

EMPOWERING VOICES TOGETHER

BREAKING THE SILENCE

ERASMUS+ TRAINING COURSE

10 - 16 november 2025

Suchá nad parnou, Slovakia

INFOPACK



Co-funded by
the European Union

WELCOME TO SLOVAKIA

and our Erasmus+ training course

BREAKING THE SILENCE



Dear participant! It is wonderful to have you join us for these 5 exciting training days! This non-formal education training course for youth workers is organised and hosted by the European Dialogue (Slovakian NGO). It is supported by the Erasmus+ programme through the Slovak National Agency – NIVAM. The local partners are:

Poland (Forum of Young Diplomats)

Czech Republic (Evropské centrum mládeže Břeclav)

Hungary (GYIOT)

Romania (Onix Youth Association)

Bulgaria (CEGE)

Lithuania (TAVO Europe)

Armenia (Inednet)

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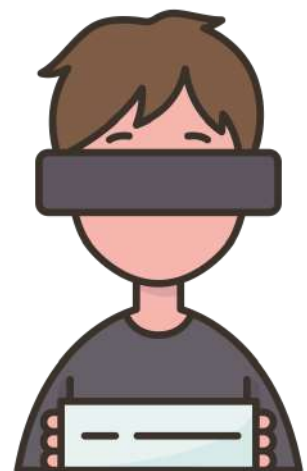
SUMMARY AND OBJECTIVES

In the times when some human rights are questioned, hate speech and harassment continue to undermine human dignity and social cohesion, and international law is sometimes not respected. This 7-day training course in Suchá nad Parnou will bring together youth workers and young leaders from across Europe to strengthen their role as human rights defenders in their communities.

The program will combine practical sessions, interactive workshops, and study visits to equip participants with tools to address various instances of human rights violations, such as hate speech, discrimination, and harassment, both online and offline.

The participants will engage in simulations of court proceedings and draft complaints to institutions such as a European Ombudsman. The training will also welcome a guest speaker from Amnesty International Slovakia and we will visit the Faculty of Law at Trnava University, providing a real-world perspective on advocacy and campaigning against hate and harassment.

The training course hereby focuses not only on raising awareness but also on action: empowering youth workers with strategies to counter toxic narratives, promote human rights values, and create inclusive, safe environments for young people.



Training objectives:

- Strengthen youth workers' understanding of human rights frameworks relevant to human rights violence.
- Provide practical tools and methodologies to challenge especially hate speech online and offline.
- Explore legal and civic perspectives on freedom of expression, limits of speech, and responsibilities.
- Empower and inspire participants to defend human rights and design community-level activities that promote human dignity, equality, and respect.
- Foster European cooperation among youth workers committed to defending human rights.

Learning outcomes:

By the end of the training, participants will be able to:

- Recognize and analyse different forms of human rights violations, such as hate speech and harassment.
- Apply human rights-based approaches in their work with young people and be able to more effectively respond to conflicts they encounter.
- Facilitate workshops and campaigns to counter human rights violations and promote inclusion.
- Communicate or collaborate with local and European organisations in defending human rights.
- Use advocacy as a tool for positive change in their communities.



What to expect?



...and much more!

LOGISTICS

Our meeting will take place in **Suchá nad Parnou**, next to Trnava not far from the capital city of Bratislava. You are expected to arrive on:

the 10th of November before 19:00 and
leave on the 16th of November 2025 after breakfast.

We very much encourage you to choose a **green way of transport** - either train or bus. The easiest and most economical way to reach Trnava by plane is to fly to **Bratislava** (which is a small airport and usually it is hard to find the flights there). Other very convenient option is to fly to **Vienna** (Austria), then take a bus from the airport to Bratislava (approx. 1 hour) and then bus or train to Trnava (approx. 30 minutes).

