

DO YOU SPEAK ERASMUS+?

Seminar for organisations and youth workers
active in the field of youth in Erasmus+



29/2 to 7/3, 2023

Training & Education Centre Rezone,
ul. Cicha 12, 34-700, Rabka-Zdrój, Poland

ORGANIZER:

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The Idea

Youth workers are people with dreams and ambitions, and the Erasmus+ framework can provide the support to realize them.

However, it can be a daunting task both for youth workers and new organizations to navigate the sea that is Erasmus+.

For this reason it is important for more experienced organizations to exchange best practices as well as to create networks of capable and like-minded organizations which can develop in strong and fruitful partnerships and cooperations aiming to develop innovative ideas in the field of youth work.

This seminar's goal is to familiarize organizations and youth workers with the Erasmus+ framework, preparing them as well as setting the foundations for future cooperations and partnerships.

Objectives

- *prepare Youth Workers to engage in youth work inside the Erasmus+ framework*
 - *exchange of best practices between organizations in the field of youth work*
 - *create an expanded network of like-minded organizations*
 - *develop strong partnerships and innovative ideas for youth work*

Participants

We can host a total of 30 participants active in the field of youth work, whether facilitators, trainers, volunteers or in any other capacity, including organizational support.

All of the participants need to also have active collaboration with any organization (NGO, municipality, private or public school etc) which engages in youth work. They must also be registered in one of the Program countries of Erasmus+ and have 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 for 2-4 people, with a 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 a piano and other musical instruments. We will also use the outdoor facilities of Rabka city - a beautiful park, a garden gazebo and boulevards.



Travel



Please read carefully the 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, 28/2 and 8/3.

If you travel green (no planes) the travel cost limit is raised to 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).

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.

Rules of Travel

- please collect all tickets, reservations, boarding passes - later we will reimburse you expenses based on original tickets - printed - paper.
- public transportation only (no taxis, Ubers, bolts)
- economic options only (2nd class, economy class)
- 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 any extra days of accommodation you will have to provide on your own, we can host you only at the dates of the project at the venue.
 - you don't have to consult with us to buy your tickets - as long as they suit you and meet the rules - just book them :-)

How to get to Rabka-Zdrój



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 20 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 until 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.

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 (noone 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 and after ourselves
 - we provide towels and bed-linen
 - we have a quiet hours from 22:00 till 6:00 but... noone 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.
 - don't forget to bring something traditional to eat or drink from your country for the Intercultural night! Anything that is easy to transport and prepare.



Arrival Day (Tuesday 28/2)

15:00-16:30

Check-in

17:00-18:30

Dinner at 19:00

Day 1 (Wednesday 1/3)

10:00-11:30

Introduction

12:00-13:30

Getting to know each other

15:00-16:30

Team-building activities

17:00-18:30

Youth Work in our countries

Day 2 (Thursday 2/3)

10:00-11:30

Intro to Erasmus+

12:00-13:30

The field of youth work

15:00-16:30

Role of young people in shaping Europe

17:00-18:30

Erasmus+ Projects

Day 3 (Friday 3/3)

10:00-11:30

About Youth Exchanges

12:00-13:30

What makes a good YE

15:00-16:30

Brainstorming ideas

17:00-18:30

Monitoring Impact of a YE

Day 4 (Saturday 4/3)

10:00-11:30

Partnerships for Cooperation

12:00-13:30

Small Scale Partnerships

15:00-16:30

Free Afternoon

17:00-18:30

Free Evening

Day 5 (Sunday 5/3)



10:00-11:30

Presenting our organizations

12:00-13:30

Exchanging Best Practices

15:00-16:30

Identifying Strengths & Weaknesses

17:00-18:30

Youth Work Initiatives

Day 6 (Monday 6/3)

10:00-11:30

Networking

12:00-13:30

Brainstorming ideas for future projects

15:00-16:30

Forming partnership plans

17:00-18:30

Crosspollination & Feedback

Day 7 (Tuesday 7/3)

10:00-11:30

Planning for the future

12:00-13:30

Open Space

15:00-16:30

Youthpass

17:00-18:30

Evaluation

Departure Day (Wednesday 8/3)

10:00

Check-out until 10am

- *ATTENTION: After checkout it will not be possible to stay in the venue any longer!*
- If you need any help with transportation and travel back home, let us know so we can give you the appropriate information :-)

Contact

Hosting Organization



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Contact Person

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