

Erasmus+ Training Course

Milanowska Wólka, Poland 2-10 April 2022

47 participants from 11 countries:

Bulgaria, Czech Republic, Greece, Hungary, Republic of North Macedonia, Norway, Romania, Slovenia, Turkey, Portugal, Poland





The Venue

The TC will be held in Poland, in a village called Milanowska Wólka, located about 30 km from Kielce, right in the heart of Świętokrzyskie Mountains.

You will be accommodated in the Educational Centre

(https://centrumedukacyjne.infoturystyka.pl/oferta) in 2-3 persons rooms with private bathrooms, TVs and good WiFi access.

The activities will be held in a spacious seminar room.

The nearest supermarket where you can buy almost anything is located 800 metres away.



Applicant organisation:

IMPAKT is an acronym and in Polish it stands for Integration, Youth, Potential, Activeness, Culture and Tourism and those are the areas we put an impact on. We empower young people to follow their dreams and we help them find the potential inside of them. We believe that the best way of predicting the future is to create it and that's what we do! We are located in Kielce, where we are surrounded by beautiful forests and mountains.





Training Course

Green Deal is a training course on tools and methods on sustainable development based on the Youth Goal "Sustainable Green Europe" of European Youth Strategy "Investing, Connecting and Empowering young people".

Themes of the training course:

Worldwide, about 160,000 plastic bags are used every second. That could cover France twice. (theworldcounts.com)

Of the plastic produced globally from 1950 to 2019: 55% ended in the landfill and only 6-7% was recycled.

(https://slides.ourworldindata.org/plastic-pollution/#/5)

100,000 marine mammals and turtles and 1 million sea birds are killed by plastic pollution annually. (http://oceancrusaders.org/plastic-crusades/plastic-statistics/)

On average, in the EU, 31kg of plastic packaging waste is produced per person every year. (https://ec.europa.eu/eurostat/web/products-eurostat-news/-/EDN-20180422-1)

The average person eats 70,000 microplastics each year (about 100 microplastics in one meal). https://www.globalcitizen.org/en/content/plastic-pollution-facts/ Every plastic toothbrush ever made still exists. (https://www.greenpeace.org/international/story/7281/every-single-piece-of-plastic-ever-madestillexists- heres-the-story/) More than 8 million tons of plastic is dumped into our ocean every year. (https://plasticoceans.org/the-facts/)

Plastic pollution is present in every beach in the world. Nowhere is safe! (https://www.sas.org.uk/our-work/plastic-pollution/plastic-pollution-facts-figures/)

Our main theme is to make youth work and youth life plastic free and environmentally sustainable. Based on our local researches, there is a need among young people to learn how to protect the environment and create a plastic free lifestyle as much as possible. As youth workers and youth organisations we consider essential to show a good example for young people and make our youth work plastic free. Besides that, we will exchange, share and invent new youth work tools and methods on sustainable development for fighting plastic in youth work and youth life.





Training Course

The overall aim of the training course:

To train youth workers and youth leaders on using plastic free tools and methods within youth work and their lives as role models for young people they work with in daily basis. To share and invent youth work tools and methods on sustainable development based on the Youth Goal "Sustainable Green Europe" of European Youth Strategy "Investing, Connecting and Empowering young people". Being able to motivate young people becoming environmentally friendly European citizens.

Learning objectives of the training course are:

-To raise awareness on environmental protection and sustainable development against plastic based on the Youth Goal "Sustainable Green Europe" of European Youth Strategy "Investing, Connecting and Empowering young people".;

-To make assessment on environmentally friendly, sustainable and plastic free youth work tools and methods in general and self – assessment in personal and professional level in particular;

-To improve competences as usage of plastic free and sustainable tools in youth work and youth life for environmentally friendly living and working context;

-To be able to prepare, implement and evaluate sustainable youth work tools and methods on environmental protection;

-To create new partner network among organisations and invent together future projects.

The methodology of the training course:

The training course will be built on the needs and expectations of our participants, so it will be learner centred. Our experienced international trainers' team will provide active non-formal learning methodology for experiencing and practicing plastic free, sustainable and environmentally friendly youth work approaches, tools and methods. Meta reflection will be used and participants will be encouraged to improve the shared methodologies further and then adapt it to the needs of their youth work realities. Methods we will use are self – assessment, theoretical and practical background, working in small groups, pairs, national and mixed groups, role plays, group building activities, research, creative and interactive methods.

Who can participate in the training course?

