

**INFO
PACK**



AGENCY FOR
MOBILITY AND
EU PROGRAMMES



Erasmus+

LUMEN

INTERNATIONAL TRAINING COURSE

**Better me
better work**

**SV. MARTIN NA MURI,
CROATIA
4-10 FEBRUARY 2025
(3-11 WITH TRAVEL)**

ACCREDITED PROJECT IN THE FIELD OF YOUTH:
2024-1-HR01-KA151-YOU-000206396 (A1)

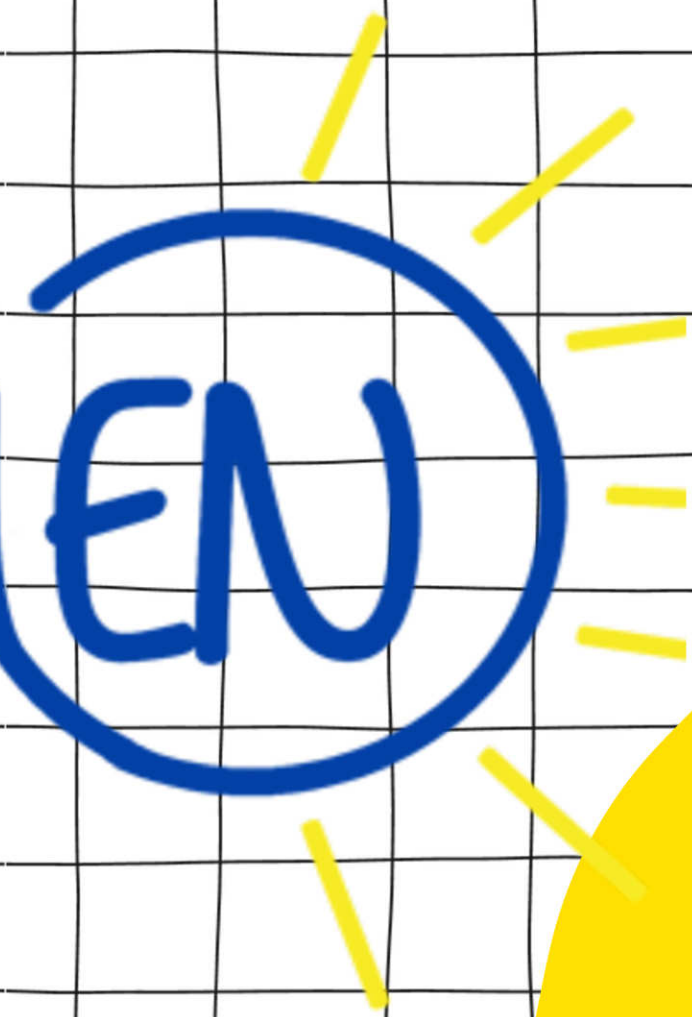


About us

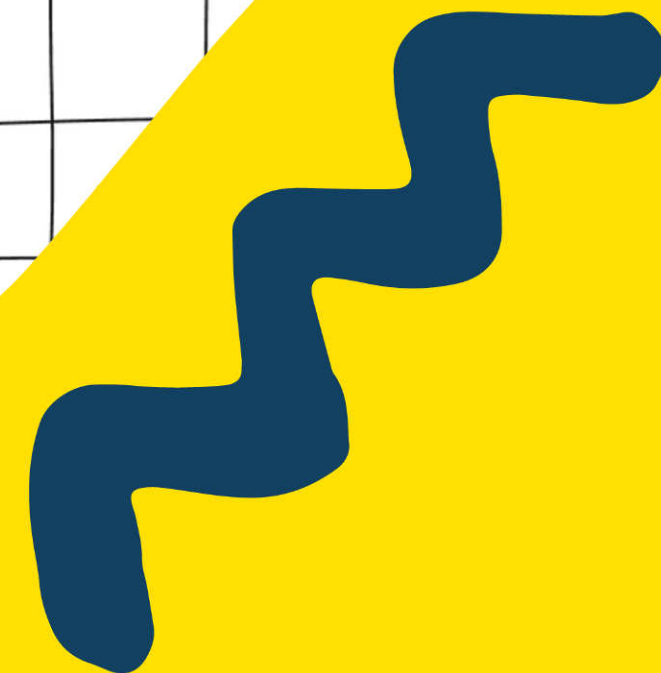
LUMEN is youth non-governmental organization established in spring of 2000 with the aim to improve the quality of life of young people in Ludbreg town and northwest region of Croatia and to bring their social inclusion and activism to a higher level.

