



ART for inclusion



**Art related methods for
Youth Workers and Educators**

**11–20 December 2026
Gdańsk, Poland**

ERASMUS+ TRAINING COURSE
Arrival and departure days included

Art as a bridge

Participation begins with more ways to express yourself.

Young people bring different abilities, experiences and ways of communicating into a group. A single way of learning can leave some of them on the margins.

This course explores how art can open space for participation. You will work with creative methods, consider different needs and reflect on how to make learning environments more inclusive.



What we will explore

Music, movement and dance

Explore artistic approaches that support communication, self-expression and connection within a group.

Art therapy and wellbeing

Explore art-based approaches alongside mindfulness and self-awareness.

Visual arts and theatre

Discover ways to work with images, creative expression and theatre in education and youth work.

Learning from local practice

Visit organisations working with inclusion and diversity to learn from their experience and good practices.



How we will learn

Creative, practical and experiential

Each day focuses on a different artistic approach. Participants experience activities, reflect on their facilitation and consider how the methods can respond to different needs.



Creative expression through visual art

What you will take away

Understand	Identify how art forms can support inclusion, wellbeing, communication and emotional expression.
Apply	Use music, movement, visual arts, theatre and other artistic methods in youth work.
Adapt	Adjust activities to different abilities, needs and backgrounds.
Include	Create supportive spaces and activities that build empathy, participation and belonging.
Reflect	Review your facilitation and integrate art-based approaches into your everyday practice.

Who is this course for?

**Youth workers, educators,
trainers, teachers and facilitators**

Experience and language

At least two years of experience in youth work, education or psychology, and a good command of English.

Age and residence

Participants must be over 18 and legally resident in an eligible programme country, with valid documents.

You should be motivated to design or facilitate meaningful learning experiences for young people using the methods of this course.

Your sending organisation

An active connection

You must be a member or close collaborator of an active youth organisation. Paid staff and active volunteers can apply.

A valid OID

Your organisation must provide its Organisation ID. Applications without an OID are ineligible. We will sign a partnership agreement with the sending organisation.

One year after the course

Be willing to remain involved with the partner organisation for at least one more year after the project.

Before you apply

Country eligibility

Your sending organisation should be based in the country where you currently reside. A different situation may affect your eligibility.

Confirmation before application

Confirm that the organisers can accept participants from your country. Apply only if you currently reside in an eligible country.

Alcohol-free project

Please refrain from drinking alcohol throughout the project to support the group atmosphere and learning.



Flow of the day

08:30–09:30

Breakfast

10:00–13:30

Morning sessions, including one break

13:30–15:30

Lunch break

15:30–19:00

Afternoon sessions, break and reflection

19:00

Dinner

20:30

Free time or led activities

The schedule can change during the week to respond to the group's dynamics.



Arrival and departure

11 December

Arrival from 16:00

Please do not arrive at the accommodation before 16:00. Our first shared meal is dinner at 19:00.

20 December

Departure after breakfast

The project dates include both travel days. Plan your connections around these arrival and departure arrangements.

Gdańsk, Poland

A Baltic city with space for culture

Gdańsk brings together a rich history, cultural life and access to the seaside. The course is based at the Grunwaldzka youth hostel in the Strzyża area.

SSM Grunwaldzka

Al. Grunwaldzka 244
80-314 Gdańsk
Poland

[Venue website](#)

[Open the venue in Google Maps](#)



Your stay

Shared accommodation

Rooms accommodate 2, 3 or 4 people, depending on availability. Shared rooms are the standard arrangement and no exceptions are offered.

Facilities

The venue has a sports field and free, unattended parking for cars and coaches. Wi-Fi is available, but there is no shared computer.

Meals and diets

Full board includes buffet meals and Polish cuisine. Tell us in advance about allergies, medical needs and vegetarian or vegan diets.

Good to know

Bring towels and toiletries. The hostel does not provide washing machines or hairdryers. Personal food preferences are outside the dietary arrangements.

Getting to the venue

By plane

Fly to Gdańsk Lech Wałęsa Airport (GDN). Check rail services towards Gdańsk Wrzeszcz and a connection to Gdańsk Strzyża on the PKM line.

Before travelling

Use a current journey planner for the full route. Allow extra time for transfers and check evening services close to your travel date.

[Jakdojade journey planner](#)

By train or public transport

From Gdańsk Główny, plan your local train, tram or bus connection to Al. Grunwaldzka 244. Include the final walk to the entrance.

By taxi or car

Use the full address: Al. Grunwaldzka 244, 80-314 Gdańsk. The venue offers free, unattended parking.

[Airport rail information](#)

Costs and reimbursement

Board and lodging

The organisers cover full board and shared accommodation during the project dates.

Travel costs

Reimbursement covers actual eligible expenses up to the maximum for your distance band and travel category. Keep all tickets, receipts and invoices digitally.

Green travel is strongly encouraged, especially for participants travelling from countries neighbouring Poland.



Travel budget

Distance band	Green travel	Non-green travel
10–99 km	€56	€28
100–499 km	€285	€211
500–1,999 km	€417	€309
2,000–2,999 km	€535	€395
3,000–3,999 km	€785	€580
4,000–7,999 km	€1,188	€1,188
8,000 km or more	€1,735	€1,735

Maximum per person. Reimbursement depends on actual eligible expenses.

