



Funded by
the European Union



“Connect Before Correct” – Emphaty Training course for Youth Workers

Place: Puck, Poland. **22/04/2024 – 29/04/2024**

This information kit contains the most up-to-date information available at the time of February 24th.

content

ABOUT ORGANISATION	2
CONTACTS	2
ABOUT THE PROJECT	3
INSURANCE	3
OUR TRAINERS	4
ACCOMODATION	5
ARRIVALS	5
REIMBURSEMENT	6
WEATHER	7
FOOD AND WATER	7
ELECTRICITY	7
MONEY ISSUES	8

SOCIAL MEDIA



Funded by
the European Union



ABOUT ORGANISATION

<https://autokreacja.org/connect-before-correct/>

The Autokreacja Foundation aims at fostering the active participation in a civil society through various initiatives in the field of social economy. We contribute to the civilizational, cultural and economic development of Poland. We want to put the spotlight on problems of diverse social groups that are often marginalized, that is why we focus on cooperation with long-term unemployed, youth from underprivileged regions, unemployed women, elderly people, immigrants and refugees. Many of our projects were designed to favour multiculturalism and intercultural exchange by bringing together different lifestyles, points of view and philosophies. Our conviction is that sharing, experiencing and debating are the best ways to progress as it permits us to be open to new initiatives and to welcome with enthusiasm, possibilities of cooperation with organizations dealing with different domains in many countries and cultures all over the world.

CONTACTS

You are advised to carry your mobile phone with you, so in case you get lost or there is any problem that you encounter you can call the individuals below for assistance.

Katarzyna (+48) 502 096 593 (English)



<https://autokreacja.org/connect-before-correct/>

SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_ngo/

WWW <https://autokreacja.org>



Funded by
the European Union



ABOUT THE PROJECT

<https://autokreacja.org/connect-before-correct/>

The training course "Connect Before Correct" will focus on developing empathic skills and knowledge that can be used to create meaningful and authentic relationships. After this training participants will improve their communication skills to better support young people in their emotional struggles. The program is based on the Nonviolent Communication approach and will offer both theoretical inputs and deep practice. PROGRAMME

- The concept of empathy and introduction to NVC
- Possible barriers in communication with young people and not only
- Deep listening- understanding the core of one's expression, their feelings and needs and building trust and safety in relationships
- Habitual (dominant) language versus language of connection
- Hearing „difficult” messages - 4 perspectives of a listener. How to shift from reactivity to relatedness?
- Self-empathy and self- care as lifeservice tool for educators
- Interpersonal neurobiology- understanding of human behaviour and the role of empathy in self-regulation
- Fours steps towards mutual connection and understanding: observations versus interpretations, feelings versus thoughts, needs versus strategies, requests versus demands
- Empathic Listening and Honest Self-Expression: Openness and curiosity, Connect before correct, Self-respect and boundaries, Introduction to respectful dialogue
- Expressing „no” with honesty and respect
- Receiving „no” with empathy and curiosity
- From conflict to dilemma- finding win-win solutions

INSURANCE

It's important to take out appropriate travel insurance for your needs.

European Health Insurance Card or travel insurance

A free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries. The benefits covered include, for example, benefits provided in conjunction with chronic or existing illnesses as well as in conjunction with pregnancy and childbirth. **It is not an alternative to travel insurance. It does not cover any private healthcare or costs such as a return flight to your home country or lost/stolen property.**

<https://autokreacja.org/connect-before-correct/>

SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_ngo/

WWW <https://autokreacja.org>



Funded by
the European Union



OUR TRAINERS



Sylwia Federico

Sylwia is a devoted educator and learner focused on fostering self-connection and living harmoniously with the world. With a degree in English Philology from the Pedagogical University of Warsaw, she spent 3 years teaching English in public schools before shifting to non-formal education in 2004. She has collaborated with various NGOs in Warsaw, leading cultural and educational initiatives like art festivals and workshops. Sylwia is skilled in Coaching, Dance and Movement Therapy, Nonviolent Communication, and is an Emotional Freedom Technique Practitioner, currently pursuing Embodied Facilitation certification. With a

decade of experience in personal development as a trainer and facilitator, she has created and led numerous training courses, particularly within the Erasmus+ framework. Recently, she focuses on body-based and therapeutic practices through arts and movement, aiming to enhance resilience and emotional well-being. She values learning, empathy, and authentic connections, dedicating herself to creating environments that nurture individuals toward holistic well-being.



Paulina Orbitowska- Fernandez

Paulina loves working with people with her aim to bring more authenticity, (self) empathy, (self) respect to their lives and peace to the world. She works as a certified trainer of NVC (Nonviolent Communication) and eduScrum, coach, mediator, certified practitioner of Resonant Healing and an academic teacher. She has finished postgraduate studies in Leadership in Education, Nonviolent Communication according to Marshall Rosenberg, Train the Trainer of Nonviolent Communication and Mediations, at Collegium Civitas in Warsaw, Poland. She has also finished Business and Life Coaching at the School of Empathic Trainers in Warsaw

and a certification path to become Resonant Healing practitioner. She has worked as a trainer and coach since 2017. She works in Polish, English and Spanish with non-profit and business organizations, schools and universities, parents, doctors and leaders. She loves Latin America and everything that is connected to it, its countries, languages, literature, nature, history and food, especially street food.

