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INFOSHEET

Erasmus+ Project

FOOD FOR THOUGHT
Training for Multipliers

19-27.05.2022

Magnet House, Dositeja Obradovica 34, Veliki Gaj (Serbia)



Have this document at hand when traveling, if asked by the border authorities
to prove the purpose of your travel

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ABOUT THE PROJECT

Our daily consumer choices affect not only our own lives and well-being, as well as the people and the world around us. In many countries the market for ethically and sustainably produced food products has grown, and the same issues have gained greater visibility for example in the clothing industry. Not all people, however, are equally involved in these developments. Women, people with higher levels of education and people living in urban areas are more likely to be vegetarian, for instance. Our gender and class has an impact on our consumer choices, affecting both our personal health and ecological footprint – both important concerns in a world with growing problems such as obesity and climate changes.

Food for Thought is a project designed by IJGD (Germany) in collaboration with MAGNET (Serbia) and its activities will be hosted in both countries. Participants who take part in the first activity automatically qualify to attend the second activity as well, if they wish to do so.

The aim of this project is to promote well-being and active citizenship and make the participants challenge stereotypes and norms about gender and class so that they are empowered to live their lives in a fuller and more free way, have greater respect for other ways of life, and make more informed consumer choices.

The objectives of the project are:

- To give an introduction to the social construction of gender and how class and gender intersect.
- To give an introduction to sustainable food production and consumption and its societal benefits.
- To give an introduction to how gender and class affect consumption.
- To initiate a change in attitudes towards consumption as it relates to gender, class and sustainability.
- To develop life skills, including cooking and sharing responsibilities among members of a household (short-term or longterm) with particular attention given to gender norms and class differences as they apply to divisions of labour.
- To promote healthy living by promoting a plant-based diet among young people.
- To introduce young people coming from disadvantaged background with the tools and technics on how to apply lessons learned in their daily lives.

ABOUT THE TRAINING

The training will gather 24 participants plus 2 trainers from Serbia, Germany, Italy, Greece, Albania, Bulgaria, Cyprus, Armenia and Portugal for a 7-day Training for Multipliers. The team of trainers in non formal education consists of highly skilled professionals in the topics, with experience in psychotherapy, yoga, meditation, etc.

Educational and training content and methodology:

- non formal education
- learner centred
- experiential learning

- feedback rules
- peer sharing and support
- mentoring work

The methods that will be used are experiential, used in non formal education contexts of learning: games and energizers/brainergizers, exercises, icebreakers, team-building games, movement exercises, discussions, work in groups, role play, timeline, norm critical approach, image theater, living library, photo voice, community journalism.

Free time activities:

We will organise a visit to the town of Vršac for an entire afternoon in the middle of the training. Otherwise, the group is invited to self-organise free time activities in the center and the village. We are open for all suggestions. There is a high quality projector available for movie nights, so think about bringing your favorite movie!

<https://www.tripadvisor.com/Attractions-g304104-Activities-Vrsac-Vojvodina.html>

Agenda:

During the 7 working days, there will be four 1.5 hours long sessions per day, two in the morning and two in the afternoon. We will have one afternoon off, when we plan to organise an excursion to Vrsac.

VENUE

[Magnet House, Dositeja Obradovica 34, Veliki Gaj, Serbia](#)

Magnet House is an international education center tailor-made to fit the needs of non-formal education. It is developed by the youth workers, for the youth workers, civil society sector. It is managed by Magnet Association, host of this project.

Magnet House gathers people who believe in free education, education for all, lifelong learning outside school, from one's own and peer experience.

The center is located 90 min away from Belgrade and Timisoara, in a small village Veliki Gaj. The centre has rooms with 3-8 beds, large working space and a big garden. WiFi connection is available. For more information about the center, you can check our addresses:

Instagram @magnet.house

Website www.magnet.house

Meals: Three meals per day and 2 coffee breaks will be provided. We will be having a cooking team who will be cooking for us during the training course. Participants are expected to support the cook by helping with dishes and cleaning. We will take into consideration all the allergies and dietary restrictions, providing mostly vegetarian and vegan meals and enough snacks throughout the day.

OFFICIAL START

Depending on your arrival times, we will organise a minibus to pick you up either from Belgrade or Timisoara or Vrsac. **Further instructions on the exact time and place will follow once we have all your arrival times and airports.**

Official start of the training is 8PM on May 19th 2022 at Magnet House. Departure is on the May 27th after breakfast, also with organised transport to Belgrade or Timisoara, from where you will continue with your travels.

