

E+qualizer

From Equality to Equity



Co-funded by
the European Union

Training Course
Pińczów, Poland
13-22 July 2026



1

To explore the characteristics and complementarities of different educational approaches and methods and how they can benefit from each other

2

To raise awareness on the topics of discrimination, prejudice, stereotypes, and social inclusion by increasing competencies of youth workers

3

To equip youth workers with tools, manuals, handbooks, references, and other educational NFE materials. To gain more trust and competence in using Non-Formal Educational methods to promote important values in societies

Learning

Objectives



Who can participate?



This training course was designed for **youth workers, trainers, educators, teachers, youth leaders** or those interested in a career in these fields

Participants of **age 18+**

Coming from: **POLAND, CROATIA, ITALY, PORTUGAL, ROMANIA, CYPRUS**

This training course is for you if you would like to:

- raise awareness on the boiling topics of discrimination, prejudice, stereotypes, and social inclusion
- increase your competencies in a youthwork
- learn more about non-formal education



Trainers



Katka Schrager is an experienced trainer and a teacher working on a daily basis in Non- Formal Education environment. She holds MA in general education along with other diplomas in the areas such as biology, natural science, didactics of English language and speech and pedagogical therapy. At the moment she works in an alternative school in Warsaw, Poland where the main goal is set on Non Formal education methods. She wrote and implemented many Erasmus+ projects around Europe. PhD candidate writing her dissertation on Non-Formal Education projects raising awareness against discrimination.



Jasmin Prišč is a graduate of university course in English Language and Pedagogy.

He showed a great interest in Non Formal Education and already had opportunities to work with youth as well as little kids within several pedagogy courses. On a daily basis he participates in activities organized for youth in his local society. He is highly interested in non formal methods such as drama, games and role playing. He actively participates on conferences concerning topics of education, children upbringing and such. Also he volunteers on various sport events in Croatia. Experienced trainer of Erasmus+



Host Organization



CreActive is a non-governmental and non-profit organization that was established in order to meet the needs of youth and youth workers and help them participate actively in local communities, bring them closer to the ideas of local, regional, national and international youth initiatives. It was established to help teachers, trainers, youth workers to understand the importance and benefits of non formal learning, to benefit through learning and teaching through non-conventional methods such as arts, music, photography etc.

The organization aims to widen youth interest in democracy, culture, healthy living, intercultural communication, volunteering and wide understood arts in order to help them becoming conscious European citizens

<https://www.facebook.com/CreActive.online>



Accommodation



We will be staying, eating and learning at **Sabat Bełk Agrotouristic Guest House**, at Bełk 101, 28-313 Imielno close to Pińczów, in the heart of świętokrzyskie region in Poland.

<https://www.facebook.com/profile.php?id=100070853804119>

The accommodation provided **is not** a hotel but an **agrotouristic guest house**.

Participants will be accommodated in rooms for 2-3 people, some of which have shared bathrooms, or in huts designed for 4-5 people.



4 pax POLAND 25 euro

5 pax CYPRUS 375 euro

5 pax ITALY 289 euro

5 pax PORTUGAL 375 euro

3 pax CROATIA 289 euro

4 pax ROMANIA 190 euro
green travel

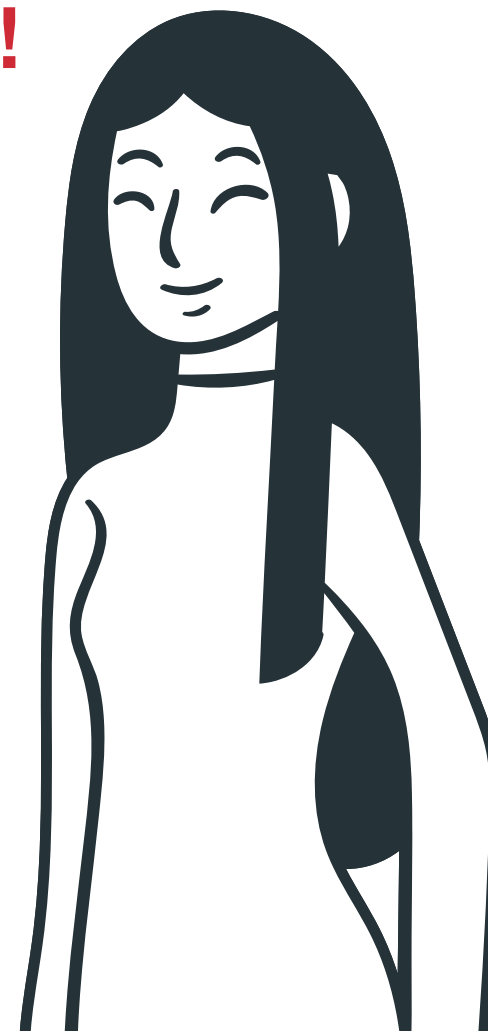
Travel

All participants will be picked up from the **Pińczów Main Bus Station** at 6.15 pm on 13/07/2026.

