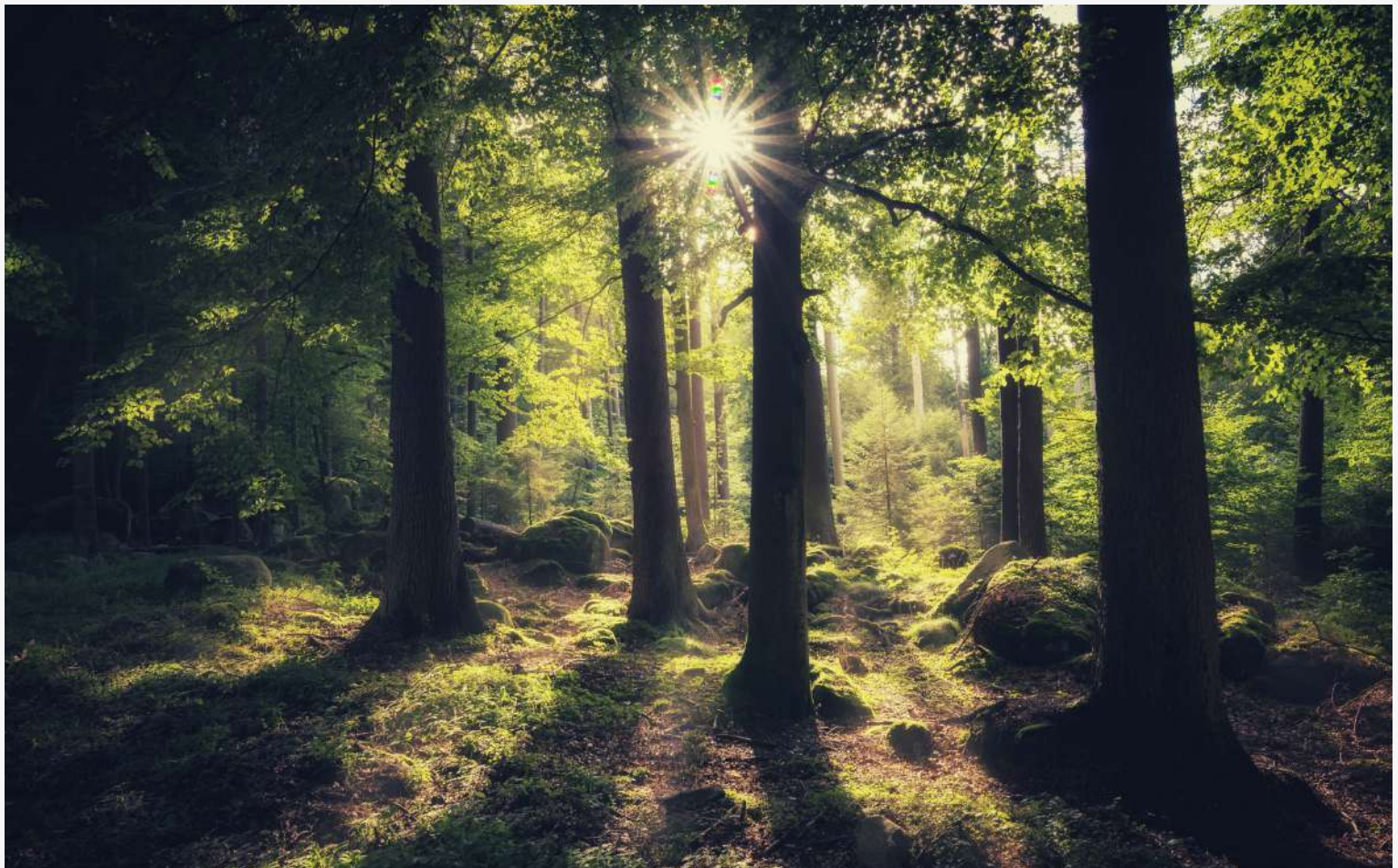


"CLIMATE HOPE"



04 - 15 JUNE 2021, POLAND

**TRAINING COURSE ORGANISED BY [KOBIECY.LODZ.PL](https://kobiety.lodz.pl)
AND POWERED BY ERASMUS+**

PROJECT DESCRIPTION

“Climate Hope” is a 10-day training course co-financed by the Erasmus+ programme, which aims at proposing 24 participants from Bulgaria, Ireland, Italy, North Macedonia, Poland, Romania, Slovakia, Spain and Turkey a different way to answer the climate crisis. There is a huge need to understand climate change better, going beyond associations with CO2 emissions, cradle to grave consumerism and the plastic issue.

