

SUPPORTED BY



RECHARGING YOUTHWORK

28 - 31 AUGUST

31 AUGUST - 4 SEPTEMBER

4 - 8 SEPTEMBER

Sign up for any dates

POLAND, JANOWICE WIELKIE

THE PROJECT WILL PROVIDE PARTICIPANTS WITH TOOLS
AND STRATEGIES FOR ENGAGING WITH THE TOPICS OF
MENTAL HEALTH AND PHYSICAL WELLBEING IN THE FIELD OF
YOUTH

DEVELOPED AND IMPLIMENTED BY



JUGEND
für Europa



LOGOS
NGO

PROJECT CONCEPT



BURNOUT, ANXIETY AND MENTAL HEALTH ISSUES ARE A COMMON FEATURE OF OUR MODERN LIVES AND INCREASINGLY PREVALENT NOT ONLY AMONGST YOUNG PEOPLE BUT ALSO PROFESSIONALS WORKING IN THE YOUTH WORK SECTOR. THIS HAS BEEN EXACERBATED BY A NUMBER OF FACTORS, RANGING FROM COVID RELATED LOCKDOWNS, CLIMATE BREAKDOWN, AND THE FULL-SCALE INVASION OF UKRAINE. INDEED, MAINTAINING THE MENTAL AND PHYSICAL WELL-BEING OF YOUTH WORKERS AND THE YOUNG PEOPLE THEY WORK WITH IS ONE OF THE MAIN PRIORITIES IN THE FIELD.

THE PROJECT WILL INTRODUCE PARTICIPANTS TO THREE STAND-ALONE PRACTISES, NAMELY HIKING, BODY MOVEMENT AND CLIMBING. EACH PRACTISE WILL BE LED BY EXPERTS IN THE DISCIPLINE.

THE PROJECT WILL TAKE PLACE IN JANOWICE WIELKIE REGION OF POLAND BETWEEN 28 AUGUST - 8 SEPTEMBER 2023. IT WILL PROVIDE THE OPPORTUNITY FOR 30 PARTICIPANTS FROM PROGRAMME COUNTRIES.

DESCRIPTION

SEMINAR OF 4 OR 8, OR 12 DAYS LONG, WITH THREE STAND-ALONE RESIDENCES EVERY FOUR DAYS FOR THE YOUTH WORKERS, WHERE THEY WILL HAVE A CHANCE TO LEARN, DISCOVER AND RECHARGE VIA THREE DIFFERENT TOOLS: BODY MOVEMENT, ROCK CLIMBING AND MOUNTAIN HIKING.

YOU CAN TAKE PART IN ONE OF THE PARTS OR IN ALL 3.



LOCATION

THE PROJECT SPACES IS LOCATED NEAR THE VILLAGE OF JANOWICE WIELKIE IN JELENIA GÓRA COUNTY IN SOUTH-WESTERN POLAND, CLOSE TO THE BORDER WITH THE CZECH REPUBLIC. THE CAMPSITE IS SURROUNDED BY A MOUNTAIN RANGE AND A NATIONAL PARK CALLED "RUDAWSKI".



FOR THIS STAGE WE WILL BE BASED IN A REMOTE MOUNTAIN HUT IN THE GIANTS' MOUNTAINS, OR KARKONOSZE, FROM WHERE WE WILL EXPLORE THE RANGE DURING A SERIES OF DAY HIKES, PROVIDING US WITH AN INTRODUCTION TO THE PRINCIPLES OF OUTDOOR EDUCATION AND AND ITS APPLICATION TO THE YOUTH WORK FIELD.

● : 28\08-31\08 BLOK ONE

HIKING - KARKANOSZE

"MOTION MAPS" THROUGH DANCE AND THEATRE TECHNIQUES, WE WILL OPEN OUR SENSES, AND AWAKEN AND ENERGIZE OUR BODY. IMAGINE NEW WAYS TO MOVE AND CONNECT WITH OURSELVES, NATURE AND OTHER PEOPLE. CREATE, EMPOWER, TRUST AND BE CURIOUS IN (E)MOTION.

