



CENTER MLADIH KOPER

THE WELCOME BOOKLET





4
Gregorčičeva ulica
Via Simon Gregorčič



CENTER MLADIH KOPER
CENTRO GIOVANI DI CAPODISTRIA
YOUTH CENTER KOPER



cmk.si 051393670

Centri za mladost, kulturo in športni Koper
Ente pubblico per i giovani, la cultura e il territorio Capodistria



CENTER MLADIH KOPER
CENTRO GIOVANI DI CAPODISTRIA

WEB & SOCIAL



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www.cmk.si



www.facebook.com/CenterMladihKoper/



www.instagram.com/centermladihkoper/



<https://www.youtube.com/channel/UCH-KT6oNJly9o8uYF1dTCLRw>

CONTACTS

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CENTER MLADIH KOPER

Welcome to

INSTITUTION OF YOUTH, CULTURE AND TURISM KOPER

The institution of youth, culture and turism Koper has been founded in 2020 and has a goal of connecting all three of this fields togheter.

The department of youth was established in the year of 2015. And has 2 locations: **CMK in the city center** and **CMK Markovec** in the city district Markovec. Youth department (CMK) has 5 main goals:

1. Providing quality content that contributes to empowerment of youngpeople (through organized programs and projects)
2. Providing mentoring to young people (through assistance in organizing various events or projects, through counseling on open calls for funding, etc.)
3. Providing space for quality leisure time for young people (meeting space, point project planning, playing social games etc.). Rooms and use of all equipment.
4. Billiards, table football, projector, table, etc. - are free ofcharge)
5. Support foryoung artists (free use of the music tutorials and music equipment is available, this year we are also adding a fully equipped recording studio, then we have exercise room for theater groups and mentoring for young poets and writers, etc.)

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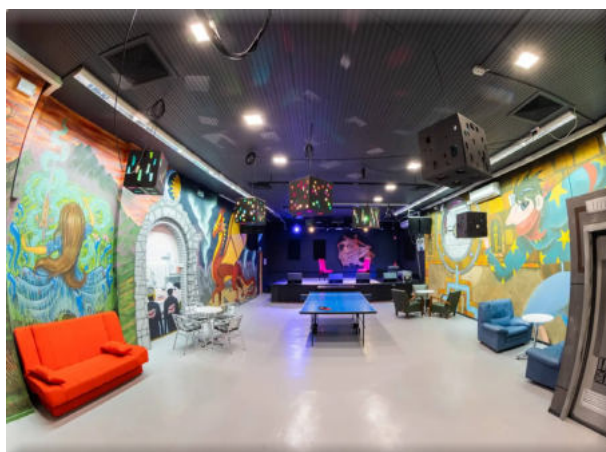
The Center regularly visits approx. **60 young people per day** (use of rooms, participation in programs and events), while at the events there is a visit of **over 100 young people to the event** (eg a concert). At least **10 organized activities** are held **per week**, which young people can attend. Almost every weekend there is a concert from different musical genres. As a youth center we are focused on young people, who have advantages when organizing events and projects, but **organisers and visitors vary from age 8 to 60**. Youth center Koper is an open minded and very tolerant place. It is open for anyone who wishes to have active free time and anyone who wants to get new skills and knowledge in a fun way.



INSTITUTION OF YOUTH, CULTURE AND TOURISM KOPER

At local and regional level, we work with many public institutions, organisations and associations. We also participate in various national and international projects and activities, e.g. With the Slovenian Youth Office, the Slovenian Youth Council, the European Solidarity Corps (ESC), through which we host volunteers from various European countries on work exchange, and in the Erasmus and Movit programmes.

CENTER MLADIH KOPER (CMK)



1. MAIN HALL

The **Youth Centre's hall** is a leisure space for young people to sit and socialise. It is also used for events of a more open nature: concerts, theatre performances, stand-up evenings, literary evenings, travel lectures, various presentations. The capacity of the space is 200 standing or 100 seated.



