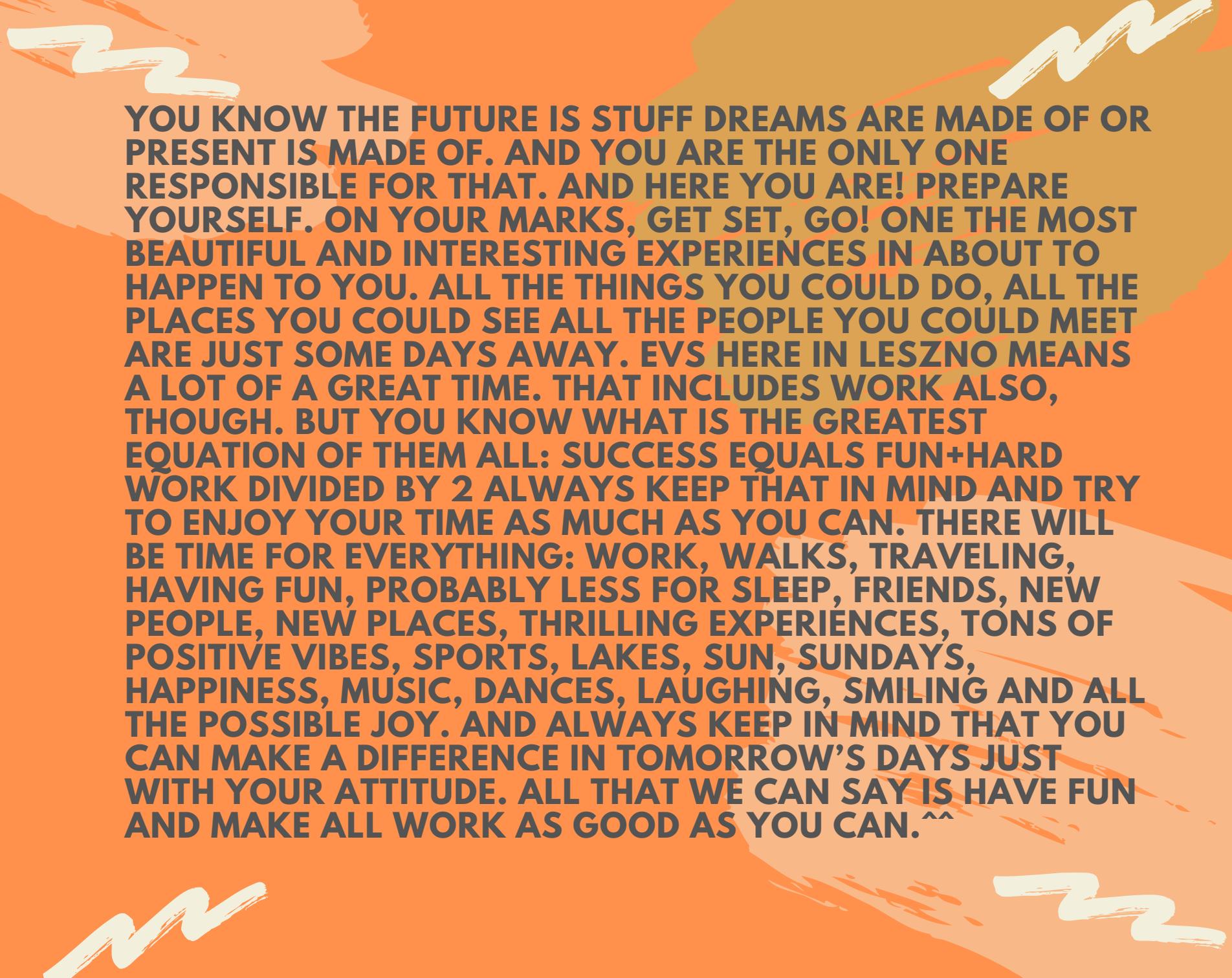




**FUNDACJA CENTRUM AKTYWNOŚCI  
TWÓRCZEJ**



**“VOLUNTEERS ARE CHANGING THE  
WORLD, VOLUNTEERING IS  
CHANGING US ! “**



**YOU KNOW THE FUTURE IS STUFF DREAMS ARE MADE OF OR PRESENT IS MADE OF. AND YOU ARE THE ONLY ONE RESPONSIBLE FOR THAT. AND HERE YOU ARE! PREPARE YOURSELF. ON YOUR MARKS, GET SET, GO! ONE THE MOST BEAUTIFUL AND INTERESTING EXPERIENCES IN ABOUT TO HAPPEN TO YOU. ALL THE THINGS YOU COULD DO, ALL THE PLACES YOU COULD SEE ALL THE PEOPLE YOU COULD MEET ARE JUST SOME DAYS AWAY. EVS HERE IN LESZNO MEANS A LOT OF A GREAT TIME. THAT INCLUDES WORK ALSO, THOUGH. BUT YOU KNOW WHAT IS THE GREATEST EQUATION OF THEM ALL: SUCCESS EQUALS FUN+HARD WORK DIVIDED BY 2 ALWAYS KEEP THAT IN MIND AND TRY TO ENJOY YOUR TIME AS MUCH AS YOU CAN. THERE WILL BE TIME FOR EVERYTHING: WORK, WALKS, TRAVELING, HAVING FUN, PROBABLY LESS FOR SLEEP, FRIENDS, NEW PEOPLE, NEW PLACES, THRILLING EXPERIENCES, TONS OF POSITIVE VIBES, SPORTS, LAKES, SUN, SUNDAYS, HAPPINESS, MUSIC, DANCES, LAUGHING, SMILING AND ALL THE POSSIBLE JOY. AND ALWAYS KEEP IN MIND THAT YOU CAN MAKE A DIFFERENCE IN TOMORROW'S DAYS JUST WITH YOUR ATTITUDE. ALL THAT WE CAN SAY IS HAVE FUN AND MAKE ALL WORK AS GOOD AS YOU CAN.^^**

**WE HAVE STARTED OUR JOURNEY OVER 10  
YEARS AGO FROM  
LASOCICE, UL. ZACHODNIA 6, 64-100  
LESZNO , WHERE WE ARE STILL  
REGISTERED.**



**Our offices:  
Więzienna 3, 64-100 Leszno  
&  
Boczna 6, 64-100 Leszno**

Hi! This little info pack is going to show you your future life as a volunteer in Leszno, Poland. We included everything from tasks, accommodation, activities, time, travelling in Poland and much more. Hope you enjoy it!

