

INFOPACK

"Supporting youth in their projects"

2018-1-PL01-KA105-050386

Erasmus + Training,

22-28 July 2018

Wisła, Poland



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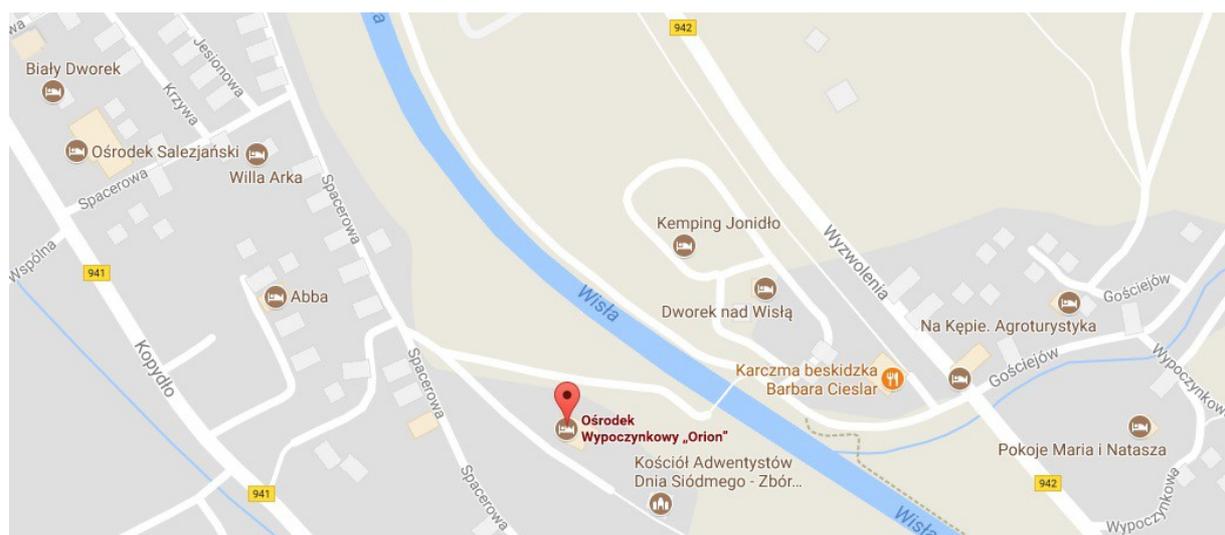
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Technicalities:

1) project venue

Ośrodek Wypoczynkowy „Orion”
ul. Spacerowa 7
43-460 Wisła

<http://www.osrodekorion.pl>



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2) How to get there? Directions:

- **the closest airports:**

Katowice Pyrzowice 126 km from Wisła
Kraków Balice 147 km from Wisła
Ostrava (Czechy) 70 km from Wisła
Brno (Czechy) 230 km from Wisła

- **Polish trains:**

From Katowice and Kraków (through Katowice) to Wisła. Get out on the train stop in Wisła called WISŁA KOPYDŁO (from there, it's only 1100 metres to the ORION venue).

The timetable of trains: <http://rozklad-pkp.pl/en>

You can also check the buses <http://en.e-podroznik.pl/public/index.do?>

In case of late arrivals/early departures, contact the coordinator to ask for the possibility of the transfer from the airport. Please, consult your sending organization or the project coordinator in order to consult your travel arrangements.

Remember about the travel reimbursement limits for your countries:

- participants from Former Yugoslav Republic of Macedonia, Croatia, Bulgaria, Romania – up to **275 EUR** per participant,
- participants from Slovakia and Poland – up to **180 EUR** per participant.

3) Contact details to the coordinator:

In case of any questions, please contact the project coordinator:

Magda Matuszewska, youth@fundacjapocięcha.pl, (+48) 691 394 950.

4) Date of arrival: **22.07.2018 before 7 pm**

Date of departure: 28.07.2018 after 9 am

In case you want to come earlier to Poland or depart later, it is allowed, but you will have to pay for your own accommodation and other expenses for that time. Please, consult this with the coordinator.



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5) Remember to bring with you:

- the original version of the participants' form (application form) you filled out,
- comfortable shoes and a backpack, because one day we will have a short trekking in the mountains,
- everything you need for the intercultural evening
- positive energy :)

6) Accommodation:

- Participants will be accommodated with 2-,3- and 4-persons' rooms. They will be prescribed to the rooms in such a way that they will share rooms with participants from not their countries, but from other ones
- In order to practice their English and get to other cultures better.
- The bed linen is provided. Each room has its own bathroom.
- The consumption of alcohol, cigarettes, e-cigarettes or any drugs is strictly forbidden.



