

Arrival day:
30.08.2016

Departure day:
07.09.2016

Location:
Stara Kraśnica 9,
Lower Silesia
Voivodeship,
Poland



Training Course **Youth Support Youth**

Hosted by **Youth Support Centre**

Granted by:



Funded by:



Erasmus+



“Youth Support Centre Supports Young People Worldwide!”

“Youth Support Centre is a non-governmental organization which works in Lower Silesia Region of Poland, founded in order to support development of youth and youth workers”

YSC is open to everyone who would like to take part in our organisation and be our volunteer. For our members and volunteers we organise informal meetings, discussions and workshops on various topics, Erasmus Plus presentations, invite them to participate on projects of our partners and give them opportunity to support us in organising our own activities.

In this way, we try to broaden the horizons and influence the personal, professional and social development of young people from our community by providing new or improved knowledge, skills, experiences, attitudes and contacts.

How?

On international level we want to establish strong and reliable partnerships with organisations from all around Europe that can lead towards creation of network, which can be the incubator of fresh and innovative ideas, exchange of knowledge, skills, practices and experience as well as source of motivation for all members to support each other in challenges, improvement of our work, reaching our goals and being more creative in the future.

In order to achieve our international goal, we are getting more and more active within Erasmus+ Programme that provides us the opportunity to connect and work together with organisations that share our mission and values.

Hosting Organisation

Youth Support Centre (YSC) was founded on 29th of April 2015 and is composed of people who are active in civil sector and youth work for many years.

More information you can find on:

<https://youthsupportyouth.wordpress.com/poland>

Why?

YSC was established by youth workers, young people and professionals, motivated to work with non-formal education in addressing the issues that concern our local community, Poland and Europe in general.

The main goal of YSC on local level is to involve as many as possible young people into the social life of their communities and to encourage them in that way to take active participation in society.

PARTICIPANTS’ GUIDEBOOK



PROJECT

General information and objectives.

Project “**Youth Support Youth**” includes one Training Course – Mobility of youth workers that will be hosted in Poland with arrival day on 30/08/2016 and departure day on 07/09/2016.

Training Course will include **28** participants from 14 partner organizations from **Poland, Cyprus, Czech Republic, Lithuania, Malta, Spain, United Kingdom, Latvia, Italy, Macedonia, Bulgaria, Romania, Croatia and Estonia.**

Main aim of the project is to create innovative approach in youth work for involved organizations and other relevant stakeholders in order to help them to promote European values, European citizenship and active participation among target groups.

More: <https://youthsupportyouth.wordpress.com/training-course>



Aim of Training Course itself is to empower participants to develop and implement activities of their organizations, as well to contribute to existing activities of their organizations using innovative methods and tools, new approach to young people with fewer opportunities and create local synergy with other stakeholders.

Objectives of the activity in same time part of objectives of whole project will be fulfilled while ground for achieving other objectives of the project will be prepared in order to gain aimed results during follow-ups as well.

PARTNERS

Basic information

Organisation	Country	No. of participants	Max. travel grant per person (Euro)
Network for European Citizenship and Identity	Cyprus	2	360
VIVID z.s.	Czechia	2	180
Asociacija "Aktyvus Jaunimas"	Lithuania	2	275
TDM 2000 MALTA	Malta	2	275
Educadaje	Spain	2	275
Subtiluship C.I.C.	United Kingdom	2	275
ERFOLG	Latvia	2	275
F.E.E.L. - Fostering European Education and Learning	Italy	2	275
CET platforma Skopje	Macedonia	2	275
Centar za mejdunarodna mladejka deinost – Bulgaria	Bulgaria	2	275
Future in Progress	Romania	2	275
SEIKLEJATE VENNASKOND	Estonia	2	275
Interaktiva	Croatia	2	275
Youth Support Centre	Poland	2	0

Agenda of the Training Course

Hosting Organisation might modify the daily workshops according to proposal of partners or participants during the training.