- Youth workers, youth leaders who are working with tools and methods on sustainable development;

- Youth workers, youth leaders who are willing to cooperate Erasmus+ or European Solidarity Corps projects after the training course and being part of an international network based on the Youth

Goal "Sustainable Green Europe" of European Youth Strategy;

- Ready to take part in the whole training course;

- Have organizational support for further activities with Erasmus + projects;

- To be able to communicate in English language.





Programme

Hours	Arrival day	Day 1	Day2 Getting to know day	Day 3 Day of Environment al protection	Day 4 Day of Plastic free tools and methods	Day 5 Day of field visits	Day 6 Exchange of good practices	Day 7 Environmentally active young citizens	Departure day
8.00 - 9.00		breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
9.30– 12.30 (Includin			Group Building	Energiser Day intro	Energiser Day intro	Energiser Day intro	Energiser Day intro	Energiser Day intro	
g coffee break)		Official welcome	Activity	Exploring the European Youth	Sustainable youth workplace	Visit to local youth organisation	Learning Space Dynamics on sharing good	Working on common projects in the future with	
Session1 & 2		Practicalities		Strategy "Investing, Connecting		s addressing green projects and	practice on plastic free and environmentally	special focus on environmental protection in local	
	Arrival of participants	Get to know		and Empowering young people [®] with special focus on Youth Goal 10 Sustainable Green Europe		youth work activities – practicing green youth work tools together	friendly youth work methods and tools. Preparing an E- booklet on environmentally friendly youth work methods.	and European level: Personal and Group Action Plan	Departure of participants
12.30 - 14.00			Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14.00 – 15.30 Session 3	Registratio n and accommod	Welcome Icebreakers Exploring learning environment	Trainers intro Aim/Objectiv es Programme Erasmus+ programme and Youthpass	Greening your home	Practicing plastic fee and environmentally friendly Do It Yourself youth work tools and methods	Cultural afternoon	General overview of E+ Special focus on youth exchanges, youth participation	Finalise Youthpass	
15.30 - 16.00	ation	Coffee break	Coffee break	Coffee break			projects and trainings	Coffee break	
16.00 - 18.00 (Includin g coffee break) Session4		Press conference	Get to know our organisations and youth projects	Travelling mindfully			tuningo .	Evaluation of the TC	
18.00- 19.00		Family group	Family group	Family group	Family group	Family group	Family group	Family group	
19.00- 20.00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20.00		Welcome evening	International evening	Treasure hunting evening	Movie evening	Cultural evening	Passion evening	Farewell Evening	
	Dinner								

Official working language of the training course will be English.





Practicalities

The currency in Poland is Polish Złoty (PLN). Right now 1 EUR is about 4,50 PLN.

In most shops in Poland you can pay by card (in either PLN or EUR). However, not in all of them. It is always good to exchange and bring with you some cash before coming to Poland.

Meals:

During the training course participants will be provided with 3 meals a day. Breakfasts and dinners are buffet style and lunches are served. If you have any diets (vegetarian, gluten-free etc) please mention it in the application form.

What to bring with you?

· your vaild passport or ID card

• all your travel tickets! (it's very important to keep all your ticket, receipts and boarding passes, because we can give you back the travel costs only if you have the tickets)

- · national snacks, drinks specialties (noting to be cooked), local music for the cultural evening
- medicines if you need them (anti-allergy pills, pain killers, aspirin etc.)
- · laptop, camera it is not obligatory, but it can be useful
- · comfortable clothes and shoes for the workshops which will take place indoor and outdoor
- towel, slippers for the shower, cosmetics etc.
- · reusable water bottle

Financial conditions:

The food and accommodation will be provided and paid by the organizers. Travels costs will be counted by distance calculator provided by European Commission and reimbursed by bank transfer after the course. It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that!).

Insurance!

Make sure that you have a valid health insurance, eligible to have a medical treatment abroad! Please make sure it covers covid-related issues as well! This is absolutely crucial if you want to join the project. You should also obtain the European Health Insurance Card (for free in each of the project partner countries). Costs regarding health insurance are not reimbursed by the project. For more information please visit: http://ec.europa.eu/social/main.jsp?catid=559

COVID-19

We suggest that all participants coming to Poland are fully vaccinated. Alternatively, you can also bring a negative result of an antigen test. All information regarding entry to Poland is updated here: https://www.gov.pl/web/coronavirus/eu-member-states-schengen-area





Weather

One of the reliable sources of weather forecast is: https://www.accuweather.com/ so please make sure you check the forecast before coming for the training course, especially that in April weather here can be really moody. However, the temperature should be around 10-15 degrees during the day and around 5 degrees at night and it may also be a bit rainy and windy.

Travel

The programme starts on April 3rd in the morning so make sure you arrive to Kielce on April 2nd, in the evening at the latest. The first meal on April 2nd will be dinner.