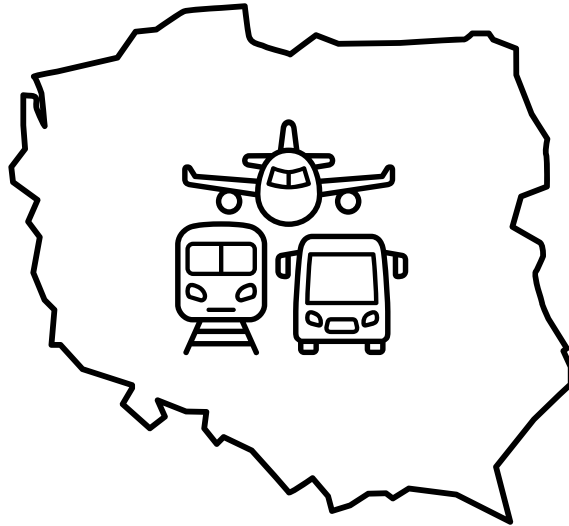
31\08-4\09 BLOK TWO: ●

MOVEMENT - JELENIA GORA

THE FINAL STAGE OF THE PROJECT WILL BE BASED IN SOKOLIKI, WHERE WE WILL EXPLORE CLIMBING AS A TOOL FOR FOSTERING PHYSICAL AND MENTAL WELLBEING. PARTICIPANTS WILL LEARN HARD SKILLS, INCLUDING BASIC CLIMBING TECHNIQUE, KNOTS AND CLIMBING COMMANDS, HOW TO TOP-ROPE BELAY, AND HOW TO ABSEIL.

● **CLIMBING**

TRAVEL TO POLAND



HOW TO GET THERE:

THE CLOSEST AIRPORT FOR THE PROJECT DESTINATION IS IN WROCŁAW. FLIGHT CAN ALSO BE TAKEN TO THE CZECH REPUBLIC OR GERMANY WITH FURTHER TRAVEL VIA TRAIN OR BUS.

THE CLOSEST TRAIN CONNECTION IS EASILY ACCESSIBLE BY PUBLIC TRANSPORT. FROM THE TRAIN STATION, IT IS A 35-MINUTE WALK TO THE CAMPSITE.

FOR LOCAL TRANSPORT, CHECK OUT: [HTTPS://WWW.INTERCITY.PL/EN/](https://www.intercity.pl/en/)

WE WILL BE COLLECTING PARTICIPATION FEES:

- PART 1: 20 EURO
- PART 2: 20 EURO
- PART 3: 20 EURO

ALL PARTS: 50 EURO

REASON: TO COVER ADDITIONAL EXPENSES. YOUR SENDING ORGANIZATION MAY CHOOSE TO ADD AN ADDITIONAL ADMINISTRATIVE FEE TO COVER THE ADMINISTRATIVE COSTS OF SELECTING AND PREPARING PARTICIPANTS.

REIMBURSEMENT

PLEASE NOTE THAT DURING THE PROJECT WE ARE GOING TO HAVE A LOT OF DOMESTIC TRAVELS, SO TRY TO SPEND AS LITTLE AS POSSIBLE ON YOUR TICKETS. THIS WILL HELP US A LOT TO MAKE THIS PROJECT BETTER. FEEL FREE TO ARRIVE BEFORE OR STAY AFTER THE PROJECT FOR 10 DAYS FOR YOUR OWN COSTS. REIMBURSEMENT WILL ONLY BE DONE IF YOU FULLY PARTICIPATE AND GIVING ALL TRAVEL DOCUMENTS AND BOARDING PASSES.

THE LOCAL CURRENCY IS THE ZŁOTY (THE EXCHANGE RATE IS APPROXIMATELY 1 EUR=4,5 PLN), YOU CAN EASILY EXCHANGE OR PAY BY CARD.

THE GREEN TRAVEL - TRAVEL THAT USE LOW-EMISSIONS MEANS OF TRANSPORT FOR THE MAIN PART OF THE TRAVEL (MORE THAN 50 %), SUCH AS BUS, TRAIN OR CAR-POOLING.

PARTICIPANTS USING GREEN TRAVEL CAN AS WELL STAY UP TO 2 NIGHTS IN TOTAL IN AND HOTEL \ HOSTEL AND GET REIMBURSEMENT FO IT UP TO 70 EURO IN TOTAL

TRAVEL DISTANCES	STANDART TRAVEL - AMOUNT	GREEN TRAVEL - AMOUNT
0 - 99 KM	23 EUR per participant	-
100 - 499 KM	180 EUR per participant	210 EUR per participant
500 - 1999 KM	275 EUR per participant	320 EUR per participant
2000 - 2999 KM	360 EUR per participant	410 EUR per participant
3000 - 3999 KM	530 EUR per participant	610 EUR per participant
4000 - 7999 KM	820 EUR per participant	-
8000 KM or more	1500 EUR per participant	-

RISK MANAGEMENT



IN ADDITION TO OUTDOOR ACTIVITIES, THE PROJECT WILL INVOLVE A MULTI-DAY HIKE IN HIGH MOUNTAIN TERRAIN AND TOP-ROPE CLIMBING. WHILE NO PRIOR OUTDOOR EXPERIENCE IS NECESSARY, A BASIC LEVEL OF FITNESS, INCLUDING THE ABILITY TO NEGOTIATE ROUGH UNDERFOOT CONDITIONS WHILE CARRYING A HEAVY BACKPACK, IS REQUIRED TO PARTICIPATE IN THE PROJECT EXPEDITION.

