



TRAINING COURSE WINTER YOUTH WORK ACADEMY

2-8 December 2025

Travel Days: 1/12 and 9/12



Training & Education Center of E4Y
ul. Cicha 12, 34-700, Rabka-Zdrój, Poland



**Co-funded by
the European Union**

ABOUT THE PROJECT

One can become a youth worker in variety of ways. Some take up formal education paths, studying pedagogy, psychology, socio-cultural animation, or other social sciences. Others realize they want to support young people in the middle of their careers of engineers, accountants or any other types of professional activities. Many of active youth workers are gaining their professional preparation to work with young people during their youth work engagement. And it's ok! Let's complete the proper preparation for youth work function together!

This is the project for you if you want to:

- learn the full "curriculum" of a youth worker in different variants – recognize it and plan your further educational steps,
- detect areas in which you need a formal qualification in your country or a competence development,
- consciously develop your own approaches and path in youth work.

PARAMETERS OF THE PROJECT

The project is implemented within the accreditation plan of Europe4Youth for 2025 number: 2025-1-PL01-KA151-YOU-000298663

DATES OF MOBILITY

2-8 December 2025 - activity days

1st December - arrival day

9th December - departure day

Please arrive to Rabka-Zdrój on 1st of December after 15:00 (there's dinner at 19:00-20:00) and depart from Rabka-Zdrój on 9th of December by 10:00 the latest.

THE CONCEPT OF THE PROJECT

The objectives for this Training Course are:

- to provide participants with an overview of the field of youth work: different types, typologies and variants practiced in the European countries,
- to familiarise participants with competence models, qualification frameworks and the youth work curriculum that we recommend,
- to support self-directed learning of participants to fulfil all the standards and requirements for youth workers in their own countries and in Europe,
- to explore various aspects, areas and forms of youth work by exchanging practices and examples from different countries,
- to encourage participants to develop as youth workers.

Expected tangible results:

- The map of youth work - interactive database of different types, forms and approaches in youth work,
- Online publication consisting of roadmaps for professional preparation of youth workers in Europe,
- other materials participants will find useful to prepare their dissemination activities.

PARAMETERS FOR PARTICIPANTS

We invite 26 participants: youth workers or adult youth leaders aspiring for the role of a professional youth worker from the Erasmus+ Programme Countries. The list of eligible countries you'll find on the registration webpage on SALTO-Youth. We will select participants taking into account gender balance, geographical proportions and the quota of participants we planned for this project.

PROFILE OF PARTICIPANTS

Professional profile:

We invite youth workers on different stages of development or seeking to (re)invent their educational paths. We also gladly host adult youth leaders with an experience in some forms of youth work aspiring for the role of a professional youth worker.

Social profile:

We are open to youth workers with various social, cultural, economic or personal backgrounds. Please be transparent about your conditions, so we can make the necessary adjustments, provide the requested resources, or create the space required to satisfy your needs. We may contact you to consult planned measures.

Here's what we cannot overcome: the venue we use has no elevator. If your mobility is limited, we will accommodate you on the ground-floor. The necessary locations in the building (like dining room and seminar room) are accessible, yet some facilities require the use of stairs.

Participation conditions:

Participants should be comfortable using English as their working language.

All participants should have minimal experience in youth work and collaborate with an organization (NGO, municipality, other public/private body) working with youth, registered in one of the Program countries of Erasmus+ and having a verified ECAS account.

Participants will be asked to present their organization's OID number in the registration form. When selected, your organization will become a project partner – representatives of the organisation will attend a preparation meeting and sign a bilateral partnership agreement to get involved in the project.

REGISTRATION OF PARTICIPANTS

Apply through SALTO-Youth (<https://tinyurl.com/y7rpzk2a>) until 7th of November! The information about selection will be sent on your email address given at the registration until 11th of November. If selected you'll be asked to fill in the registration form and arrange your travel with your sending organization.

ORGANISERS

Europe4Youth Association,

www.europe4youth.eu / info@europe4youth.eu, +48799905090

Logistics and communication: Ody

o.dallas@europe4youth.eu / info@europe4youth.eu

Trainers:

Tomislav Varzic (t.varzic@europe4youth.eu)

Tomislav first got involved in youth work in 2021, and ever since then he has been focusing on improving his facilitation, mentoring and volunteer coordination skills. Since the beginning of last year, he has been acting as short-term and team ESC coordinator for Europe4Youth. His work is mainly focused on local and international levels.

Fabio Papa (f.papa@europe4youth.eu)

Exploring the world of youth work from an early age, Fabio has spent the last five years serving as a Long-Term ESC Coordinator at the Europe4Youth organisation. During this time, he has been studying and developing his skills to deepen his expertise in facilitation, youth work, and youth policies.

He has gained experience at international, national, and local levels, supporting the organisation's mission to build a European civil society where youth work is recognised as a vital component of decision-making at all levels.

