



Ecopreneurs



Training Course

Eco-entrepreneurship | Upcycling | Sewing

30.10. - 08.11.2023 | Dobczyce | Poland



Co-funded by
the European Union



Ecopreneurs family

Our organisation created Ecopreneurs projects family, which aims at developing soft and hard skills of youth workers and education, giving them the competences to lead the youth through the process of creating the idea for the upcycled and sewed product, designing it, developing it and preparing the business plan for the company.

The first edition of the project took place in May 2022 where 24 youth workers met to develop their competences in youth work.

[Website](#)

[YouTube](#)



ABOUT



Ecopreneurs 2.0 project will gather 27 youth workers and 3 trainers, who will meet between 30th of October and 8th of November 2023 in Dobczyce to develop their competencies in empowering youth through eco-entrepreneurship.

They will learn about entrepreneurship, youth empowerment, and some methods to enhance their skills, especially entrepreneurial.

Additionally, they'll gain insights into product design and business plan creation. Participants will also learn sewing and how to handcraft using old textiles, products, materials and how to give them a new life by upcycling.





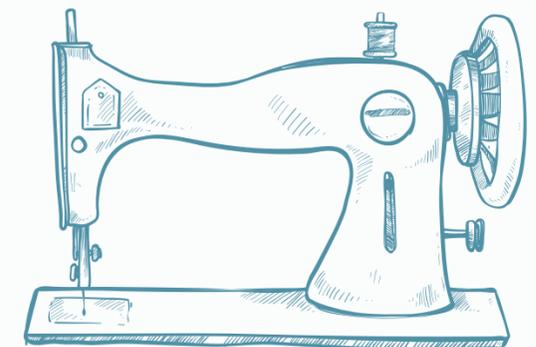
ABOUT ERASMUS+

Erasmus+ is the European Union program for education, training, youth and sport.

This program aims to modernize education, training and youth work across Europe. It offers exciting opportunities for participants to study, work, volunteer, learn and train abroad in Europe.



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Youth Act Poland

At the local level, the organisation is implementing Non-Formal Education workshops in the local schools for human rights education and youth empowerment, mainly through the theatrical methodology.

At the international level, we are organising diverse youth exchanges and training courses co-funded by Erasmus+ and the Polish-Lithuanian Youth Court. Mostly we concentrate on topics of youth empowerment, tolerance, promotion of human rights, life action role-play, ecology and protection of the environment.

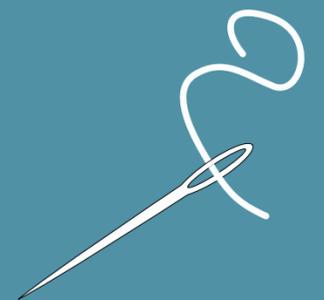


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Website

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SKILLCRAFT.ME

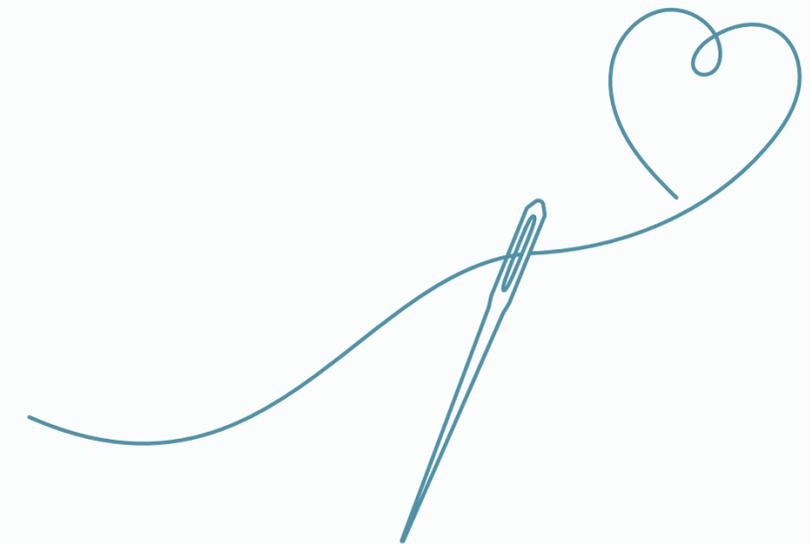
The project is organised with the support of the SkillCraft.me team.