# LESZNO IS LOCATED BETWEEN WROCLAW AND POZNAN





## Leszno

Reaching Leszno is quite simple; the town is located between two major airports; Wroclaw and Poznan. Both big cities are only 1.5hrs away by bus or train.

**SO DON'T FORGET TO TRAVEL!!!!!!!!!!!!**

If you don't have flight connections to these cities, there are other options. You can fly to Berlin or Warsaw. Both cities are connected by FlixBus, which is easy to book and efficient.

The website even has an English version!

Prague and Krakow are also connected to Leszno, by train and bus. However, it will take you a bit longer to reach Leszno.

Wroclaw is quite close to Leszno, around 1-1.5hours by train and bus.

Poznan is even closer than Wroclaw, busses and trains are quite cheap and efficient.

Point 3 on the map represents Krakow, one of the most beautiful cities in Poland. It used to be the capital of Poland.

Gdansk, Sopot and Gdynia – These 3 cities require a long trip of 6-7hours.

**Prepare yourself! EVS here in Leszno means a lot of great time. There will be time for for everything: work, walks, traveling, having fun, probably less for sleep, friends, new people, new places, thrilling experiences, tons of positive vibes. And always keep in mind that you can make a difference in tomorrow's day just with your attitude. All that we can say is have fun and make all work as good as you can!**

**“VOLUNTEERS ARE CHANGING THE WORLD, VOLUNTEERING IS CHANGING US ! “**



Fundacja

Centrum  
Aktywności  
Twórczej

# Fundacja CAT Board Members

from the left)

Basia

Santa ( -Once a year:D )

Adam

Marlena (Marla)





