

FROM PARTICIPANT TO LEADER

ONE STEP
CLOSER TO
YOUTH
EXCHANGES

TRAINING COURSE

24.02 - 3.03.2020

JASTRZĘBIA GÓRA
POLAND













Erasmus+

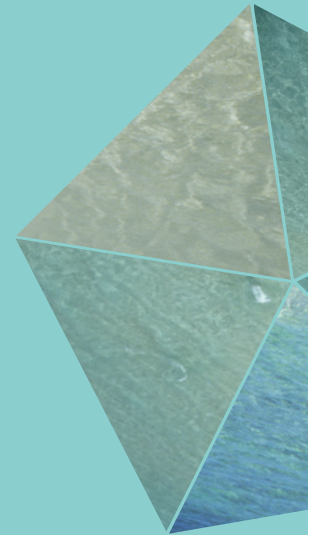


PROJECT DESCRIPTION:

The main goal of the 'From participant to leader - one closer to youth exchanges'; project is to train 22 future leaders of youth groups during youth exchanges implemented under the Erasmus + program and equip them with competences to be leaders who will activate young people and encourage taking responsibility for the learning process during a mobility.

The training of youth workers in Jastrzębia Góra has the following specific objectives:

-  training of 22 competent youth leaders who will carry out together with young people from partner
-  educational organisations and youth exchange projects equip participants with knowledge on the formal aspects of youth exchanges in the Erasmus + program
-  reflection by participants on their ability to be a leader
reflection on the role of the leader during a youth exchange
-  equip the participants with the competences necessary to be a leader during a youth exchange
-  get to know practical tools, exercises and measures to strengthen youth participation during youth exchanges
-  provide space for discussions about values at work with
-  young people, and support youth participation and youth projects for youth exchanges
-  provide space to create new ideas for valuable youth exchange projects with clear educational objectives for young people
-  offer space for the exchange of experiences and good practices between participating organisations regarding youth exchanges
-  establish long-term, lasting partnerships between participating organisations as a basis for future projects and initiatives.



The training is aimed at equipping young people who want to be the leader of the youth in a partner organization, with competences such as: - creating a safe and comfortable learning atmosphere; analysis of participants' needs; motivating participants; delegation of tasks; strengthening youth; interpersonal and leadership skills; communication skills; intercultural learning; presentation skills; facilitation skills (conducting workshops); how to deal with stress, conflicts; organizational and leadership skills; group creation; ensuring safety during the exchange project; time management - the selection of these competences results from the analysis of needs analysis made by our organization in which partner organizations took part.

Participating countries: Poland, Italy, Romania, Bulgaria, Denmark, Greece, Portugal, Hungary, Serbia, Spain, Latvia.

Applied methods of work - non-formal education methods: discussions, group work, simulation games, simulations, drama, open space technology, team building, getting to know each other games, peer education, interactive games, tasks to stimulate creativity, reflections, reflection groups. Formal elements: short mini-lectures.

PROFILE OF PARTICIPANTS:

Participants:



Are able to participate in the whole duration of the training



Are 18 and more (**there is no upper age limit, however the training is designed for the people with no or little experience in being youth leader in the context of international youth exchanges**)



Are working with young people and want to develop activities for them (focusing on creating youth exchanges)



Actively involved in the activities of the sending organisation as a volunteer, employer, external expert (if not possible - a person who is somehow involved in the youth work in their local community or internationally and will benefit from this training)



Preferably 1 man 1 woman from one organisation, as we are trying to keep the gender balance, however motivation and involvement in the organisation is the key criterion



Ability to express freely in English as this will be the working language of the course. If not possible, please ensure that 1 out of 2 persons is able and ready to interpret for their colleague.



People who read carefully e-mails and documents sent to them, and answers to e-mails :)

We invite 2 persons from each country, which means we will work in a group of 22 excluding facilitators.

IMPORTANT check out the separate document about the responsibilities of participants!

