



L'Association 4 H
Maison des jeunes
Dar Chabenne El Fehri
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Action 3 - Training and Networking Euromed Youth

INFOPACK

Me Inc...
Traing Course
Nabeul , Tunisia
27 april - 04 MAI 2016

WELCOME TO Me Inc...

Dear partner,

The EUROMED UNIT approved our project and we are really excited and motivated to set up this project together with you. This is not a project of the Tunisian organization, but this one is OUR project!

SUMMARY

About the organizers:

Association 4 H DAR CHABENNE it is a branche of 4 H international
<http://www.4-h.org/>

About the project:

ME inc. is a training course with the purpose to discover and practice new concepts as identity and personal branding, through non-formal methods. This project will help the participants to develop both professional and personal skills. We focus on all 19 abilities and competences needed for a personal and professional projects and to develop your career path.

OBJECTIVES?

- To help 28 participants to discover new non-formal methods in personal brand field to be used in their work with young people from the sending organizations (personal values, career values and vocational interests, creative ways to shape their personal brand)
- To create an international platform where can be uploaded methods, testimonials from participants, professional advises from experts, tests and quizzes and who can be accessed by every youngster interested in developing their personal brand.
- To enhance networking, multicultural awareness and exchange of best practices and further cooperation among nonprofit organisations with focus on the issue of personal branding, social entrepreneurship and talent management
- Establish a network of youth workers who develop, implement activities in the field of personal branding for youngsters
- At the end of the training course the participants will improve their entrepreneurial, entrepreneurial and personal branding mindset; learn how to help their beneficiaries to develop and present an individual action plan, but also exchange and present their country's best practices.

Profile of Participants :

We need **04 participants** from each of the mentioned countries: **Spain, Morocco, Tunisia, Italy, Egypt and Romania.**

All participants must be **over 18 years old** and there is **no upper age limit**.

-Fluency in written and spoken English because we will work a lot in English during the programme and also the future projects will be written in English.

Partner organisations:

| | Name of the organization | Contry | Number of participant | trainer |
|----|--|---------|-----------------------|---------|
| 01 | Ticket2Europe | SPAIN | 04 | |
| 02 | U-20 Volunteers Network | EGYPT | 04 | |
| 03 | Association Euro-Med EVE Maroc | MAROC | 04 | |
| 04 | Asociatia D. G. T. | ROMANIA | 04 | 01 |
| 05 | Movimento di Volontariato Italiano – federazione Regionale del FVG | ITALY | 04 | |
| 06 | Association 4H Tunisia | TUNISIA | 08 | |
| | Total of participants | | 28 | |

Date & Venue

Date: 27th APRIL -04 th may 2015

Arriving day the 27 APRIL - departure 04 may 2015

(if you wat to add extra days we don't have any problem for the flight ticket but the accommodation will be on your charge)

Venue: HAMMAMET -NABEUL (TUNISIA)

Number of participants per country: 04

Accommodation: Hotel 4***

Meals: Hotel + local restaurant

Travel Costs:

Travel Costs:

- The travel costs will be covered 100 % by our NGO (it is a prepaid flight ticket)
- After arriving to Tunis airport a private transfer will be provided for you, to the hotel.
- The local transport from and to the airport in your country, will be on your charge.

1/First step:

- Please send us your personal passport data (scan after first page), to buy you the plane ticket

2/Second step:

- We will buy you the plane ticket

3/Third step:

- Print out the flight e-tickets and keep your boarding passes.

4/Fourth step:

- After arriving in Tunis, we will retrieve the boarding passes

The accommodation :

The accommodation will be covered 100 % by our NGO in a 4 star hotel

We will stay usually 2-3 persons in one rooms and bungalows

There is signal for mobile and wi-fi internet connection throughout the establishment.

We will have our meals at the restaurant of our accommodation, self-service

Attention: For vegans might be hard to adapt because here most meals contain meat and cheese products.

We will surely have a vegetarian menu, but please come with an open mind .

The accommodation will be in:

Hotel Royal Lido Nabeul 4*****
Av 07 Novembre, Nabeul, 8075,Tunisie,





Participants Contribution

* 100 euro / person is the individual participant's contribution

As traveling and accommodation are covered just up to the amount of 80% from the total grant under EuroMED program, participants contribute to some extent for the rest of 20% and the total amount of participant's contribution will be 100 EURO, paid in cash after arrival in Tunisia. This sum is the total of the co-funding for our purchase of the airplane tickets, airport transfers, accommodation, materials, etc.

INSURANCE

We suggest you to bring with you the European Sanitary Card in order to be safe in case of emergency. Concerning maroco and Egypt , we suggest you to buy an insurance for travel, the INSURANCE IS MANDATORY, and we suggest you to buy it.

Venue, Living Conditions

Local context



Nabeul (Arabic: نابل, Tunisian pronunciation: [ˈnɛːbɪl]; French: [naˈbøʎ]) is a coastal town in northeastern Tunisia, on the south coast near to the Cap Bon peninsula. It is located at around 36°27'N 10°44'E and is the capital of the Nabeul Governorate. The city has a population of 56,387 (2004 census).

Nabeul was founded in the 5th century BC by the Greeks of Cyrene, serving as a trade port. Its name is an Arabised form of the Greek Neapolis 'new city' (an etymology it shares with Naples, Neapoli, and Nablus).

It is a popular tourist destination and the main centre of the Tunisian pottery industry.

Nabeul is a small city of just about 60,000 people (probably a few thousand less) and is a place that many visitors will find themselves during a visit to Tunisia. Nabeul is also the main administrative centre of the governorate of Nabeul and an area that includes a large piece of the Cap Bon region and the major tourist area of Hammamet, which has increasingly become more famous than Nabeul itself.

when you drive to Nabuel from Hammamet, you can see the numerous travel agencies and hotels on the road and this tells you that this is one of the main administrative centres for tourism in Tunisia, although the concentration of hotels and restaurants reduces as you get the Nabeul itself as this is very much a working town as well as a touristic one.



some beach and sea of the region of NABEUL



What to bring:

- All your travel documents and financial statements/proofs of payment;
- **Computers/ photo cameras**
- **Typical food and drinks from your countries!** We will have **traditional evenings** during the project. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! There may be the possibility to cook something using the kitchen of the HOTEL . **Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!** Here are a few examples from our past projects to trigger your imagination:





team of work & organizers

PROJECT MANAGER : KAIS SOUI (president of Euromed EVE NGo)

TEAM OF WORK : SAIDA BEN ALI (YOUTH WORKER)
BAHRI MEZOUGI (YOUTH WORKER)

Contact persons

Project manager



KAIS SOUI - PRESIDENT at EURO-MED EVE

Kais is a Tunisian trainer and project manager specialized in youth field at national and European levels. He has over 6 years of experience in youth projects focusing on social media, project management and communication. He is a Founding member of **EURO-MED EVE** and the initiator and Program Manager of **EURO-MED EVE**. He has been trained in over 05 European countries on various topics.

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