

# INFOPACK COMPASS

erasmus plus



POLAND  
11 - 19 of May 2022  
**TRAINING COURSE**



**ORIENTEERING**



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ERASMUS



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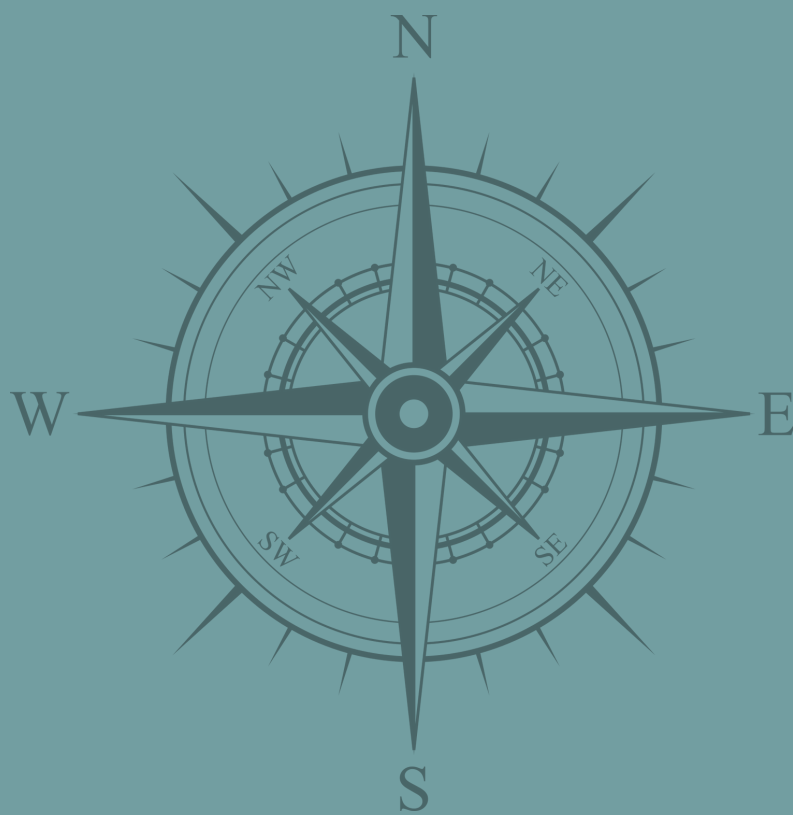
CONTACT



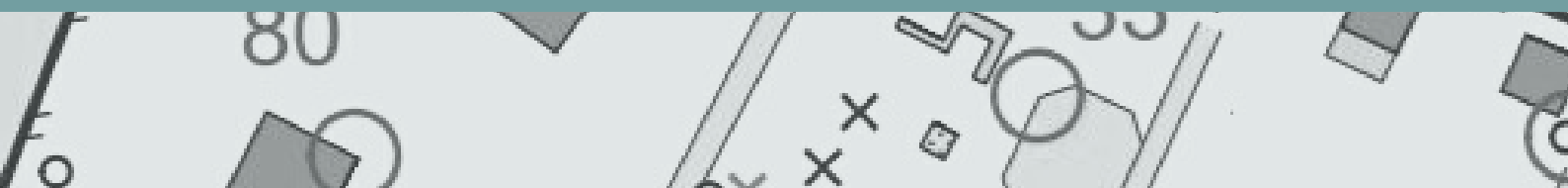
# OVERVIEW

## "COMPASS"

The name represents not only the main tool that participants will use during the orienteering run but also the metaphor of the situation that gave rise to this project. Youth workers will learn how to give young people good tips and to show them the right path to a healthy and active life.



The goal of the "Compass" project is to improve the competences and to educate youth workers in the field of healthy and active lifestyle and sport, and to equip them with innovative tools for working with young people.



# ORGANIZATIONAL MATTERS

## DATE AND PLACE

*The Training Course will take place on 11-19 of May 2022 in Poronin (Poland).*



## TRAVEL DAYS

You can NOT arrive later than the 11th of May 2022- the arrival day and leave sooner than the 19th of May 2022- the departure day.

\*PLEASE NOTE that it is allowed to travel within 2 extra days (ex. you can arrive in Poland one day before, and leave one day after the official dates noted above) at your own expense.

## PARTICIPANTS

*Youth workers 18+*



## PROFILE

Youth workers (or volunteers) 18+ years old from partner's countries. Motivated to learn about the new tools and instruments related to a healthy lifestyle. Willing to use in it their personal life and at work with local youth in their own communities and organizations. The project involves young people with fewer opportunities.