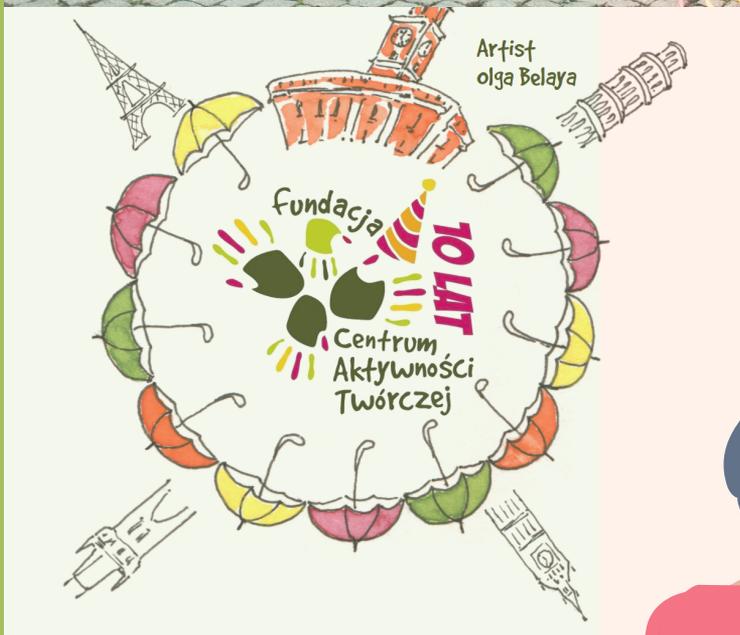
# Tetyana Didur

## ~Coordinator~

**“I work in CAT because I love working with people, exchanging ideas, organize different events, meeting new cultures. I believe in any sort of education as a way forward. I started my journey as an EVS myself and I'm proud to look back at the civic impact that we've made as an NGO.**

**Personal growth of EVS is another area I'm so happy for.**

**This is working in CAT for me :) “**





# ~OUR EVS ~ WE HOST UP TO 70 CANDIDATES A YEAR



As a sending and receiving organisation in ~~ES~~ we **ESC** coordinate projects not only in Europe but also in Africa and Asia. We had a pleasure to host volunteers from Ghana, Georgia, Portugal, Spain, Moldova, Macedonia, Ukraine, Serbia, France, Egypt, Tunis, Turkey, Jordan and many more



**Fundacja Centrum Aktywności Twórczej-  
since 30th December 2008 in Leszno NGO.  
Prosocial. Proactive. Creative.**

**With the necessity of making a change in the local environment gathered already dozens of people between the age of 13 and 30 /generally as we have also younger and older volunteers from kids to seniors. It is because of the accumulation of the following ideas Foundation CAT was called to existence. We aim to stimulate the local community and promoting the idea of voluntary service. We're not afraid of new challenges, we do believe that there are no things impossible to make. Our motto is: Voluntary service changes the world. Voluntary service changes us. We have a wealth of experience in terms of cooperation with the business sector, public sector, nongovernmental organizations, polish and international organization networks. We're a member of Euro-Mediterranean Foundation of Anna Lindh. Also, we're cooperating with Youth for Exchange and Understanding Network. Since 2009 we're the only Eurodesk Centre in Greater Poland.**



**REMEBER THAT THE HAPIEST  
PEOPLE ARE NOT THOSE  
GETTING MORE , BUT THOSE  
GIVING MORE**

**H. JACKSON  
BROWN JR.**

**WE HAVE WORKSHOPS, COUNTRY PRESENTATION, CULTURAL GAMES, CRAFTING, PAINTING, EVENTS, DESIGN, WINTER-SUMMER CAMPS EVERYTHING IN CAT FOUNDATION IS MORE FUN WHEN YOU DO IT WITH MOTIVATION TO HELP OTHERS, TO MAKE A CHANGE & IMPROVE THEIR WAY OF DOING THINGS.**