2. CMK BAR

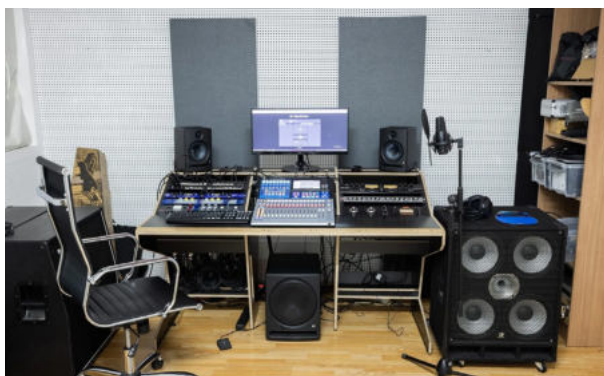
The **CMK bar** is located in the Youth Centre Koper, where you can enjoy a chat over a snack, a good coffee or a refreshing drink. You can visit it during the Youth Centre's opening hours.

CMK



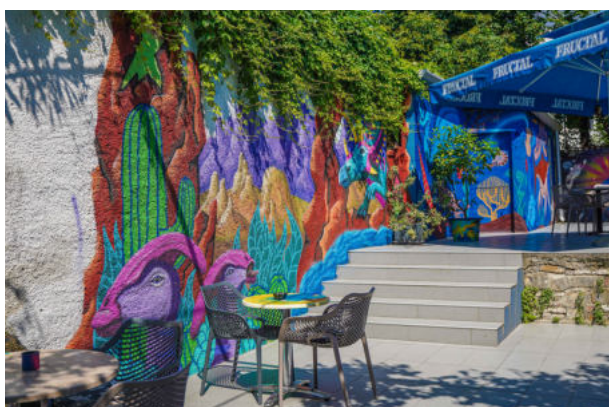
3. LECTURE ROOM

The **lecture theatre** is a multi-purpose space where different events can be held. Lectures, theatre rehearsals, dance classes, gymnastics and various workshops. It is equipped with a large TV screen, a blackboard and folding tables and chairs. The capacity of the room is 50 seats.



4. CMK STUDIO

The **recording studio** is aimed at young, uninitiated musicians, who can use the studio free of charge. It is equipped with a recording software, mixing desk, microphones and drum kit. The final product is a high quality demo recording.



5. TERRACE

The **terrace** is used for visitors' leisure time as well as for events. The location of this hidden gem in Koper is unique, allowing you to either cool off in the shade or warm up in the sun at any time of the day. It is equipped with tables and chairs, which also serve the CMK bar.



MLADINSKI CENTER MARKOVEC (MCMC)

UNIT MARKOVEC was created in response to the need for a neighbourhood youth centre in the Markovka area. It is aimed at older primary school pupils, high school pupils and students who need a music practice room, a school classroom, a new virtual reality experience or just a place to hang out with books, board games, table tennis and table football. It is located at Cesta na Markovec 65a, 6000 Koper, in the shelter.

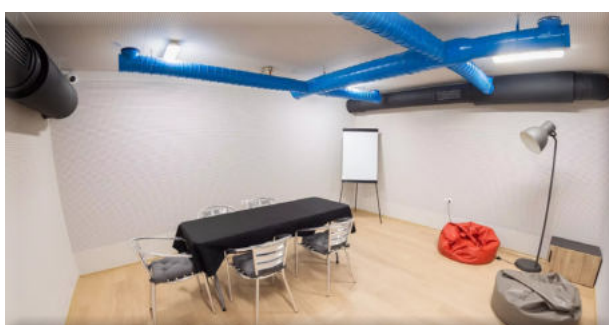


MLADISKI CENTER MARKOVEC (MCMC)



1. SOCIAL AREA

The **social area** is, of course, for socialising. It is equipped with seating, an HD screen, a Windows Painter whiteboard, a small gallery, board games, a VRstation with 3D games, table football and a bookshelf for the curious.



