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TRAINING COURSE



11 – 15th May 2023
Nis, Serbia



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Be ready to open your mind and acquire further skills and competences! Be ready to interact with new people and culture! Be ready to **SHAPE YOUR FUTURE** and be ready to have great time! Our team is looking forward to hosting 20 participants from 4 different countries in a great atmosphere full of inspiration, motivation and good ideas!

Short Project description

Young athletes, especially women, often lack in informal and non-formal education. Usually due to their tight schedule and aggressive trainers that only want them to focus on their money-making success.

That's why empowering your soft skills and building a team leader spirits is very important, because you will not use it only in your sport career, but in your social and after sport oriented-career life too.

Focus group objectives;

- to analyze the problems that both men and women face in their sport careers, as well to see the differences in obstacles they have to overcome when it comes to women's careers.
- to provide participants knowledge and skill how to form critical thinking, with support it with new solutions
- to spot the differences between men and women in various fields such as work areas in sport, opportunities for education and scholarships, length of their careers etc.

The atmosphere of the focus group will be dynamic, because of the unpredictable communication and constant fluctuation of comments between the group, which provides us with a variety of thoughts, opinions, emotions and honest comments. The result of this interaction is closely interrogated issue and possible outcomes of proposed solutions. This workshop will also provide material for future research and may discover new topics that have the urge to be discussed about.

Partner organisations:

Yanta volleyball - North Macedonia

Danish youth team - Denmark

Budapest Association for

International Sports - Hungary

Karate klub Nis - Serbia



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Infopack for mobility in Nis

Dear partners and participants,

It is with pleasure that we are welcoming all of you to the project mobility in our country, Serbia. You will be located at South-East part of country, in city of Nis...

Current threat level for Serbia is LOW but we advise you to read carefully this document and come back with any question you might have before your stay.

Please note also that the staff members listed as emergency contacts will assist you in case of need. I hope you'll enjoy your stay.

Please, read all the provided information carefully and don't hesitate to contact us with anything related to your participation in the project.

Welcome!

Contact persons:

Dragan Đorđević	+381 63 590477	nissport018@gmail.com
Branka Arandjelović	+381 69 2443106	arandjelovicbranka11@gmail.com



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1. Trip to Nis

You can reach Nis, by plane, a bus, depending on your departure country.

If you don't have possibility for direct trip to Nis, you can travel to Belgrade, the capital city of Serbia, and after that you can travel to Nis by bus.

When you came to Belgrade with airplane, you can take an organized airport transport from airport to city (to main bus station), they work like Uber. Site for reservation: <https://www.daf-travel.com>
We can organize this for you if you need support.

On this link you have trace for trip from airport to main bus station in Belgrade: [Airport - bus station Belgrade](#).

Also, you have a local bus from airport to the city and this bus also stop at main bus station. Bus card is about 3.5 euros.

If you take taxi from airport to main bus station, one car is about 30 euros.

When you arrive to Belgrade main bus station, than you need to take a bus to Nis. Price is 21 euros for a round-trip ticket. We have regular bus connection from Belgrade to Nis everyday. At almost every one hour we have bus from Belgrade to Nis, trip is long about 3 hours. You can buy tickets online at site:

<http://onlinetickets.nis-ekspres.rs/>

<https://busticket4.me/SR/lasta>

When you arrive to Nis, you can take a local buses or taxi. If you travel from airport to hotel you can use bus number 34 to travel to center of the city. Ticket price is 1 euro for one drive, in the bus you have a guy who selling a tickets. Time for bus can be checked at site: [Bus transport](#)

Also, you can use a taxi:

- PRVI taxi – 060 4500 588 (Viber), 069 4500 007 (Viber), +381 66 299 555, +381 63 299 555.

Site: <https://www.prvitaxi.com/>

- City Taxi - +381 0800 000022, email: citytaxinis@gmail.com

NOTE: For transport from Belgrade and Nis we will organize transport, just send your arrival time and location to Dragan Đorđević (phone: +381 63 590477, email: nissport018@gmail.com). Danish group have a flight from Copenhagen to Belgrade or from Malme to Nis. Please, send us information what flight will your group chose.

Please, confirm us at email nissport018@gmail.com how many participants will be at mobility until 20. April, so we can organize accomodation and food.



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2. Venue and accommodation

Youth mobility will be held in Nis. The city is located in southeastern Serbia, it is the largest city in that region, the third largest city in the country. City is located:

- 230 km from the capital city Belgrade,
- 160 km from city Sofia, the capital city of Bulgaria,
- 205 km from city Skoplje, the capital city of Macedonia.

