



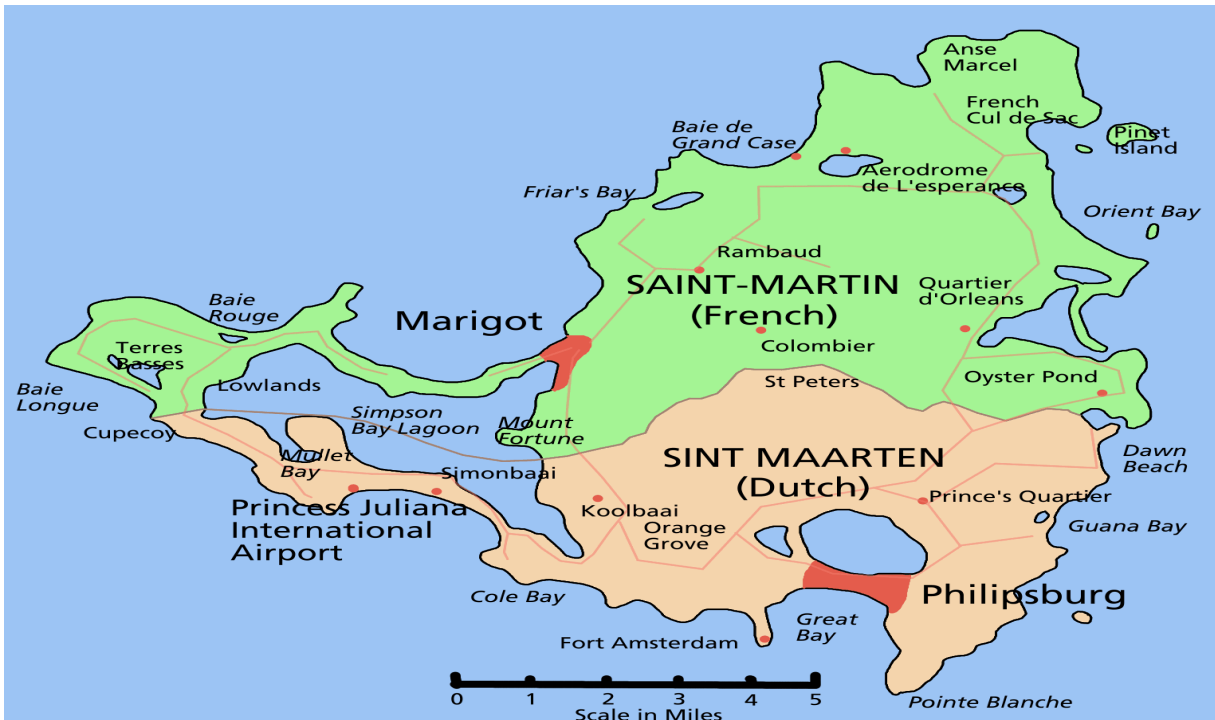
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# « Increase the Quality! »

## Training Course

### St. Peters, Sint Maarten

### 25 February – 7 March 2022





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## SUMMARY OF THE PROJECT

**Venue: Sint Maarten (Holland),**

**Planned dates: 25 February- 7 March 2022**

**Countries involved: Lithuania, Czech Republic, Turkey, Romania, Estonia, Poland.**

**Participants: Youth workers. There will be 4 Participants from each country. Estonia will have 5 participants. Age: 18+. Since it is training course, there is no upper age limits.**

**Venue: "Rupert / Maynard Youth Center" in Saint Peters, Sint Maarten (Netherlands)**

We see a lack of experience in group leaders to support good quality youth exchanges and inclusion of young people (including those with fewer opportunities) in the whole process. With this project we want to raise the competences of partner organizations' youth workers and equip them with tools to train their group leaders to better support and prepare participants for youth exchanges. Well-prepared group leaders are better at supporting youngsters in taking initiatives during the exchange and leading activities. That will support achieving one of the aims of youth exchanges - young people carrying out activities with the help of their group leader instead of the project being carried out for them. This will also result in better feeling in youth as the project being "ours" and their contribution to the project enhances even more.

Objectives:

- To create a common understanding about good quality youth exchange and the role of group leader among partners
- To give partner organizations competences to train their local youth workers to be able to be group leaders in youth exchanges and support their group in preparation, implementation, follow-up and evaluation of youth exchange
- To exchange good practices how to deal with conflicts and danger situations during youth exchanges and how to mediate them
- To support group leaders to facilitate the learning process of participants



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## Who can participate?

Our training course target group will be youth workers with a desire to be group leader in international youth exchange. Participants are tightly connected with their sending organization as being part of the collective or active volunteers of organizations. They must be actively working with young people and they must be ready to support youngsters in youth exchange (either as hosting or going with youngsters abroad). As well participants must be prepared to work together with other youth workers/group leaders and willing to carry out preparation and training for future group leaders. Participants have a clear need to gain new competences, to be able to be successful group leaders.