SkillCraft.me is a training company that provides training for individuals and companies in topics such as facilitation, mindfulness, public speaking, creativity boost, outdoor education, and acting, based on non-formal education and experiential learning, ensuring the high development of the participants' competencies.

The SkillCraft.me mission is to deliver high-quality training programs and development initiatives tailored to the individual needs of our participants. Through interactive sessions, mentoring, coaching, and practical exercises, we assist our clients in discovering and developing their skills, building self-confidence, and achieving success in various aspects of life.

[FB](#)

[Website](#)





OUR GOAL

The goal of the project is to support young people to develop their employability, and competencies and promote environmental education and protection, through responsible consumption and upcycling.

The project aims at developing youth workers' competencies in the field of empowering youth through eco-entrepreneurship based on handcrafting and sewing.

AIM

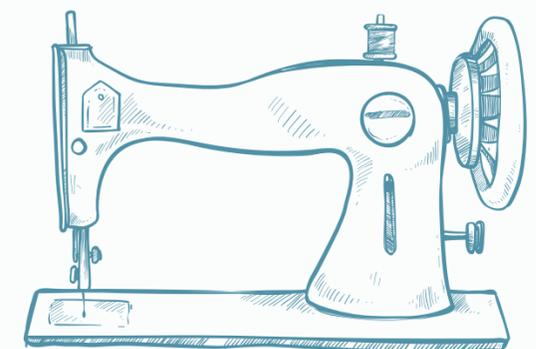
OBJECTIVES

- Developing the competencies of youth workers to support migrants, NEETs and youth with fewer opportunities to develop their competencies and increase their employability
- Developing youth workers' soft skills and competencies in handcrafting, sewing, entrepreneurship, and youth empowerment
- Developing competencies in the Project Based Learning approach
- Creating opportunities for participants to learn about product design and business planning models
- Creating opportunity for participants to learn how to create and develop eco-friendly products from upcycled materials through sewing and handcrafting in two categories (intercultural and inclusive fashion, practical upcycled solutions - products)
- Promoting eco-entrepreneurship, upcycling, environmental protection, social inclusion, active citizenship, cultural and social diversity
- Promoting NFE, Erasmus+ and ESC programmes between youth and stakeholders



PARTICIPANTS PROFILE

- Youth workers, youth educators, leaders
- Communicative level of English
- Age limit minimum 18 years old
- Motivation to experience NFE methodology
- Motivation to experience and learn about eco-entrepreneurship and sewing
- Motivation to take an active part in all workshops during the activity
- Willing to promote the project during all phases via social media
- Willing to run the follow-up activities

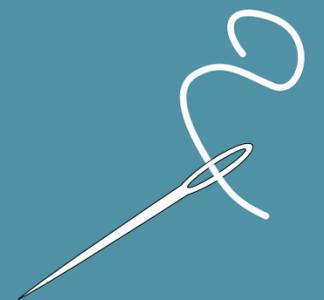


METHODOLOGY



During the training, participants will take part in workshops based on a non-formal educational approach and experiential learning, where they will learn how to use the sewing machines, make small handcrafts and learn about entrepreneurship (especially eco-entrepreneurship), all this in the context of zero waste, upcycling and pro-ecological approach.

The non-formal education methods will, above all, include group and individual work, team building activities and practical workshops raising skills around sewing, upcycling and entrepreneurship.