PREPARATION AND OTHER ARRANGEMENTS

1. Group communication

The main communication channel for the project is Discord. Once you're selected, please join the server "Youth Space" (you'll receive the link together with the selection results), where on chat "general" you'll be expected to introduce yourself and tell what project you are participating in – then the admin will add you to the specific channel for this project.

On that chat you can ask questions, integrate with other participants and kick off the preparation process!

The "Youth Space" server is dedicated for all our participants: young people and youth workers, who have been part of the Europe4Youth's projects in the past few years. Bear that in mind when sharing your data (in Discord you don't have to give any personal data at all).

We chose Discord as a communication channel for the purpose of data protection regulations – please be ready to download the app and use only this channel to communicate with the group and the organizers.

2. Online preparation phase

The **online preparation meeting** is an integral part of the process, and the presence is as important as participation in the mobility. Participants will be invited to share their expectations, experiences and discuss the final timetable.

Date: 17.11.2025

Place: Discord channel

3. Homework

Before you come to Poland, you'll be asked to prepare short presentations about:

- your organisation,
- good practice or experience in youth work you'd like to share with others,
- your country/ culture (for an intercultural evening).

More about that you'll find out during the online meeting.

THE VENUE

The mobility will take place in Training and Education Center of Europe4Youth in Rabka-Zdrój, ul. Cicha 12.



It's a cozy and comfortable place for accommodation, with diverse and healthy meals (3 per day), place to rest, integrate and work. Rooms are comfortable and internationally mixed with private bathrooms. The whole building will be at the exclusive disposal of the group. Sheets and towels are provided, please take some comfortable shoes or slippers and warm clothes. In the venue you can find a piano, board games, ping pong table, kickers and a chill zone.

ORGANISATIONAL RULES FOR TRAVEL

Regarding the time of arrival and departure it's important that you:

- arrive to the venue on the arrival day between 15:00 and - ideally - 19:00 (at 19:00-20:00 the dinner is served) but no later than 22:00 (later the check-in is closed),
- depart from the venue on the departure day no later than at 10:00.

If this is not possible/feasible for you, please consult your plans with the Project Officer: o.dallas@europe4youth.eu.

PROJECT RULES FOR TRAVEL

The question of travel costs is regulated in the partners agreement between Europe4Youth and your sending organization – that will become a partner for this project. We provide all partners with necessary resources to carry travel costs of participants from their country.

A heads up: your organization will need you to collect all tickets, reservations, boarding passes in original to register those expenses in their book-keeping.

According to our project parameters there are **2 travel days on your disposal (1st and 9th of December)**. That means that your travel to and from Poland should happen on those days. In case you are using Green Travel (more information about green means of transport can be found in the Erasmus+ Programme Guide), your travel can take up to 6 days as long as its a continuous journey (e.g. you don't stop for a sightseeing in several cities on the way). Any additional costs for those extra days is not covered by the project budget

Within the project budget the accommodation is provided for all days of activities and 2 travel days (8 nights in total), and the meals for every activity day, starting with dinner on the arrival day, until breakfast on the departure day.

The project is following the Europe4Youth Association's expenditures policy and the green policy, along which you need to travel:

- with economic options only (2nd class, economy class, budget options),
- with public transportation only (no taxis, Ubers, bolts).

We encourage you to consider green travel, especially when your travel distance is not longer than 600km.

Any other travel option should be discussed with the sending organisation and accepted by the Project Officer (o.dallas@europe4youth.eu).

ERASMUS+ RULES FOR TRAVEL

Travel costs are covered by Erasmus+ Programme and the travel must comply with Erasmus+ regulations:

1. Budget:

The available budget per person is indicated in the current Erasmus+ programme guide and depends on the travel distance (in straight line on the map).

STANDARD	28 EUR	10-99 KM	56 EUR	GREEN
	211 EUR	100-499 KM	285 EUR	
	309 EUR	500-1999 KM	417 EUR	
	395 EUR	2000+ KM	535 EUR	

To know which limit applies to you, check the distance from the city of your residence (declared in the registration form and reported in the confirmation of participation) to Rabka-Zdrój in Erasmus + Distance Calculator. If your travel is more expensive than the limit, the difference would have to be covered by you (unless your sending organization foresees different policy).

2. Relevancy:

Your travel must be connected to the project. This means that longer or complicated travel must consist of consecutive days and reasonable itinerary (no big stops on the way that would indicate e.g. touristic purpose) and that you need to travel from your residency city/ country and back there.

All exceptions must be duly justified and consulted with the Project Officer (o.dallas@europe4youth.eu).

HOW TO GET TO RABKA-ZDRÓJ?

By plane:

When you land in Kraków Airport, take the direct Flixbus (www.flixbus.pl) from the Airport to Rabka-Zdrój, or direct yourself to the city center for more transportation options.

To get to the city center, take the city train (you can buy the tickets in vending machines, or even inside the train) and leave it on "Kraków Główny" station (it takes 17 minutes). The trains depart every 30 min.

