



INFOPACK FOR PARTICIPANTS

LET ME IN

Warsaw, Poland
October 24 - November 2



Co-funded by the
Erasmus+ Programme
of the European Union



THE ORGANIZERS

Fundacja Autokreacja (Poland)

The Autokreacja Foundation aims at fostering the active participation in a civil society through various initiatives in the field of social economy. We contribute to the civilizational, cultural and economic development of Poland. We want to put the spotlight on problems of diverse social groups that are often marginalized, that is why we focus on cooperation with long-term unemployed, youth from underprivileged regions, unemployed women, elderly people, immigrants and refugees. Many of our projects were designed to favour multiculturalism and intercultural exchange by bringing together different lifestyles, points of view and philosophies. Our conviction is that sharing, experiencing and debating are the best ways to progress as it permits us to be open to new initiatives and to welcome with enthusiasm, possibilities of cooperation with organizations dealing with different domains in many countries and cultures all over the world.

website: www.autokreacja.org

facebook: facebook.com/FundacjaAutokreacja

Instagram: instagram.com/autokreacja_foundation/

ABOUT THE TRAINING

LET ME IN is a project aiming at raising capacities of non-governmental organizations working with youth at risk of social inclusions due to different factors. It is deeply rooted in the context of contemporary European societies in which an alarming tendency of deepening inequalities can be observed.

For us a consortium of international partners the answer to this challenge lies in education - we need more tools and methodologies that empower young people, help them discover their potential and express their voice in a creative way in order to accomplish social change that is a direct answer to their particular needs. The challenge, however, is that not a lot of youth workers and NGOs are fully ready to open up to new methods and dare to organize their projects in a more participatory oriented ways. The reason for that is in many cases lack of knowledge about what empowerment really is and how to use modern techniques in activating and motivating youngsters.

The training itself is a balanced composition of theory and practice, designed to give participants a space to re-define their own approaches towards inclusive education and to explore practical, innovative tools (most notably digital storytelling and participatory photography) that can be used to empower vulnerable groups of youngsters.

OBJECTIVES

In order to address this issue, we designed a project that has the following specific objectives:

- re-defining the concept of inclusion and investigating how non-formal education can be beneficial while working with vulnerable youngsters
- equipping partner organizations and their representatives with accessible and easily adaptable tools aiming making youth projects more efficiently addressing specific needs of different youngsters with fewer opportunities
- exploring practical methods (participatory photography and digital storytelling) for empowering young people and giving them voice that can help them undertake action
- creating a network of like-minded organizations and individuals ready for joint efforts aiming at enhancing social inclusion of youngsters on cross-European youngsters.

PARTICIPANTS SELECTION

The project is to gather **youth workers** fulfilling the following criteria:

- actively involved in the work of an NGO (preferably as staff members)
- experienced in working with youth with a proven track record of successful
- projects for youngsters at risk
- able to communicate freely in English
- committed to organize dissemination events and provide quality project visibility
- being a legal resident in one of the participating countries (Bulgaria, Cyprus, Greece, Hungary, Lithuania, Poland, Romania, Spain)

The main criteria for selecting the participant is their previous experience of working with youngsters at risk, their openness to enrich their toolboxes and, most importantly, their potential to use the new methods and act as multipliers back in their home communities while organizing more innovative educational activities addressed to young people with fewer opportunities.

TRAVEL AND REIMBURSEMENT

The nearest international airports are **WARSAW CHOPIN (WAW) and WARSAW MODLIN (WMI)** and you are expected to arrive there on **October 24**. From the airport, take public transport to the project venue (you will receive more detailed instructions by email close the project dates)

IMPORTANT:

- Please send your travel proposal to Kasia from Autokreacja (katarzyna.luczak@autokreacja.org) **before** buying any tickets
- We would also ask you not take any actions (preparing the tasks, looking for tickets, buying insurance unless you filled out [this online form](#) received official confirmation of your participation from your organisation and Autokreacja

Reimbursement of travel costs will **ONLY be done upon full attendance in the training and presentation of the original tickets with boarding passes and receipt/invoices**. Unauthorized absence from activities and workshops will not be permitted and if happening, may result in the cancellation of travel costs' reimbursements and/or expulsion of the event.