If flights cover more than 50% of the total return travel distance, the organiser applies the non-green maximum.

Planning your travel budget

Your departure location to Gdańsk, Poland

Use the official Erasmus+ distance calculator to find your distance band. Enter the place where your journey begins as START and Gdańsk, Poland as END.

[Open the Erasmus+ distance calculator](#)

Check your route, travel category and maximum reimbursement before booking.

December and packing

Winter by the sea

Pack for cold and windy conditions, with possible rain, sleet or snow. Bring warm layers, a waterproof outer layer and sturdy outdoor shoes. Check the forecast before departure.

For your wellbeing

Bring enough of any regular medication for the whole stay. Keep your identity documents, insurance information and travel records accessible.

For activities

Bring comfortable clothes and shoes for indoor and outdoor sessions. Pack your own towel, toiletries, a refillable water bottle and a cup or mug.

For cultural evenings

Bring snacks or non-alcoholic drinks from your country to share. Tap water is drinkable, so we will not provide bottled water.

Health and practical support

Health cover

Bring your European Health Insurance Card if you are eligible. It provides access to medically necessary public healthcare under the rules and costs that apply in Poland.

Additional insurance

Arrange appropriate travel and health insurance. EHIC does not cover private care or repatriation and does not guarantee that all services are free.

Access and participation

Contact the organisers before arrival about dietary requirements or support you need to participate in the course and shared accommodation.

Personal essentials

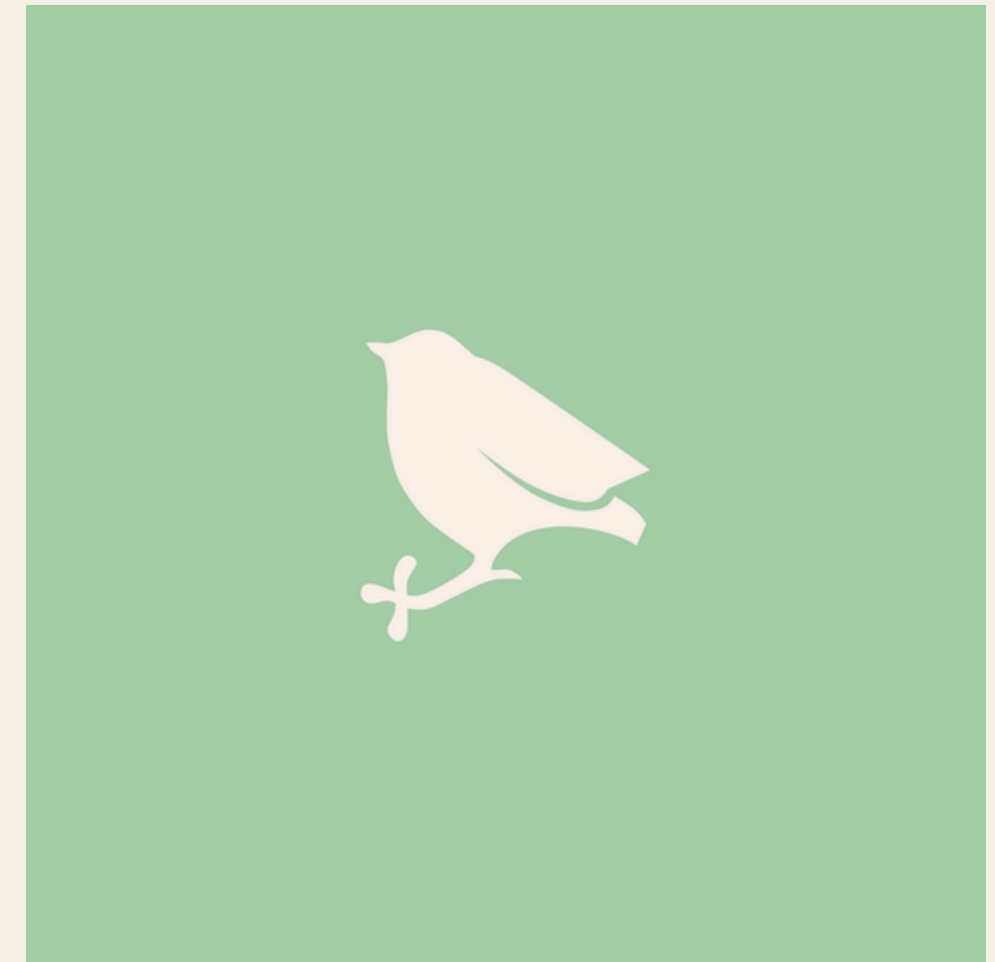
Wi-Fi is available. Bring your own device if you need one. Keep the organisers' contact details with your travel documents.

The hosting organisation

Uskrzydłamy We Add Wings

A non-governmental, non-profit organisation founded in 2007. We have held Erasmus+ Youth accreditation since 2023.

Our work connects inclusion and active citizenship with non-formal education. We use theatre, music and intercultural cooperation to support young people and their communities.



weaddwings.eu

Application and contact

ART for inclusion
11–20 December 2026, Gdańsk

[Apply through the online form](#)

forms.gle/jPW7ZrTqFWkufBL9A

uskrzydlamyngo@gmail.com

[WhatsApp: +48 667 637 321](https://www.whatsapp.com/chat?phone=48667637321)

[@uskrzydlamy](https://www.instagram.com/uskrzydlamy)

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