What makes Climate Hope different from other projects related to climate change is a holistic approach, which tackles the 3 main areas of learning (knowledge, skills and attitudes) towards sustainable change represented by:

BRAIN - knowledge based on facts,
HEART - which refers to attitudes,
HANDS - skills referring to specific actions.

Moreover, in this training we show that climate change is a much bigger, complex and complicated problem, connected to for example our economic system, the way we grow food, the reduction of biodiversity, social inequality and more.

As mentioned above, during Climate Hope training we will implement a holistic approach towards climate change by focusing on 3 levels/dimensions:

- **Knowledge (days 1-3)** – gaining knowledge based on scientific facts about causes and effects of climate change, which youth workers can use directly in building future activities for young people.
- **Attitude (days 4-6)** – developing new attitudes towards climate change, based on the concept proposed by Charles Eisenstein, which underlines that we need to stop considering climate change only in terms of our own advantages and threats, but rather try to use it as a chance to develop a profound connection with nature and other beings, based on love and respect.
- **Skills (days 7-9)** – learning or improving skills which can have a direct impact on climate change, for example DIY abilities of preparing own food, repairing things, etc. as well as organising social actions and campaigns.

PROJECT DESCRIPTION

To make it easier for participants to follow and more attractive to share later with youth, we match each part of the training with one part of the body and one patron.

Knowledge is represented by the image of the brain and Veerabhadran Ramanathan - scientist from India. He is both a landmark scientist and a social innovator, popularising among others through his TEDx talk not only scientific knowledge of climate change but also a proactive attitude by underlining that individual actions matter.

Attitude is represented by the image of the heart and Charles Eisenstein - public speaker and writer from the US. He proposes a New Story of climate change, concentrated on the planet as a whole and not just our, human point of view. He shows climate change as a unique opportunity to rethink and redesign our relation to ourselves, to other people and the nature.

Skills are represented by the image of hands and Greta Thunberg, climate activist from Sweden. During her TEDx talk and many other speeches, Greta underlines the need for action. She is a living proof that actions of young people can, indeed bring a real change.

GOALS AND EXPECTED OUTCOMES

KNOWLEDGE - participants will:

- Understand causes and effects of climate change, according to scientific consensus on the matter
- Develop their understanding on the most important areas related to climate change, including above all consumption, use of resources, animal and plant production
- Get to know real changemaking actions, projects, organisations, social enterprises working successfully with topics related to climate change, including youth initiatives such as Fridays for Future
- Get to know what we as customers can do to slow down global warming.

ABOUT THE PROGRAMME:

In "Climate Hope", we use active, non-formal education methods based on our experience. During the course you:

1. Discuss and listen

4. Learn and grow

2. Sharpen your Social Skills (empathy, communication, awareness, teamwork, creativity)

5. Meet a group of like-minded, engaged people who really care

3. Meet other educators, youth workers, community leaders and climate activists, getting to know their challenges and daily work

6. Have the chance to share your own expertise and start new collaborations

AND MORE :)

PROFILE OF PARTICIPANTS

We are looking for participants who are **active youth workers** (project coordinators, facilitators, educators, community leaders, activists) **working with or for youth**, who:

- are open and willing to actively participate and contribute to the programme,
- have affiliation with climate, nature and our earth community,
- have motivation to develop new projects for young people and youth workers under the Erasmus+ and/or other programmes,
- are available to actively attend the full duration of the meeting (10 working days + 2 days of travel),
- are over 18 and have a communicative level of English.





WHAT TO TAKE WITH YOU:

IN ORDER TO PREPARE WELL FOR THE MOBILITY, PLEASE READ CAREFULLY.

WHAT TO TAKE?

INSURANCE DOCUMENTS (the insurance - **HEALTH, ACCIDENT AND LIABILITY** insurance for the travel + whole duration of the project is **OBLIGATORY** and is a personal contribution of every participant).