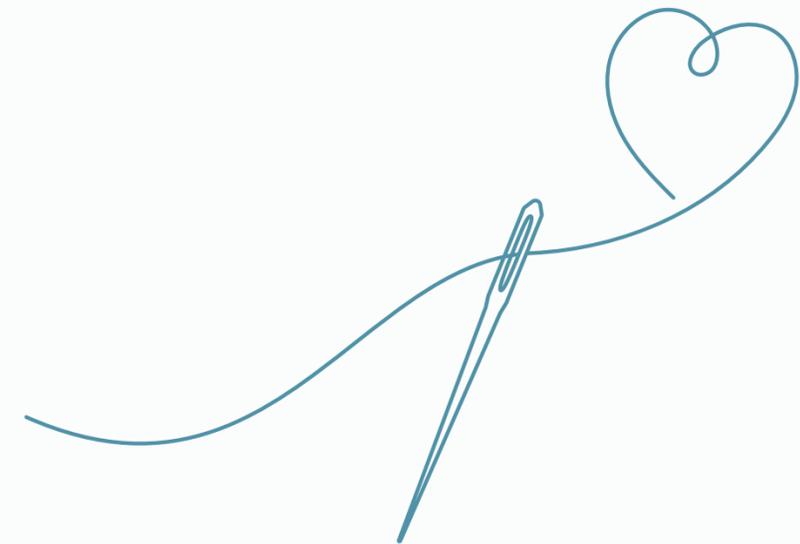
ACTIVITIES

The activities will be based on three pillars: entrepreneurship, ecology, sewing and handcrafting.

The first part of the training is dedicated to learning about entrepreneurship, eco-entrepreneurship, youth empowerment, sewing, handcrafting and learning how to make sewing projects from old materials and clothes.

The second part of the training would be dedicated to developing ideas and creating the final eco-products and business plans for eco-enterprises.

Daily there would be at least 6 hours of workshops and time for reflection (every day we will start workshops at 9:30 and finish around 19 o'clock, with two coffee breaks and a lunch break).





PARTNERS

Poland
Youth Act

Spain
Globers

Macedonia
Sfera

Croatia
IYP

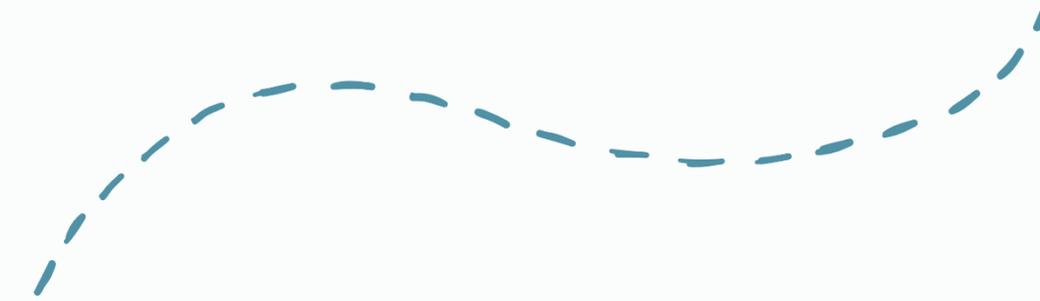
Hungary
Közhasznú Alapítvány
Balatonalmádi Ifjúságáért

Italy
Oriel

Greece
ROES

Portugal
Psientifica

Estonia
Seiklejate Vennaskond





VENUE & LIVING CONDITIONS

The training course will take place in Dobczyce - a small village near Kraków. Participants will stay in bedrooms (2-3 people in rooms with the same gender) with bathrooms. All activities will take place in the workshop room in the next building.

In the venue, there is a canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks.

Together we will take care of the space where we will live, work and learn, therefore we need to keep the place clean and useful for our activities.



ACTIVE PARTICIPATION



By taking part in this project, you are confirming that you are going to be active in all phases of the project:

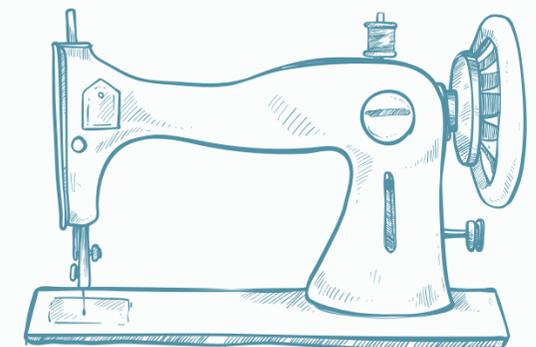
- Preparation before the training course
- Participation in all workshops during the training course,
- Preparation and organisation of the workshops for youth workers after the training course
- Promotion of the project on social media before and after the training
- Accomplishment of all tasks connected with the dissemination of the project and its follow-up phase



FOLLOW UP ACTIVITIES

- Local workshops for youth empowerment in partners' communities for youth and youth workers
- Articles in national languages and English about the project
- Outlines for future projects
- Outlines for eco-business plans

The dissemination of the project's results is one of our priorities as it's increasing the impact of our actions. After the project participants are obligated to make follow-up activities till the 30th of December.