## PARTNER COUNTRIES

- *Finland*
- *Hungary*
- *Italy*
- *Malta*
- *Portugal*
- *Romania*
- *Spain*
- *Turkey*
- *Poland (host)*



## SELECTION CRITERIA

*Why to choose you?*



### WE ARE LOOKING FOR

- *willingness to participate in the TC and to use acquired knowledge and skills in youth work*
- *high motivation to learn new techniques and methods related to a healthy lifestyle*
- *readiness and availability to involve actively in the whole project (including dissemination)*
- *youth with fewer opportunities (40%)*
- *gender balance 50/50*
- *a good level of English is required*

## BEFORE DEPARTURE



### TRAVEL

The purchase of travel tickets: each participant will purchase the travel ticket with the approval of the hosting organization (FRATERNITAS NGO). The tickets will be purchased at least 1 month prior to the mobility.



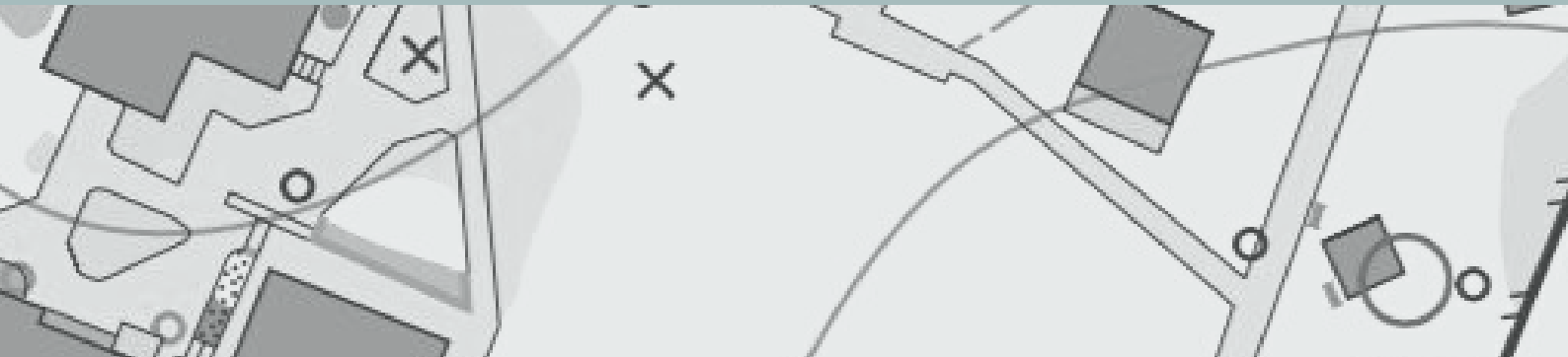
### INSURANCE

Health and travel insurance: each participant will provide at his own expense the health insurance for the stay.

Please keep in mind that during an unstable epidemic situation the insurance of your travel ticket and your health is **MANDATORY!!!**

# REIMBURSEMENT

## IMPORTANT INFORMATION



Your name, surname, dates and price information must be written on your tickets. You must have both tickets and invoices and deliver original tickets to us by post (or e-mail in case of e-tickets) after the project. The open-date tickets are not accepted. Every ticket must have the project's dates on it. After your return, you must send your departure boarding passes too. First, team leaders will take photos of it, send by e-mail and later will send the originals by post. Before buying tickets please contact us. All tickets **MUST BE** approved by our organization, any unapproved tickets will not be reimbursed.

## TICKETS REIMBURSEMENT UP TO:

- Finland - 240€
- Hungary - 240€
- Italy - 240€
- Malta - 240€
- Portugal - 325 €
- Romania - 240€
- Spain - 240€
- Turkey - 240€

DUE TO REMOTE LOCATION, THERE WILL BE A BUS ORGANIZED BY US, FROM KRAKOW (11 TH OF MAY 5:30 PM) TO PROJECT PLACE (PORONIN), AND BACK (19 TH OF MAY, 8:00 AM) THEREFORE THE AMOUNT OF 35 EUROS WAS DECREASED FROM THE TOTAL REIMBURSEMENT LIMIT PER COUNTRY.

In order to get the reimbursement of the travel costs, you must send the original boarding passes and other required documents (tickets, invoices) online or via post.

## IMPORTANT!!!

Please CHECK IN ONLINE through website of airlines and generate every boarding pass in PDF file. DO NOT create boarding passes through the phone app - this option do not allow to generate PDF file, and such boarding passes won't allow us to proceed the reimbursement.



# VENUE

The accommodation and the mobility activities will be held in Willa Austryjok.

