



## Inclusive Neighborhoods: Transforming Communities

19.08.23 - 25.08.23



+ 48 793 46 42 45



Rzeszów, Poland



[www.goinpro.org](http://www.goinpro.org)



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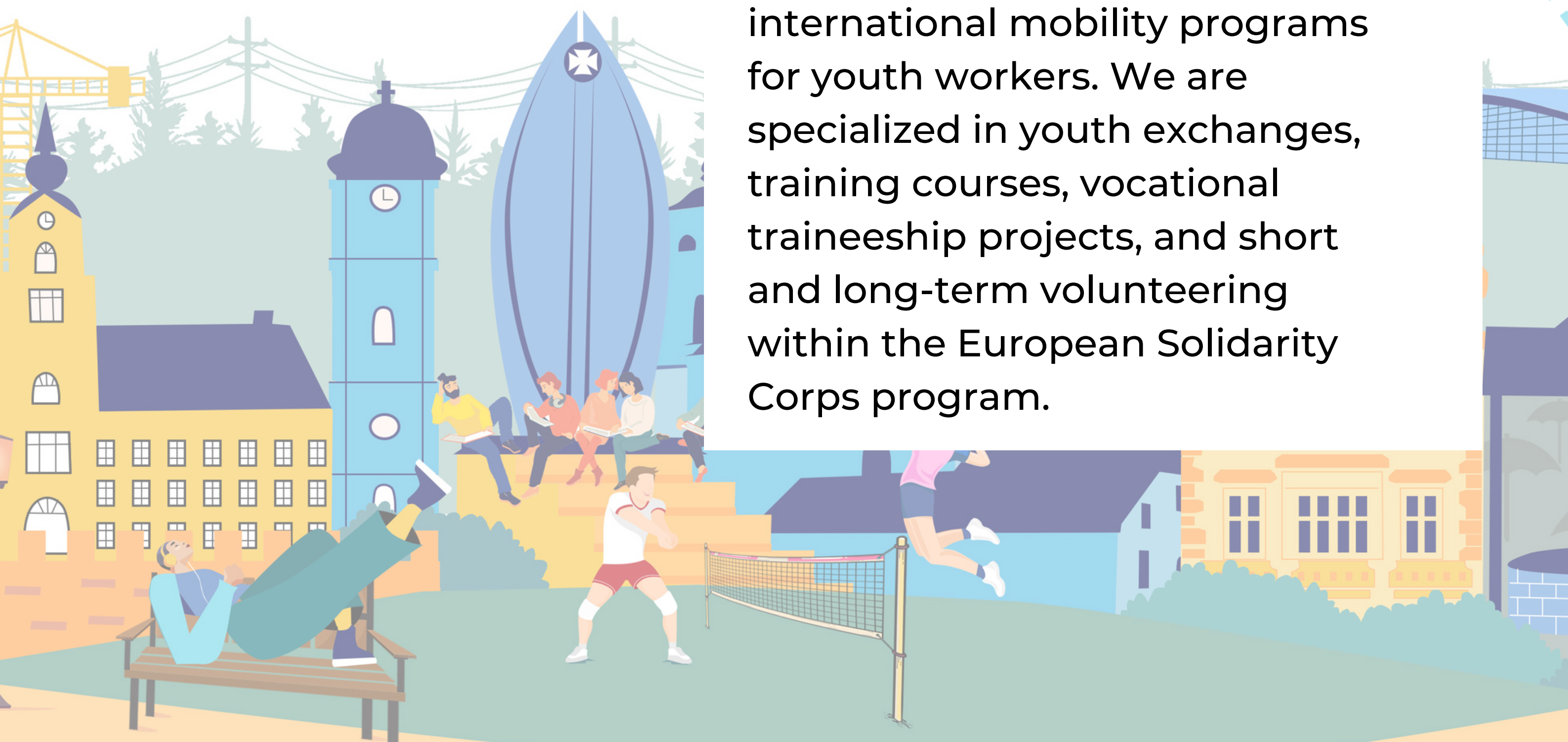
# WHO ARE WE?

In 2014, a group of worldly-minded pals banded together to establish INPRO in the charming city of Rzeszów, the heart of Podkarpackie region of Poland. This initiative was born out of a shared passion for collaboration and a drive to make a global impact.

**OUR MISSION** is to make people believe that international initiatives bring added value and progress to the development of a community

## 65-80 European Volunteers

European volunteers are hosted by INPRO every year, we organize international mobility programs for youth workers. We are specialized in youth exchanges, training courses, vocational traineeship projects, and short and long-term volunteering within the European Solidarity Corps program.







# RZESZÓW

## WHERE IS IT?

The city which was granted a town charter in 1354 by King Casimir III the Great, has been the Podkarpackie Voivodeship's capital since 1999 and is also the seat of Rzeszów County.