	TUE, 30/08	WEN, 31/08	THU, 01/09	FRI, 02/09	SAT, 03/09	SUN, 04/09	MON, 05/09	TUE, 06/09	WEN, 07/09
08:00	Travel of participants	Breakfast							
10:00		Get to know each other	Erasmus+	European values	Meeting with local stakeholders	Communication with target groups	New approaches in practice	Presentation of project ideas	Check out of participants
11:30		Coffee break				Coffee break			Travel home
12:00		Introduction to the training	Erasmus+ as tool for social inclusion	European citizenship		Communication with target groups	New approaches in practice	Establishing network	
13:30		Lunch							
15:30	Registration of participants	Team building	Assessment of needs of communities	Fewer opportunities	NGO communication	Innovative youth work	Drafting project proposals	Partnership open space	
17:00		Coffee break							
17:30	Opening of project	NGO fair	Needs and experience of organisations	Common answer to needs of youth	Communication with local stakeholders	Innovative youth work	Drafting project proposals	Final evaluation	
19:00	YouthPass	Personal and group reflections							
19:30	Dinner								
21:00	First evening	Intercultural evening	Intercultural evening	Self-organized activity	Self-organized activity	Self-organized activity	Self-organized activity	Final party	

How to apply?

PARTICIPANT'S PROFILE

All applicants need to complete the application form received from sending organisation and e-mail it back to contact.ysy@gmail.com by **30th of June 2016**.

Hosting organisation will contact selected applicants by 10th of July 2016 with more information, regarding personal and travel details, etc.

Participants should be:

- Youth workers, youth leaders and youth trainers working in the sending organisation;
- Young people involved in their non-governmental or civil society life;
- Aged over 18, having strong motivation to participate fully in all activities of the project;



VENUE

The Training Course will be hold in a beautiful and relaxing rural area, **Stara Kraśnica** Village, which is situated around 80km far from Wrocław in Lower Silesia Voivodeship of Poland.

Participants will be accommodated in a cosy agro-touristic guesthouse [“Gościniec pod gruszą”](#) which was build up in 1845 and renovated in 2009.

The guesthouse is surrounded by fields, amazing views on mountains and agro-farms with great local people who run their own small business with traditional local products such as fresh cow milk, different kinds of cheese, eggs, honey, pottery, fruits and vegetables etc.

The guesthouse has a great garden where we can to drink coffee/tea, take a rest, organise bonfire or play energizers during the day and relax at evenings.

During your free time you will be able to meet local people from local association who run their slow-food restaurant 4km far from the guesthouse where guests can find local products from neighbour farmers, visit eco-village and educational centre which promotes local goods, tradition and history. For active people there are many tourist trails to discover as well. More about the area of the guesthouse: <http://www.gorykaczawskie.pl/en/dla-aktywnych>

Accommodation & Food

Important information

Accommodation and Food will be covered by hosting organisation within the Erasmus Plus funds.

The Training Course will start with supper on 30.08.2016 and end up with breakfast on 7.09.2016.

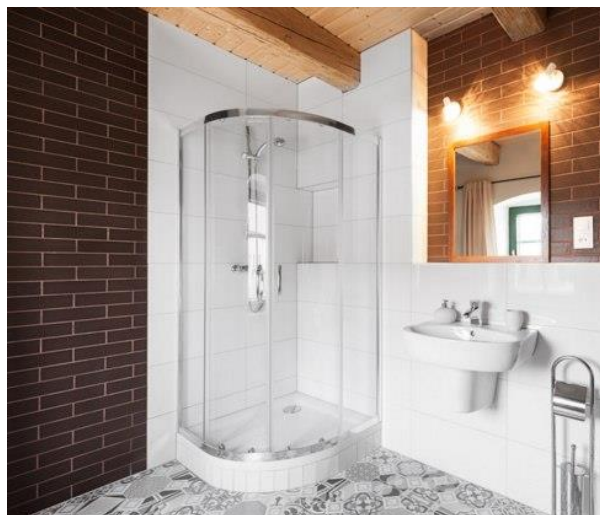
Breakfasts, Lunches, Suppers and Coffee breaks will be provided during the training.

You will be accommodated in rooms with **2, 4, 5 or 6 beds**. All rooms are equipped with **private bathroom, TV** and cosy zone. Please follow the link to see all the rooms:

<http://gosciniexpodgrusza.pl/pokoje/>

All the rooms are spacious and comfortable. **Sheets linen and towels will be provided.**

Rooms with 4, 5 and 6 beds are with entresol floor, where is bedroom and 0 floor where is bathroom and living corner with TV and couch zone. WI-FI is available in the whole guesthouse.



Travel Guide

Hosting organisation will organise a **shuttle bus** which will bring us together from the meeting point near Wrocław Bus Station to the place of the project, so in that case the best for you is to find a plane/bus/train from your home city to Wrocław directly.

Shuttle Bus from Wrocław to the Guesthouse will be organised on **30.08.2016** around **5 pm**, so please try to look for travel options that allow you to be in Wrocław before that time.