## The island and the venue



**COVID-19 SPECIAL MEASURES AT THE RUPERT I MAYNARD YOUTH**



## COMMUNITY CENTER:



do not sneeze in the  
palm of your hand



sneeze on your  
elbow or scarf



wearing mask



Wash food



Wash your hands

Beside the rules that we all know, and are respecting in our own countries, the following rules are necessary for the creation of a safe and productive learning environment:

- **All persons coming to the youth exchange will need to take an RT-PCR test before the trip as it is mandatory to show a negative test upon entering St. Maarten. The costs related to the test are supported by the participant directly, if their country does not provide free testing.** Travelers to St. Maarten are required to complete a mandatory health authorization application via the Electronic Health Authorization System (EHAS) available on [www.stmaartenentry.com](http://www.stmaartenentry.com) and upload their negative RT-PCR test within 5 days or their negative antigen test result within 48 hours. Currently, the following antigen tests have been approved: Abbott (CGIA Panbio COVID-19 Ag rapid test), Becton Dickinson (CGIA BD Veritor COVID-19 test) and Roche (SD Biosensor F test). The list of acceptable tests is constantly being reviewed as government continues to seek the most accurate alternatives to the PCR test. If you cannot present the correct test result, you may not be allowed to board your flight. **You will be screened at the airport on arrival. If the medical team determines that you need to be (re)tested, that will cost you approximately \$120. We do not have facilities at the Center for you to quarantine; you will then have to pay additional costs for a quarantine location.**

- Before traveling, please ensure the rules to return home to your country. Will you need to be tested? Will you need to quarantine? If you need to test before returning home, this must be indicated on arrival so that testing can be scheduled within the specified time.

- **All participants need to bring along face masks that you will use at all times in all common areas inside the accommodations if NEEDS.** We will be using masks inside the activity room and other common areas. You will not need to wear the mask inside your sleeping rooms or outdoors, as long as you maintain proper physical distance. If it is not a



reusable mask that you can wash every evening before going to bed, you should bring one mask for each working day. Additional disposable masks may be provided on site.

- Every bedroom, bathroom and common area will be equipped with disinfectant spray, disinfecting wipes and paper towels. The participants are responsible for disinfecting their room and the toilet inside the rooms. The youth center team will be disinfecting common surfaces several times during the day.

- Before each session, the participants will need to wash their hands and use hand disinfectant that will be available at the entrance to the workshops room. The same procedure is necessary before each meal.

- We will have two non-contact digital thermometers. Every morning, group leaders will need to check the temperature of all participants from their team. If someone has a high temperature, the person will need to skip the morning session and self-isolate in the room arranged for these situations.

- After each session, facilitators will gather all materials (such as scissors, glue, markers etc.) that were used by participants and disinfect it for the next session.

- **In order to avoid the use of many glasses during the day, all participants should bring one bottle from which they will be able to refill and drink water during the exchange.** Disposable plates, cutlery and cups for coffee, tea or juice will be available.

- The breakfast, lunch and dinner will be served for each participant. We will explain the procedure to everyone after you arrive at the venue. Only two persons are permitted in the kitchen at any given time.

- **For safety reasons, alcohol will not be allowed during the exchange. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the exchange.** Please don't bring vodka, whiskey or other alcohol that is not a part of your culture and cultural night.

- Please note that the wearing of masks is mandatory in all public spaces on St. Maarten. This includes shops, restaurants, nightclubs and public transportation.

**- 2 EXTRA DAYS FOR STAYING BEFORE OR AFTER THE PROJECT, BUT YOU CAN NOT STAY AT PROJECT VENUE. WE WILL HAVE ANOTHER PROJECT BEFORE AND AFTER THIS PROJECT. IF YOU WANT TO STAY 2 DAYS EXTRA, PLEASE FIND AN ACCOMMODATION FOR YOURSELF!**

**- You have to leave the place in the morning on departure day. Because the place must be clean according COVID-19 RULES.**

**Our main priority is the safety of everyone, and we are sure that these rules and regulations will not stop us from having a good time and meeting amazing people from other countries. If anything is not clear to you or you have any questions, please feel free to contact us at any time.**



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## How to reach SINT MAARTEN

According to Erasmus + rules, each participant must choose the cheapest way of travel.

You can travel to Sint Maarten from Europe with KLM and Air France through Amsterdam and Paris.



## Arrival

The hosting organization will pick up us from airport. Please send us your arrival dates and time. **Picking you up from airport is part of your travel costs. SO PLEASE BE READY TO PAY FOR IT!**

## HEALTH INSURANCE & PREPARATION

**All participants should obtain the relevant travel insurance for entering St. Maarten. The insurance should include covid-19 related potential expenses. At the border, besides your RT-PCR test, you may be required to present the travel insurance (which mentions also covid-19), so please have one.**

This is a very important point to remember: any hospital visit will be responsibility of the individual. Any activities are undertaken at the participants' risk.