VENUE:

You will be accommodated in “Nowa Fregata” hotel:

(<http://nowafregata.pl/>; <https://www.facebook.com/nowafregata/>)

Nowa Fregata is located at the most beautiful and peaceful area of Jastrzębia Góra, on a high cliffy shore less than 100m from the beach. We will be accommodated in double and triple rooms and we would like to propose you, which is our usual practice to share the room with the person from the other country, same gender. If you are not comfortable with that, please contact us in advance (before your arrival). The training space is in the same building. The full board will be provided to us, including coffee breaks.

WiFi is available at the venue. However, we can't guarantee its quality, and we recommend not to plan any online meetings or work to do during your stay. The Internet connection is often weakened by the winds from the sea and it is usual condition in this area, please keep this on mind.

Linen and towels are provided.

The workshops will take place in the same building. We kindly ask you to bring a pair of comfortable “indoor” shoes, not to use outdoor shoes in the activity room.



address of the venue:

Nowa Fregata
Bałtycka 30,
84-104 Jastrzębia Góra
Phone (+48) 500 137 792

More Pictures available here (unfortunately web is only in Polish):

<http://nowafregata.pl/>
<https://www.facebook.com/nowafregata/>

ARRIVALS AND DEPARTURES:

The training course will consist of 7 days of the program (25th of February – 2nd of March 2020) + 2 travel days (24th of February – arrival day and 3rd of March 2020 – departure day).

All the participants are expected to attend the full program.

NOTE: We kindly ask you to plan your travel in a way to reach Gdańsk 24 th of February 2020 by 4 PM so that we can organise the shuttle bus for all of you to Jastrzębia Góra. Don't worry if your flight is not to Gdańsk and consult your travel individually with Łukasz (lukteo@gmail.com)

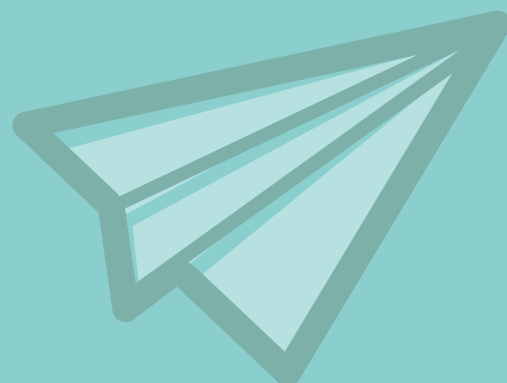
We aim to begin with dinner at 7 PM, after dinner, some welcome activities will follow. Departure day is the 3rd of March 2020 after we know your itineraries, the team will organise the departures for you. NOTE that the bus from Jastrzębia Góra to Gdańsk goes approximately 1,5 hour.

It is very challenging to reach the flights earlier than 9 AM

ARRIVING BY PLANE:

Warsaw, Łódź, Bydgoszcz and Gdańsk airports are possible, but Gdańsk is the most convenient one as Jastrzębia Góra is just 80 km remote from Gdańsk. There is transportation going to be organised from Gdańsk depending on what time and how many of you decided to land or come there. As soon as your flights, buses and trains details are known the organisers' team will provide you with further information about the transportation.

Before arranging ANY travel arrangements, please contact Łukasz Teofilak (lukteo@gmail.com) in order to advise you best itinerary. **Buying tickets without approval may cause not accepting these costs by the host organisation.**



TRAVEL BANDS AND REIMBURSEMENT:

Our project is financed by Erasmus + Programme. Organisers will provide accommodation and food.

Travel costs will be covered according to the funding rules of Erasmus + Programme based on Erasmus+ distance calculator as follows (cost per participant, return ticket, in EUR):

Hosting organisation DOES NOT require any kind of participation fee.

HUNGARY	275 EUR
BULGARIA	275 EUR
GREECE	275 EUR
ITALY	275 EUR
ROMANIA	275 EUR
DENMARK	275 EUR
SPAIN	360 EUR
LATVIA	275 EUR
PORTUGAL	360 EUR
SERBIA	275 EUR



Travel reimbursement will be based on real costs spent on tickets up to the limits listed above.