Our main objectives to develop cultural, democratic, social and ecological conscience among youth, to encourage cooperation of young people with different interests and activities and to increase influence of young people on work of local community. We continued with our goals from past years as we managed to help young people from Ludbreg and Croatia to see different parts of Europe and world, to volunteer and learn through different programs.

By this we want to empower youth, giving them tools and skills for future life and raise their sense of European identity. Our main principles are connected with environmental sustainability, responsibility, inclusion, diversity and active participation.



LUMEN



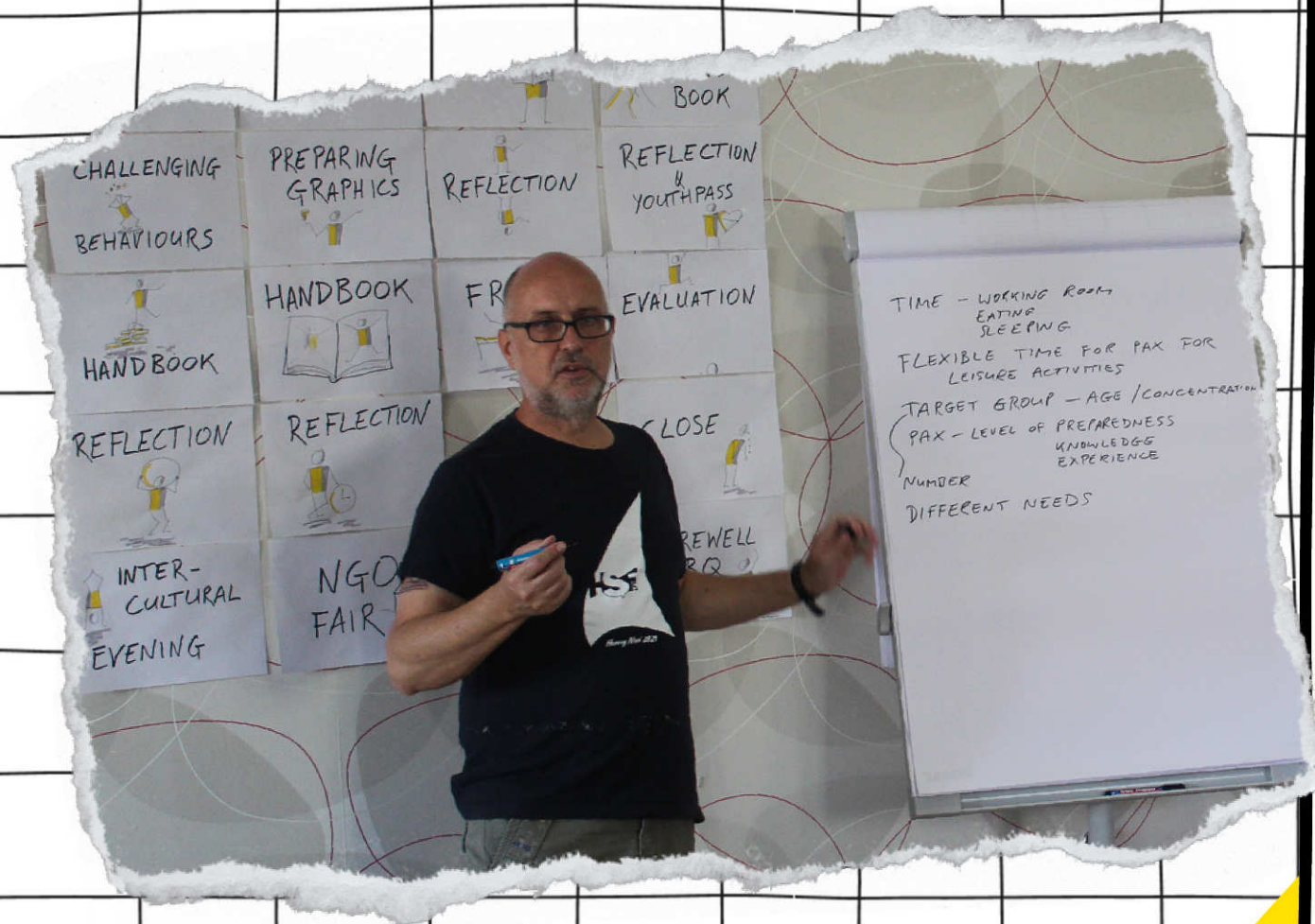
About trainer

Nik Paddison

About:

Nik is a full time independent freelance trainer/writer/consultant/copy editor in the European youth field. He has a background as a youth worker from the UK. Nik specialises in the training of youth workers and trainers: Human Rights, peace building, Roma young people, refugees, non-formal learning – creating educational games, activities & theories. He is living by the sea in Montenegro and trying to live a Mediterranean lifestyle, but that North European mentality keeps getting in the way!