!! Note: Bring original invoices and tickets, print out e-tickets and keep your boarding passes. Price, currency, name of passenger, date of purchase and travel should be clearly visible on all documents; otherwise we will be unable to reimburse the travel costs. Reimbursement will be based on real travel costs.

!!! Note: If you wish to travel on other dates as the project's dates, please ask for confirmation before booking the tickets (we accept travel 2 days before the event and 2 days after the event under the condition that no stop-overs are done on the travel).

The accommodation and food expenses during the extra days are covered by participants.

!!!! Note: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated accordingly to Polish National Bank rate exchange.

COVID ISSUE Most of the flight companies offer rebooking/rerouting without charging the fee or reimbursement in case of cancelation due to the "Corona issue". Sometimes there is also the option to buy extra insurance that will minimalize the risk of losing money.

PARTICIPATING ORGANIZATIONS

| Country | Entity | Number of participants | Maximum reimbursement |
|-----------|--|------------------------|-----------------------|
| Poland | Fundacja Autokreacja | 3 | 0 |
| Cyprus | YOUTH FOR EXCHANGE AND UNDERSTANDINGCYPRUS | 3 | 275 |
| Romania | ASOCIATIA TINERII 3 D | 3 | 275 |
| Bulgaria | THE CHANGE IS IN YOU | 3 | 275 |
| Spain | ASOCIACION BUILDING BRIDGES | 3 | 360 |
| Hungary | Hidak Ifjúsági Alapítvány | 3 | 275 |
| Greece | Κέντρο Ενδυνάμωσης Νέων | 3 | 275 |
| Lithuania | Active Youth Association | 3 | 275 |

WEATHER CONDITIONS

Autumn can be very cold in Poland and it is typical for October/November to rain, so bring warm clothes, waterproof jacket and comfortable shoes with you.

FOOD AND WATER

Food expenses (breakfast, lunch, dinner and coffee breaks) are covered by the project and managed by Autokreacja. **Vegetarian food is available**, but organizers should be informed about no later than one week before arrivals.

If you want to try some typical Polish dishes you may find that Polish food is hearty and filling, with thick soups and sauces, abundant in potatoes and dumplings, rich in meat but not so much in vegetables. Characteristic ingredients are dill, marjoram, caraway seeds and wild mushrooms. There are four daily meals in Poland: an early breakfast, a light snack for second breakfast, a substantial dinner taken after work, and a small supper before bed.

Water: The tap water is suitable for drinking.

MONEY ISSUES

The official currency is Zloty (PLN), divided into 100 groszy. Most major credit cards are appear around the city centre, they are marked BANKOMAT (cash dispenser in Polish). Money can be exchanged at banks, hotels and at the airport but **exchange offices, called KANTOR, usually offer better rates.** Some of the exchange offices are open 24 hours a day.

The exchange rates as of September 29 are:

1 EUR - 4.63 PLN

COINS

1, 2 and 5 zloty and denominations of 1, 2, 5, 10, 20 and 50 groszy.



NOTES

The PLN appears in denominations of 10, 20, 50, 100 and 200 zloty.



ELECTRICITY

Electricity in Poland is 220 VOLTS at 50 Hertz. European plugs should be compatible with Polish ones.

PHONES

The international access code for Poland is +48. The outgoing code is 00 followed by the relevant country code (e.g. 0048 Poland). Mobile phones work throughout the country.

INTERNET

WI-FI is almost everywhere :)

FB GROUP

Please join our fb group [[click here for the link](#)]. We will use it for getting to know each other before meeting in Poland but we will also be posting important updates about the trainign so make sure you are a member .

CONTACT

You are advised to carry you mobile phone with you, so in case you get lost or there is any problem that you encounter you can call the individuals below for assistance.

Whatsapp

Katarzyna Łuczak (+48) 502 096 593 (English)

Katarzyna Kowalska (+48) 606 704 073 (English)