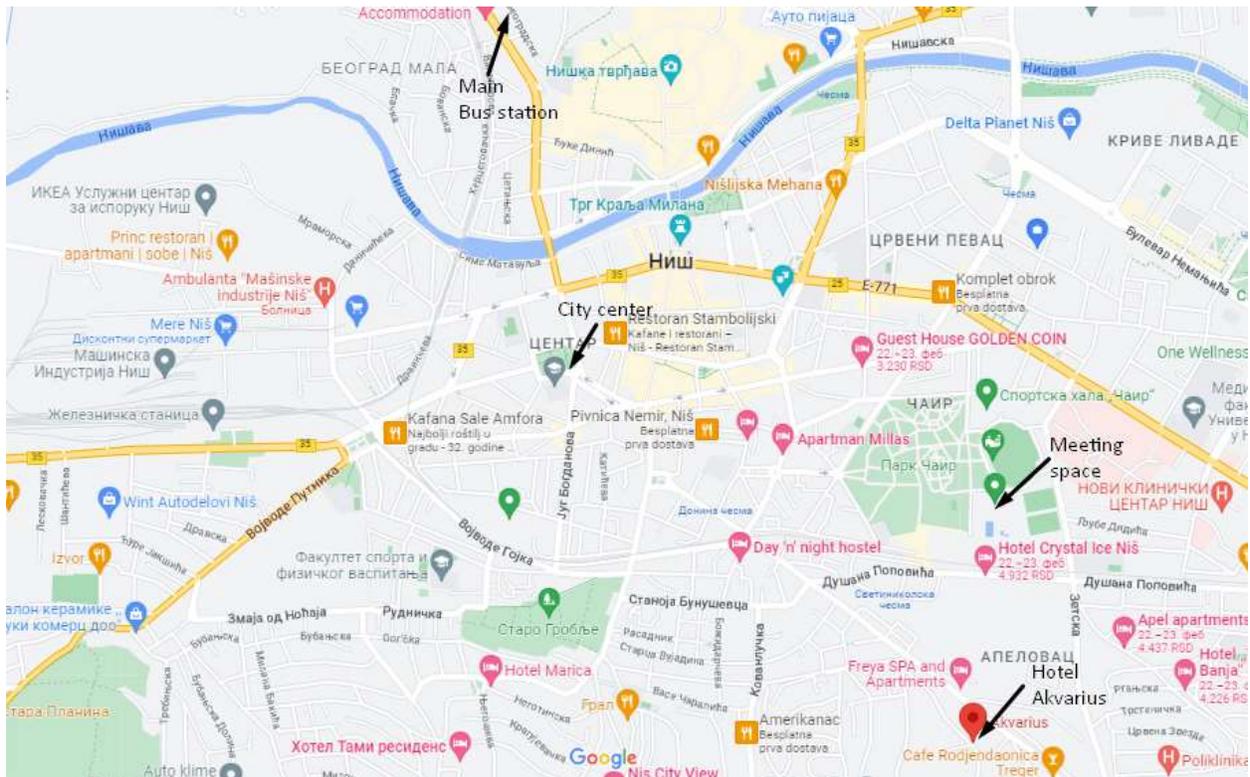


The city have a great and interesting history, Roman Emperor Constantine was born in Nis. More about Nis, you can read on the [link](#).

Activity venue will be the hotel „Akvarius“. Hotel is located near the center of city, for about 15 minutes of walking. Link for the hotel web site: <https://www.akvarius.rs/>



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Meals will be organized in agreement with the participants.

Meetings will be held at meeting room in Sports center “CAIR”, street 9. Brigade Num 10. After work, we can go out to see interesting places in the city.

Travel and reimbursement

Arrival day is 11/05 and departue day is 15/05. Plan your trip according this days and travel budget.

If you are from following countries, the budget will be:

Denmark – 275 e

Hungary – 180 e

N. Macedonia – 180 e

Serbia – 20 e

Please, save your bills and tickets. You need to share it with us and we will refund the funds by payment to your bank account.

EXTRA DAYS – according to the guidelines of the Erasmus+ program, the arrival can be max 2 days before and departue max 2 days after the project.



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In case of longer stays not confirmed with us, we will not be able to reimburse your travel. During this extra days the participants should cover all of their expenses such as accommodation, food, etc.

3. General informations

3.1. BASIC GENERAL INFORMATION

Time zone in Serbia is Central European time (CET).

The national official language is Serbian. English is the foreign language mainly spoken, but citizen don't have a fluent english.

