

Human Rewilding Communities

Networking and Community Building Event
for Youth Workers · 10-19 Oct 2024 · Poland

INFOPACK

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1. ABOUT THIS PROJECT

Human Rewilding Communities is a **networking and community building project for youth workers** interested in nature-based youth work. It is built on 4 main pillars:

Community Building

A process of strengthening relations and connections within groups of youth workers and nature. Building a sustainable community of youth workers.

Human Rewilding

A process of experiencing and spending time in nature while developing a deeper connection with nature and oneself, supporting regeneration, creating learning opportunities and exploring nature's potential.

Wild Food

A process of experiencing daily activities dealing with our food: collection, preparation and preservation of food. Including hands-on activities such as foraging, fire making and wild cooking.

Networking and Project Development

A process of exploring green networking and project development, between youth workers, partner organisations and local actors.

The **participating organisations** are:

ISERIS (Poland)
Tiny Rewilding (The Netherlands)
KUD Lavina (Slovenia)
Asociación Tilos (Spain)



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the European Union

2. FOR WHOM?

This project is for you if you are:

- a youth worker, educator, facilitator, trainer, coach, activist, youth leader or representative of a youth organisation (volunteer or paid staff);
- currently **living in Poland, Slovenia, Spain or The Netherlands**;
- over 18 years old;
- **active in youth work**; either in one of the project's partner organisations or in their broader networks (or willing to become active in the future);
- looking for new tools, approaches and inspirations in nature-based youth work;
- willing to **share and apply your learnings** back home;
- eager to create new partnerships and projects on nature based youth work;
- eager to spend most of the time outdoors, no matter the weather conditions;
- able to follow the activity in English;
- committed to **take part in all project activities (preparatory, event and follow-up)** and to be present during the whole duration of our activities.

3. PROJECT ACTIVITIES

Preparatory Online Course (September 2024)

Dates: 16 September and 26 September 2024, 5-7 PM CET + approx. 4 hours of individual tasks

The online course consists of 2 **live webinars** and **self-paced individual tasks**. They will provide space to connect with the group, to get familiar with the program, to prepare for the travel and the event (including safety information, introduction to the learning process and addressing individual needs of participants).

Networking & Community building event in Poland (October 2024)

Dates: 10 October (arrival day) - 19 October 2024 (departure day)

The program consists of:

- Community building activities, such as sharing circles and creating a group culture
- Botanical walks and workshops on green skills, such as wild cooking, natural preservation and wild cosmetics
- Connecting with nature activities, including hikes, meditation and forest theatre
- Open Space for activities proposed by participants
- Sessions for networking and project development
- Daily group activities, such as collecting fire wood, fire making, cooking dinner outside, collection of learnings and contributing to a toolkit
- Daily reflexion groups

Follow-up activities (between October 2024 - February 2025)

After the event, participants are expected to share and apply their learnings in their own communities and to disseminate the outcomes of this project. This could be done in the form of a workshop, a talk, a presentation of our toolkit, ... The project team and partner organisations will be happy to assist you.





4. THE VENUE

The event takes place at the Permaculture Farm **Living Earth** in Zakrzewo, Linia, Poland. We will sleep in shared rooms with 2-6 beds per room and have access to shared bathrooms. The rooms we will use are located in the workshop building "Freedom." Here we have some of our sessions and our meals as well.

A camping ground is also accessible to us where you can experience nature closer during the nights. The average temperature in October is between 6 and 12 degrees Celsius.

The venue offers plenty of outdoor space where we will have our sessions and a fire pit for cooking. The property is around 14 hectare and has many interesting sights that were developed based on the principles of permaculture design. The farmland is situated next to small forests and a lake where it is possible to swim. We share the farm with many animals including cats, dogs, horses, geese and chickens. Since we are staying at a farm, there will be also opportunities to experience sustainable farm life in practice.

5. FOOD

During the whole event, we will eat vegetarian food with vegan options. There are three main meals and two energy breaks each day of the program. Part of the meals are prepared for us. Our dinners will be cooked by ourselves as part of the program over a fire.

6. TRAVEL ARRANGEMENTS

The course is implemented in the frame of the Erasmus+ Program of the European Union. Accommodation, food and activities are covered by the organisers.

100% of the travel costs to the venue and back will be reimbursed up to the maximum of the amount indicated in the table below.



Important: To reimburse your travel expenses we will need all receipts and tickets of your travel, so please store them carefully!

Country	Maximum travel budget and travel days per person
Poland	285 Euro, 2 travel days
Slovenia	417 Euro, 4 travel days
Spain	535 Euro, 6 travel days
The Netherlands	417 Euro, 4 travel days

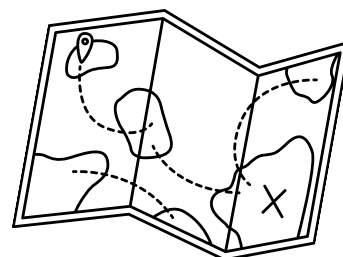
To reduce the environmental impact of the event, we strongly recommend to opt for **green means of transportation** (trains, buses, car share... no airplanes). We will be happy to assist you in finding the best connection! Each participant has a green travel budget and in addition can get accommodation expenses covered when making use of the green travel days. Please contact us in advance if you want to make use of extra accommodation options during travel days.