When you will be getting ready for your travel, please consider the following:

- The travel expenses (from your home town till the venue of the course) are reimbursed on presentation of the relevant receipts up to the maximum listed below - different for every country!

- To check the best flight connections we suggest searching engines such as kiwi.com or skyscanner.net

 After checking your flight, remember to buy tickets directly on the flight operator site, not through KIWI or SKYSCANNER!

- Collect ALL your travel tickets AND boarding passes (originals, if they are issued not-electronically and all the electronic ones as well) as they will be needed for your reimbursment process. The documents must have the date, price, name of the traveler, destinations of the travel and the bill has to be completely clear.

- If a covid test will be obligatory for you to come to Poland, you can have it reimbursed provided that you have a relevant receipt for it.

Remember that WE CANNOT REIMBURSE A TRAVEL THAT DOESN'T HAVE THE CONFIRMATION DOCUMENT.

Please also bear in mind that using a taxi is non-refundable.

<u>- Don't buy tickets without a confirmation of your sending organisation</u> - <u>only when your travel plans are</u> <u>accepted, you are free to buy the tickets and come to Poland!</u>

- as you are a Team coming from your country we suggest travelling together!

Some of the countries are eligible for a bigger travel budget if they choose 'green travel'.

According to Erasmus+, green travel is defined as travel that uses low-emissions means of transport such as bus, train or car-sharing. Please see below the standard travel and green travel amounts:







Maximum travels costs per participant:

Bulgaria

500-1999 km – 275 euros or 320 euros if you choose green travel

Czech Republic

100-499 km - 180 euros or 210 euros if you choose green travel

Hungary

500-1999 km - 275 euros or 320 euros if you choose green travel

Norway

500-1999 km – 275 euros

Portugal

2000-2999 km - 360 euros

Romania

500-1999 km - 275 euros or 320 euros if you choose green travel

Slovenia

500-1999 km – 275 euros or 320 euros if you choose green travel

The Republic of North Macedonia

 $500-1999 \ \text{km} - 275 \ \text{euros}$

Greece

500-1999 km – 275 euros

Turkey

2000-2999 km – 360 euros

The closest and biggest airports are located in Warszawa or Kraków but there are also others you might want to try, like Rzeszów, Lublin or Katowice.

From all of these airports there are convenient trains and buses that will take you directly to Kielce in about 2/3 hours. The best website to check trains in Poland is:

https://rozklad-pkp.pl/en and it works in English as well. You can also consider checking a bus, for example via https://www.flixbus.pl/

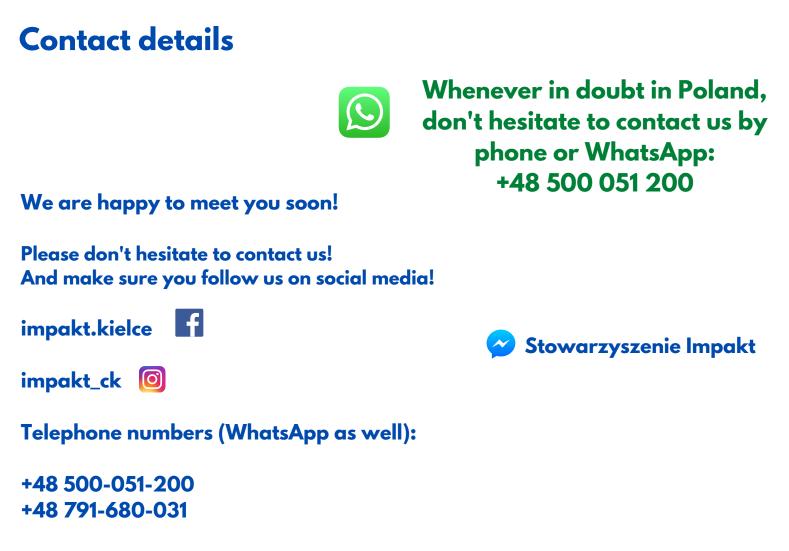




If you land in Warszawa or Kraków, there are direct trains from the airport to the main stations, which are usually best to take (run about twice an hour). You can check the timetables again here: https://rozklad-pkp.pl/en

If you are ever unsure which connections it will be best to take when in Poland please feel free to contact us!

When you reach Kielce main train station it's still 30 kilometers to the venue. Our Team members will be picking you up by car from the station, so it's really crucial for us to know your exact travel route, so we can pick you all up. You should send us your exact time of arrival to Poland, and to Kielce, a few days before the training starts so we can plan the pick up times (via WhatsApp to +48 500 051 200).



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