CERTIFICATION

Participants after attending the full training course will receive the YouthPass certificates.

Youthpass





WHAT TO BRING

- One computer per the national team
- European insurance card or Insurance for travelling in Poland
- Positive attitude
- Clear mind without the stress of doing some work/home tasks during the TC
- Comfortable clothes and shoes for the workshops which will take place mainly indoors
- Cosmetics (soap, shampoo etc.)
- Traditional food, drinks and souvenirs for intercultural evenings
- Personal medicines (as our team cannot provide any kind of medicine to participants)
- Textiles, old clothes you're not using anymore - for the sewing projects



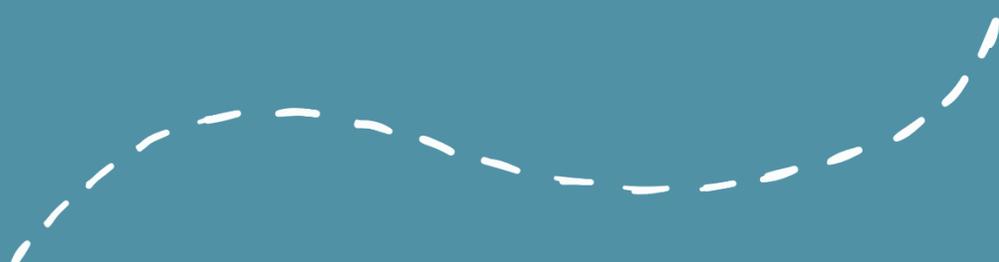
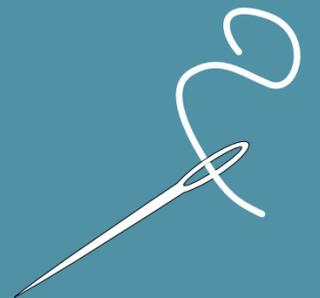


TRAVEL

Due to environmental protection, we are recommending lowering the carbon emission during travel (taking in first choice train/bus transportation or direct flights).

Selected participants could start to find a connection to Kraków. Please, send us a proposal for your travel (which includes the travel company, time and date of arrival and departure, and price). Later you should wait for our confirmation to buy them. Tickets bought without our confirmation will be not reimbursed. More about the reimbursement process, in the next section.

Tickets should be bought at low fare prices, only second class.





STANDARD TRAVEL

You can come to Poland 1 day before or/and after the main activities, however, we can not cover the expenses of your venue and meals before or after the activities.

Maximum possible extent of travelling earlier or later than the dates of the training*:

- 29.10 - 08.11.2023
- 29.10 - 09.11.2023
- 30.10 - 09.11.2023

*Considering Standard Travel



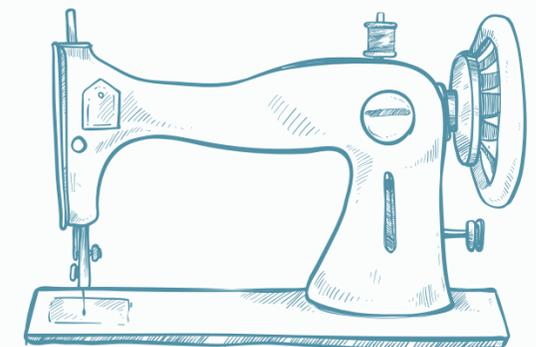
STANDARD TRAVEL LIMITS

170 euro:
Hungary

350 euro:
Portugal

265 euro:
Spain
Greece
Estonia
Macedonia
Croatia
Italy

*The 10 euros from the reimbursement is dedicated to the costs of a shuttle bus from Kraków to the venue and back.



GREEN TRAVEL



Green Travel is a dedicated budget for travel which are based on low-emission means of transport such as bus, train, and car (but not driving a car alone). For participants who are coming with Green Travel to the project, there is higher travel reimbursement.