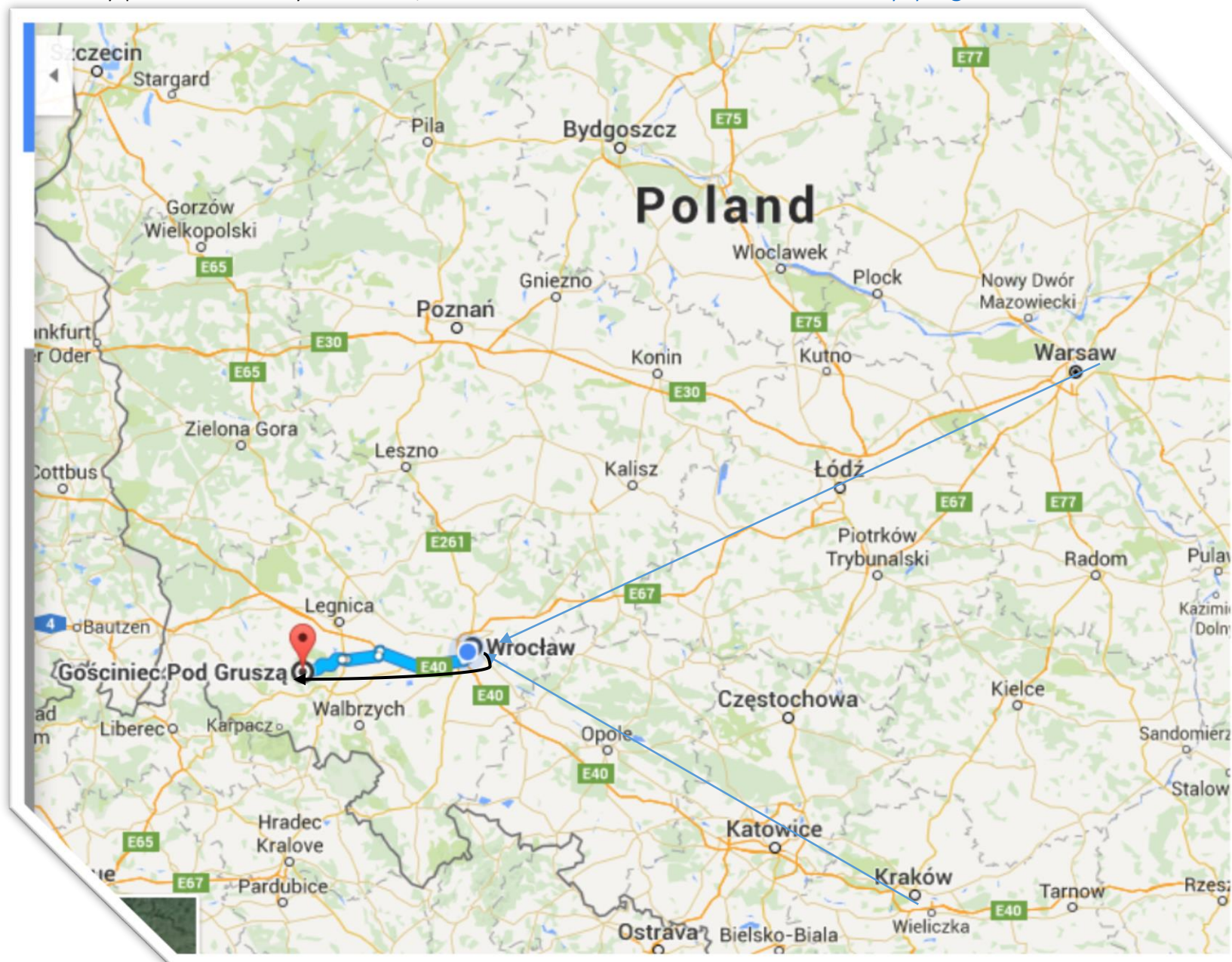
On the way back from the Guesthouse to Wrocław on **07.09.2016** Shuttle bus will be organised around **09-10 am**, so please try to go back home from Wrocław **after 12 - 1 pm**.

Wrocław is located in the south-western part of Poland and has many possible flight connections with other European cities (airport.wroclaw.pl/en/). Other suitable airports are Krakow (krakowairport.pl/en/) or Warsaw (lotnisko-chopina.pl/en/passenger). It is possible to get from Warsaw, Krakow, Berlin, Prague, Katowice to Wrocław by train (rozklad-pkp.pl/bin/query.exe/en?) or by coach (e.g. www.polskibus.com/en).

First you need to get our approval before buying tickets, so please send us your journey plan before the end of July 2016! If you plan to travel outside the official project dates you need Youth Support Centre approval first. Please contact us!