EXAMPLE:

Maximum for a country is **275 €**. A participant spent on tickets 190 €, so he/she will receive 190 € travel reimbursement. **Travel reimbursement will be calculated according to bills/invoices/tickets provided by a participant.**

Please note, that in order to be reimbursed you need to keep all your recipes, invoices and tickets. **As soon as you have them, please send copies or electronic tickets to lukasz: lukteo@gmail.com.**

Taxis - **we do not reimburse taxi expenses.** They can be reimbursed only under special circumstances (i.e. no other option to reach the airport, early or late flights etc.)

You will need to provide all these documents to organisers, if possible during the training, in order to avail of any travel reimbursement. Reimbursement will be done only based on originals of the tickets at the end of the training course.

It is allowed to come 2 days earlier or stay 2 more days after the TC, having on mind that in this case accommodation and meals for additional days will not be covered by the organisers team and you would need to pay by your own. Travel costs are reimbursed independently.

MONEY:

The currency in Poland is Polish złoty (PLN)

1 euro = 4,20 PLN

bottle of water: 1-3 PLN (0,5l)



a juice in a cafe: 5-7 PLN



sandwich: 5-10 PLN



espresso in a cafe: 6-9 PLN



CREDIT CARDS

Most major credit cards (Diners, American Express, Visa and Mastercard/ Eurocard) can be used for **payments wherever noticed, as a rule in most major hotels, shops, and restaurants.**

CLIMATE AND WEATHER:

In February/March the average temperature is 0 degrees during the day and - 5 degrees in the night, note, that the venue of the training is in the seashore and the weather can be very different than in Gdańsk or Warsaw.

There is a possibility there will be snow during our staying (be prepared for that - please take warm clothes, winter hat, gloves, scarf and appropriate shoes for the snow). Information about the weather will be posted on the FB group.

GENERAL INFORMATION ABOUT POLAND:

<http://www.polska.pl/en/>

<http://www.foreignersinpoland.com/>

<http://www.staypoland.com/polandstereotypes.html>

https://www.staypoland.com/about_jastrzebia-gora.htm/

<https://www.gdansk.pl/en/>

Public transportation in bigger cities in Poland:

<http://gdansk.jakdojade.pl/>

OTHER:



You should self-organise your accommodation in case of early arrivals or late departures.



Obtaining full insurance (travel risks, medical, injuries) is the participant responsibility, please take your insurance card with you.



About any changes, you will be updated by organisers via e-mail or on our Facebook group, which your coordinators will invite you.



NGO fair – there is a space devoted to networking and to make it more visual and entertaining, we encourage you to bring some leaflets, videos, another kind of materials showing what your NGO does, what kind of initiatives you are involved in.



Intercultural evening – there is no structured activity planned in the schedule, though we invite you to bring some snacks from your countries to share during the coffee breaks and beverages in the evenings. If there is a will in the group, one of the evenings can be devoted to countries presentations, which we encourage you to be interactive, not youtubish :) This we will agree with the entire group on the spot.



Trips to Gdańsk, Gdynia, Sopot – **we do not organise** such trips, neither plan them during the course. In case you would like to visit above mentioned cities and be sure you will have enough time to sightsee, we do recommend you to plan your trip in a way to arrive 2 days earlier or stay 2 more days after the project.



On the other hand, note that our venue is almost on the beach, which was one of our main motivations :)



Regardless the winter season nearby flora really encourages the walks in the breaks and in between the workshops. If the weather allows us we plan to do some warm-ups outdoor. Be ready for that with your clothing! :)



MEET THE TEAM:



Paulina Drzał - Facilitator, host; address your questions regarding the program, filling online form, and how the TC will look like to me!

paulinadrzal89@gmail.com



Łukasz Teofilak - Facilitation, coordination and practicalities: I will answer your questions regarding reimbursement, travel planning, transportation, venue; necessarily contact me while planning your trip!

lukteo@gmail.com, + 48 696 595 671

DISCLAIMER

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Erasmus+