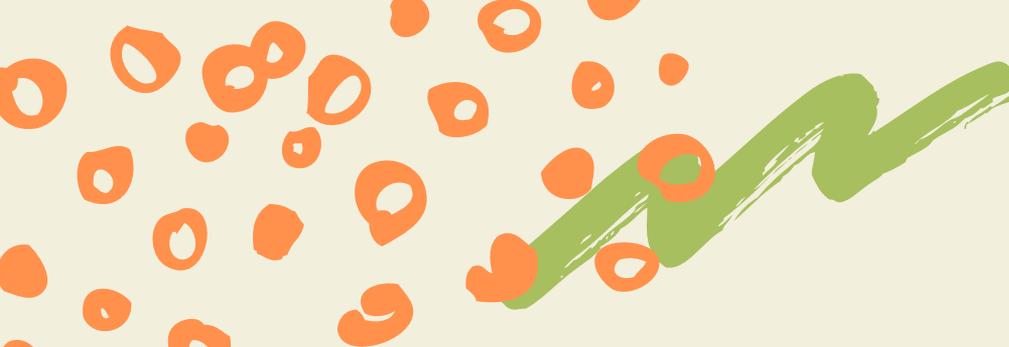
**FOR SURE YOU WILL HAVE A GREAT TIME HERE WITH US**

**EVERYTHING YOU CAN IMAGINE IS POSSIBLE TO DO: ANY CRAZY IDEA FOR A WORKSHOP LIKE CRATING ZOMBIES, SOCK PUPPETS, INGENIOUS BRACELETS, UNICORN HORNS FOR CATCHING SOAP BUBBLES OR ANY CRAZY IDEA FOR PRESENTING YOUR COUNTRY LIKE "TOMATINA" WATER BALLOON FIGHT, DRIVING AN IMAGINARY CAR TO YOUR HOMETOWN, PAINTING WITH FEET THE MAIN PLACES IN YOUR COUNTRY .... OR COMICS, INGENIOUS VIDEO EDITING ... ANYTHING YOU CAN IMAGINE IS POSSIBLE TO DO ! CAT FOUNDATION HAS THIS TRADITION OF REALLY BEING OPEN AND GIVING A FREE HAND TO VOLUNTEERS IN ORDER TO EXPRESS THEMSELVES**