Tickets for travel outside the official travel dates purchased without approval will not be reimbursed.

If you have any problems with your travel, do not hesitate to contact us on contact.ysy@gmail.com!



The meeting point will be conveniently located in the city centre of Wrocław, near the train and bus stations.

Organisers cannot provide you with food & accommodation before or after the project, but we will be glad to provide you with any information or suggestion that may make your stay safe, comfortable and pleasant.

During the project we won't organise trips to visit Wrocław. However if you want to visit the city (it's totally worth it!), you may stay 2 more days before or after the project - just please consult it with us before.



TRAVEL COSTS

Reimbursement rules

The organisers will reimburse your travel costs from your home city to “Gościniec pod Gruszą” guesthouse, Poland.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice and up to the level set by the EC based on the distance [calculator between](#) seat of your organisation and the guesthouse, max. travel grant per person you can find on 5th page of the infopack.

Reimbursement of travel costs will only be done upon full attendance during the training and presentation of the original tickets with boarding passes and receipts/invoices.

Reimbursement will be done in cash, in the end of the project or via bank transfer after the project.

Cost of the transfer Wrocław – Guesthouse – Wrocław (13-15 EUR) will be included in your reimbursement forms and deducted from the total reimbursement you will receive at the end of the project.



To receive full reimbursement you need to provide us with:

1. **Original Return tickets** (e.g. from London to Wrocław and back)
2. **Photocopies / PDFs** of all of your tickets and boarding passes, especially if you fly with low-cost airlines, including the invoice (if you have one). If you've booked online, we need the FULL confirmation email of your booking, printed with the date and time the email was sent to you, containing e-mail subject and all e-mail addresses!

As a rule the cheapest travel option should be chosen.

Participants who are not able to buy some tickets online or in advance and cannot provide us with it before the end of the training course will have to do it after coming back home - scan it and send originals back to us via post - in order to receive the reimbursement.

Post address for sending tickets will be given in the end of the training course.

E-mail address for sending scans, PDFs and online tickets/invoices/boarding passes is contact.ysy@gmail.com, in the e-mail title you need to write down your *Name, Surname and Country*.

Health Insurance – must have!

Please make sure that coming to the project you have a valid health insurance!

Please make sure that your health insurance makes it eligible to have a medical treatment abroad. [This is absolute must if you want to join the project.](#)

You can obtain [European Health Insurance Card](#) (EU) or buy travel insurance covering potential medical needs.

Costs regarding Health Insurance are not reimbursed by hosting organisation.



What to bring? What to know?

Information materials about your organisation, photos or report from your former projects and other things, which will help you to present your organisation during NGO Fair.

Some national drinks, snacks, brochures, music, posters, traditional garments and any other suitable materials for the intercultural evening which will be open also for neighbours of the guesthouse.

During the intercultural evening local host will present and prepare for us traditional Polish dish called “Kociółek myśliwski” with local ingredients, forest mushrooms and game from [wild boar](#). There will be also some traditional Polish snacks for vegetarians, do not worry!

If you need any extra equipment or you have special requests, write us!



National currency is Złoty (Polish Złoty, PLN). 1 EUR is approximately 4,30 PLN;

Exchange rate at the airport is usually lower than in the city so try not to change big amount of money there. Polish word for an exchange office is KANTOR.

Weather in August/September is usually quite pleasant, temperatures may vary from 15 to 30 degrees with occasional showers. Nights may be quite cold, so please make sure to bring some warmer clothes.

Most useful Polish expressions:

1. **Przepraszam** – I am sorry / Excuse me
2. **Dziękuję** – Thank you
3. **Proszę** – Please / You are welcome

Most of Polish people are willing to help and know English well enough so always feel free to ask for help ☺



In case of any questions concerning the travel, the project, your preparation or any other matters please do not hesitate to contact us at contact.ysy@gmail.com.

We invite you also to visit the website of the project <https://youthsupportyouth.wordpress.com/> where you can find also all the important information regarding the project and its activity as well as basic information about all the partner organisations, contact details and so on.

Find Youth Support Centre on facebook funpage, where we share interesting posts, events, pictures and project opportunities: <https://www.facebook.com/yscentre/>

Contact us:

Kamila Fąferek – President of Youth Support Centre and Project Coordinator

0048/ 739-211-713

contact.ysy@gmail.com

See you soon!

Infopack

Training Course „Youth Support Youth” hosted by Youth Support Centre 30.08-07.09.2016 in Stara Kraśnica, Świerzawa, Poland

