"NATURAL CO-NNECTIONS"

31.08.2021 - 7.09.2021 ZAKRZEWO, POLAND

CONTACT-MAKING EVENT ORGANISED BY KOBIETY.LODZ.PL AND POWERED BY ERASMUS+

PROJECT DESCRIPTION

"Natural Co-nnections" is a 8-day long CME (Contact Making Event) under the Erasmus+ programme which aims at preparing participants from Bulgaria, Estonia, Latvia, Lithuania, Poland, Romania, Slovakia, Spain, The Republic of North Macedonia and Turkey to get to know and develop the work of the partner organisations on the topic of nature education.

"Natural Co-nnections" challenges our current work habits, attitudes and practices by reconnecting to the natural world, restoring a sense of wellbeing and an inner connection. By analysing and connecting local case studies to activities in the natural world, this project brings about new inspiration and motivation.

GOALS AND EXPECTED OUTCOMES

- To raise awareness on the complexity and value of the natural world, how to benefit from it and how to sustain it;

- To empower participants to experience and study nature, moving towards reconnection and the creation of safe, healthy learning spaces;

- To acquire/improve competences supporting the development of high quality educational projects suitable for local, natural learning environments;

- To build up/strengthen transnational partnerships with a focus on the local and a long term impact integrating experiences from the natural world.

The processes of "Natural Co-nnections" take place through direct contact with the natural surroundings of Żywa Ziemia in daily walks, observations and nature based tasks around the farm, through a process of slowing down for a moment, being here and now and through reflecting on local issues, needs and environments in case studies from the partner organisations.

ABOUT THE PROGRAMME:

In "Natural Co-nnections", we use active, non-formal education methods based on our experience and include elements of nature education.

During the contact making event, you:

1. Discuss the main local issues and needs you face and experience nature as an inspirator and helpful tool

2. Sharpen your skills (empathy, listening, communication, awareness, teamwork, creativity)

3. Meet other nature enthusiasts, getting to know their challenges and daily work

4. Learn how to benefit from being connected to nature in a respectful manner and meet a group of like-minded, engaged people who really care

5. Have the chance to share your own expertise, test out ideas and start new collaborations

AND MORE :)

PROFILE OF PARTICIPANTS

If you want to take part in "Natural Co-nnections," **it is important that you are part of the local community network and/or the partner organisations directly**.

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 be in nature and learn from it,
- are open and willing to actively participate and contribute to the program,
- are entitled to make decisions and/or initiate projects on behalf of their organisation,
- preferably have affiliation with nature and nature education,
- have motivation to develop new projects for young people and youth workers in nature under the Erasmus+ programme,
- are available to actively attend the full duration of the meeting (6 working days + 2 days of travel),
- - are over 18 years old and have a communicative level of English language.

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 4.5 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 August/September can be warm and sunny but it can also be be already rainy and windy (days and/or nights), so please be prepared with some 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.

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 chilly especially in the evenings)
- 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 :)

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. 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** in the region of Pomorskie in Northern-Poland. **The closest small city is Lębork**. We would like to invite the partner organisations to arrange group travel by car 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 (direction for GPS: Zakrzewo 36, 84-223 Linia). If you travel by plane, the closest airport is in Gdańsk but not all flights get there, you can also get from Warsaw airports - there are two: Chopin and Modlin airport in Warsaw and from there you can catch a train to Gdańsk. In Gdańsk main train station there is a direct train to Lębork (takes around 1.5 hour).

You need to be in Lębork/Zakrzewo on the 31st of August, arriving no later than at 17:00 at the train station in Lębork (a member of the project team will pick you up from there) or at 18:00 directly at the farm (when travelling by car).

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. IMPORTANT: WE DO RESERVE THE RIGHT TO REFUSE / NOT ACCEPT ANY COSTS WHICH WERE NOT DISCUSSED AND ACCEPTED BY OUR 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 together. If that is not possible, please choose the safest possible option.

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 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.**

TO SUPPORT "NATURAL CO-NNECTIONS" WE ALSO INVITE YOU TO COMPENSATE YOUR TRAVEL TO POLAND BY DONATING TO DEVELOPING FOOD FOREST AT OUR VENUE ŻYWA ZIEMIA. WE WILL TALK ABOUT IT MORE IN DETAIL ONCE WE ARE ALL TOGETHER :)

COUNTRY	TRAVEL LIMIT
BULGARIA, ESTONIA, LATVIA, ROMANIA, SPAIN (BARCELONA) , THE REPUBLIC OF NORTH MACEDONIA, TURKEY	275 EURO
SLOVAKIA	180 EURO
SPAIN (HERENCIA)	360 EURO
POLAND	20 EURO

PROJECT TEAM

- BECAUSE BEHIND EVERY PROJECT THERE ARE PEOPLE :)

LIA HAMMINGA
FACILITATOR

Graduate in History and Philosophy at the Radboud University Nijmegen, the Netherlands. Active in the nonprofit sector and youth field since 2012 and experienced in facilitation of group processes in various international activities. Lia also organised capacity building programs, such as the ToT "The Art of Facilitation" and "Safe Spaces for Inclusion of LGBT+ Youth." Besides educative roles, Lia 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, nature education including food forest elements, yurt building and wilderness trekkings.

KATARZYNA DEKA
FACILITATOR

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

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KARL
ŻYWA ZIEMIA MANAGER

I have a love for nature and the changing paradigm we are living in, from a system of disrespect to one of respect for both humanity and nature. I had lived in several spiritual communities, worked in mental health, worked with youth, being an activist and an educator. Having a passion for regenerating land using permaculture ideas I have set up his first permaculture garden thirty years ago in Australia. For seven years living in a small simple cabin in the Australia rainforest, developed in my a deep respect and feeling for nature. I am a trained "Teacher of The Alexander Technique", as a Diploma in Psychotherapy and certificate in Ayurvedic Medicine. Presently together with wife, Kasia, we are setting up a retreat centre and organic permaculture farm in Northern Poland that you will stay in during the mobility. We are doing it to promote nature landcare/farming and self development.

NATALIA
CHEF AND HERBALIST

Founder of EKOsmos, where I am a trainer providing cooking, herbal and natural cosmetics workshops.I work with the Polish institute of herbalism and phytotherapy, foundations, associations, art galleries, schools, companies and individuals.I am interested in folk medicine and natural ways of preserving food, especially fermentation, maceration and drying. For a couple of years I do vegan catering for events and make sweets for cafes.In my kitchen you will find local products, wild edible plants, Polish superfoods and oriental spices"

PICTURES OF THE FARM & ACCOMMODATION

Żywa Ziemia / Living Earth

Examples of nature at the farm

Żywa Ziemia / Living Earth

The buildings

Żywa Ziemia / Living Earth

Interior & rooms

CONTACTS

If you have any questions or doubts contact us!

KobieTY (kobiety.lodz.pl)
Kościuszki 48; 90-427 Łódź, POLAND

contact e-mail:
naturalconnections.collective@gmail.com

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