From Kraków Main Station to Rabka-Zdrój by train / bus:

The train and bus stations are located just next to each other. The train station (PKP Kraków Główny) is connected with the bus station (Małopolski Dworzec Autobusowy) by a tunnel.

Here are your options:

1. Catch a Flixbus from the upper platform of the bus station – don't forget to buy the tickets in advance online! It takes a little more than 1 hour and gets you to the Rabka-Zdrój main station („Dworzec Busów”, address: Jana Pawła II street 32).
2. Check out the lower platform and find „RAB-BUS" minibus that goes to Rabka-Zdroj main station. It takes approximately 2 hours from Krakow – you can pay in the bus only by cash in PLN! Check out the schedule here: www.pks.pl or at the station.
3. You can also choose a train: you can book it in advance through <https://koleo.pl>. It takes 2,5 hours and gets you to Rabka-Zdrój Train Station (address: Orkana street 27).

Please arrange your travel to get to Kraków city center before 18:00, so you can catch a convenient transportation to Rabka-Zdrój, and not miss the dinner. If you take the latest possible transportation there is a risk of missing the dinner and the check-in time. Please keep us informed through Discord about your progress.

HOW TO GET TO RABKA-ZDRÓJ?

When you are in Rabka-Zdroj:

From the main bus station to the accommodation there is 1200 meters distance - 20 minutes' walk. From the train station there is very similar distance - both can lead you through the nice path of a city park.

Use your maps application to get there the fastest way.

Once you walk up the Cicha street get to the white gate on the left with number 12. Ring the bell and go straight to the house. The reception is on the left. Somebody will wait for you there until 22:00.

Taxi companies in Rabka-Zdrój in case of emergency (**just remember that those costs are not refundable**):

NeoTaxi: +48694682555

Taxi24h: +48516700485

Most probably a driver won't speak English. When you call them you can say (phonetically) *prosze taxoovke na adres* (here you give the address where you are). When the taxi arrives, show to the driver this sentence: „*Poproszę na ulicę Cichą 12*”.

It should cost 25-30 PLN depending on the time of the day/night. Not all taxis accept debit cards!

OTHER REMARKS

What to expect when you arrive:

The town:

- it has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities, or rest,
- closest pharmacy is 30 min walking - ask for a map or address at the reception,
- closest shop - Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.

OTHER REMARKS

Polish food:

- lunch is the biggest and most important meal of the day, dinners in Poland are simple,
- you can choose different variants of your meals: meat, vegetarian, vegan and indicate some allergies (e.g. lactose, or gluten). Please select in the registration form the option you want to stick to,
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day,
- if you have a demanding diet (not-accessible products, unusual or time-consuming process), please be ready to help yourself by getting from the shop whatever you need – you can use the guest kitchen to store and prepare your meals. Please consult that with our Project Officer in advance!

The venue:

- you will be accommodated in 2-3 people's rooms with randomly selected people from other countries,
- the house is on the group's exclusive disposal (no-one else will be there besides the staff),
- for the time of your stay the venue is under shared responsibility of the group - take care of the tidiness of your surroundings, especially the common spaces,
- towels and bed-linen are provided,
- there are quiet hours from 22:00 till 7:00 (this includes spaces indoors and in the garden) but... no-one can hear you in the basement - this is where you can party,
- there is a guest kitchen to use if you need to prepare something for the intercultural evening - there is no oven though, no baking is possible,
- if you are planning to cook, bring all ingredients you may need.

TIMETABLE

TUESDAY 2/8
DAY 1

WEDNESDAY 3/8
DAY 2

THURSDAY 4/8
DAY 3

SESSION 1

Get to know
each other

The youth work
essentials - what's
different/ exceptional
about it?

If youth work is for all young
people - who should work
with them?
Formal requirements in your
countries

SESSION 2

Social Contract

Youth work in
your countries

The European models:
YOCOMO and the Portfolio
for Youth Workers and Youth
Leaders

SESSION 3

Sharing
experiences in
youth work

The evolution of
the European
youth work

Our proposal: The
KEKS and KAPOK
curriculums

SESSION 4

Initiating the
map of youth
work

Completing the
map

Completing the
map

FRIDAY 5/8
DAY 4

SATURDAY 6/8
DAY 5

SUNDAY 7/8
DAY 6

MONDAY 8/8
DAY 7

Me-day: What do
I have? What do I
miss?

Filling in-day: Modern
prophylactics methods
and approaches - a pre-
taste

Sharing-day:
Forms and methods
workshop

Group development
stimulation and
learning theories

Explore your
goals and
motivations

What you need to know
about developmental
psychology of young
people?

Forms and
methods
workshop

Open space

What youth
work is for you?

Young people as a
social group -
sociological approach

Forms and
methods
workshop

Finalising the map
of youth work and
preparation
roadmaps

Initiating my
own roadmap

Community
animation - values
in youth work

Completing the
map

Youthpass and
Evaluation