**VERY IMPORTANT! PLEASE WHEN YOU BUY TICKETS, BUY TRAVEL PROTECTION INSURANCE TOO.**

## BEFORE LEAVING

We will be doing updates and networking before the trip through Facebook. This has been a great way for everyone to introduce themselves and discuss the project. We also suggest that participants share their particular skills and what filmmaking equipment they can bring. The organizing partners will try and bring whatever resources they have, but we do rely on people pitching in and bringing their own kit, which should be properly insured.



## Final checklist

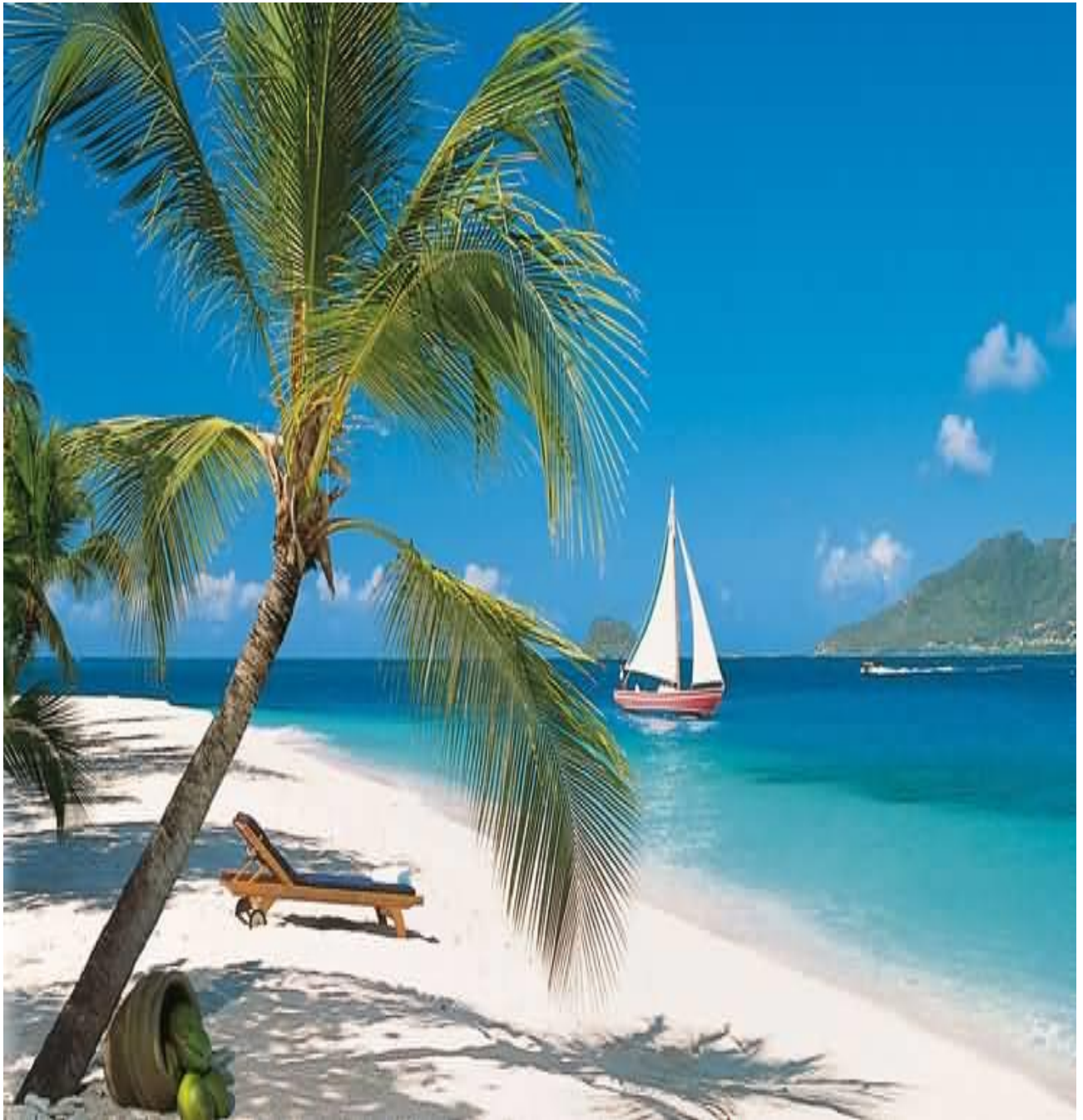
- ✓ **Bring all your travel documents as mentioned before. Print out all your documents even if they are online! Save all boarding passes in original!**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Prepare **energizers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ Check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing, hiking, etc).
- ✓ **Wherever possible, take your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!**

**All Participants will stay at “Rupert I Maynard Youth Center” in Saint Peters, Sint Maarten. Participants will sleep in rooms where there are 6 or 8 beds. This is the only option in island where we could implement the project because low budget. We will provide you accommodation, 3 meals, snacks and tea/coffee during the mobility.**

There is **150 Euro Participation Contribution** for the project. On arrival, you have to give on arrival. Remember this is not participation fee! It is contribution. Since island is very expensive and we cannot implement project with only Erasmus+ project. Budget is not enough itself for all costs.



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***SEE YOU ALL IN SINT MAARTEN***