



# Training Course

# MeMentor

**13–20 November**  
**2026 Lublin, Poland**



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# About Training Course

## **"MeMentor because mentors have their own development too."**

MeMentor is a project previously created and conducted as a youth exchange called "MentorWe". As a follow-up and answer to previous experiences, we decided to bring the concept of learning mutual mentorship to the next level, putting more emphasis on exploring tools useful for mentors wanting to find new approaches or strengthen already-in-use ideas. We are very happy to provide you with the second edition of the "MentorWe" project, this time as the Training course "MeMentor".

During the Training, participants will engage in sessions focused on:

- Training gained or possessed knowledge in practice during simulation activities
- Exploring world of tools helpfull in mentoring process.
- Planing and conducting mentoring process.
- Introduction to PFA (Psychological first aid) and how it can be helpfull in emergency during mentoring process.
- Pear learning between participants from their mentoring experiences.



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# What is Training Course

A Training course is a short-term international learning experience where group of foreigners from at least two different countries come together to update or refine their knowledge on a specific topic. It mixes non-formal education techniques with meritorical content to create a professional learning environment for adults. You'll take part in a mix of workshops, discussions, creative exercises, role-plays, simulations and other interactive methods designed around a topic of course.

## **What a Training Course is NOT**

- Youth exchange (it is dedicated for over 18 participants)
- Pure tourism or holiday travel
- Learning form ground up

## **What can you expect**

- During training, each day consists of 4 sessions (4 x 1,5h)
- In between sessions there are coffe brakes
- Detailed shedule will be sent to participants after the qualification phase



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# Participant Profile

Program is dedicated for young people between age of 20 to 30 years old already having experience in mentoring process or acknowledged expertness in their fields of interest or work. Course will be suiting for:

- Experts wanting to share knowledge of their fields with others
- Youth workers
- Educators
- Volunteer coordinators
- Volunteers involved in youth engagement
- Youth leaders



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# Technical Details

## Insurance

- Organizers provide personal accident insurance (only during activities days).
- Participants must arrange their own health and travel insurance.

## Accommodation & Food

- Participants will be accommodated in shared rooms (3-4 people per room)
- Venue: [Hotel "Akropol"](#)
- The course includes three meals per day and two coffee breaks
- Meals will be prepared on-site
- Specific dietary requirements will be collected after participants are selected for the program

**The official currency in Poland is Zloty (PLN), so consider bringing some cash or using a card that supports currency conversion.**



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# Get to know **LUBLIN**

Lublin is called a city of inspiration, with many captivating cultural spots to explore. It was European Youth Capital in year 2023 and is host of European Capital of Culture in 2029. The unique atmosphere of its old streets connects past and present, giving you space to slow down, discover hidden stories and get inspired by its authentic, magical vibe. Lublin is one of the largest cities in eastern Poland. It is located in the Lubelskie Voivodeship, southeast of Warsaw. The city is known for its beautiful historic Old Town, the majestic Lublin Castle and the famous Carnival Sztukmistrzów, which attracts street art and circus enthusiasts from all over the country.

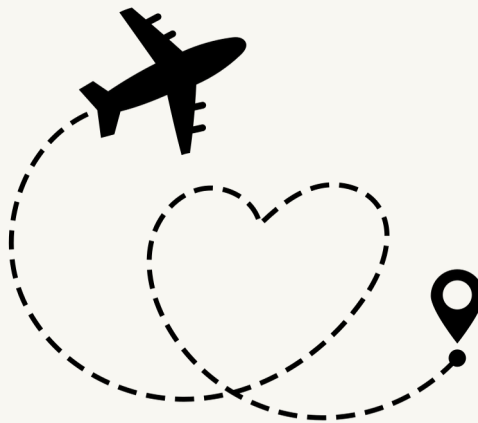


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# Travel



The participants need to buy travel tickets on their own.

The time of travel must be included maximum in period of two days before and after the projects activities. All the expenses for the extra days are the responsibility of the participants.

The organizer will reimburse travel cost via bank transfer up to 30 working days after the project when all needed documents are delivered to the organizers.

Reimbursement of the travel costs will be done only upon presentation of all original tickets (including return tickets), receipts, invoices and boarding passes. Preferred option are digital tickets – so its easier to share them as pdf files.