TIPS FOR ORGANISING YOUR TRAVEL

We will organize pick up service in Belgrade city center, around 18h. Please try to book flights accordingly. Departure from the center is planned for the morning hours, around 9h. Detailed information for pick up location you will receive few days before the training begins.

For exceptions, we would organise individual transfer (if there is no other option or the other flights are too expensive).

You may extend your stay before or after the training. Have in mind it is on your own expense and organisation and it shouldn't be longer than 4 days total.

If you need assistance with this, contact Dusan Milojevic at duschan.milojevich@gmail.com or via WhatsApp/Viber at +38163633334

FINANCIAL CONDITIONS

The participants will have their travel, food and accommodation covered for the international training of camp leaders following the standard Mobility of Youth Workers under Erasmus+ (food and accommodation 100%, **travel up to 275 for all participants except participants from Serbia, who will be getting reimbursed 20 EUR for their travel, while participants coming from Albania and Bulgaria would receive up to 180 EUR for travel costs, participants from Portugal and Armenia up to 360 EUR.**

Travel reimbursement for the International Training in Serbia will be done upon the receipt of all the tickets, no later than 2 months after the training, to the bank accounts of participants or their sending organisations, once we have received all the original tickets and boarding passes. **Please, make sure to save all your boarding passes, tickets and invoices. Without them we can not reimburse you but also can not justify the training costs, so it is very important you do so.**

Please collect all the invoices, boarding passes (**DO NOT check in with your mobile boarding pass, but choose the option that the boarding pass is sent to your email**), tickets, because we will be able to refund your travel only for the costs you are able to prove by the original documents, which we should keep.

Wherever possible choose online tickets and boarding passes, rather than paper tickets, as it will ease the reimbursement greatly and there will be no costs for mailing them by post with the risk of losing them.

Taxi is not refunded unless you had no other means of transport available. Only 2nd class train tickets and economy class plane tickets will be refunded, meaning the most economical way of transport.

WHAT TO BRING

Magnet House will provide the bed sheets and towels. It will be nearly summer in Serbia, with temperature varying between 25 and 30 degrees end of May, so make sure to bring clothes to fit the weather.

You should bring with you the following:

- Toiletries
- Your favourite game: cards, board games
- Bring house shoes or sneakers you will use only inside, so we keep the place tidy for ourselves
- Something to inspire creativity of the others
- Bring some snacks for international coffee breaks, music you like, movies

Veliki Gaj is a small village on the border with Romania. **There are no ATM machines** so please have this in mind and come with the money exchanged in Belgrade. Have in mind that 3 meals and 2 coffee breaks are provided.

In the village there is one grocery shop and one bar, so not much opportunities to spend money. However, there is an exquisite goat farm that produces cheese, winery, and we will be going to nearby Vrsac for an excursion during free time, where you can buy souvenirs and such.

Bring your passport or ID card. European Union citizens can enter Serbia with one of these two documents. In case you are coming to Serbia earlier to the arrival day, please have your host register you in the police, as it is obligatory to do in the first 24h after entering the country.

INSURANCE

Please make sure to buy the travel health insurance that has the COVID related coverage included (possibly with quarantine accommodation, return ticket home, testing, hospitalisation and medication). This cost is acceptable for funding and will be reimbursed.

COVID RELATED INFORMATION AND MEASURES

There are no COVID related requirements to enter Serbia. Also, there is no requirement to wear a face mask anywhere except in medical facilities. However, you are free to follow procedures of your country everywhere in the country, including at the Magnet House. There will be rapid tests available for you to use at the center.

For your return to your country of residence, please inform yourself regarding the requirements on the websites of the Ministry of the Foreign Affairs for the country where you reside.

TIPS FOR STAY IN BELGRADE PRIOR OR AFTER THE TRAINING

In case you arrive earlier to Belgrade, we highly recommend renting an Airbnb. There are many options and are very affordable. Many offer also the pickup from the airport.

For moving around Belgrade and using public transport, you can either:

- Buy a daily ticket that costs 250 dinars in every kiosk
- Buy the ticket for one ride at the bus driver for 150 dinars
- Pay by the Master Card by pressing the card against the machine in the bus, for 98 dinars
- Nighttime bus services run from midnight to 4 am and require purchasing a special ticket on board.

We recommend downloading an app Movit to your phone and use it for orientation and bus numbers. Belgrade's public transport system also offers a handy app for Android and iOS where you can track the locations of all buses in proximity.

Make sure your host registers you in the police, as you are required to do so in the first 24h upon entering the country. If it is a hotel, they will do it automatically, but with Airbnb, make sure to ask before confirming.

Finally, the city has made use of modern tech in helping you get around smoothly, including the local version of Uber – CarGo

<https://belgradegets.digital/discover/>