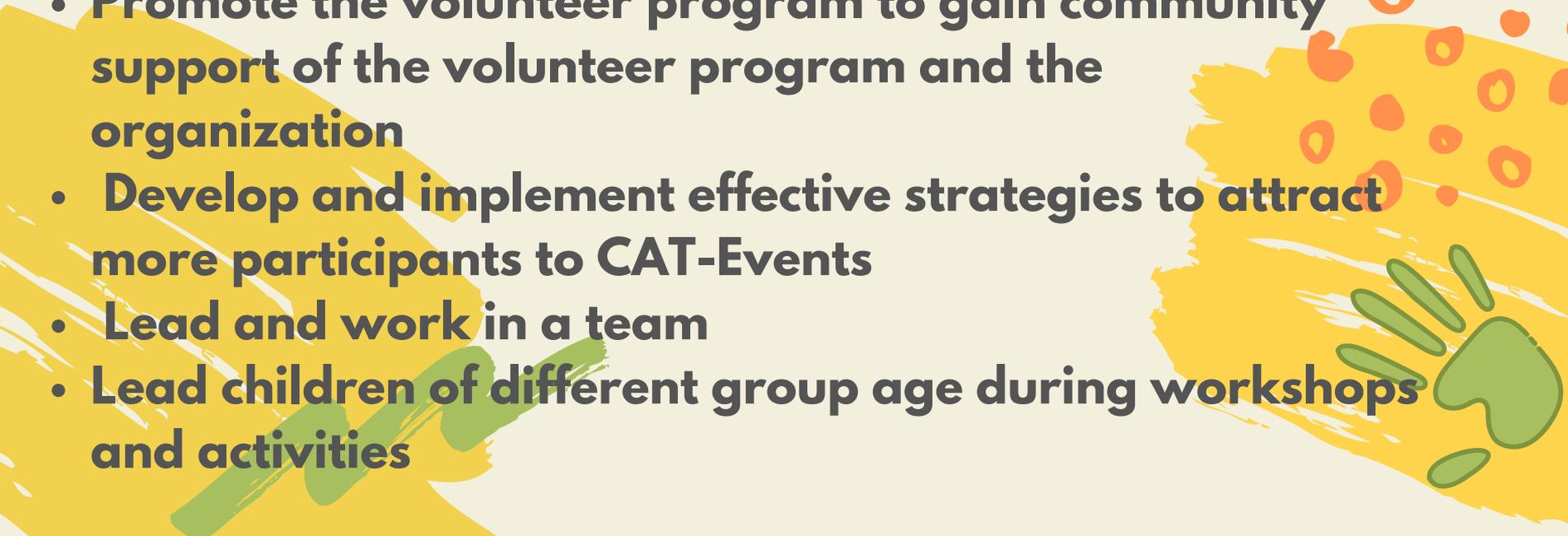




# SHARING THE CULTURE



# PRIMARY DUTIES AND RESPONSIBILITIES

- **Plan your own activities, initiative and schedule**
  - **Write a report and giving weekly feedback on volunteering experience**
  - **Develop a list of materials needed for the workshop**
  - **Develop and administer forms and records to document your own activities**
  - **Promote the volunteer program to gain community support of the volunteer program and the organization**
  - **Develop and implement effective strategies to attract more participants to CAT-Events**
  - **Lead and work in a team**
  - **Lead children of different group age during workshops and activities**
- 

**WE WILL ENSURE TO SUPPORT YOU IN ALL THE ACTIVITIES EITHER IDEAS YOU HAVE FOR WORKSHOPS.**



**ESTABLISH AND IMPLEMENT A PROCESS FOR EVALUATION AND PARTICIPANTS' FEEDBACK ON ACTIVITIES**  
**PREPARE A FINAL REPORT ABOUT ALL THE VOLUNTEERING EXPERIENCE IN CAT FOUNDATION**

# CAT Volunteers Profile

Uśmiechem  
zmieniamy Świat!



I



www.fundacja-cat.pl

Be enthusiastic and ready to experience. Have plenty of energy and motivation to teach others. You know your intention for volunteering abroad, which is absolutely necessary when it comes to volunteer qualities. We believe, your intention to volunteer is to figure out your purpose. Knowing your purpose also makes you more resilient in the face of adversity.

There's much to be said about understanding how you best "fit" into different projects. Maybe you are a natural leader and will excel in implementation, or maybe you're better at analyzing information and situations to improve them. Maybe you have a hard time envisioning the big picture, but you have an amazing way of communicating and relating to others.

If you understand the following diagram , you'll fit in.

# A VOLUNTEER IS JUGGLING MANY USEFUL SKILLS.

Be considerate of others

Keep calm and carry on

Teach someone a new skill

Conducting Training

Listening

Public Speaking

Communication Skills

Storytelling

Networking

If in doubt, improvise

Managing Meetings

Make new friends

Be on time, check info ahead

# Competencies that volunteers will develop...

- Foreign communication skills.
- Flexibility.
- Good time management.
- The ability to lead, animate or manage people.
- Problem-solving skills.
- Creativity.
- Being able to work well under pressure.
- Working to deadlines
- Having the ability to make decisions.
- Being a good team player
- Develop professional relationships.



# YOU WILL TAKE PART IN



High quality leisure time for all ages

Stimulation, animation and entertainment- we organize for example: soap doing workshops, hand craft workshops, photographic workshops, board games meetings, flashmobs.

Develop a multicultural environment for Leszno inhabitants  
Foreign culture knowledge development  
We organize events such as the Festival of Cultures, the International Youth Day, International Volunteer Day, International Dinner.

Funny and creative informal learning for youth and not only

Educating and leisure time planning for youngsters and kids. We conduct language cafes, we organize international youth exchanges, we're taking part in scholarship programmes in Diplomas for a dream project, we organize summer workshops, leadership camps, daily room classes and conferences.



