

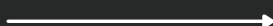
SPOTLIGHT ON YOUTH LEADERS



ERASMUS+ TRAINING COURSE

DATES: 9–15 OF
SEPTEMBER 2022
+2 TRAVEL DAYS

VENUE: TRAINING &
EDUCATION CENTRE
REZONE,
UL. CICHA 12,
34-700
RABKA-ZDRÓJ,
POLAND



ORGANISER



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Funded by
the European Union

What is this project about?

Youth Exchanges is a powerful tool to work with young people. In order to exploit its full potential and make a true change through youth exchanges we need to have youth leaders that are competent, equipped with variety of tools, invested in maintaining highest quality of inclusion, participation and youth work standards.

The project aim is to prepare a group of youth leaders from Erasmus+ Program countries to fulfill their role to the highest extent, securing the quality.

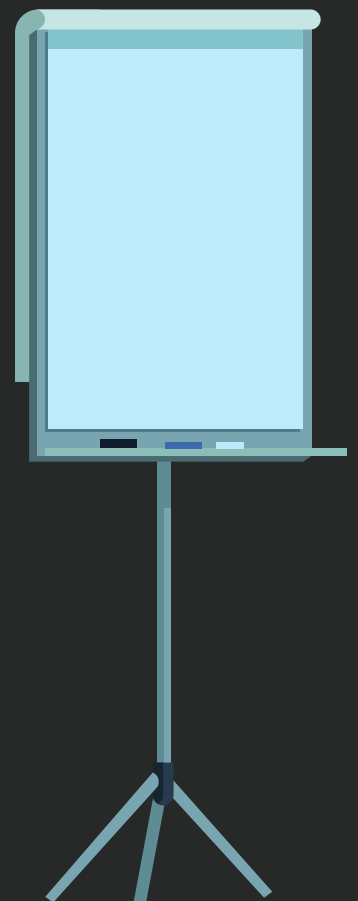
Let's explore the possibilities that youth exchanges are giving us!

GOAL

This Training Course will form a pool of youth leaders to be engaged in various youth exchanges organized by this partner consortium for the next years.

Objectives

- explore the full potential and possibilities for achieving a social change through youth exchanges,
- better understand the concept of youth exchanges in Erasmus+ program,
- developing competences to design high quality youth exchanges based on needs and ideas of young people in a participatory way
- equip youth leaders in knowledge, skills and attitudes to support young people in developing youth exchanges,
- internalize youth work standards and values to practically implement them in the youth exchanges development proces.



Participants

We invite 24 youth leaders from different countries- working with young people by supporting their initiatives, leading youth groups etc. Participants should be already engaged in youth work professionally, voluntarily, regularly or occasionally and have strong motivation to work with young people using youth exchanges.

Youth leaders should collaborate with an organization (NGO, municipality, other public/private body) working with youth, registered in one of the Program countries of Erasmus+ and having a verified ECAS account. Participants will be asked to present their organization's OID number.



Venue

Training and Education Center ReZone
in Rabka-Zdrój, ul. Cicha 12.

It's a cozy and comfortable place for accommodation, with diverse and healthy meals (3 per day), place to rest, integrate and work. Rooms are 2-4 persons, with private bathroom. The whole building will be at the exclusive disposal of the group.

Sheets and towels are provided, please take with you comfortable shoes or slippers. In the venue you can also find piano and other musical instruments.

We will also use the outdoor facilities of Rabka city - beautiful park, garden gazebo and boulevards.

@Centrum Edukacyjno-Szkoleniowe ReZone

Registration

When confirmed - you will receive a registration form confirming your participation and travel.

~~NOW~~
LATER



Travel



Please read carefully Travel Reimbursement rules attached.

Travel costs limits are defined according to the Erasmus + Distance Calculator with the calculated average of 275 EUR per participant, both ways. You have 2 travel days on disposal.

If you travel green (no planes) the travel cost limit raises until 320 instead of 275 EUR and you can travel longer (max 6 consecutive days), as long as the travel is connected to the activity.

Travel costs will be reimbursed after the mobility on the account of the partner organization based on the original / printed tickets and invoices and signed travel reimbursement form sent by post to the organizer (see more in mentioned Travel Reimbursement Rules).

IMPORTANT

Your travel must be connected to the activity. Coming and departing on travel days and from / to your country of residence is a default option. Any other must be consulted with the organizer.



projects@europe4youth.eu



Rules of Travel

See more in the Reimbursement rules attached.



- economic options only (2nd class, economy class)
- public transportation only (no taxis, Ubers, bolts)
- please collect all tickets, reservations, boarding passes - later we will reimburse you expenses based on original tickets - printed - paper.
- you can travel longer than 1 day as long as you arrive to Rabka-Zdrój to the venue on arrival day and depart on departure day. We can still reimburse you tickets if you travel max 2 days more. Remember that extra days accommodation you have to provide yourself, we can host you only at the dates of the project.
- you don't have to consult with us your tickets - as long as they suit you and meet the rules - just book them :-)

How to get to Rabka

By plane:

Please land in Krakow airport and take the train to the main bus / train station (Kraków Główny), then see other section.