~~We do not reimburse travel~~ We do not reimburse travel via car (with exception of carpooling), gas invoices, parking tickets, taxis, Bolt/Uber/etc and any expense that is not confirmed by an appropriate document.

~~We reserve the right to not reimburse~~ We reserve the right to not reimburse expenses that were not prior accepted by project coordinator.

Reimbursement of travel costs in accordance with the rules of the Erasmus+ program.

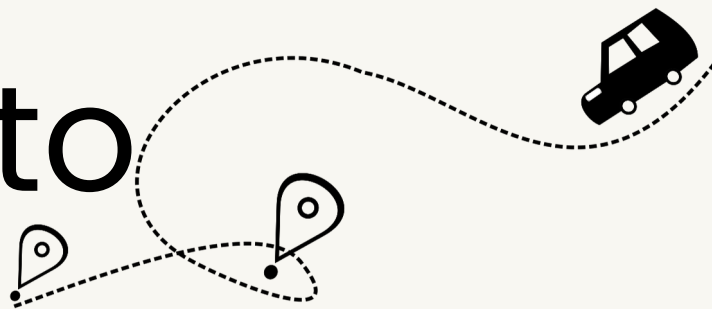


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# Travelling to **LUBLIN**



Your destination is Lublin.

In Lublin there are main stations:

- Dworzec Kolejowy PKP Lublin Główny – [Railway station](#)
- Dworzec Autobusowy Lublin – [Bus station](#)

## **AIRPORT**

You can travel to [Warsaw Chopin Airport](#) (WAW) or [Warsaw Modlin Airport](#) (WMI) or [Lublin Airport](#) (LUZ).

**Please contact us at least 24 hours before the purchase about tickets you're planning to buy.**

Please remember to choose the most cost-effective travel option as only cheapest option will be accepted.

**Wait for our approval before purchasing tickets! We cannot guarantee reimbursement if you do not confirm your travel plan before buying.**

Contact person about travels:

**[maciej.kwiatkowski@sempre.org.pl](mailto:maciej.kwiatkowski@sempre.org.pl)**





# Travel from Warsaw Chopin Airport

A. Take Flixbus directly from Warsaw Chopin Airport to Lublin Bus Station. It **needs prior booking**. ([shop.flixbus.com](https://shop.flixbus.com)). It takes up to 2 hours.

B. Take the bus (175 or 188) or regional train to the Central Station. Then after reaching the station in Warsaw, take a train. **The train ticket from Warsaw to Lublin needs prior booking.**

You can buy tickets online here:

[Your destination is Lublin Główny.](#)

[koleo.pl](https://koleo.pl)

You can also buy the ticket in the station but we recommend buying it earlier. The ride takes up to 2 hours.



# Travel from Warsaw Modlin Airport

By train: use the website to check the schedule and book a ticket  
(you can also buy it inside the train):

You are travelling from Lotnisko Modlin to Warszawa Centralna,  
Warszawa Gdańska or Warszawa Wschodnia  
(depending from which station you are taking bus/train to Lublin).

Once you reach the station,  
follow the instructions above.



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# Useful websites & apps in Poland



## **E-podróżnik**

E-podróżnik is nothing more than a very popular search engine for train and bus connections. The portal in its offer has the opportunity to purchase tickets from more than 1500 carriers both within Poland and other countries.

## **[www.intercity.pl](http://www.intercity.pl)**

A rail carrier's website where you can buy train tickets. Important: Students studying abroad are not eligible for a discount, you must purchase a regular ticket for train travel.

## **[www.jakdojade.pl](http://www.jakdojade.pl)**

An essential website/application for all public transport passengers in Polish cities. Thanks to the app, you can easily check the timetable and buy a ticket.

## **TAXIS: FREENOW, Bolt, Uber**

These taxis are much cheaper compared to the city ones. Many people use this transport option, especially in Lublin in the evening or at night, when public transport does not work well.

You can pay there by card or cash. Just remember, **we can't reimburse your taxi ride.**

# ANY QUESTION? ASK US!



SempreaFrente



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Fundacja Sempre a Frente



**Trainers: Agata and Marcel**  
from Sempre a Frente Foundation  
Team!



**Travel support: Maciej**  
from Sempre a Frente Foundation  
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