On the last day of the training course 22/07/2026 all the participants will be brought back to the **Pińczów Main Bus Station** at around 10.00 am.

PLEASE MAKE SURE YOUR TRAVEL PLANS ARE ACCORDING TO THOSE HOURS!

Traveling on your own to our accomodation is not possible cause there is no public transportation there!



Travel

Your travel to and from Poland should be done in the most economic way!!!

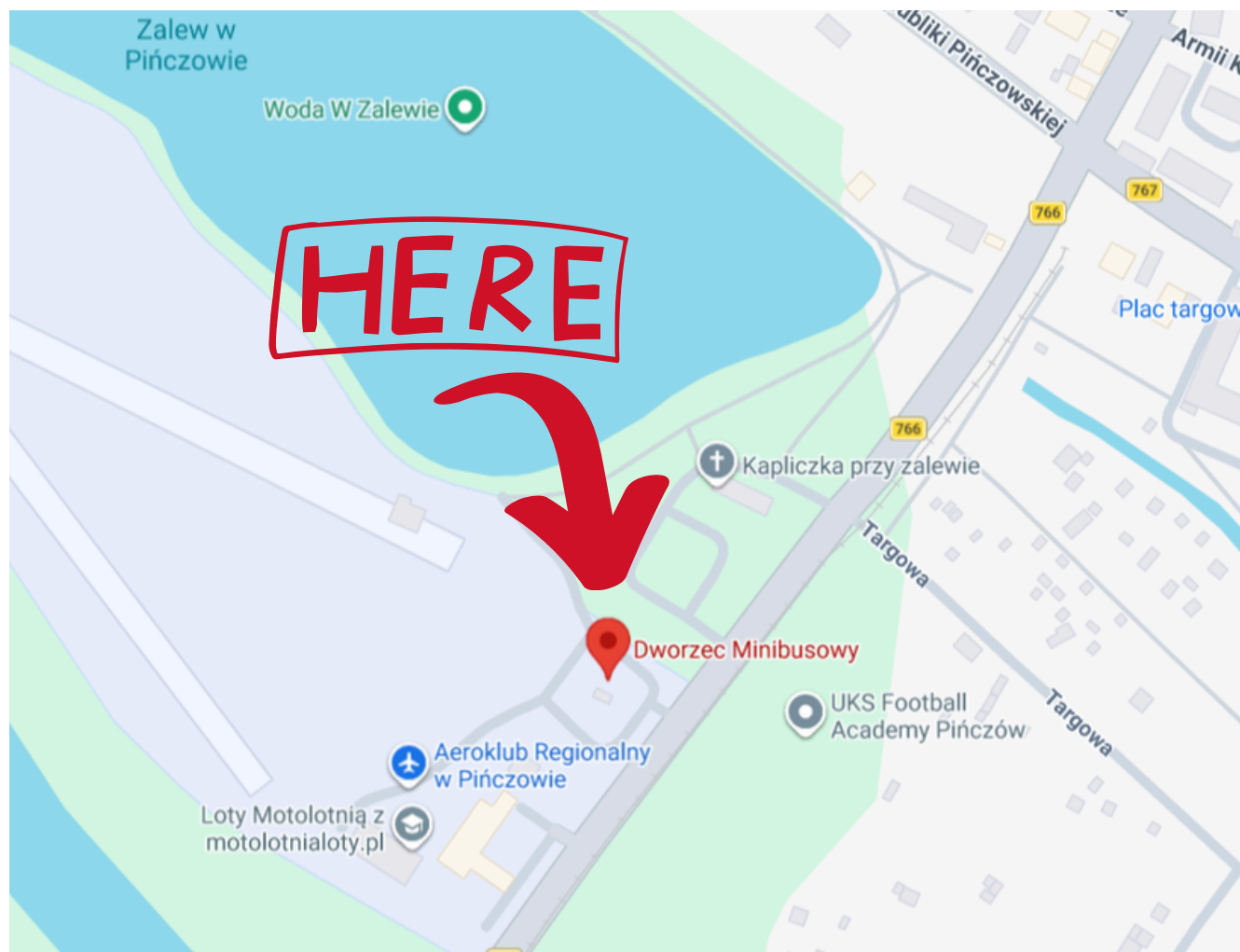
Before purchasing your flight/bus/train tickets please consult your travel plans with us!