If you come with Green Travel to the project your travel can start up to 2 days before the training and finish 2 days after the training, however, we can not cover the expenses of your venue and meals before or after the activities.

In this project entitled Countries to use green travel are: Hungary, Macedonia, Croatia, and Italy.

Maximum possible extent of travelling earlier or later than the dates of the training*

- 28.10.-08.11.2023
- 28.10.-10.11.2023
- 30.10.-10.11.2023

*Considering Green Travel





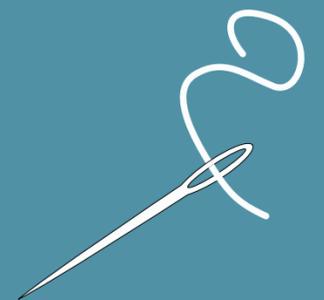
GREEN TRAVEL LIMITS

200 euro:
Hungary

310 euro:
Macedonia
Croatia
Italy

*Not all countries have access to Green Travel.
See the table on the left

* The 10 euros from the reimbursement is dedicated
to the costs of a shuttle bus from Kraków to the
venue and back.





PARTICIPATION FEE

Participants coming to the training would be asked to pay 50 euros contribution to the project in the first days of the training in cash.

The participation fee is the participants' contribution to the organisation of the project.





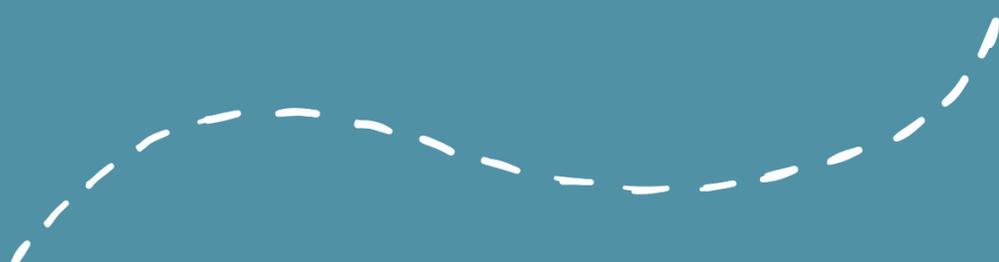
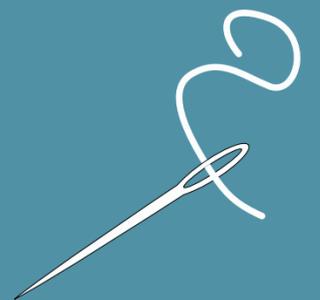
MEETING POINT

On the 30th of October, we are going to meet around 18 o'clock near the main train station in Krakow. Then we will go by shuttle bus to our venue (the cost of the shuttle bus will be reduced from the travel reimbursement limits).

Plan your travel to be on the 30th of October before 18 o'clock in Krakow around the train station. On the 8th of November we will leave our venue around 9 am in the morning, please plan your departure from Krakow after 11 o'clock (the flights from Kraków should be after 1:30 pm).

After our approval of your ticket proposal, you can buy it and upload it to our Google Drive.

The closest airports to Kraków are in Kraków, Katowice, and Warszawa. From those cities you can take the train to Kraków (check out the schedule at: <http://rozkladpkip.pl/en>).





REIMBURSEMENT - TASKS

Reimbursement of the tickets will be done after finalizing by participants (up to the national limits) all of the following tasks:

- Filling in the reimbursement form before the 15th of October 2023
- Sending all boarding passes and tickets to the hosting team by the 30th of November 2023
- Implementing all of the follow-up activities till 30th of December 2023
- Filling in the questionnaire after the activities till the 30th of November 2023





REIMBURSEMENT

When all participants finish all tasks we will start to reimburse your travel costs by sending transfers to each participant.

The first transfers will be sent within 2 weeks from the deadline of uploading all materials from follow-up activities (only if the participants accomplished all follow-up activities).

In case of not fulfilling all follow-up tasks activities or not sending all documents to the hosting organisation, the participant's travel reimbursement would be considered a voluntary contribution to the project.



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