The limit for travel costs is the following:

	Normal travel (other than green)	
Slovakia	211* EUR	285* EUR
Poland	211 EUR	285 EUR
Hungary	211 EUR	285 EUR
Bulgaria	309 EUR	417 EUR
Romania	309 EUR	417 EUR
Armenia	395 EUR	535 EUR
Czechia	211 EUR	285 EUR
Lithuania	309 EUR	417 EUR

*For participants from
Slovakia: if the distance is
more than 99 km

Green
travel

Once you are selected and confirmed by the partner organisation, please check the most suitable travel tickets for you and consult it either with the sending organisation or directly with us. We can also talk about travel itineraries individually, and we can help you to find suitable bus/train itineraries for travel from Bratislava/Vienna to Trnava-Hrnčiarovce and back. **If you have confirmed the flight tickets by a representative of the European Dialogue, you can proceed with tickets booking.** Right after the training, you will be reimbursed directly on your bank account after providing all the original travel documents to organisers. The procedure of the reimbursement process will be explained to you during the first day of training.

HOW TO GET FROM BRATISLAVA AIRPORT TO TRNAVA



DIRECT BUS: Outside the Bratislava airport (in front of arrivals) you will find a bus stop. Several times a day there are buses going to Trnava. You can check it here: <https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

You have to search as follows: *from: Bratislava, letisko to: Trnava*
PUBLIC BUS -> TRAIN: If there is no bus going to Trnava, you have to take the public transport number **61** which last stop is *Bratislava main train station (Bratislava, Hlavná stanica)*.

Don't forget to buy the ticket in the machine outside and then to validate it in the machine inside the bus. Buy the 60 min ticket (the bus ride takes 24 minutes).

BRATISLAVA MAIN TRAIN STATION -> TRNAVA:

There are always trains going to Trnava from the Bratislava's Main Train station. Some of them are named Os, and they make stops in regional villages. Try to catch the fast train with its code starting with R, REX, Ex, or Os. You can book your tickets in advance here (but it is not necessary):

<https://www.zssk.sk/en/>,

You can buy them at the station. Your ticket is valid for 24 hours from the moment of purchase until validated.



**Bratislava
Main Train
Station
on GMaps**

HOW TO GET FROM VIENNA AIRPORT TO TRNAVA



TRAIN: There is a train station at the airport, so you can reach Bratislava by train: from the *Flughafen Wien* trains go to the main *Wien Hauptbahnhof*, then you take another train to Bratislava, and another train to Trnava (see above). Check your way here:

<https://www.zssk.sk/en/>

BUS: We usually use buses though (it is cheaper) - there are several bus companies that go to the *Bratislava bus station Mlynské Nivy* or to the *Bratislava's Main Train Station*. You just have to get out of the airport arrival building and you will see the bus platforms on your right (see the map below). Buses go to Bratislava almost every 30 min. You can check it out on the websites and book the ticket in advance. Since you cannot know whether your flight is delayed or no, we would recommend you to buy the ticket online right before landing. Be careful, as buses get fully booked often. **Here are some bus companies:**

[StudentAgency](#)

[Slovak Lines](#)

[FlixBus](#)



You can also check which bus from Vienna suits you the best here:
<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

BRATISLAVA MLYNSKÉ NIVY -> TRNAVA:

The trip by bus takes up to one hour. You get to the Bratislava bus station and maybe you will be lucky and catch a bus going to Trnava. You can check it here:

<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>.

Note: don't forget to check how long the ride is, because it might be the bus stopping at every village, which can take up to two hours. In this case, please go rather by train.



Mlynské Nivy (AS)
on GMaps



Platform D
on GMaps

If there is no suitable bus, you need to get to the train station. Get on the bus number 40 (platform D), destination: the Main Train Station (Hlavná stanica). The public transport stop is outside of the shopping centre and underground bus station. Don't forget to buy the ticket in the yellow machine outside and then validate it in the machine inside the bus. Buy the 30 min ticket (the bus ride takes 12 minutes). See above on how to get from Bratislava Main Train Station -> Trnava. When you reach the train station in Trnava, please follow the below instructions on how to get to the accommodation.

HOW TO GET FROM TRNAVA TO ACCOMMODATION



When you reach Trnava, you need to take a local bus to Suchá nad Parnou where will be the venue of the training.