<https://www.salto-youth.net/tools/toy/nik-paddison.95/>



AIM OF THIS TRAINING COURSE

To explore the different health and life aspects of working in the youth sector and how to take better care of oneself personally and professionally.

OBJECTIVES

- To introduce and explore the Holistic Trainer project concept
- To examine each of the five topics the project identified:
 - Mental and emotional well-being
 - Physical well-being
 - Life on the road
 - Legal matters
 - Self-management
- To identify areas for self-improvement from each topic area

Accommodation

Terme Sveti Martin,
Izvorska 3, Toplice Sveti Martin,
40313 Sveti Martin Na Muri,
Croatia
<https://www.termesvetimartin.com/en/>

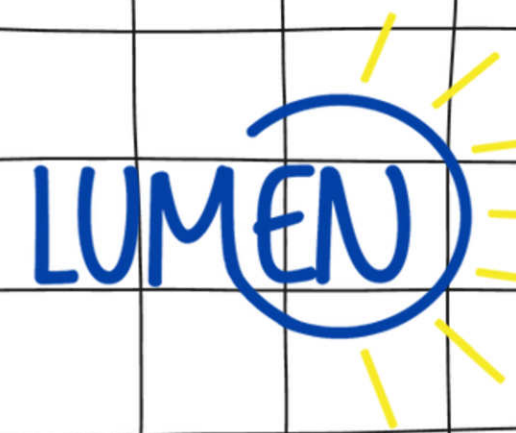
The resort is located in an oasis of peace in Međimurje region, where tradition, culture and history have lived in the region of nature for over a hundred years.

Accommodation will be in resort apartments with two bedrooms, living room, balcony, kitchen and bathroom, 4 participants per apartment.

For the resort guests (that means you) use of swimming pools is free, so **take your swimming gear!**



Welcome
to Terme Sveti Martin
resort



Food

Meals will be in hotel restaurant Falat with big choice of meals including vegan, vegetarian and halal. Falat Restaurant is an excellent board restaurant of Hotel Terme Sveti Martin**** with local, healthy and modern cuisine. In a completely renovated ambience you will enjoy a healthy and luxurious breakfast, lunch and dinner, as all meals are prepared with products from more than 30 local organic farmers and growers.





TRANSPORT TO ACCOMODATION



For participants traveling by plane we will organize pickup by bus on Zagreb Airport or Zagreb Main Bus station on 3rd February around 18:00h.

We promote green travel, so for closer partners it's also possible to come by train, bus or car sharing to the venue or nearest cities Čakovec or Varaždin.



TRAVEL

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

Travel costs will be limited by distance between the place of origin and the venue of the activity by using the distance calculator supported by the European Commission.

INSURANCE

EU citizens should take their European Health Insurance card.
We will reimburse travel insurance for the duration of the activity.

CURRENCY

Since 2023 currency in Croatia is EURO and credit/debit cards are accepted almost everywhere.

REIMBURSEMENT

TRAVEL DOCUMENTS:

Here is the list of documents which you need to provide to organizers to get reimbursement of the travel costs:

PLANE TICKETS:

- with visible name, route, date of purchase, date of flight, price. If any of this data is missing, please ask airlines for invoice;
- Boarding passes;
- Confirmation of payment (easy to print from your bank account payments history).

BUS TICKET/ TRAIN TICKET:

- Ticket with visible route, date of purchase, date of travel, price;
- Confirmation of payment (easy to print from your bank account payments history).

Please, have in mind that these are financial documents. When we reimburse travel expenses to a participant, we must have a verified and confirmed financial document for the amount we reimbursed.

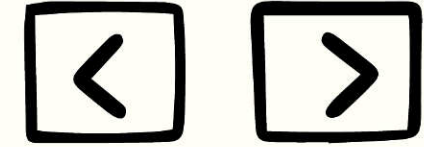


OUR TRAINING COURSE IS NOT FOR INDIVIDUALS INTERESTED IN PROJECT TOURISM!

PROJECT TOURISM - Project tourism is a negative phenomenon involving the improper understanding and misuse of educational opportunities that arise within various educational projects.

It typically entails demanding behavior towards the organizer and prioritizing personal recreational needs over the primary project objective.

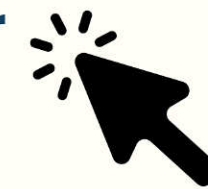
Contact



LUMEN – LUDBREŠKA UDRUGA MLADIH ENTUZIJASTA

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OIB: 98171872906 / MB: 01484273 / RNO: 0238734

EACEA PIC: 949428435 / OID: E10092210

Erasmus accreditation in the field of Youth (2021-2027):

2020-1-HR01-KA150-YOU-094841