- personal medication (if needed - including anti-allergic medicine if you need - **THERE ARE A LOT OF ANIMALS ON THE FARM - dogs, cats, horses and more!**),
- cash (PLN) - if you want to buy something extra on the way,
- a towel,
- slippers or other shoes to use indoors,
- warm, rainproof clothes (the weather can be rainy and still cold)
- waterproof shoes (you may even consider wellingtons!) - please remember that we will be on a farm, the soil can be quite muddy),
- toiletries (remember to bring your toothbrush, shampoo, soap etc.) as there are no stores in the immediate area of the venue)
- ear plugs, if you need (we are sharing rooms with 2-4 others)
- personal notebook / journal and a pen
- (optional) musical instruments and books to share within the training library
- (optional), traditional, preferably healthy sweets / snacks from your country to share with the others during breaks :)

FEW WORDS ABOUT POLAND AND THE REGION WHERE WE WILL BE:



WHAT SHOULD YOU KNOW ABOUT POLAND?

Our currency is polish zloty (PLN).

1 Euro is about 4.3 zloty. We speak Polish. Usually in big cities you can communicate in English but it's not necessarily true in towns and villages. Polish is a Slavic language, you can try to communicate in Russian or Macedonian or, in case of emergency, call us to translate!

The weather in Poland in May can be warm and sunny but there can be still quite cold, rainy and windy days and nights, so please be prepared with warm and rainproof clothes!

The venue is located around 2 hours from Gdańsk, a city on the Baltic coast of northern Poland. With a population of 466,631, Gdańsk is the capital and largest city of the Pomeranian Voivodeship and one of the most prominent cities within the cultural and geographical region of Kashubia. It is Poland's principal seaport and the centre of the country's fourth-largest metropolitan area.

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ACCOMODATION & FOOD

The training course takes place at Żywa Ziemia (Living Earth), located in Zakrzewo, close to Gdańsk, Poland.

Żywa Ziemia is a natural farm promoting healthy living, permaculture and sustainability (to know more please click: [HERE](#) or [HERE](#))

The venue provides shared rooms (**2 - 4 people per room**), multiple training spaces (including beautiful outdoor spaces, presence of animals and other living beings as well as solitude and natural surroundings reducing "city" distractions) and vegetarian/vegan food, partly produced at their farm.

We are taking extra measures with an eye on the latest developments within the pandemic situation to make your stay as safe and pleasant as possible. **We will accommodate people from the same partner organisation/country together, who preferably also travel together.** More information about this in the next section.

Please, note that:

- during the training course we provide **vegetarian/vegan food ONLY**,
- **there are many animals and living beings on the farm (dogs, cats, horses, pigs, chickens). If you are allergic to fur etc., please inform us and make sure that you will have medicine which will help you to feel well :)**
- there is no shop close to the venue of the CME, so please make sure you have all necessary things with you!
- if needed, for a small fee (around 8-10 PLN) you can use the washing machine





ABOUT THE TRAVEL TO POLAND

The village where you need to travel to is **ZAKRZEWO**, Linia in the region of Pomorskie in Northern-Poland. **The closest small city is Łębork**. We would like to invite the partner organisations to arrange group travel by car or van as much as possible. This will help with practical arrangements, each group traveling together to be accommodated together, and with general safety of all participants. You can drive directly to the farm (we can send you exact instructions for your navigation). If you travel by public transport, you need to go to the meeting point at the train station in Łębork. In that case, a member of the project team will pick you up.

The exact meeting point will be announced later. **You need to be in Zakrzewo/Łębork on the 4th of June 2021, arriving no later than at 15.30 at the train station or 17.00 at the farm.**

IMPORTANT: To not face any problems with arriving in time, please consult us and your sending organisation **BEFORE** planning your travel and we will confirm your travel itinerary before you finalise travel arrangements and booking of any necessary tickets. We reserve the right to refuse travel costs which were not discussed and accepted by our logistic team.

HOW TO GET TO THE MEETING POINT?

Please, try to choose the most safe and eco-friendly means of transport. Again, we would prefer to have participants from the same country coming by car sharing. If that is not possible, you can consider traveling by train or 'door to door' mini-bus.

To search for the schedule of transport in Poland click: [HERE](#) and [HERE](#).

Don't forget to keep and store all your travel tickets, receipts and invoices, they are necessary to reimburse your travel!

