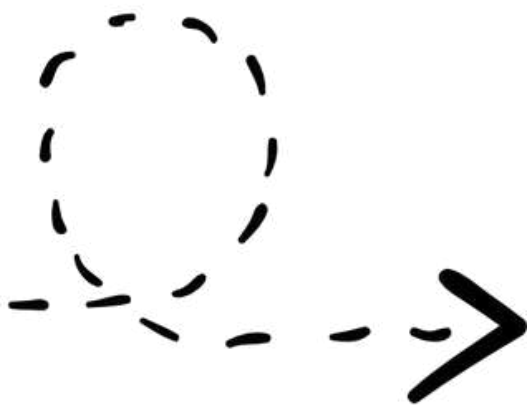


The Power of Stories

Digital Storytelling for Youth Workers

Poland, 13 - 21 April 2026



Infopack



Funded by
the European Union





The organizers

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 mission is working towards building more inclusive societies where every individual feels empowered to be a change maker



website: www.autokreacja.org

facebook: [FundacjaAutokreacja](https://www.facebook.com/FundacjaAutokreacja)

instagram: [autokreacja_ngo](https://www.instagram.com/autokreacja_ngo)



The project

If you are interested in joining the project, please make sure to fill out the application form [here](#)

This project is an Erasmus+ KA1 for youth workers implemented within the accreditation granted to Fundacja Autokreacja.

[The Power of Stories - Digital Storytelling for Youth Workers](#) is a 7 days long training course focused on providing the participating youth workers with digital based tools and methods that can be used to support their young beneficiaries, especially young people at risk of exclusion.

[APPLY HERE](#)

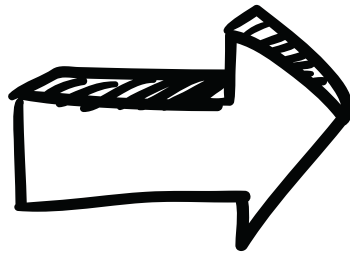


The method

DIGITAL STORYTELLING (Berkeley Method) is a way of empowering people by supporting them to share their personal life stories with the help of digital means of expression. Joe Lambert, founder of Center for Digital Storytelling and one of the main promoters of the method, defines digital story as a short, first-person video narrative created by combining recorded voice, still and moving images, and music and other sounds.

The philosophy behind the method is that everyone has a story to tell. We often work with groups of people, who do not have a voice in popular media or are only represented by statistics. Many people believe that what they have to tell is not interesting enough, that they are not creative enough, or they don't want to bother others with their worries and cares.

We help people to tell stories which they are proud of, stories they want to share. We do that through a group process, where the participants are heard and respected, and where they themselves also learn to listen. We use simple and free tools, to keep the method open for everyone no matter what economic and cultural resources. We don't expect a professional product in the end, and we keep the method flexible, to be able to adjust it to our different target group.



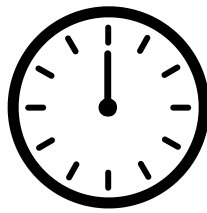
Our approach

During the activity we are going to use the “learning by doing” approach, which means that each participant will be invited to create their own digital story (short film) to truly experience and understand the method. In the second part of the training we are going to focus on analyzing digital storytelling as a method and teaching our participants how to become a facilitator and how to use digital storytelling while working with youth with fewer opportunities.

Although during this project each participant is to create their own digital story, we do not require any previous knowledge nor experience on filmmaking. This project is suitable for newcomers in the field - the main requirement is for participants to be open and eager to learn new skills.

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The Schedule

Day 1 Tuesday, April 14	Day 2 Wednesday, April 15	Day 3 Thursday, April 16	Day 4 Friday, April 17
Welcome and Introduction	Introduction to Digital Storytelling	Voice Recording: Introduction	Video editing: Introduction
Getting to Know Each Other	Story Finding: Creative Exercises	Individual Voice Recording	Individual video production
Team Building	Script Writing: Introduction	Creating Visuals: Introduction	Individual video production
Expectations, Contributions, Fears	Individual Script Writing	Individual Visuals Creation	Individual video production

