



# Training Course VOLUNTEER VANGUARD

8/3/2024 - 14/3/2024

+2 travel days!

Volunteering as a tool for civic  
and social engagement for young  
people

Training & Educational Center  
of Europe4Youth  
ul Cicha 12, Rabka-Zdrój, Poland







# The Idea

Volunteering is an opportunity for young people to get experience, learn, meet new people and do something good for the society. Volunteering is an occasion to contribute to the missions young people identify with and want to support. Volunteering can be a powerful tool of youth work.

The benefits of volunteering is shared between the common good, public interest, organisation of a public aim and volunteers themselves. It can be however misused, misunderstood and its potential wasted. How to engage volunteers meaningfully in the mission of your organisation? How to create for them a space to contribute and learn? How not to get crazy in the meantime?



## Participants

This Training Course is designed for adult (18+) volunteering coordinators and youth workers collaborating or planning shortly to collaborate with young volunteers. We invite youth workers from NGOs, or other entities registered in one of the programme countries of Erasmus+.

Every participant must be professionally connected to an entity with OID number (registered in the online system of Erasmus+ and ESC programs).



24 participants  
18+

Deadline  
for applying:  
7/2



## Venue

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.

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Rabka-Zdrój,  
Poland





# Travel

Please read carefully Travel Reimbursement rules attached!

Travel Days

7/3/2024

&

15/3/2024

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.

We highly recommend using green travel options (bus, train, carpool etc.). In such case, please present us the plan for your travel in advance- send an email at [o.dallas@europe4youth.eu](mailto:o.dallas@europe4youth.eu). For green travel you have 2 more days on disposal.

Travel costs will be arranged by your sending organisations. The costs of your travel are covered by the programme up until the limit indicated by the Erasmus+ Distance Calculator. If you travel more expensive, the difference will have to be covered by you. The question of travel costs is regulated in the partners agreement between Europe4Youth and your sending organisation.

Your travel must be connected to the activity. Coming and departing on travel days and from/to your country of residence is the default option.

Any other must be consulted with the organizer.



# Travel

# Rules

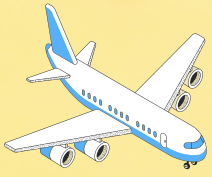
- please collect all tickets, reservations, boarding passes, digital or printed on paper and issued to you. We need the originals!
- Scan any tickets you have, and keep a digital backup of all of them. You might be asked to give them to us or the sending organization at any time!
- public transportation only (no taxis, Ubers, bolts)
- economic options only (2nd class, economy class)
- you can travel longer than 1 day as long as you travel green, arrive to Rabka-Zdrój to the venue on arrival day and depart on departure day.
- 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 need to consult with us and the sending organization before buying tickets, send an email to [o.dallas@europe4youth.eu](mailto:o.dallas@europe4youth.eu), otherwise your tickets might not be eligible for reimbursement!





# How to get to Rabka

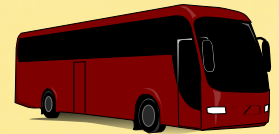


## By Plane

- 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](http://www.flixbus.pl) (prices vary, the sooner you book the better)

## By 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 (Cash Only!). Check out schedules here: [www.busy-krk.pl/en/rabka-zdroj-krakow/](http://www.busy-krk.pl/en/rabka-zdroj-krakow/)
- You can also check FLIXbus from Kraków to Rabka-Zdrój, but they have fewer trips.



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.

Use your maps application!  
Address: ul. Cicha 12,  
34-700 Rabka-Zdrój.



Arrival Day  
7/3/2023  
From 15:00  
Dinner at 19:00!

Day 1 (Friday)

Introduction

Getting to Know Each other  
Team-building

Volunteering: What is it?

Discover different realities of participants

Day 2 (Saturday)

Our research on different realities

Engaging local volunteers,  
analyzing local realities

Case Study on local volunteering

Community Building

Day 3 (Sunday)

From local to international volunteering

Integration in a new reality

Establishing your volunteering process

What didn't work?

Day 4 (Monday)

Selection process

Needs of the organization and  
needs of the volunteer

Perfect volunteer: define your own

What didn't you expect?

Day 5 (Tuesday)

Establishing & maintaining engagement

Partnership & volunteering approaches

Threats & loss of motivation,  
how to re-include

Motivation & reality,  
how you did you tackle challenges?

Day 6 (Wednesday)

Long-term involvement,  
NGOs & volunteers

Volunteers' aftercare

What's to be changed?  
The direction of volunteering

The push for volunteering

Day 7 (Thursday)

Open Space

Evaluation & Reflection

Logistics & Housekeeping

Youthpass Ceremony

Departure Day  
15/3/2023  
You can stay only  
Until 10:00



# Other

# Remarks



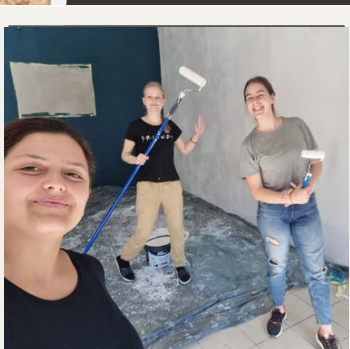
- Take WINTER JACKETS! It's March in Poland, and that' means cold :-)
- Polish food - dinners in Poland are simple. Lunch is the biggest and most important meal of the day - be ready for this!
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day. Select in the registration form the option that is the closest to you,
- if you have a demanding diet (like things that are not that easily accessible in Poland), 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,
- 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 at all :)
- 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.

- Breakfast, lunch and dinner time are in strict hours:

- Breakfast, 8:30-9:30
- Lunch, 13:30-14:30
- Dinner, 18:00-19:00

Please fill in the dietary restrictions form when we send it :)

- At the end of the day you'll be invited to reflection groups to discuss the day and conclude it.
- The time after dinner will be dedicated to informal hangout, cultural evenings or options to use games, ping-pong and other house facilities.





# Preparation

- Be in contact with your sending organization- to confirm your registration, they will need to be in contact with us and accept you as a participant to send!
- Do not book anything without consulting the sending organization and us!
- Any questions you might have: [o.dallas@europe4youth.eu](mailto:o.dallas@europe4youth.eu)
- Before coming, please collect data or observations about volunteering of young people in your country:
  - What are motivations of young people to volunteer?
  - What are the trends regarding volunteering in your country?
  - What is the approach of young people in your country towards volunteering?



Hosting Organization

[info@europe4youth.eu](mailto:info@europe4youth.eu)

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## Contact Person

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