



*Inclusive Methods
of Youth Work*

Krzyżowa, Poland,
December 2. – 10. 2019



Co-funded by the
Erasmus+ Programme
of the European Union





About the project

The Training Course “Everybody is Welcome! Inclusive methods of youth work” will consist of one activity, which will be implemented in youth centre in Krzyżowa, Poland (Lower Silesia). It will gather 25th youth workers and youth leaders from 8 partner organisations, from 7 countries, such as Greece, Romania, Italy, Poland, Spain, Macedonia, and Croatia. The training will be implemented using mainly non-formal education methodology, using “learning by doing” attitude and concentrating on practical experience of participants. We will also provide space for sharing good practices, experience, and ideas. Representatives of 8 partner organisations will be equipped with a set of competences needed to foster social inclusion in their work at the local scale. They will have a chance to learn and experiment new methods, learn and share examples of good practices, and to exchange their opinions and experience with their peers from other organisation and countries. Thanks to the project and new competences they will be more conscious about needs of young people with fewer opportunities, and will be able to answer to those needs in a professional and engaging way.



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What will you learn?

Training course “Everybody is Welcome! Inclusive methods of youth work” is very much concentrated on development of practical competences of participants in youth work aimed at fostering social inclusion in their local communities. In particular participants will acquire new or develop their knowledge about: - situation of young people with fewer opportunities in Europe - key documents (policies and strategies) about social inclusion on European level - new trends and resources for youthwork - possibilities which the Erasmus+ brings to NGOs to foster social cohesion at local and European levels. Apart from new knowledge participants will also obtain a set of new skills needed in youth work for social inclusion, in particular: - ability to run workshops and activities using inclusive methods of non-formal education - ability to work and function in multicultural environment (needed to work with youngsters with different cultural background) - ability to communicate in language other than their mother tongue (and to use language as a tool of inclusive group facilitation), raising their language awareness and ability to communicate on levels other than the language Knowledge and skills will be supplemented by a set of special attitudes and behaviors, driving participants to actively act for social inclusion of groups of youngsters with fewer opportunities.

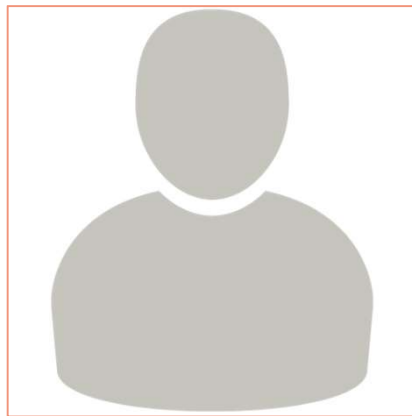


Partners

Partner name	Country
TDM 2000 Polska	Poland
STOWARZYSZENIE AKTYWNE KOBIETY	Poland
Associazione "Amici del Cuore Colonnella"	Italy
CET PLATFORM ELLAS	Greece
MERAKI	Croatia
GO EUROPE	Spain
CET PLATFORMA SKOPJE	Macedonia
Societatea Nationala de Cruce Rosie din Romania Filiala Suceava	Romania



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.
- Willing to multiply the results of the project.
- Willing to contribute to dissemination of project's results



Venue

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



More about the venue -> <https://www.krzyzowa.org.pl/en/>

History of the place->

<https://www.krzyzowa.org.pl/en/o-fundacji-3/historia-fundacji-2>



Venue


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





Board and lodging

TDM2000 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 **December 2nd th** and end with **breakfast on December 10th 2019**





Travel guide

TDM2000 Polska 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 (TDM2000 Polska)

180 EUR – Poland (Stowarzyszenie Aktywne Kobiety)

275 EUR – Greece, Italy, Romania, Macedonia, Spain, Croatia

Please remember to get our approval before booking your tickets (send us your route plan and fares to janik@tdm2000.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 TDM2000 Polska approval first. Please contact us at janik@tdm2000.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 yourr 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 Zloty (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



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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 janik@tdm2000.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.