In case you will not be able to travel green, it is important to let us know in advance too. We would ask you to contact us and send us a brief explanation why you will not be able to come to the project making use of green travel. **Please note that non-green travel lowers your travel budget** and additional accommodation costs will not be covered. Traveling from Spain, which we know is not around the corner, gives a regular budget of maximum 395 Euro.

7. HOW TO GET THERE

The nearest train and bus station is located in **Lębork**. From Lębork we offer to pick you up and take you to the farm by car.

We suggest you to travel overland with long distance trains or buses. Generally speaking we recommend to use an **Interrail Global Pass** and the European night train network.



To get an idea of what type of direct train connections there are, we wrote down some options for you to look into based on personal experience:

From the Netherlands

From Amsterdam a direct intercity runs 5 times a day to Berlin. Three times a week a night train is running from Brussels via Amsterdam to Berlin as well, giving you a possibility to make use of a couchette or sleeper compartment on the train and arrive in Berlin the next morning.

From Slovenia

From Slovenia you can reach direct intercity's easiest by traveling to Austria first. Just across the border in Graz you have access to an intercity or a night train to Berlin running every day. From Wien it is also possible to travel directly to Warszawa by daily running intercity's and night trains.

From Spain

From Spain travel overland takes a bit more courage, though it is definitely not impossible and we have done it ourselves before! From Hendaye there are several high speed TGV trains running to Paris and from Paris onwards there are high speed trains or night train options available all the way to Berlin.

In Poland

From Berlin or Warszawa onwards there are intercity trains running daily towards Gdynia where you can change on a local train to Łębork. Another option would be to travel by bus to Szczecin or Słupsk and change to an intercity train to Łębork from there.

Of course there are plenty more options and routes available. During our first online meeting we will have time to explore and discuss them together.

8. INSURANCE

Each participant is responsible for arranging their **own health and travel insurance** for their stay in Poland. We strongly recommend having travel and health insurance during the project dates to avoid trouble. It is inexpensive and worthwhile.



9. WHAT TO BRING?

- **ID or passport**
- **European Health Insurance Card**
- **All the original travel tickets and boarding documents**
- Notebook and pens for notes
- Clothes for all weather conditions (raincoat, warm clothes - it can get cold, especially at night)
- Comfortable shoes for walking and hiking
- Towel
- Your water bottle
- A lunch box
- Ecological and biodegradable shampoo, toothpaste, soap, sunscreen and insect repellent
- A torch or headlight
- Sleeping bag (if you want to experience various options of sleeping outdoors)
- Swim suit (if you want to swim in the lake)
- Musical instruments and games

10. CONTRIBUTION

We are kindly asking you to make a financial contribution to our project on a sliding scale between 30 and 70 Euro. Your contribution is very welcome to make the project happen in all its wonderful details. Please bring your contribution with you in cash. We do not ask a contribution from people with fewer opportunities. Please contact us for assistance if making a financial contribution would not be possible for you. We do not want this to exclude anyone from participating.

11. THE TEAM

Behind Human Rewilding Communities is a team of 4 core members who are in charge of organising and facilitating the event:

Natalia Dąbrowska - Founder of EKOsmos, where I am a trainer providing cooking, herbal and natural cosmetics workshops. I work with the Polish institute of herbalism and phytotherapy, foundations, associations, art galleries, schools, companies and individuals. I am interested in folk medicine and natural ways of preserving food, especially fermentation, maceration and drying. For a couple of years I do vegan catering for events and make sweets for cafes. In my kitchen you will find local products, wild edible plants, Polish superfoods and oriental spices.

Lia Hamminga - Founder of the Tiny Rewilding Foundation and trainer/facilitator in the field of youth in Erasmus+ since 2014. I collaborated with many different European NGOs and worked on topics such as wilderness education, conflict transformation, peace education, LGBTQ+ inclusion and project development. I am currently interested in wilderness survival and trekking, observing nature, bird watching and permaculture based farming. The last 2 years I work as a part time sheep farmer in Norway.

Julia Stollenwerk - Youth trainer and language coach in Spain and Germany and just about to build up my own cultural association with some colleagues. I currently live in the outskirts of Barcelona, where I like to take care of my garden, learn about permaculture, go for hikes and climbing. I am also into social theatre as a tool for transformation and am always in search of new fun educational tools. My dream is to live in an ecovillage and host cultural exchanges in nature.

Nina Kojc - Art educator interested in working outdoors with natural materials. I have been teaching visual arts in school for youngsters with fewer opportunities and collaborated with several NGO's in the field of creativity and education in culture. I am interested in plant life, gardening and I love to spend my time among mountains in Triglav national park. My dream is to live in community in close connection to nature.

We look forward to meeting you in Poland and co-creating this experience together :)



12. HOW TO APPLY

If you want to join the Human Rewilding Communities project, apply by filling in the **application form**. Priority will be given to youth workers involved in one of the partner organisations and willing to implement their learnings back home. However there is also space for other enthusiasts!

Application deadline: 12.09.24

Selection of participants: latest by 14.09.24



IF YOU HAVE ANY DOUBTS OR NEED ADDITIONAL INFO,
FEEL FREE TO CONTACT US!

tinyrewilding@protonmail.com (Lia)

j.stollenwerk@posteo.de (Julia)



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