DO NOT PURCHASE YOUR TICKETS
before we accept them!!!

Katka - creative.online@gmail.com
Jasmin - jasmin_prisc@yahoo.com

You get down on the Minibus Main Station in Pińczów which is located on **Legionistów 26 street** (right next to the lake).

The MAIN BUS STATION is right there.



Travel

Traveling from WARSAW

You catch the train from the **Warsaw Central Train Station** to **Kielce** station.

You can find the schedule of the trains here: <https://www.pkp.pl/pl/home>

From **Kielce PKP Station** you catch a mini-bus to **Pińczów Main Bus Station**.

The schedule for buses you can find here: <https://www.e-podroznik.pl/>

Traveling from KRAKÓW

From **Kraków MDA** (main bus station on Bosacka 18 street) you catch a mini-bus to **Pińczów Main Bus Station**.

The schedule for buses you can find here: <https://www.e-podroznik.pl/>

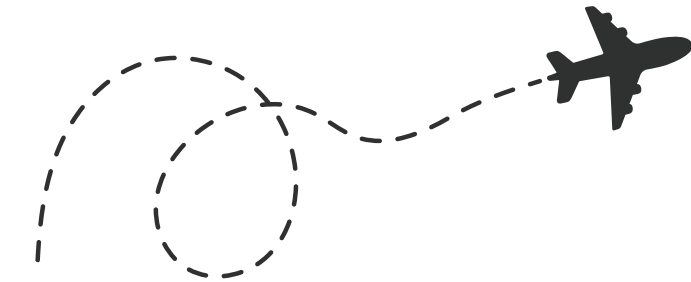
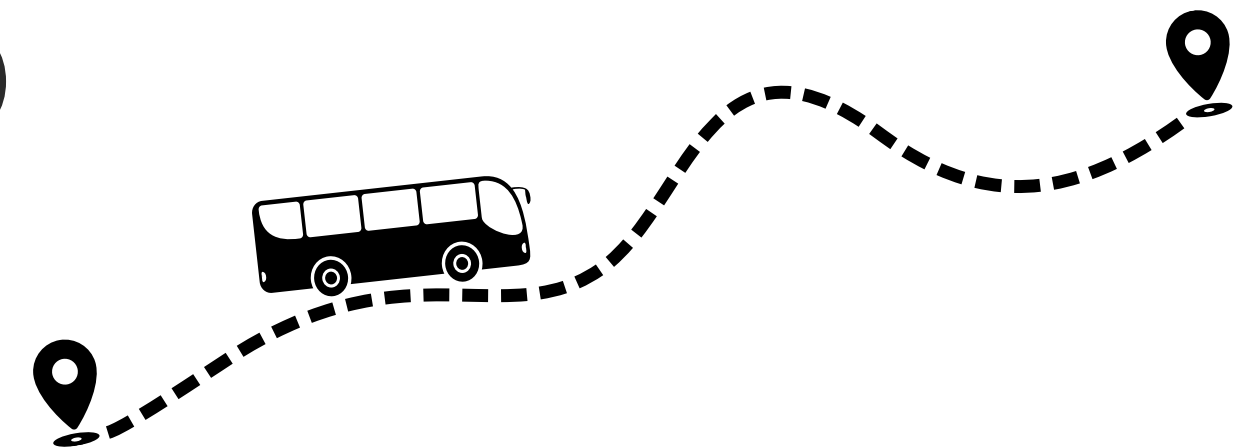
Traveling from KATOWICE

From **Katowice DA Sądowa** (International bus station on Sądowa 5 street) you catch a mini-bus to **Pińczów Main Bus Station**.

The schedule for buses you can find here: <https://www.e-podroznik.pl/>

If you can not buy tickets online do not worry.

You can buy them by the bus driver, but you **need cash for that**.



Reimbursement


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KEEP ALL THE TICKETS, BOARDING PASSES, INVOICES AND BRING THEM WITH YOU IN ORDER TO GET REIMBURSED !!!



Keep your tickets, boarding passes and invoices with prices.



Scan and upload them to a travel folder of your national team.

Boarding pass




Put information about your travel in the Excel file within 14 days after project.