BUS:

From the Trnava train station, walk 2–3 minutes to Trnava, Autobusová stanica (the bus terminal is right next door).

Take **regional bus 555** in the direction of Pezinok / Modra. Tell the driver you're going to "Suchá nad Parnou." The bus serves three stops in the village: Kostol, Hoštáky, Ružová Dolina.

Where to get off (closest stops):

the best bus stop to take is "**Kostol**," the walk is about 15 minutes, very easy.

Walk to the venue: from your stop, follow local signs for "Priehrada / Vodná nádrž" (reservoir). The guesthouse is Penzión na Priehrade, Nové vinohrady pri priehrade 492 (GPS 48.41057, 17.47383).

For bus connections search here (there are more options):

<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

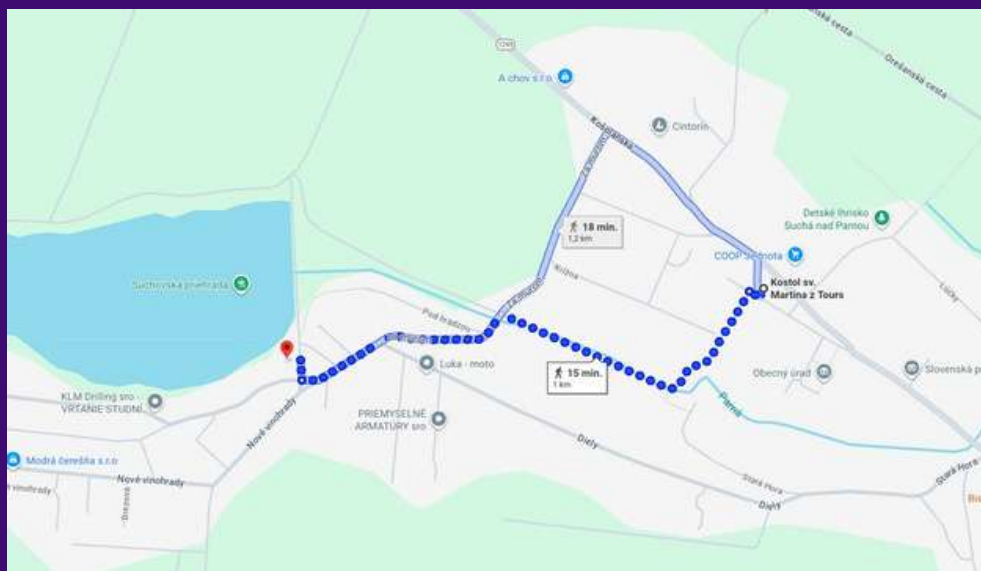
You have to search as follows:

from: Trnava

to: Suchá nad Parnou



Adress of the venue
on the google maps



ACCOMMODATION AND HOSPITALITY

We will be accommodated in **Penzion Na Priehrade** located in a pleasant green area next to the water reservoir.

Participants will stay in shared rooms (2- 3 people in a room) with their own bathroom.

The meeting room where most of the activities will take place will be right in the pension.



[Adress of the pension
on the google maps](#)



This is the address
of accommodation:
Penzion na priehrade
Suchá nad Parnou 492,
919 01 Suchá nad Parnou
<https://www.penzionnapriehrade.sk/>

LUNCHES, DINNERS, COFFEE-BREAKS



The food will be provided by the organisers (breakfast, lunch, dinner and coffee breaks included each day). We will take into consideration your dietary restrictions that you **informed us about through the registration form.**

Any additional refreshments and food are on your own costs.



WHAT TO PREPARE?

We would like to invite you to fully engage with the program, so if you have any ideas for energizers, group discussions or games, they are much welcomed. Also, during two of our evenings we will organise an “intercultural night”, the aim of which is to present our countries and learn more about them. Therefore we would like to ask you to prepare a short presentation/quiz/talk about your country and if it is possible please bring with you some traditional snacks, drinks, or food which you would like to share with others.