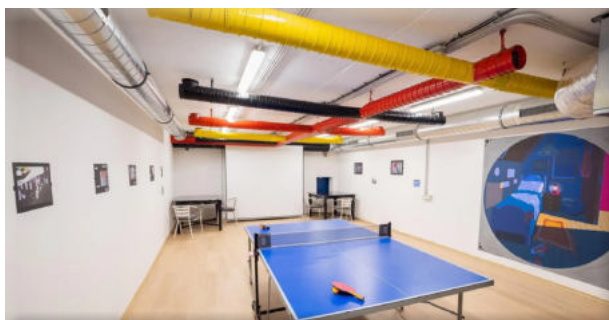
2. REHEARSAL ROOM 1

Designed for young musicians and ensembles who want to make music. It is equipped with a drum kit, bass amp, guitar amp, microphones and a mixing desk with active speaker.



3. REHEARSAL ROOM 2

Designed for young musicians and ensembles who want to make music. It is equipped with a drum kit, bass amp, guitar amp, microphones and a mixing desk with active speaker. In addition to the music equipment, the room has a mounted green screen, which allows young people to make videos or presentations for school requirements. A webcam will also be available if needed.



4. HALL

It is a multi-purpose space for workshops, lectures, film, literary and stand-up evenings, exercise, meditation, yoga, ... It is equipped with chairs and tables, a projector and screen, and table tennis. **Capacity: 40 chairs.**



TEAM MEMBERS



LANA

YOUTH WORKER

*"Youth worker & unofficial gardener at CMK. As your mentor she is here for you to laugh with, cry and b*tch about your day."*

JAKA

YOUTH WORKER

"Music lover, but a BMX rider instead of a musician. I take care of the CMK recording studio, but have limited knowledge about properly recording music. I love to organize and attend concerts, especially if it means discovering new artists."



JASA

PROGRAM COORDINATOR

"Program coordinator, musician, food lover. Bouncing between creativity and neurotic hedonism with a good perception of time. His favourite small talk are word games. Beware, he can get annoying if not stopped at the right time."





LUKA
YOUTH WORKER

"Young at heart. Always up for a chat. Sometimes too honest but you'll get used to it. If not in CMK you will find me at the beach or cruising around on my BMX bike. Big sports enthusiast and heavy into spending time outside."



TIA
YOUTH WORKER

"One of my last favorite things to do is writing descriptions of myself. Otherwise I'm a really uncomplicated person who loves the sea, books and tattoos. Also if you are eager to hear daily fun animal facts be sure to come talk to me."



JANA
HEAD OF YOUTH CENTRE

"Head of Youth Centre, music and book lover and both the storm and the calm of the Youth Centre. I'm an ordinary person with extraordinary dreams. I believe that young people hold the key to creating a better future and my job is to give them the necessary support. Stepping out of the comfort zone is the best way to make an amazing job."

KOPER



Koper is the fifth largest city in Slovenia. Located in the Istrian region in the southwestern part of the country, approximately five kilometres south of the border with Italy and 20 kilometres from Trieste (Italy), Koper is the largest coastal city in the country. It is bordered by the satellite towns of Izola and Ankaran.

The old town of Koper lies on a former island, which was once connected to the mainland with a bridge. Today Koper is a peninsula connected to the hinterlands and the backfilled area grew into an extension of the town.

While Koper has a sizeable industrial area with a big port, do not disregard it just yet. This town is charming, lively and it might just be our favourite coastal town in Slovenia.

The city of Koper is officially **bilingual**, with both **Slovene** and **Italian** as its official languages.



IZOLA



Izola is an old fishing town with a rich history. The latin name for island is 'izola' and Izola used to be an island that was connected to the mainland by a stony bridge. Established by refugees from Aquileia in the 7th century, the town was once surrounded by a wall, which was pulled down at the beginning of the 19th century, the material used to cover the sea between the island and mainland.

And yet Izola does have a certain Venetian charm, together with a large marina, some narrow old winding streets and excellent restaurants and bars where you might linger. If Piran is solidly booked (or its prices too high), Izola makes a good, atmospheric fallback.