**Rzeszów**  
is the largest  
city in  
southeastern  
Poland

It has a population of 198,608 by 2021. It is located on both sides of the Wisłok in the heart land of the Sandomierska Valley.

Even if it is the biggest city in southeastern Poland, Rzeszów is a small, charming city. "Walking" will be your closest friend while exploring the city from one point to another.





# Project DESCRIPTION



This program is designed to equip you with the knowledge and skills needed to foster local networks and relationships among various stakeholders in your community.

During the course, you will delve into the importance of community building, understand the concept of 'community,' and uncover specific strategies to engage young people and foster unity. The program offers exposure to successful examples of community development events, providing practical insights into effective strategies.

Additionally, you will have the unique opportunity to visit youth-friendly institutions, engage in meaningful discussions and obtain a firsthand understanding of the topic.



# PROGRAM

But the learning doesn't stop there! The course also encourages integration and networking. You will work collaboratively, developing project ideas, and drawing inspiration from fellow participants.

This course is about much more than gaining knowledge; it's about inspiring mutual understanding and active citizenship, transforming local neighborhoods into inclusive spaces. We look forward to welcoming you on this journey of community transformation.

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
10.00-13.00	Arrival & Dinner	Welcome & Getting to know each other	Difining a community - discussions and workshops	Creating Inclusive Spaces: Promoting Diversity and Belonging	Local immersion - study visit to youth friendly spaces	Building up for the future - follow-up ideas and next steps	Breakfast & Departure
13.30-15.00		Lunch	Lunch	Lunch	Lunch	Lunch	
15.00-17.00		Rzeszów City Tour	Comparing needs & realities	Youth Community: how, when, where?	Free afternoon & Open Cafe (local community event 18.00 - 20.00)	Evaluation & Goodbyes	



# TRAVELLING

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Let's talk about your transportation plans right now! Prior to booking any tickets, make sure to contact the coordinator of the project at [lilit@goinpro.org](mailto:lilit@goinpro.org) to obtain approval for your chosen mode of travel. Additionally, it is crucial to maintain regular communication with us throughout the entire travel process.

Now, here's where things get interesting. We strongly encourage you to take advantage of our Green Travel opportunity, but please make sure you'll use it for both sides of your transport. Remember to keep your receipts and tickets for reimbursement!

If you're going to travel by plane, we will reimburse your most economical ticket with 8kg cabin luggage up to Erasmus+ rules.





