

CREACTIVITES

Training Course in Poland



7th–15th of June
Lublin, Poland

| About the project

CreActivities training is aimed at youth workers and experienced NGO volunteers who use non-formal education methods in their daily work. These methods make it possible to reach young people and encourage them to be active, develop and also help them cope with difficulties. Modern technological development and access to information make it necessary for youth workers to develop new and more creative methods of working with young people.

During their stay in Poland, participants will learn about creative methods of youth work that will better engage young people in organizations and local communities. The training will broaden knowledge of available tools and work opportunities, and will be a time for exchange of experiences between organizations, especially in terms of non formal methods. During the training we will also pay attention to the mental health of young people and how to adapt the methods used to groups that face different difficulties. Participants will be able to also attend the first International Non-Formal Education Congress in Lublin which will be held at Marie Curie Skłodowska University. Participants will hear from experts in the field, and will themselves be able to share their knowledge and the experience they have gained in their work.

Project includes a lot of curious and developing activities:

- Active Participation in the 1st International Non-Formal Education Congress in Lublin „Life-long CreActivity“;
- The market of non-formal education methods of the organizations;
- Learning about new methods of non-formal education, such as outdoor work methods and gamification;
- Study visits to youth centres;
- Workshops on non-formal education with youth and adults;
- Learning about new methods of activating and supporting young people, especially regarding their well-being.

Profile of the participants

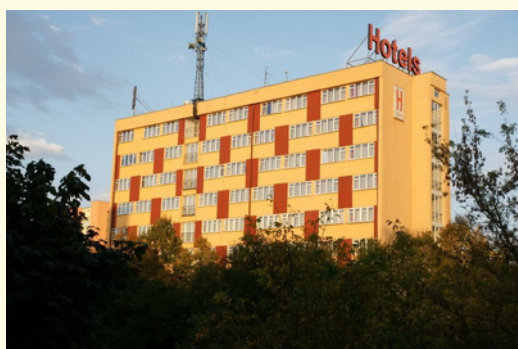
Youth workers, trainers, psychologists, pedagogues, educators, animators, experienced volunteers and all those who use non-formal education methods in their work. These are people who, when working with youth, use creative ways as well as the latest technologies to better reach young people.

Impact

The "CreActivities" training will significantly contribute to the quality of youth work. Learning new techniques, exchanging experiences, networking, and participating in an international congress will allow those who attend to become familiar with what non-formal education is, what techniques are best to use, and how it affects youth work. By learning about methods that are related to digitalization, mental health & wellbeing, civic engagement among others, participants will be trained and able to cope with the difficulties faced by young people today.

Venue

Hotels Lublin – <https://hotel-lublin.pl/>
Podzamcze 7



Insurance

- Personal accident insurance for participants will be provided.
- Health care & travel insurance is not provided by the organizers. Participants must provide it on their own.

Accommodation & Food

The organizer provides accommodation and food for entire training:

- 3 meals per day
- 2 coffee breaks between sessions.





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| Travel

The participants groups need to buy travel tickets on their own.

The time of travel must be included maximum in period of **two days** before and after the project activities. All the expenses for the extra days are the responsibility of the participants.

The organizer will reimburse travel cost via bank transfer up to 30 working days after the project when all needed documents are delivered to the organizers.

Reimbursement of travel costs will be done only upon presentation of all original tickets (including return tickets), receipts, invoices and boarding passes.

You should print all documents related to your travel costs (original invoices and tickets indicating names of travelers, description of the journey, cost, currency and date of travel).

| Travel costs limits per person per country

Greece – 275 Euro

Hungary – 180 Euro

Romania – 275 Euro

Portugal – 360 Euro

Slovakia – 180 Euro

| Travelling to Lublin

Your destination is **Lublin**. In Lublin there are two main stations:

- Lublin Central Train Station (Dworzec Główny PKP)
- Lublin Central Bus Station (Dworzec Główny PKS)

AIRPORT:

You can travel to **Lublin Airport (LUZ)**, **Warsaw Chopin Airport (WAW)** or **Warsaw Modlin Airport (WMI)**.

There are also **Cracow Airport (Kraków, KRK)** and **Rzeszow Airport (Rzeszów, RZE)**. Both are located a bit further from Lublin and the journey from them to Lublin takes approximately 3-4 hours.

Please contact us at least 24 hours before the purchase about tickets you're planning to buy.

Please remember to choose the most cost-effective travel option as only cheapest option will be accepted.

Wait for our approval before purchasing tickets!

CONTACT PERSON:

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Travel from Warsaw Chopin Airport

A. Take **Flixbus** directly from Warsaw Chopin Airport to Lublin Central Bus Station. It needs prior booking and cost about 10 – 15 EUR (**shop.flixbus.com**). It takes up to 3 hours.

B. Take the **bus** (175 or 188) to the Central Station. From there you can easily reach other stations. Due to renovations in Warsaw, trains to Lublin depart from Warszawa Gdanska or Warszawa Wschodnia. You can reach Warszawa Gdanska with Metro (M1 – station: Metro Dworzec Gdanski) and Warszawa Wschodnia with a regional train.

Then after reaching the station in Warsaw, take a **train**. The train ticket from Warsaw to Lublin needs prior booking and cost about 30-50 PLN which is about 6-10 EUR (**<https://www.intercity.pl/en/>**). You can also buy the ticket in the station but we recommend buying it earlier. The ride takes up to 2-3 hours.

Travel from Warsaw Modlin Airport

By train: use the website to check the schedule and book a ticket (you can also buy it inside the train): **<https://koleo.pl/>**

You are travelling from **Lotnisko Modlin** to **Warszawa Centralna, Warszawa Gdańska or Warszawa Wschodnia** (depending from which station you are taking bus/train to Lublin). Once you reach the station, follow the instructions above.

Useful websites/apps in Poland



<https://www.e-podroznik.pl/>

E-podróżnik is nothing more than a very popular search engine for train and bus connections. The portal in its offer has the opportunity to purchase tickets from more than 1500 carriers both within Poland and other countries.



<https://www.intercity.pl/>

A rail carrier's website where you can buy train tickets.

Important: Students studying abroad are not eligible for a discount, you must purchase a regular ticket for train travel.



<https://www.jakdojade.pl/>

An essential website/application for all public transport passengers in Polish cities. Thanks to the app, you can easily check the timetable and buy a ticket.

| Get to know Lublin!

Lublin is the ninth-largest city in Poland and the second-largest city of historical Lesser Poland. It is the capital and the center of Lublin Voivodeship. The city is the hub of bustling cultural life, with different events held annually, and attracting a wide audience.

Lublin is called a City of Inspiration with many non-obvious historical places to discover. Unique atmosphere of the vibrant of the Old Town connects past and present and lets you to get inspired by the incredible vibe.



European Youth Capital 2023

Lublin is the first Polish city to be granted the European Youth Capital title. In the annual contest organised by the European Youth Forum, Lublin was recognized for its energy and inspirational ideas of young people.

This huge success, activities and events shows Lublin as a youth-friendly place which involve young people in co-deciding about the city's growth.

#LublinisYOUTH!



SEMPRE A FRENTE FOUNDATION TEAM CONTACT US!



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