<https://autokreacja.org/connect-before-correct/>

SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_ngo/

WWW <https://autokreacja.org>



Funded by
the European Union

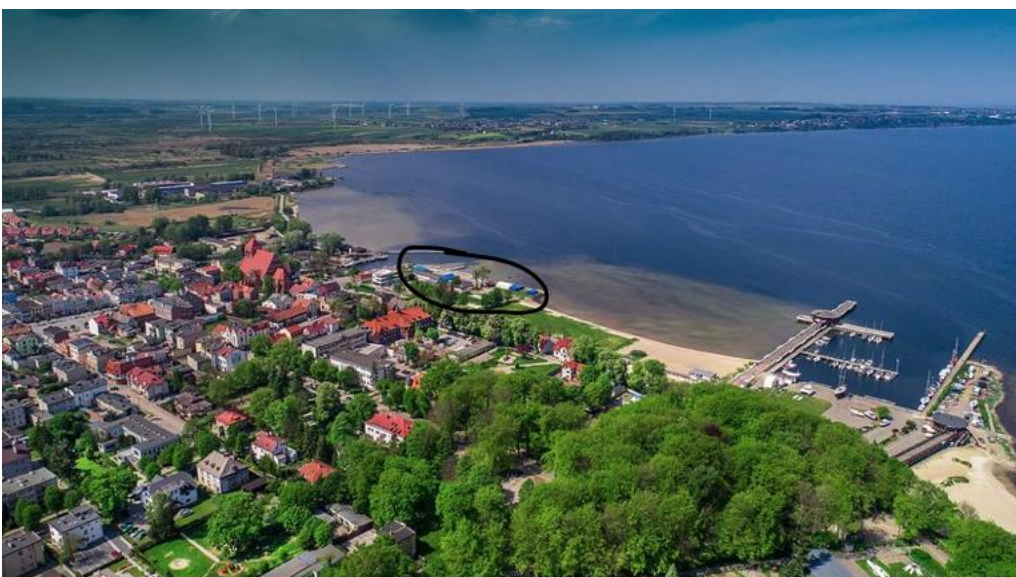


ACCOMODATION

The training will take place in Puck, Poland, which is a small town right at the Baltic Sea coast. We will be staying at Harcerski Ośrodek Morski that is located around 10 meters from the sea shore.

ul. Żeglarzy 1, 84-100 Puck, Polska

!!!! Note: Before booking the tickets contact the coordinator to check your itinerary and accept the cost



ARRIVALS

You are expected to arrive there on April 22, 2024. From the airport, take public transport to the project venue. **See more in travel details appendix.**

<https://autokreacja.org/connect-before-correct/>

SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_ngo/

WWW <https://autokreacja.org>



Funded by
the European Union



REIMBURSEMENT

Reimbursement of travel costs will **ONLY be done upon full attendance in the training and presentation of the original tickets and receipt/invoices.**

Unauthorized absence from activities and workshops will not be permitted and if happening, may result in the cancellation of travel costs' reimbursements and/or expulsion of the event.

!! Note: Bring original invoices and tickets, print out e-tickets and keep your boarding passes. Price, currency, name of passenger, date of purchase and travel **should be clearly visible on all documents**; otherwise we will be unable to reimburse the travel costs. Reimbursement will be based on **real travel costs**

!!! Note: If you wish to travel on other dates as the project's dates, please ask for confirmation before booking the tickets (we accept travel 2 days before the event and 2 days after the event under the condition that no stop-overs are done on the travel). The accommodation and food expenses during the extra days are covered by participants.

!!!! Note: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated accordingly to Polish National Bank rate exchange.

!!! Note: PRINT all your documents!

PARTNERS

Country	Number of participants
Poland	5
Spain Ayuntamiento Altea	3
Italy NaKa	3
France Association de Développement	2
Slovakia YOUTHFULLY YOURS	2
Norway - CREATORIUM	2
Czechia EVROPSKE CENTRUM	3
Austria - IKIGAI	2
Greece - USB	2

<https://autokreacja.org/connect-before-correct/>

SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_ngo/

WWW <https://autokreacja.org>



Funded by
the European Union



WEATHER

Spring can be very nice and sunny but also cold. Depends on the year. It is typical for April to rain, so bring warm clothes, waterproof jacket and comfortable shoes with you.

FOOD AND WATER

Food expenses (breakfast, lunch, dinner and coffee breaks) are covered by the project and managed by Autokreacja. **Vegetarian, vegan food is available**, but organizers should be informed about.

Water: The tap water is not suitable for drinking, but I drink it and I am still alive :)

ELECTRICITY

Electricity in Poland is 220 VOLTS at 50 Hertz. European plugs should be compatible with Polish ones.

PREPARATION

!!! Note: the participants can contact us anytime (respecting daily working hours) with questions, anyway it's crucial to inform them about Erasmus + programme, rules, obligations.

SOCIAL MEDIA



Funded by
the European Union



MONEY ISSUES

The official currency is Zloty (PLN), divided into 100 groszy. Most major credit cards are accepted at hotels, shops, restaurants, cafes. There are many ATMs spread around the city centre, they are marked BANKOMAT (cash dispenser in Polish). Money can be exchanged at banks, hotels and at the airport but exchange offices, called KANTOR, usually offer better rates. Some of the exchange offices are open 24 hours a day. The exchange rates as of February 2024 are:

1 EUR  - 4,20 PLN

Coins

1, 2 and 5 zloty and denominations of 1, 2, 5, 10, 20 and 50 groszy.



Notes

The PLN appears in denominations of 10, 20, 50, 100 and 200 zloty.



<https://autokreacja.org/connect-before-correct/>

<https://autokreacja.org/connect-before-correct/>

SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_ngo/

WWW <https://autokreacja.org>