUNTEER, 2017

Information on monthly allowance:

Allowance: EUR 85

Food allowance: EUR 110

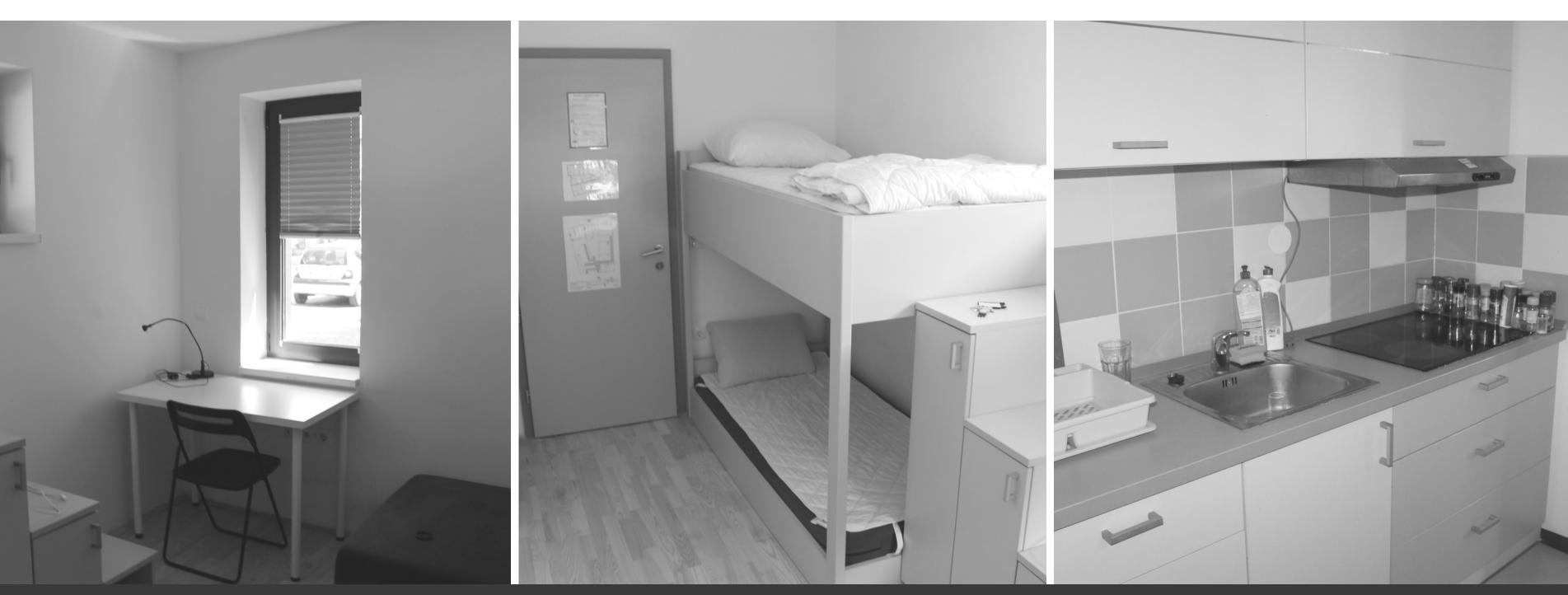
Reimbursement of food costs: up to EUR70 (paid upon receipt)

Free travel card for public transport in Trbovlje (optional)

Transportation costs reimbursment:

Depending on the distance. Find out in ERASMUS+ guide, using distance calculator http://ec.europa.eu/dgs/education_culture/tools/distance_en.htm

LIVING CONDITIONS



Apartments in the MCT hostel – bed, corner with a workbench, shared kitchen and bathroom with toilet. Kitchen and bathroom are shared with a volunteer form the neighbouring apartment.

Apartment in the town: All volunteers live in the apartments and sharedrooms (2 persons per room). Each apartment also has a common living room, kitchen and bathroom.

LOCATION

MCT

is located in the centre of the town, right next to a cinema, theatre, library and a museum. Nearby, one can also find other important institutions – schools, hospital, chemists/drug store, shops and recreation facilities.





Troovlje

Trbovlje is located in the centre of Slovenia, which enables us simple and quick access to all parts of the country. The town also lies on the main Slovenian railroad, connecting two largest towns, Ljubljana and Maribor. The town lies in a 7 km long narrow basin, with the town centre approximately in the middle. The area inside the 2km radius around the town centre is also the most heavily populated part of the town, where most of the events take place. The town offers good living conditions for various age groups – education, free time, culture, sport, health services, services etc. For more info about Trbovlje, visit http://www.trbovlje.si/vsebina/zgodovina /15?language=english or https://en.wikipedia.org/wiki/Trbovlje.



