

deep democracy

**Krzyżowa, Poland,
February 21 – 28, 2019**



About the project

- Project „Deep Democracy - Fostering Respect in Group Facilitation” will contain one mobility activity – a training course, which will be implemented from 21st to 28th of February 2019 in Krzyżowa, Poland. The project will gather 27 youthworkers from nine organisations active in 8 European countries (in Poland, Romania, Italy, FYROM, Croatia, Greece and Latvia).
- The project will be implemented mainly with the non-formal education methodology (such as simulations, role-plays, discussions, theatre methods, etc.), mainly rooted in the Deep Democracy methodology. The main aim of the project is to teach representatives of partners organisations tools of Deep Democracy to allow them to implement more efficient local activities and proper reaction to any signs of radicalism or extremism in their local communities.
- The main expected outcome of the project is increase in volume of activities realized by partner organisations and other NGOs using methods of Deep democracy, which will reduce radical tendencies among youth at the same time leveraging social coherence in Europe.

Our aims and objectives;

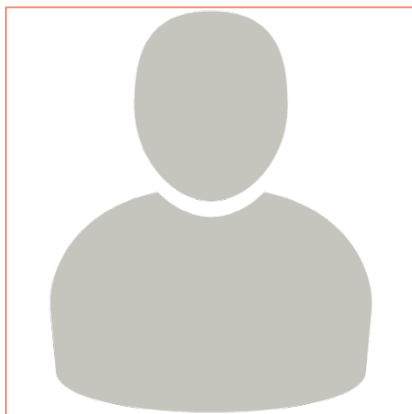
The project objectives are to:

- equip participants with basic knowledge and skills related to using methods of Deep Democracy methodology
- to learn and exchange good practices of running local activities
- to learn about situation of young Europeans in their societies and local communities
- to foster inclusive attitudes of youthworkers
- to strengthen network of youth NGOs in Europe
- to increase number of local activities implemented by partner organisations

Partners

Partner name	Country
Central European Trainers' Platform	Poland
EVROPA V DVIJENIE	Bulgaria
EUROSUD	Italy
Civil Education & Training Platform - Hellas	Greece
Jurmalas pilsetas Kauguru vidusskola	Latvia
CET Platform	Croatia
URBANO OPSHTESTVO	Macedonia
ADAPTO	Romania
FUNDACJA KRZYZOWA	Poland

Participant profile



We are looking for:

- Youth workers, youth leaders and youth trainers working in/cooperating with the sending organisations;
- Participants communicating efficiently in English;
- Aged over 18, having strong motivation to participate fully in all activities of the seminar.

Venue

The seminar will be held in a beautiful and relaxing rural area, Krzyzowa village, which is situated around 60km far from Wrocław in Lower Silesia region, Poland.



More about the venue -> [here](#)

History of the place-> [here](#)


Venue

Participants will be accommodated in 1/2 and 1/3 bedrooms. Full board will be provided by the organisers.



Board and lodging

CET Platform Polska during the training course will provide you with:

- Accomodation
- Three meals per day (also for vegetarians, vegans, etc.)
- Coffee breaks
- All needed working materials
- 

The seminar will start with dinner on **21st** and end with breakfast on **28th of February**

Travel guide

CET Platform will organise a Shuttle Bus which will bring us together from the meeting point in Wrocław to the venue 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 Wrocław – Krzyżowa
It will be organised around 5 pm, so please make sure to pick travel option which allows you to be in Wrocław before that time!
- Shuttle Bus Krzyżowa – Wrocław
On the way back the bus will leave around 09/9.30 am, so please book your connections from Wrocław after 12/1 pm.



Wroclaw /vrots love/

Wroclaw 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 to Wroclaw from Warsaw, Krakow, Berlin, Prague, Katowice by train (rozklad-pkp.pl/bin/query.exe/en?) or by coach (e.g. www.polskibus.com/en).

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 any trips to visit Wroclaw. 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

- The organisers will reimburse your travel costs from your home city to Wrocław, 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 and the distance calculator between seat of your organisation and the venue.
- Reimbursement of travel costs will only be done upon full attendance during the activity and presentation of the original tickets with boarding passes (and receipts/invoices if applicable). Reimbursement will be done in cash, based only on actual costs, at the end of the seminar.
- As a rule the cheapest reasonable travel option should be chosen.



Maximum travel costs

According to the general rules of the Erasmus+ programme and the distance calculator, the maximum travel cost is (by home country):

20 EUR – Poland

275 EUR – Bulgaria, Greece, Italy, Romania, Macedonia, Latvia, Croatia

Please remember to get our approval before booking your tickets (send us your route plan and fares to projects@cetplatform.pl !

It's not a problem if you want to arrive or stay 1-2 days before or after the project.

If you plan to travel outside the official project dates you need CET Platform Polska approval first. Please contact us at projects@cetplatform.pl

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





Health insurance

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 or buy travel insurance covering potential your medical needs (for participants being EU citizens).

Costs regarding health insurance are not reimbursed by hosting organisation.



What to bring

- 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.

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



What you need to know...

- Polish national currency is Złoty (Polish Złoty, PLN). 1 EUR is approximately 4,30PLN;
- 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 February is usually quite cold, temperatures may vary from -10 to 5 degrees with possible showers and snow. Nights may be quite cold, so please make sure to bring some warm clothes with you.
- Most useful Polish expressions:
 - Przepraszam – I am sorry / Excuse me
 - Dziękuję – Thank you
 - Proszę – Please / You are welcome



Contact us

- Should you have any questions concerning the project, travel, your preparation or any other matters please do not hesitate to contact us at projects@cetplatform.pl
- We will also launch the website of the project and facebook group for participants, allowing you to get some additional info and get in touch with others before the activity starts.