Accommodation and meals during the days of the project are covered. If you stay longer, you will have to pay for your own expenses.

Participants will be accommodated in rooms divided by gender and mixed nationalities. The venue is equipped with a plenary room where all activities will be held, and a canteen where we will have all the meals. **You should bring your towel.**

If you will cause any damage to the room or to any items, you will have to pay for the expenses.

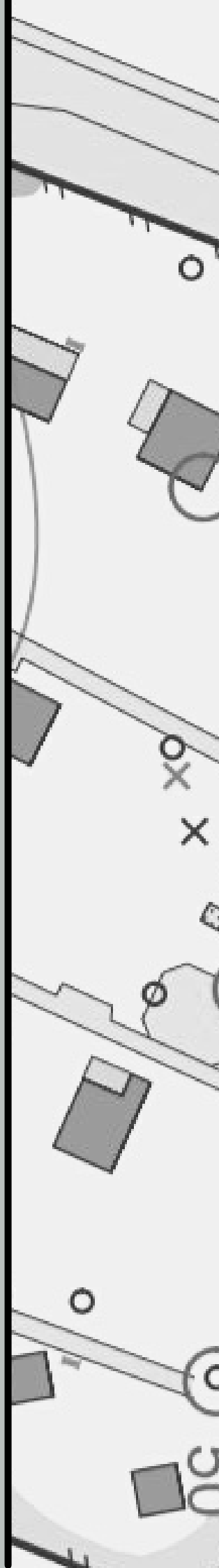
The mobility is going to take place in Poronin. It's a very calm place, close to nature. Weather is specific in this region, so be sure to check the forecast and bring proper clothes.



*ADDRESS:  
Tatrzańska 99A,  
34-520 Poronin*



49.328544194548705, 20.037156699999997



# HOW TO PREPARE YOURSELF?

## WHAT TO BRING FROM YOUR COUNTRY?

- Traditional food from your country/region
- Something typical from your country (traditional clothes, crafts etc)
- Games for entertainment during free time
- Instruments (if you play one)

## IMPORTANT!!!

Each country will present its culture, food, drinks, music, dances, and traditions. So don't forget to prepare it before at home.



01

FOOD



02

TRADITIONAL  
CLOTHES



03

GAMES



04

INSTRUMENTS

## WORTH REMEMBERING

- Bring proper clothes for the mountain weather and sports activities – shoes, jacket, cap, scarf, etc. The weather over there is changing quickly.
- Personal things: towel and hygiene cosmetics, medicines you usually take, MASKS, sanitizer, and other things you need for your own well-being.
- Pocket money for your personal purchases. We advise you to buy the local currency PLN before arrival. There is NO currency exchange office in the village where our venue is located and shops accept mostly CASH.
- Bring a small gift from your country



05

PROPER CLOTHES



06

MEDICINE



07

POCKET MONEY



08

GIFT FOR A NEW FRIEND





# HOW TO APPLY?



## COMMIT

### TERMS AND CONDITIONS

Participant Agreement has to be read and accepted by every participant to be able to take part in the mobility.

[READ HERE](#)



## APPLY

### FILL OUT THE FORM

Answer the questions in the application form. [APPLICATION FORM HERE](#)



## RESULTS

### AWAIT THE ANSWER

Selected participants will be contacted by the hosting NGO.

GOODLUCK AND HOPE TO SEE YOU SOON!

## CONTACT



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<https://www.facebook.com/FraternitasNGO/>

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# COVID-19 ADVISORY

DON'T LET COVID RUIN THE PROJECT FOR YOU



## TRAVELLING TO POLAND

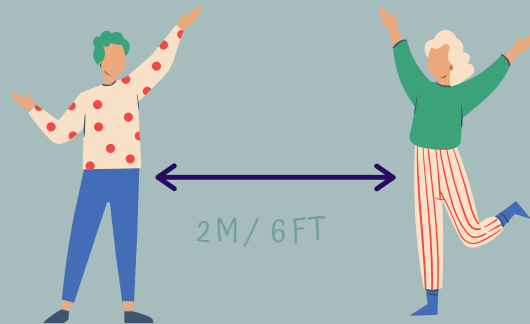
You can find the most frequently updated information about an entry in Poland [HERE](#)

We will provide you with all necessary information and the most recent updates about restrictions before the trip.



### WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



### MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters distance between yourself and anyone who is coughing or sneezing.



### AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. Wear a mask.



### IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Bring your own masks.

If you have any symptoms prior to departure, or during the mobility, please immediately inform the hosting organization.