WWW.TRBOVLJE.SI

Distance to other places

Ljubljana - 60km Celje - 40km Maribor - 80km Bled - 115km Bohinj - 140km Koper - 170km Škofja loka - 100km Trieste - 160km Zagreb - 100km Vienna - 340km Budapest - 420km





How to travel in Slovenia/Trbovlje

Trbovlje is not a large town, therefore practically everything is reachable by walking or taking a bike. The railway station is located a few kilometres from the centre and usually people take the bus or a taxi to get there. A bus ticket costs EUR 2 and a taxi ride to the railway station is EUR 2.5. For the time table of the buses in Zasavje visit http://www.avrigo.si/potniski_prevozi/linijski_promet/vozni_red/

TRAVELING AROUND SLOVENIA



Train - Slovenian Railways http://www.slo-zeleznice.si/en/(time table, ticket prices)



Bus - https://www.ap-ljubljana.si/en/ (time table).



Sharing car: https://prevoz.org/



What to do in Trbovlje and its surroundings:

- Swimming–swimming pool in Trbovlje in the summer and an indoor pool in Hrastnik (a town next to Trbovlje, one can get there by public bus in 20min).
- Skiing– local hills depends on the snow cover, otherwise a lot of ski centres in Slovenia are reachable in two hours (also by public transport).
- Cycling-http://mct.si/wp-content/uploads/2017/01/cestne.jpg, http://mct.si/wp-content/uploads/2017/01/gorske.jpg
- Hiking in the nearby hills Kum 1200m https://en.wikipedia.org/wiki/Kum_(mountain),Mrzlica 1100m , Planina 900m
- Cinema http://kino.dd-trbovlje.si/
- Rafting on the Sava River
- Tone Seliškar Library has a number of books in English and several other languages.
- Large-scale events Speculum atrium –http://speculumartium.si/?lang=en, carnival, celebration of the municipal holiday, bonfires on the night before 1st May, New Year celebrations etc.

Practical information

Weather in Slovenia is more or less characterised with considerable temperature variations. Summers are warm and sometimes hot, mostly in July and August (+20 up to 35 degrees Celsius), with relatively mild weather during spring and autumn. Winter, which lasts from November to mid-March, can sometimes be very cold (0 to -10 degrees Celsius). Rainfall is distributed throughout the year, with the heaviest rainfall in the period from June to August. In recent years we are very lucky if we have constant snow cover, as it was the case in the past, but nevertheless, one usually gets the opportunity to come into contact with snow in the lowland:).

PRICES: To get a better insight into the cost of living in Slovenia, we present a list below, with some products and services and their average prices

Milk 1l – EUR 0.80; soy milk 1l – EUR 2.50; bread 600g – EUR 1.00; bread roll – EUR 0.30; rice 1kg – EUR 1.50; pasta 1kg – EUR 1.50; white flour 1kg – EUR 1.00; cheese spread 200g – EUR 1.50; cocoa 400g – EUR 1.50.

Cinema – EUR 4.00

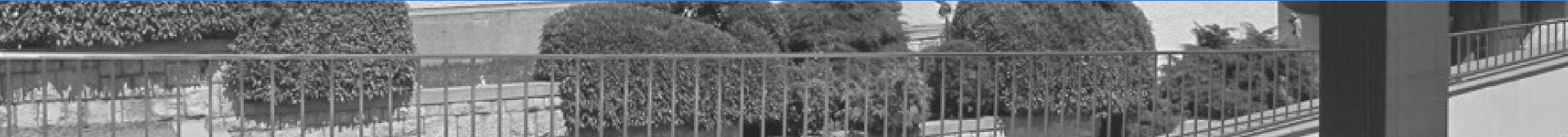
Swimming pool – EUR 4.00

HOSTING ORGANIZATIONS

DELAVSKI DOM TRBOVLJE - CULTURAL CENTRE

DESCRIPTION: DDT is a central culture-related institution in Trbovlje. It is located in a building that was built in 1956 and is decorated with a beautiful mosaic. Its renovated facilities are home to theatre and film shows, concerts, exhibitions as well as other cultural events, and they are also available for business meetings and seminars. Each year, DDT holds one of the largest international festivals of new-media art, "SpeculumArtium", with numerous distinguished representatives from the field of technology and art. TEAM: DDT has a permanent team of ten employees.





"To me, EVS means getting new experiences, knowledge, connections – a complete worldly experience! To become a volunteer you need to have a WILL for it. The other things and abilities you will get by doing the everyday work. It is most important to come and try it out. To me, DDT is very interesting due to the nature of the work itself, which agrees with me. In only a few months, I learned a lot in the areas I'm already familiar with as well as in the areas that are completely new to me. All this will help me in my future work."

AMAR, EVS VOLUNTEER, 2017

KULTURNO DRUŠTVO SVOBODA (CULTURAL ASSOCIATION SVOBODA) – THE THEATRE SECTION

IWHAT IS THE CULTURAL ASSOCIATION SVOBODA? It is a not-for-profit cultural organization incorporating four sections, also a youth theatre. Their goal is to attract as many people as possible and offer them high-quality cultural-artistic experiences. TEAM: Activities of the members are voluntary and non-professional. They come from various education, occupation and knowledge fields, which contributes greatly to their creativity. They attend educational courses every year, learn from one another and transfer their knowledge to younger generations. The majority of members (the theatre section) are attending various international exchanges and several members have participated on these as trainers and programme supporters. Through all of this, they get to know international youth-oriented work quite well.