Day 5 Saturday, April 18	Day 6 Sunday, April 19	Day 7 Monday, April 20
Screening and Celebration	Analyzing the Method: Case Study	Dealing with challenges: theatre workshop
Screening and Celebration	Analyzing the Method: Case Study	Using Digital Storytelling in Local Communities: Planning for the Future
Individual and group reflection about the process	Me as Facilitator: Working on Individual Competences	Using Digital Storytelling in Local Communities: Planning for the Future
Individual and group reflection about the process	Me as Facilitator: Working on Individual Competences	Evaluation and Closing

Things you will learn

- What Digital Storytelling - Berkeley Method is
- How to create your own short film (script, voice recording, visuals, editing)
- How to use visuals to express your emotions and share your stories with others
- How to work with young people at risk of exclusion
- How to improve your skills and become a digital storytelling facilitator
- How to adapt the method to the needs of your local community

Who are we looking for

- Youth workers or active volunteers working for NGOs and other institutions that aim at supporting young people at risk
- Living in the Erasmus+ program country
- Interested in exploring digital storytelling and ready to use the method in their work with young people
- Ready to make their own short film
- Able to communicate in English both in speaking and in writing
- Minimum 18 years old



The venue

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.

The hotel has both comfortable rooms and a large training hall, with extra working spaces we will use for having sessions in smaller groups.

At the venue we will be provided with three meals and two coffee breaks each day. They provide towels and hair dryers are available at the reception.

You will be staying in rooms shared with a persons of the same gender but different nationality. Please note that unfortunately NO POSSIBILITY to stay in a single room.





Travel

The nearest international airport is [GDANSK LECH WALESIA AIRPORT \(GDN\)](#). If there are no suitable connections from your country to Gdańsk, you can also fly to [WARSAW CHOPIN \(WAW\)](#) or [WARSAW MODLIN \(WMI\)](#) and then take a train or a flixbus to Gdańsk.

From Gdansk there are frequent and regular trains to Puck, where you are expected to arrive on [April 13](#)

The departure day is [April 21](#)

Important

- Please send your travel proposal to Kasia from Autokreacja (cate.luczak@gmail.com)
- We would also ask you not take any actions (preparing the tasks, looking for tickets, buying insurance) unless you filled out this online application and received official confirmation of your participation from Autokreacja



Weather

Poland has a moderate climate with both maritime and continental elements. April is quite unpredictable - it can be a warm spring weather (+15 degrees), but it can also get colder, especially in the nights. It might also rain, so please make sure you check the exact weather forecast before departing and don't forget to bring comfortable clothes along with something waterproof in case it rains.

Things to bring

For the training course, each participant is expected to bring the following:

- laptop/tablet for film editing
- headphones
- a small personal object that represents a story that is important for you
- camera if you have one
- some old pictures from your life (optional)

Phones and internet

The international access code for Poland is +48. The outgoing code is 00 followed by the relevant country code (e.g. 0048 Poland).

We will have internet in the venue but wi-fi is also available pretty much everywhere.

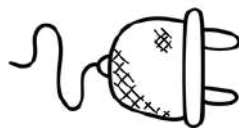


Food and water

Food expenses (breakfast, lunch, dinner and coffee breaks) are covered by the project and managed by Autokreacja. Vegetarian food is available, but organizers should be informed about no later than one week before arrivals.

If you want to try some typical Polish dishes you may find that Polish food is hearty and filling, with thick soups and sauces, abundant in potatoes and dumplings, rich in meat but not so much in vegetables. Characteristic ingredients are dill, marjoram, caraway seeds and wild mushrooms. There are four daily meals in Poland: an early breakfast, a light snack for second breakfast, a substantial dinner taken after work, and a small supper before bed.

Water: tap water is suitable for drinking.



Electricity

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



Money

The official currency is Złoty (PLN), divided into 100 groszy. Most major credit cards are appear 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 10th are
1 EUR - 4.22 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.





Communication

Throughout your stay in Poland 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 us on WhatsApp for assistance:

Kasia Łuczak: (+48) 502 096 593

Kasia Kowalska (+48) 606 704 073

If you have questions that were not answered in this info pack, please send us an email:

Kasia Łuczak (for questions regarding travel and logistics):

cate.luczak@gmail.com

Kasia Kowalska (for questions regarding the educational content):

katarzyna.m.kowalska@gmail.com,