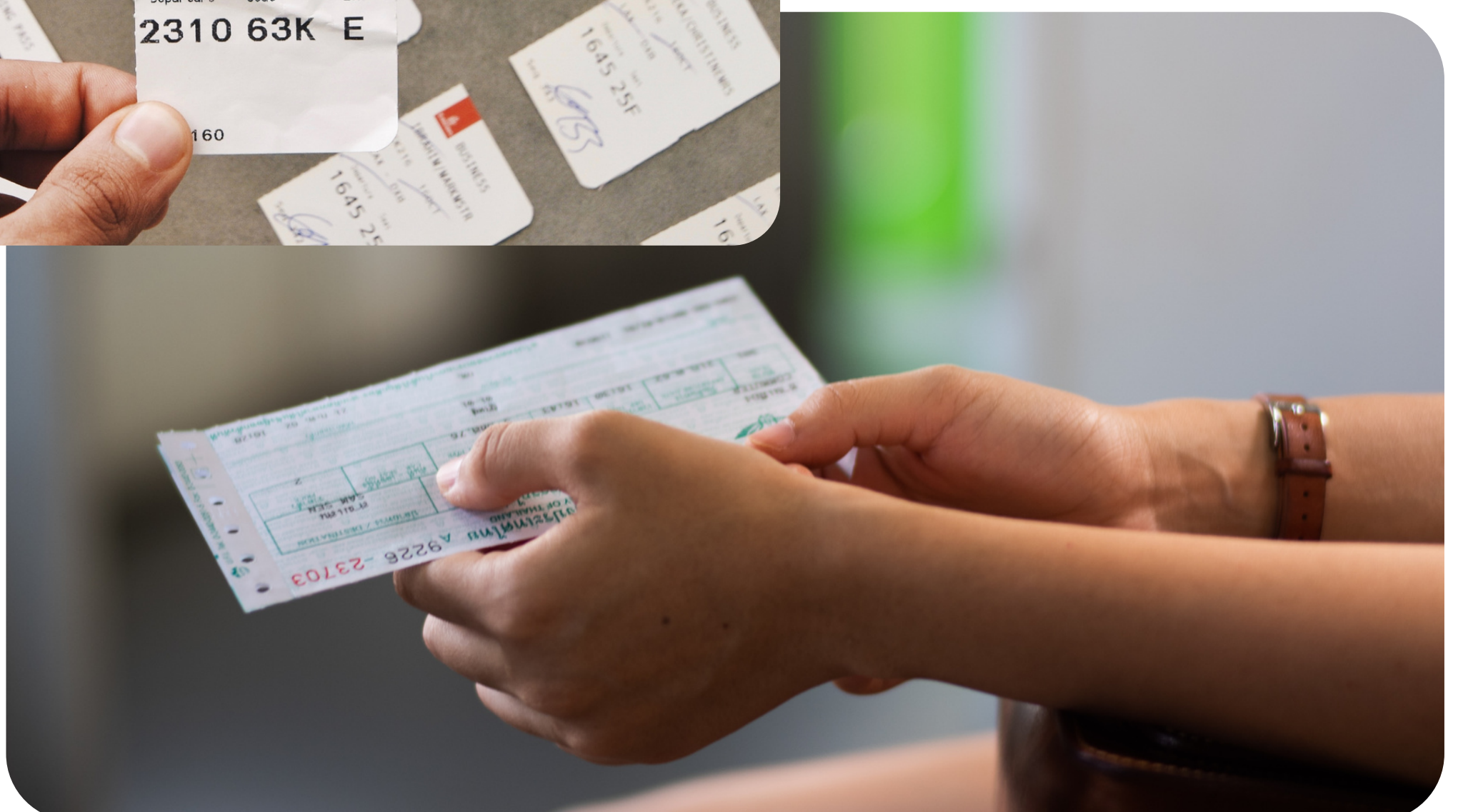
# TRAVELLING

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Oh, and a few more things to keep in mind:

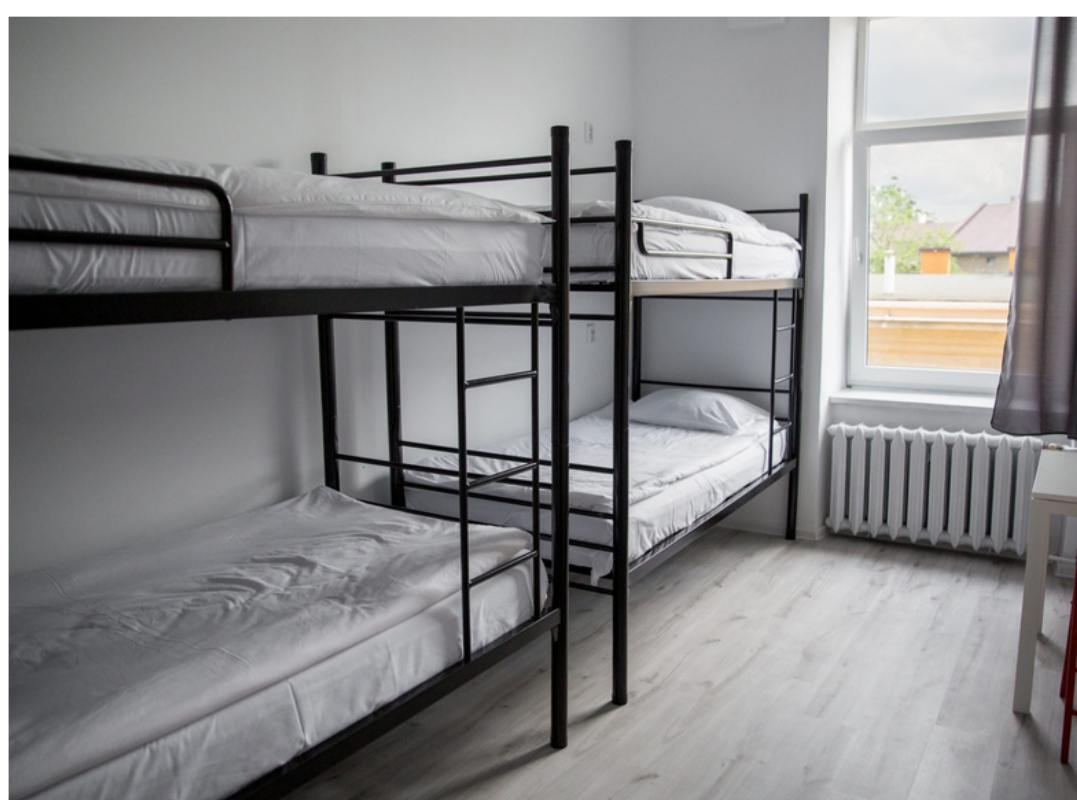
- You gotta get approval from the coordinator before purchasing any tickets. No rogue bookings allowed!
- Your travel route should be from your hometown to Poland and back, approved by the coordinator, of course.
- Your travel dates need to align with the program schedule. We'll allow for a 2-day buffer period if it results in a cheaper transfer and is approved by the coordinator.
- You'll need to arrive on Saturday, the **19th of August**, preferably before dinner (20:00), and depart on Friday, the **25th of August**, after breakfast (9:30 am).
- And last but not least, keep your receipts and boarding passes handy. We'll need them for reimbursement. Send those e-tickets (in PDF format) to us at [lilit@goinpro.org](mailto:lilit@goinpro.org).