For electricity Serbia uses 220 V, 50 Hz. We using the standard "European" two-prong plugs.

Turistic information is on this [link](#).

3.2. ENTRY REQUIREMENTS AND REQUIRED VACCINATIONS

To enter, sojourn in or transit, aliens must be in possession of a passport for the purposes of crossing borders.

In Serbia you don't need any particular vaccinations. Given the current pandemic situation, there are no restrictions for entering the Republic of Serbia. The recommendation to wear masks indoors remains in force, while wearing masks in healthcare facilities is mandatory.

3.3. MONEY AND CURRENCY EXCHANGE

The official currency is Republic Serbia Dinar (RSD). Euro dinar ratio is: 1 euro = 117.30 RSD

Many banks are widely available in Nis and most will accept cards tied into the Visa or MasterCard.

You can change money in banks, at the post office or in a **MENJAČNICA** (exchange office). Exchange office is the fastest solution for money exchange.

For the latest exchange rates check out the National Bank of Serbia („Narodna Banka Srbije – NBS“), [website](#).

3.4. CLIMATE

Nis's winters are typically cold, while summers are very warm and quite rainy at times. In February and March the weather is rainy and changeable. Temperature can go from 0° C to 20° C.

3.5. EMERGENCY NUMBERS

192 – Police

193 – Firefighters

194 – Emergency

3.6. INCIDENT REPORTING PROCEDURES

To report security incidents or any other matters of concern please contact us.

3.7. RULES THAT YOU MUST KEEP IN MIND

- Please have your identification document with you. (ID card, passport).



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- You are not allowed to drink alcoholic beverages in the public places.
- You are allowed to buy alcoholic drinks only if you are over 18 years old.
- You are allowed to buy energy drinks, there is no age limit.
- Smoking in some public places is forbidden please be aware and follow the signs.

4. Insurance

Providing Urgent Medical Care to foreign citizens during their temporary stay in Serbia

Foreign citizens, as well as Serbian citizens who live and work abroad, are entitled to receive urgent medical care.

Citizens of the countries with which Serbia has concluded an international agreement on health insurance receive urgent medical care in Serbia on the basis of health insurance certificate issued in their home countries. Foreign citizens exercise their right to urgent medical care based on certain forms (if such have been prescribed), European Health Insurance Card (EHIC) or on the basis of a document proving their insurance coverage in their home country.

Citizens of the following countries exercise their right to urgent medical care on the basis of a prescribed form: Belgium (Certificate: BE/SRB 111), Netherlands (Certificate N/Y-111), Italy (Certificate:IT-7), France (Certificate: SE-21-03A and SE-21-04A), Montenegro (Certificate MNE/SRB-111), Bosnia and Herzegovina (BIH/SRB-111), Macedonia (certificate: RM/SRB 111), Romania (certificate: Y/R 11) and Turkey (TR/SRB 111).

Citizens of the following countries exercise their right to urgent medical care based on the European Health Insurance Card: Austria, Bulgaria, Croatia, Hungary, Germany, Luxembourg, Slovakia, Slovenia and the Czech Republic.

Citizens of Poland and Great Britain exercise their right to urgent medical care based on the certificate of insurance issued in their home country.

In case citizens of the above countries do not have a necessary certificate with them, there is a possibility of providing them with urgent medical care and the certificate is to be requested from their home country insurance organization subsequently.

Foreign citizens who are chronic or acute patients (undergoing dialysis or insulin treatments) need special certificates in view of receiving adequate medical services free of charge in Serbia. Citizens of the countries with which Serbia has not concluded an international agreement on health insurance pay for urgent medical services received during their temporary stay in Serbia. Upon return to their home country, they may be reimbursed the said amounts by their insurance companies.



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All detailed informations you can check on site: <http://www.eng.rfzo.rs/>

IMPORTANT NOTE: Hosting partner will not be covering your health insurance expenses. You are responsible for it.

5. Language and dictionary

The Serbian language is simple, it is pronounced exactly as it is written.

We have characters that others do not have in their letters: Č, Ć, Ž, Dž, Š, Đ.

In Serbian language, we have two letters:

- Cyrillic alphabet
- Latin alphabet



Dictionary of most used words:

yes / no / please

hi / hello

good morning/good evening

bye /goodbye

see you

thank you

sorry

do you speak English?

please speak more slowly

excuse me, where's the toilet?

help!

da / ne / molim vas

zdravo

dobro jutro/ dobar dan

cao / dovidjenja

vidimo se

hvala

izvini

govorite engleski?

molim vas govorite malo sporije

izvinite, gde je toalet?

upomoc!