Also, please note that your travel costs can be refunded by us ONLY if:

- 1. you travel within up to 2 days before OR after the project**
- 2. you got a confirmation from us and our acceptance on your travel plan.**



TRAVEL COSTS

THE TRAVEL COSTS OF THE PARTICIPANTS ARE REIMBURSED AFTER THE TRAINING COURSE (WHEN PARTICIPANTS PROVIDE US WITH ALL THEIR TRAVEL DOCUMENTS AND REPORTS REGARDING THEIR FOLLOW-UP ACTIVITIES). **BELOW YOU CAN FIND THE MAXIMUM TRAVEL ALLOWANCE PER PARTICIPANT PER COUNTRY.**

COUNTRY	TRAVEL LIMIT
BULGARIA, IRELAND, ITALY, NORTH MACEDONIA, ROMANIA, SLOVAKIA, SPAIN AND TURKEY*	275 EURO
*WE ALSO ALLOW EXCEPTIONAL COSTS FOR VISA FOR TURKEY	150 EURO
POLAND	180 EURO



DONATE A TREE

To support “Climate Hope” we also invite you to compensate your travel to Poland by **donating to the developing Food Forest at our venue** Żywa Ziemia.

Below you can find a list of an indication of trees, shrubs and plants for the food forest. We will share an interactive table for partners / participants, including types of trees, shrubs or plants and their prices closer to the project date.

Project participants will be able to donate them individually or in the name of the organisation.

As a thank you we will share some bonus materials with you :)

LIST OF DONATIONS FOOD FOREST

Fruit Trees
Mulberry
Raspberry
Current
Gooseberry
Blueberry
Quince
Aronica berry
Hops
Kiwi
Grapes
Vines

PROJECT TEAM

- BECAUSE BEHIND EVERY PROJECT THERE ARE PEOPLE :)



ANNA KSIĄŻEK
TRAINER

Graduate in Psychology (Master studies), Pedagogy (Bachelor studies) and Science about Culture (Bachelor studies). Trainer, coach, social project coordinator, activist and youth worker. She collaborated with international organisations like Ashoka, Amnesty International and the Scout movement. Founder of the initiative Exchange the World within which she travels around the world collecting stories of changemakers. She did more than 300 interviews with changemakers in 34 countries. Based on these interviews she created a unique methodology to prepare and empower people to become changemakers themselves. As a trainer she has more than 1000 hours of experience, mostly with NGOs, but she collaborates also with public institutions and the private sector. Since few years she focuses mainly on Global Education, changemaking and creating social projects, personal development, and social entrepreneurship.



KATARZYNA DEKA
TRAINER

A constant seeker of developments and new inspirations. Graduate in Psychology. Working as international projects coordinator, process facilitator and educator. Has been developing and implementing educational projects on the topics of: volunteering, transnational and intergenerational dialogue, diversity, changemaking and peace building in Poland, Moldova, Portugal and Kyrgyzstan. Since 2013 collaborating with KobieTY association from Łódź, Poland and since 2016 a member of the „Changemaker Course” team, implementing the idea of changemaking in daily life and sharing it with others. Interested in personal development and inner peace, handcrafts (jewellery making, gift wrapping) and creating natural cosmetics. Practices, enjoys and values cooking (and eating!) ;) as a tool of connection and sharing, experience-oriented travelling, empathy, gratitude, loving, caring, active listening, laughing and being „here and now”.

PROJECT TEAM

- BECAUSE BEHIND EVERY PROJECT THERE ARE PEOPLE :)



ANDREA PUCCI
TRAINER

Chemist (PhD), researcher and permaculturist. He is co-founder of the Exchange the World initiative, thanks to which he travelled the world meeting changemakers in order to support them and popularize their inspiring stories. Within this undertaking he also had the chance to volunteer in dozens of projects connected to the environment, from natural production down to recycling and reuse of resources. So that an experience at a time he became involved in DIY and alternative agriculture. He recently had an internship at the Austrian Forest Garden Institute. This are his core interests, together with social dynamics. Along the years he had the chance to live in different countries in Europe and abroad, developing a deep fascination for languages and their connection to cultures being a gate to understand different ways of being.



LIA HAMMINGA
LOGISTICS

Graduate in History and Philosophy at the Radboud University Nijmegen, the Netherlands. Active in the nonprofit sector and youth field for the last 7 years and experienced in facilitation of group processes in various international activities. This key staff member also organised capacity building programs, such as the ToT "The Art of Facilitation" and "Safe Spaces for Inclusion of LGBT+ Youth." Besides educative roles, this key person also has worked as project coordinator for 30+ Youth in Action and Erasmus+ projects. Key areas of development are: fundraising, NFE program design, project writing for social transformation, conflict transformation and nature education.

CONTACTS

*If you have any questions or doubts
contact us!*

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