TRAVEL Incorporated

Ticket Number: 006-7614052183
 Account #: U02380
 Issue Date: Mon, Oct 12, 2020
 Booking ID: 7985PR
 Issuing Location: UGW
 Booking Agent ID: M0
 Form of Payment: TPxxxxxxxx00012
 Transaction Type: Electronic Ticket
 Booking Currency: USD

Name: [REDACTED]


Type	Carrier Equip	Flight # / Class	Travel Dates	City - Airport	Time
✈	DELTA AIR LINES CRJ	4702 / Q	Wed, 10/14/2020	Leave: DETROIT (DTW)	356P
		QAOQAM02YK42U	Wed, 10/14/2020	Arrive: MADISON (MSN)	413P
		Confirmation: [REDACTED]			
✈	DELTA AIR LINES CRJ	4702 / Q	Thu, 10/15/2020	Leave: MADISON (MSN)	505P
		QAOQAM02YK42U	Thu, 10/15/2020	Arrive: DETROIT (DTW)	721P
		Confirmation: [REDACTED]			

Description	Payment Date	Amount	Form of Payment	Reference #
Call In Air Equity Card	10/13/2020	\$18.00	Vxxxx75693	039279

Fee(s) —

Description	Amount
Fare	\$615.16
Tax	\$20.20
Total Amount	\$635.36
Amount Charged	\$635.36

Fee: Call In Air Equity Card \$18.00
 Air + Fee \$653.36
 DTT DL MSN307.58DL DTT307.58USD615.16END DL XF DTW4.5MSN4.5



Invoice with price

Dissemination

Dissemination is a key part of the Erasmus+ project. Participants are expected to share their experiences and project results with their local communities, helping to spread its impact and inspire others.



Create a social media post about the project and tag CreActive and your ngo.



Create and share a booklet or a printed brochure.



Speak at seminars, meetings and webinars.



Publish in a thematic journal, **write** a blog or an article.



Organize an event to share the project goals.



Use tools and methods from the project in practise.



Upload photos and other proves of your dissemination in a folder within 30 days after the project.

Pińczów

pronounced [ˈpiɲt͡ʂuf] is a town in southern Poland, in Świętokrzyskie Voivodeship. The town was given the city rights in 1428. Pińczów belongs to the historic Polish province of Lesser Poland, and lies in the valley of the Nida river.

The town has a station on a narrow-gauge line, called Holy Cross Mountains Rail.



The town's attractions include the 18th-century palace of the Wielopolski family, several churches and monasteries (some dating back to 15th century), the Renaissance St. Anne's Chapel, the recently restored synagogue, and ruins of the 13th-century castle.. In Pińczów's district of Mirów there also was a Franciscan monastery, founded in 1587 by Bishop Piotr Myszkowski. In Mirów there is a house which once was a Calvinist printing shop. Now it houses a branch of the National Archive of Poland.

Intercultural Night



Do you think your country is amazing? **Prove it to all of us!** Do you have great mountains, nice countryside fields with rivers or crystal water beaches? **Show us a video** or some pictures where you enjoyed, perhaps something different than you can't find in every tourist guide. Do you have great cities/historical sites? **Bring some pictures or postcards** with you so we can also admire it.

We know you have at least one funny anecdote/picture/video connected with your country, so bring them along! If you are even more creative or artistic, you can also make a play/create a song, dance or even mime the most important historical monuments.



AND OF COURSE... We also kindly invite you to bring some gastronomic specialities (traditional food) and because we are all about sharing in Erasmus+ a few details about your organisation, school or NGO.

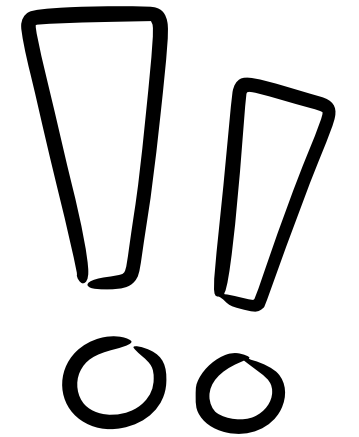
What to bring?

INSURANCE

It is **mandatory** to have a valid travel and medical insurance (i.e. European Health Insurance Card) during your travel. The host organization will not cover any personal health costs. If you need help with this, please contact your sending organization.

DO NOT FORGET

- ID/Passport
- Insurance
- Towel
- Boarding passes
- Travel tickets
- Travel invoices
- Goods for the intercultural night
- Info about your sending organization
- Pen/pencil and notebook
- Something warm (tricky weather)
- Swimwear (might be useful)
- Good boots





Polish your Polish

Basic Polish Words & Phrases

Yes	Tak	(Tahk)
No	Nie	(Nyeh)
Okay	No	(Nohe)
Hi/Bye (informal)	Cześć	(Cheshch)
Hello/Good day (formal)	Dzień dobry	(Jen doh-bri)
Good evening (formal)	Dobry wieczór	(Doh-bri vyeh-choor)
Good-bye	Do widzenia	(Doh veet-zen-ya)
Good Night	Dobranoc	(Doh-brah-noats)
Please	Proszę	(Prosheh)
Thank you	Dziękuję	(Jen-koo-yeh)
Excuse me/Sorry	Przepraszam	(Psheh-prasham)