Now go forth and travel, my friend!





# ACCOMMODATION



Our hostel is located on the second floor of the eastern wing of the Main Railway Station in Rzeszów (Rzeszów Główny). Our floor includes the hostel with guest rooms, bathrooms, and a kitchen, and the office with a training room and individual offices.

Participants will be accommodated in rooms of 2-4 people of the same gender. Our hostel is an educational and social space.

There is a cleaning service provided. However, our guests are also responsible for keeping their rooms and common areas clean and tidy.

Check our hostel here





# FOOD AND POCKET MONEY



Each day begins with a wholesome breakfast served at the INPRO facility from 8:00 to 9:30 AM. For lunch, we will arrange a local eatery conveniently located next to our office and hostel.

Dinner is where your food exploration truly begins. We will provide you with pocket money (30 PLN per dinner) for you to dine out with your peers. This opportunity allows you to delve into the regional cuisine of Rzeszów, possibly finding your next favourite dish. **Please be aware, the allocated pocket money might only partially cover your dinner expenses.** Should you opt for more expensive dishes or restaurants, you will need to cover the difference. This is a serious chance to indulge in the culinary richness Rzeszów has to offer.

Additionally, we encourage you to bring along snacks from your home country. Sharing these during our coffee breaks at the training sessions will be a wonderful opportunity to showcase your culture and enjoy a diverse range of flavours. It's yet another way to make this journey more enriching and flavorful!





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## Currency

The domestic currency is PLN (Polish Zloty). In Poland, most places will accept Visa and Master Card debit and credit cards. You can also withdraw cash from ATMs all over Poland, but please check with your bank to confirm if you are able to do that. Exchanges can be done during the day in places called "KANTOR".



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## Weather

The weather during this season in Rzeszów, Podkarpackie region and in Poland, in general, is warm, but sometimes there might be a chance of rain. It's a good idea to bring along your umbrella so that you don't get caught in poor weather.



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## Electricity

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E. Details here: <http://www.worldstandards.eu/electricity/plug-voltage-bycountry/>



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## Phone and Internet

There is free, unlimited Wi-fi available in the hostel and in the office.





# FIND US ON SOCIAL MEDIA

## Website

[www.goinpro.org](http://www.goinpro.org)

## Instagram

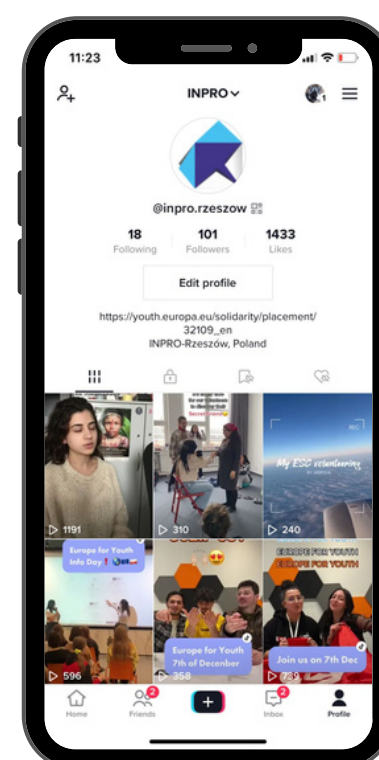
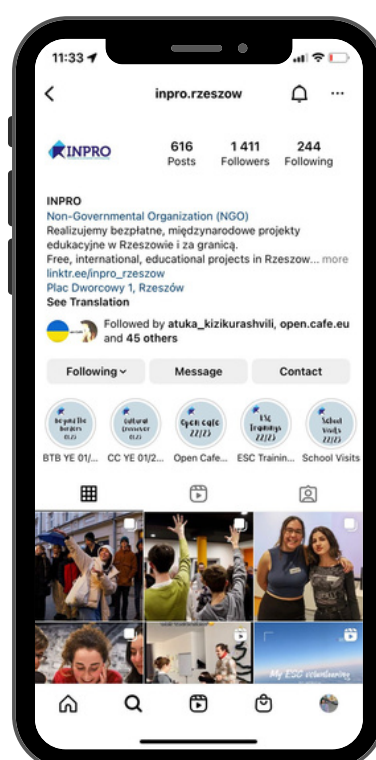
@inpro.rzeszow

## Facebook

@goinpro.org

## Tiktok

@inpro.rzeszow



## CONTACT US

Stowarzyszenie Projektów Międzynarodowych "INPRO"

(+48) 793 46 42 45

office@goinpro.org

Monday to Friday / 9:00 – 17:00

Plac Dworcowy 1, 35-205 Rzeszów



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