FINANCES a.k.a Reimbursements

We would like to ask you to bring those documents for reimbursements that you don't need for your return trip to organisers in the beginning of the training. You can hand them to trainers each day during the training. European Dialogue will reimburse travel costs (flight + train or bus ticket, in a specific situation also taxi) from the place of your current residence up to the amount written below:

NORMAL Green

Slovakia	211*	EUR285*	EUR
Poland	211	EUR285	EUR
Hungary	211	EUR285	EUR
Bulgaria	309	EUR417	EUR
Romania	309	EUR417	EUR
Armenia	395	EUR535	EUR
Czechia	211	EUR285	EUR
Lithuania	309	EUR417	EUR

Although travel costs will be reimbursed, you are expected to make your own travel arrangements as soon as possible after receiving the acceptance email.

You are expected to use following means of the transportation:

- **Train:** 2nd class ticket (normal as well as high-speed trains)
- **Flight:** return economy-class air ticket or a cheaper ticket
- **Bus**
- **Car**

In specific situations you may use a taxi, but you should discuss this with us in advance.

European Dialogue (or your sending organisation) can help you with finding the most suitable travel plan.

If you don't have it already, you are expected to arrange adequate **medical and travel insurance**. Unfortunately, it cannot be reimbursed by organisers.

Please send the documents you need for your return trip by post to European Dialogue (reimbursement form and information about address will be given to you at training). If you have only digital tickets, it is enough to send them via email.

You are asked to do so within **three weeks** after the training. Without all documents required we cannot proceed with your reimbursement,, so please keep all receipts, invoices, tickets or boarding passes!

Documents required for reimbursement

The documents that will be sent to you by the European Dialogue:

- Reimbursement form.

Other documents required for reimbursement:

- Invoices, where the price is stated;
- Original plane boarding cards, train/bus tickets.

CHECKLIST

Time zone

In Slovakia, the standard time is
Central European Time (UTC+01:00).

Currency

The currency in Slovakia is Euro – €

Weather conditions

Weather is quite unexpected in November, but cold for sure.
You can check the forecast [HERE](#).

Venue and accommodation

Penzion na priebrade
Suchá nad Parnou 492,
919 01 Suchá nad Parnou

Arrivals Departures

Participants are expected to arrive on 10th of November,
ideally before 19:00. Departure will be on 16th of November
after breakfast.

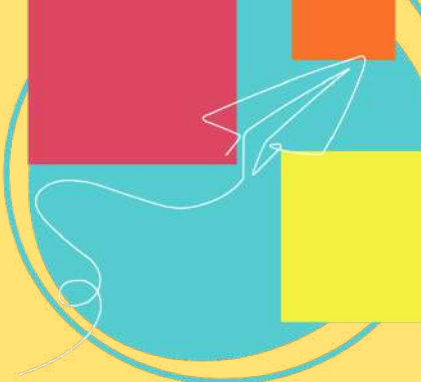
Insurance

Make sure you get relevant travel and health insurance, if
you don't have it yet!

Don't forget as well

- * Shampoo and other toiletries (personal hygiene set);
- * Laptops, chargers, power cables (not obligatory);
- * Pocket money – Euros;
- * Personal Identification documents;
- * Ideas for energizers;
- * Your good mood!

**You don't have to bring with you towels, as they will be
provided to you by the accommodation.**



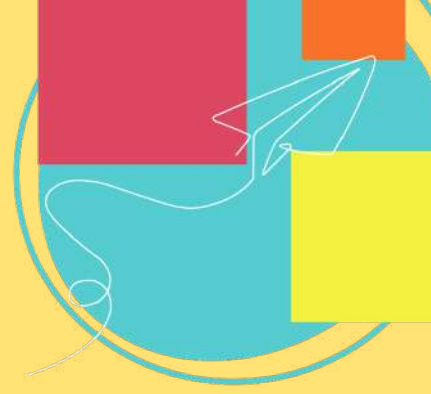
Contact Us!



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Lithuania

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Join with Tavo Europa!

Educator Pass 2025. You are welcome to join our new educational programme for 2025!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>