"Doing voluntary work in Dom Svobode is a creative experience. One gets to learn how to do theatre-related work (lights, sound, setting the place up) and how to help with/manage a real art project! It is for those interested in art, theatre, performance, dance or music; for those who aren't afraid of new things and work independently. Dom Svobode is a lovely amateur theatre, where people know each other, are kind hearted and open-minded. They take pleasure in learning new stuff and fresh ideas are more than welcome. This was a wonderful experience for me!"

MARIE, EVS VOLUNTEER, 2017

GIMNAZIJA IN EKONOMSKA SREDNJA ŠOLA (GYMNASIUM AND SCHOOL OF ECONOMICS)

GESŠ is a public secondary school with a long-standing tradition. It includes two programmes – gymnasium (general programme and programme adapted for competitive athletes) as well as a school of economics. The programmes incorporate modernized pedagogical approaches, various optional activities and extra-curricular activities that add diversity, creativity as well as individual and project work to the school. Students also have the option to attend various field trips at home and abroad, and they particularly like various thematic weekends, such as mathematics-themed, poetry-themed or biology- and geography-themed camps all around Slovenia. Additionally, students can participate in various extra-curricular activities and preparations for attending various competitions.



"This place is more than suitable for doing EVS, as here one can find many things to do and can freely choose their own project, which they want to do, and develop their own ideas. It is important that the volunteers enjoy working with young people (and also possess adequate patience for that). They also need to be fluent in German, so that they can share their knowledge with others. As a volunteer you don't need any particular experience, as you develop your own abilities and gain new ones through working there."

ANNA, EVS VOLUNTEER, 2017

OSNOVNA ŠOLA IVANA CANKARJA (IVAN CANKAR ELEMENTARY SCHOOL)

Volunteers that will decide to gain their experience through working in the Ivan Cankar Elementary School can expect a rich and flexible schedule. They will meet over 100 young people and kids that will happily welcome them and overwhelm them with various question, and who will look forward to their next workshop. The volunteer will not be on their own however, but will find themselves among kind-hearted school teachers that will help them with preparing the curriculum as well as monitor its implementation. This year, the school will gain a large garden that will present a great opportunity for new, different and creative ways of teaching ... Even the larger school area is something special. The building itself is 100 years old and includes a gym, a garden and a playground. TEAM: Teachers and other pedagogical workers are aware of the importance of broadening the horizons of kids, and so a typical school day does not end when classes are over, but rather the school organizes numerous extra-curricular activities and field trips.



"A person working at the Ivan Cankar Elementary School should enjoy working with kids and should not be afraid of individual work; they have to be flexible and very creative. Because I have experienced both, the Erasmus+ student exchange as well as being an EVS volunteer, I can easily say that the latter suited me more, as here one can really do what one wants to do, and does not merely accomplish their given responsibilities. For me, working at the Ivan Cankar Elementary School was a wonderful experience, especially due to good relations with the kids and the staff!"

LOULA, EVS VOLUNTEER, 2017

TVZGOJNO-VARSTVENO- DELOVNI CENTER ZAGORJE (EDUCATIONAL INSTITUTION AND OCCUPATIONAL ACTIVITY CENTRE ZAGORJE)

VDC is a social welfare institution, aimed at day care and accommodation of persons with special needs and offering them jobs under special conditions in a safe and nice environment. More than 100 individuals are benefiting from its services. From its formation in 1984 on, VDC's key principle has been based on a social model, which is itself based on a complete inclusion of individuals into the society, which is achieved by means of various high-quality, innovative programmes, adapted to suit each individual.TEAM: Recipients of the services are looked after by 30 permanent employees, who put particular emphasis on personal development and teamwork of both, the employees and the recipients of their services, as well as their relatives/guardians through various projects, exceeding the boundaries of standard activities. In doing that, they actively cooperate with the local environment and various organizations, which raises the quality of work of all the persons involved. These activities are various free-time activities, sports-related and cultural events, field trips etc.



"My experience as a volunteer in VDC is very broad: from simple assistance at various workshops, all the way to specific tasks aimed at taking care of the needs of individuals. Furthermore, I participated in weekly sports activities (usually basketball and football) - not only in the role of an assistant to recipients of the services and employees, but also as a participant myself. The latter proved time and again that, even though I was healthy, I was nowhere near unbeatable. Part of my volunteer work also included teaching German, which proved highly popular and many recipients enjoyed talking with me in English and German. The most important thing I've personally learned is that even though many recipients have bodies that do not function perfectly and often also brains that do not function in a usual way, they are all individuals, not only with specific needs, but also with specific strengths and desires."

DANIEL, EVS VOLUNTEER, 2017

looking forward to meet YOU!

mct team





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