TO PARTICIPATE IN THE PROJECT, YOU MUST HAVE VALID HEALTH INSURANCE TO COVER ANY EMERGENCY TREATMENT IN THE EU. WE ALSO HIGHLY RECOMMEND TRAVEL INSURANCE.

PREPARATION AND EQUIPMENT

FOR AN OUTDOOR PROJECT IT IS ESSENTIAL TO HAVE PROPER EQUIPMENT AND TO BE READY FOR ANY KIND OF WEATHER



IT IS ESSENTIAL TO HAVE PROPER OUTDOOR EQUIPMENT AND TO BE READY FOR ALL KINDS OF WEATHER AND TEMPERATURES, FROM 5 C (RAINY) TO + 35 C (SUNNY).

TENTS WILL BE PROVIDED

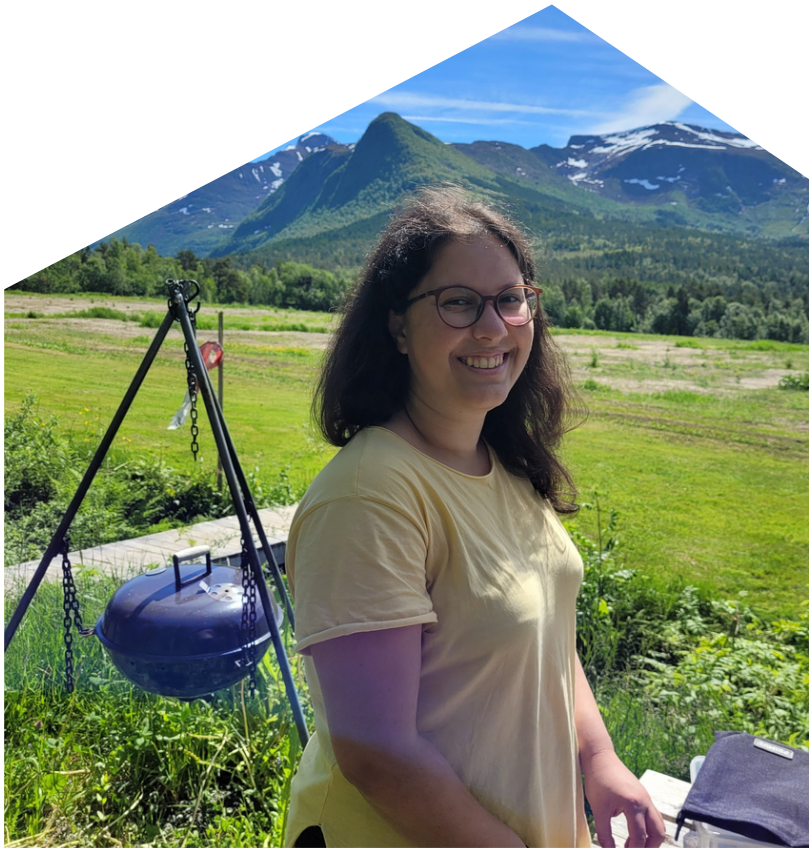
PERSONAL EQUIPMENT

- 60/80 LITER RUCKSACK
- HIKING SHOES (THESE SHOULD BE SUITABLE FOR HIGH MOUNTAINS AND ROUGH TERRAIN. NO SNEAKERS!)
- WATERPROOF JACKET AND TROUSERS
- COMFORTABLE CLOTHES FOR HIKING - INCLUDING SPARE CLOTHES TO CHANGE INTO.
- THERMAL UNDERWEAR, FLEECE
- SLEEPING BAG (MINIMUM +5C COMFORT)
- SLEEPING MAT
- HAT, GLOVES AND SUN-HAT
- WATER BOTTLE
- SUN LOTION AND MOSQUITO SPRAY
- HIKING SOCKS
- HEAD TORCH
- PERSONAL HYGIENE: TOOTHBRUSH, ECO-SOAP, TOWEL



PLEASE LEAVE SPACE IN YOUR BAG TO CARRY FOOD AND COMMON EQUIPMENT DURING THE HIKING TRIP!

STAFF & TEAM MEMBERS



SALOME KAKABADZE
SENIOR PROJECT MANAGER



DR. PETER MITCHELL
EXPERT



MARKO BOYKO
AGENDA MANAGER

TO APPLY

[LINK TO APPLY](#)

NO APPLICATION DDL. WE WILL BE APPROVING PARTICIPATION PLACES TILL THE MOMENT WE ARE FULL.

CONTACT DETAILS

QUESTIONS RELATED TO PROJECT CONTENT
PROJECTS@LERNLABOR.BERLIN