TIPS FOR VOLUNTEERS



During the work, volunteers may need to go somewhere like supermarkets or make a plan when they finish work. For this reason, there are several options:

SUPERMARKETS CLOSE BY CMK

MERCATOR (Pretorska palača, Titov trg 2, 6000 Koper)

SPAR (Ferrarska ulica 3, 6000 Koper)

EUROSPIN (Kolodvorska cesta 3, 6000 Koper)

LIDL (Kolodvorska cesta 5, 6000 Koper)

ARE YOU UP FOR A QUICK LUNCH/DINNER?

SPEEDY FAST FOOD (Župančičeva ulica 37, 6000 Koper)

EUROPA BAKERY (Kidričeva ulica 4, 6000 Koper)

FAST FOOD PRIMORSKA (Next to the big market)

AVOKADO (Gortanov trg 4, 6000 Koper)

MCDONALD'S (Ankaranska cesta 4, 6104 Koper)

ANACUR DÖNER KEBAB (Kidričeva ulica 8, 6000 Koper)

FAT RABBIT BISTRO (Čevljarska ulica 36, 6000 Koper)

THINKING ABOUT HAVING A DRINK AFTER WORK?

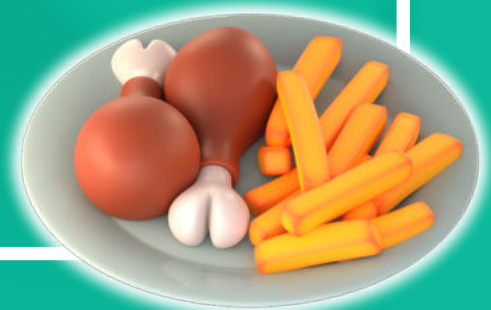
RAMPIN (Kolarska ulica 12, 6000 Koper)

LORD BYRON (Repičeva ulica 2, 6000 Koper)

CALYPSO BAR (Pristaniška ulica 3, 6000 Koper)

CAFFEE VANILLA (Pristaniška ulica 3, 6000 Koper)

PUB 33 (Ljubljanska cesta 2A, 6000 Koper)



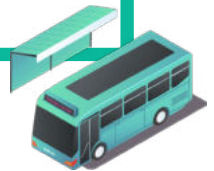
HOW TO GET AROUND? |



'ARRIVA' is the bus company local people uses to move around the coast of Slovenia. The bus stops are located really close to the Youth Center and volunteers can use a bus card to travel to different points along the coast. (<https://arriva.si/>)

'LJUBLJANA BUS STATION' website is very useful if you plan to move around the whole country. You can find every bus connection with all companies. (<https://www.ap-ljubljana.si/en>)

'PREVOZ' is an interesting option if you are planning to go to a specific spot of Slovenia without good connections by bus or train. Prevoz connects you with people who have planned different trips by car previously. These trips are usually economical. (<https://prevoz.org/>)



ACCOMMODATION, FOOD AND TRANSPORT ARRANGEMENTS

Each volunteer will:

1. Receive monthly **pocket money** to the amount of **4 EUR per day** and an additional **8 EUR per day** for **food expenses**;
2. Receive a **monthly card for bus** transport;
3. Be registered for the **ESC insurance** scheme HENNER;
4. Receive a **contribution to the travel costs** (the amount will be calculated based on the travel distance of the volunteer);
5. Receive a **task related mentor**;
6. Receive an opportunity to **develop a personal project**;
7. Be offered a chance to take an **online language course** and join a language course with a group in the Multigenerational center Koper;
8. Receive a **Youthpass certificate**
9. The volunteers will live in an **apartment in the residential area nearby Koper** in a shared room with another volunteer.

TRAINING DURING THE ACTIVITY

European Solidarity Corps volunteers will have the support of a coordinator (somebody in the hosting organization) and mentor (a friend to talk to outside of the hosting organization) and will take part in an on-arrival and mid-term training course organized by the **National Agency (MOVIT)**.



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