FLIXBUS is a cool option to get from Krakow airport directly to Rabka-Zdroj (tickets booked online only). www.flixbus.pl (prices vary, the sooner you book the better)

By train / bus:

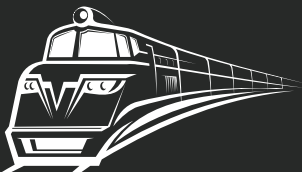
Go to Malopolski Dworzec Autobusowy (main bus station) and find "RAB-BUS". bus company that go straight to Rabka-Zdroj. It takes 2 hours from Krakow and costs 16-18 pln. Check out schedules here: www.busy-krk.pl/en/rabka-zdroj-krakow/

If you take the bus called "Szwagropol" or "MaxBus" it will take you to Rabka-Zabornia. This is far. Please take the bus that goes to Rabka Bus Station!

In Rabka-Zdroj:

When you are in Rabka-Zdroj: from the main bus station to the accomodation, it is a 23 minute walk. Take a nice walk through the park - when you get to Nowy Świat street, pass the cinema, and Adaś shop go straight untill the Cicha street. Our building is the last building of the road on the left (it's a dead end street).

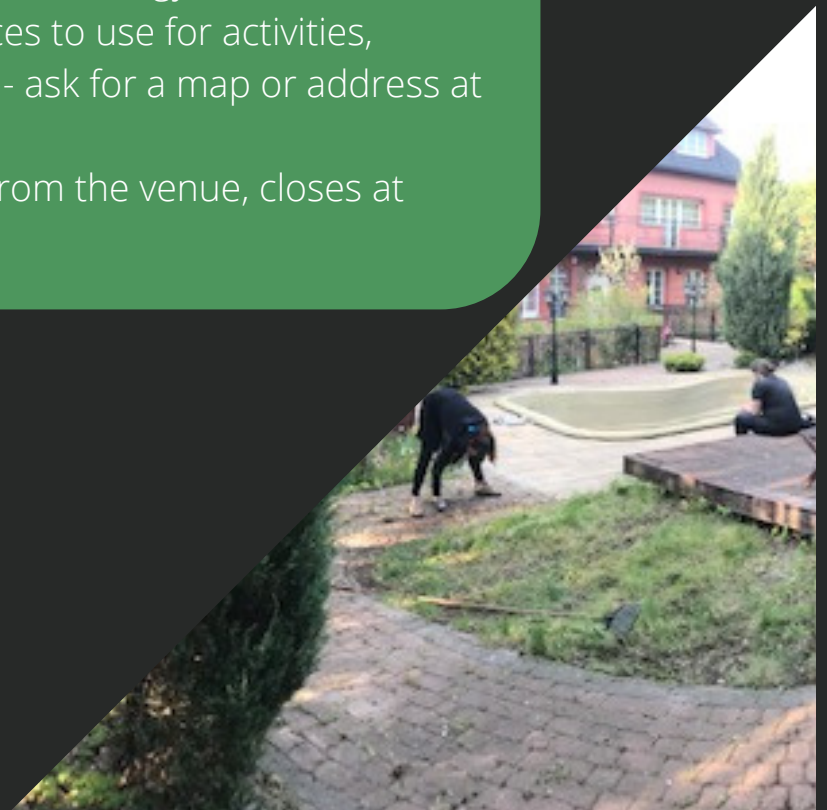
If you don't want to walk, you can take a taxi there (they stay just next to the station), but we cannot reimburse taxi (check out travel reimbursement rules). It would have to be on you.

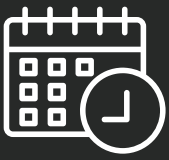


Other Remarks

- Polish food - dinners in Poland are simple. Lunch is the biggest and most important meal of the day - be ready for this!
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day :-). Select in the registration form the option that is the closest to you,
- if you have a demanding diet, please be ready to help yourself by getting from the shop whatever you need that is not easily accessible by us,
- Venue - you will be living with 2, 3 and 4-people's rooms, in the house which is on our full disposal (no one else will be there besides the staff),
- we don't have a cleaning service (the place isn't a hotel) - we take care of the tidiness of our surroundings,
- we provide towels and bed-linen,
- we have a quiet hours from 22:00 till 6:00 but ... no one can hear you in the basement - this is where we party. Don't worry! The basement is elegant and adapted for parties, not creepy and with blood stains on the walls :-)
- there is a small kitchen to use if you need to prepare something for the intercultural evening (room nr 17) - there is no oven though, no baking possible.
- the town - has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities,
- closest pharmacy is 30 min walking - ask for a map or address at the reception,
- closest shop - Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.

ATTENTION!





TIMETABLE

	Arrival Day	Day 1	Day 2
10:00 – 11:30		Introduction to the TC Concept	Exploring the power of youth exchanges
12:00 – 13:30		Getting to know each other better	What is and what isn't a youth exchange
15:00 – 16:30	Check in after 15:00	Team-Building Activities	How to design a social change
17:00 – 18:30	Dinner at 19:00	Our experiences with youth exchanges	Social change through youth exchanges
	Day 3	Day 4	Day 5
10:00 – 11:30	Ideas for youth exchanges facilitating its development and formulation	Setting aims for a study visit	Youth work standards, principles and values
12:00 – 13:30	How to work with participants with fewer opportunities?	Study visits in youth centers	How to implement it in youth exchanges?
15:00 – 16:30	Quality in youth exchanges	Free Afternoon	Typical tools for youth exchanges
17:00 – 18:30	Getting practical - examples analysis	Free Evening	Designing own tools
	Day 6	Day 7	Departure Day
10:00 – 11:30	How to facilitate learning process during youth exchanges?	Monitoring impact of youth exchanges	Check out until 10:00
12:00 – 13:30	How to empower, activate, strengthen young people?	Open Space	
15:00 – 16:30	How to manage group processes?	Youthpass	
17:00 – 18:30	How to deal with disruptions?	Evaluation	