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7) Description of the Project:

Objective of the training "Supporting youth in their projects" are as following:

- to develop participants capabilities in enhancing young people to use the opportunities that Erasmus+ gives them in the field of developing their own projects;
- to deepen participants' confidence in using non formal education and creative methods in order to inspire youth for taking their own initiatives in developing their projects and support them in this field
- to equip participants with specific knowledge and tool that will allow them to become leaders in their local environment, that are well prepared and able to support youth in developing their own ideas and projects
- to provide participants with an opportunity to exchange experience and expertise in the field of supporting developing projects by youth and fighting the temptation to do it instead of them
- to share best practices and innovative working methods in the field of supporting youth in developing their projects, as well as to find new ways and tools to do it;
- to identify the most common mistakes made by youth workers in that field, how to avoid them in their work, and what are the lessons learnt, that are relevant for their work with youth
- to discuss best methods to support youth in a way which will develop their skills, competences and lead to their personal growth
- to try to define together possible methods and ways to promote the knowledge of opportunities for funding youth' ideas among young people who are not familiar with the concept of Erasmus Plus, especially marginalised young people
- to establish a network of likeminded organizations and individuals who are interested in the future cooperation and follow-up projects on developing skills and capacity of youth, by supporting them in turning their ideas into the project



All participants were chosen by each organization on the following criteria:

- aged 18+ (no upper age limit);
- worker or active volunteer of our organization;
- knowledge of English that allow to actively participate in the project.
- person actively involved in the field of work with youth at risk of social exclusion within non-formal education;
- readiness to share their expertise and knowledge with other participants during the training;
- eagerness to share gained knowledge and skill with other youth workers in their organizations and local communities;
- strong motivation to promote youth project in their local environment;

Participants of the Training "**Supporting youth in their projects**" are 19 youth workers, aged 18+, who are either workers or active volunteers of participating organizations from 6 countries (Bulgaria, Croatia Macedonia, Poland, Romania and Slovakia). Dear partners, please took a special care in order to ensure the gender balance - even though among participants there are slightly more women, none of the sex dominates significantly.

Participants of the training "Supporting youth in their projects" will:

- using non formal education and creative methods in order to inspire youth for taking their own initiatives in developing their projects and support them in this field;
- the most common mistakes made by youth workers in that field and their lessons learnt;
- tools of non formal education, designed for supporting youth in developing their projects;
- best methods to support youth in a way which will develop their skills, competences and lead to their personal growth;
- possible methods and ways to promote the knowledge of opportunities for funding youth' ideas among young people who are not familiar with the concept of Erasmus Plus, especially marginalised young people;
- participants will develop their skills in the field of: supporting youth in developing their projects and activities; inspiring young people to take chance of opportunities that Erasmus+ gives them; intercultural communication; English language;
- Participants behaviour will change in such way that: they will be more confident in helping youth in supporting their ideas and projects, instead of turning them down because of fears that they will not manage to do it; they will be better prepared to answer youth' needs in the future, as a leader who knows how to support them effectively and wisely; they will become more open and tolerant towards people from different countries (by increasing the level of their intercultural sensitivity), which will allow them also to deal more successful with intercultural challenges young people may encounter while developing their projects.



In order to ensure active engagement of participants, each of national groups will prepare:

- "table" of their country for intercultural evening;
- presentation regarding their own experience and experience of their organizations (and lessons learnt) in using stories in working with youth;
- examples of online materials (e.g. videos, usefull online tools)

DISSEMINATION

Active participation of both participants and organizations are foreseen.

Participants, within 2 months after the end of the training course, will conduct meetings for other workers and volunteers in their organizations (youth workers from other local organizations will be invited too). Organizations will be actively involved in sharing the materials created and information about the project

8) Poland – basic information

Currency: PLN (złoty) – 1 EUR = 4,40 PLN

Capital: Warsaw

Number of inhabitants: 38 mln

Political system: parliamentary republic

Area: 312,679 square kilometres (120,726 sq mi)

Poland - a member state of the European Union, NATO, the Schengen

Area, the United Nations, and the OECD.



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**FUNDACJA
POCIECHA**
Zawsze możesz pomóc

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9) Basic Polish phrases [source: <http://mowicpopolsku.com/>]

Greeting & Farewell

Hi -Cześć

Good evening - Dobry wieczór

Bye – Cześć

Good morning / afternoon / day - Dzień dobry

Goodbye - Do widzenia

Good night - Dobranoc

Sleep well - Śpij dobrze

See you - Na razie

See you tomorrow- Do jutra



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General Conversation

Yes - Tak

No- Nie

Please / You're welcome - Proszę

Thank you (very much)- Dziękuję (bardzo)

Thanks- Dziękuję

Excuse me / I'm sorry- Przepraszam

Introducing Yourself

Nice to meet you. - Miło mi cię poznać.

How are you? - Jak się masz?

Good, thank you. - Dobrze, dziękuję.

Not bad, thanks. - Nieźle, dzięki.

What's your name? - Jak się nazywasz?

My name is Adrian Kalinowski.

Nazywam się Adrian Kalinowski.

What's your first name? - Jak masz na imię?

My first name is Paweł. - Mam na imię Paweł.

How old are you? - Ile masz lat?

I'm (twenty nine) years old. - Mam (dwadzieścia dziewięć) lat.

What are you doing (at the moment)? - Co robisz (teraz)?

Where do you live? - Gdzie mieszkasz?

I live in Gdańsk. - Mieszkam w Gdańsku.

I'm from England. - Jestem z Anglii

Communication

I understand. - Rozumiem.

I don't understand. - Nie rozumiem.

What does that mean? - Co to znaczy?

I don't know. - Nie wiem.

10) Other information:

- The language of this training is **English**.
- Participants are responsible for their travelling and medical insurance. It is also advisable to buy luggage insurance.
- Please send the logo of partner organizations.



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