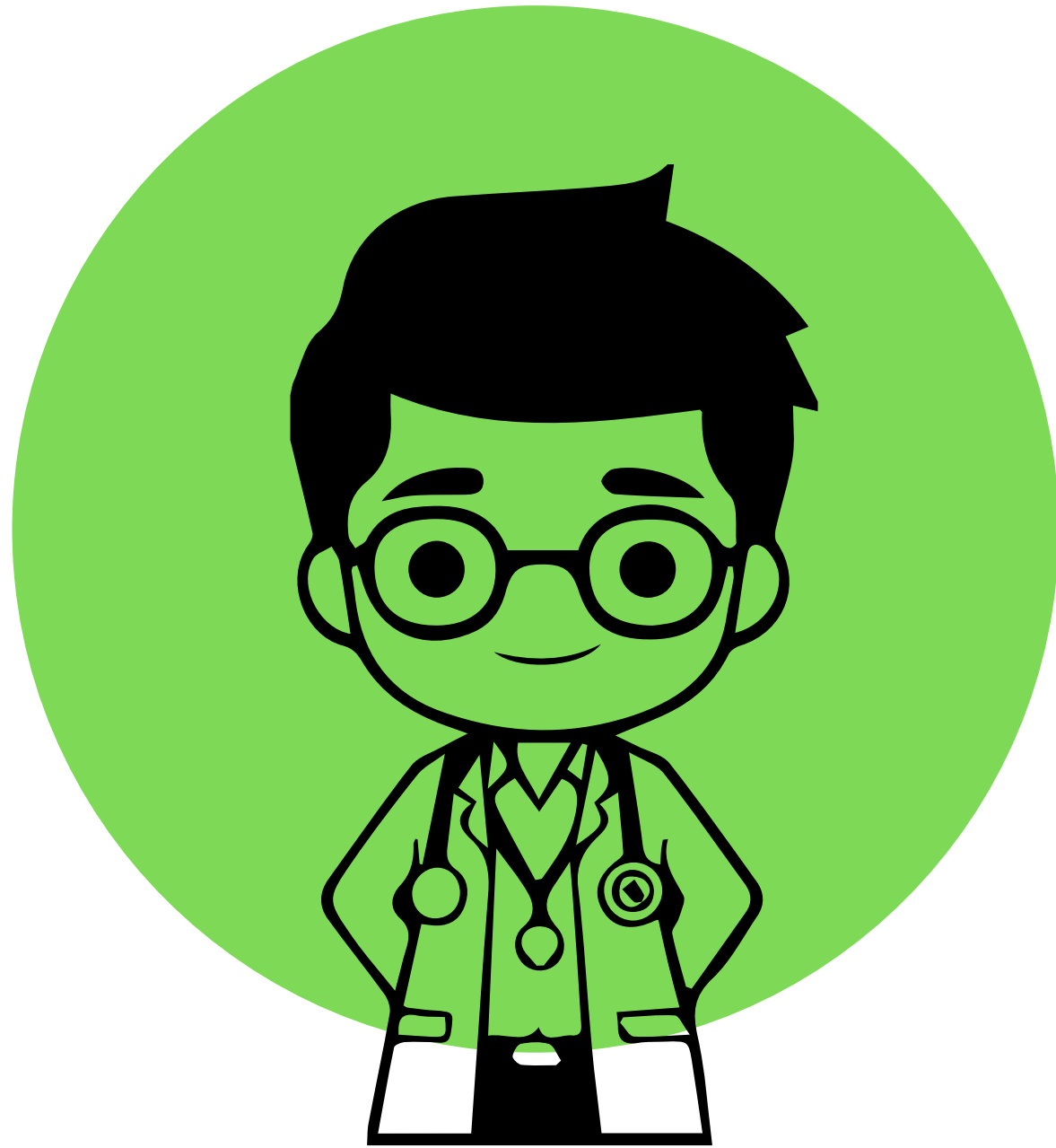
Polish is a Slavic language. There are around 55 million Polish speakers across the world.

Many English words of Polish origin are related to Polish cuisine.

The longest Polish word contains 54 letters. Polish is close to Czech and Slovak languages.



Emergencies



International emergency number - **112**

POLICE - **997**

FIRE DEPT. - **998**

AMBULANCE - **999**



HOST:

CREACTIVE ASSOCIATION

if you have any questions..

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Katka Schrager

Partner Organizations