# CAT-Volunteer should demonstrate ...

- Ability to work with a variety of managers
- Respect for difference and diversity & Work Ethic
- Sense of Initiative
- Intercultural Sensitivity
- Learning to learn
- Motivating Others
- Creative Imaging
- Commitment
- Active Participation
- Empathy
- Conducting Research
- Following Instructions



**Solve Problems: Assess problem situations to identify causes, gather and process relevant information, generate possible solutions, and make recommendations and/or resolve the problem. DON'T WORRY! If you don't know how to do it, for sure the volunteering experience will provide you the best environment to develop these „soft” skills**

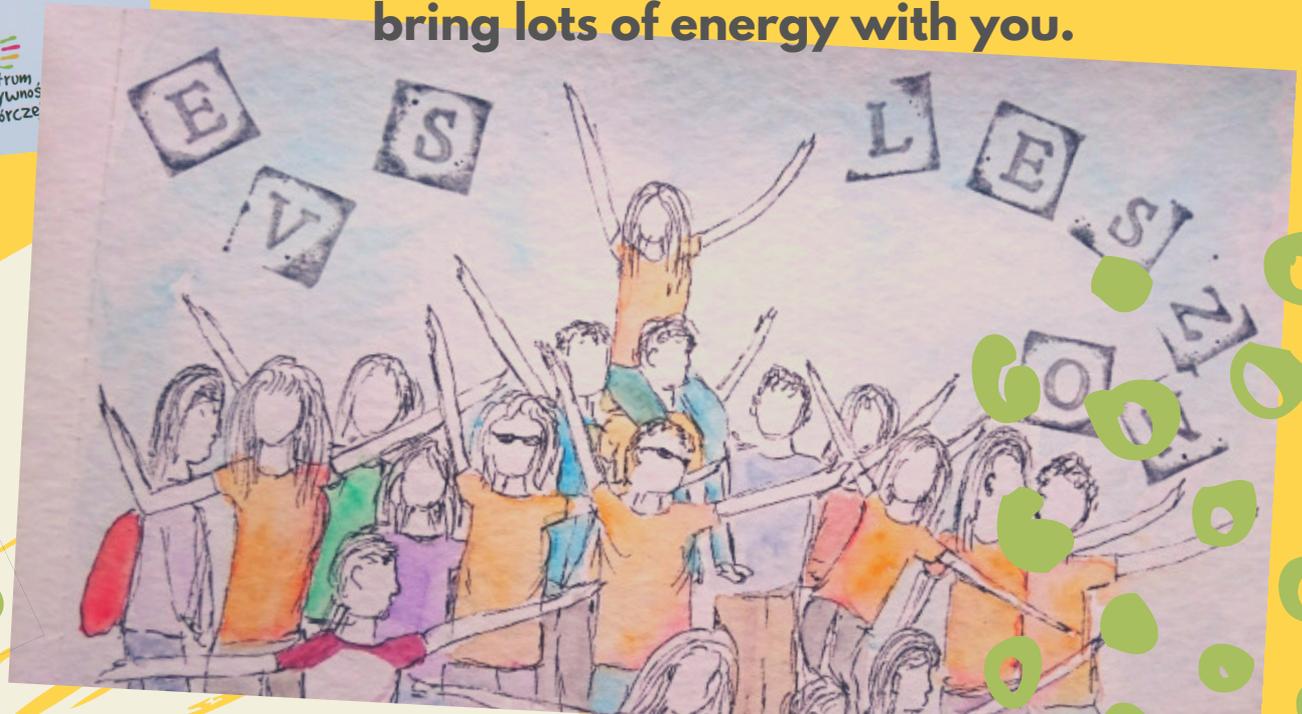
# WORKING CONDITIONS

You will work in a dynamic group , we hold two offices. Is walking distance to anywhere you go, since we are based central Leszno. Local buses are available but most volunteers prefer to take a bike. It is about 35hrs weekly in a open space office. We will also work a lot with schools, kindergarten and other educational institutes. If you hope for a lot of "me time" is not gonna happen, you will be surrounded by people , ideas and activities, so bring lots of energy with you.

Uśmiechem  
zmieniamy Świat!



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# VOLUNTEERING AIMS TO DEVELOP SOLIDARITY, MUTUAL UNDERSTANDING AND TOLERANCE AMONG YOUNG PEOPLE

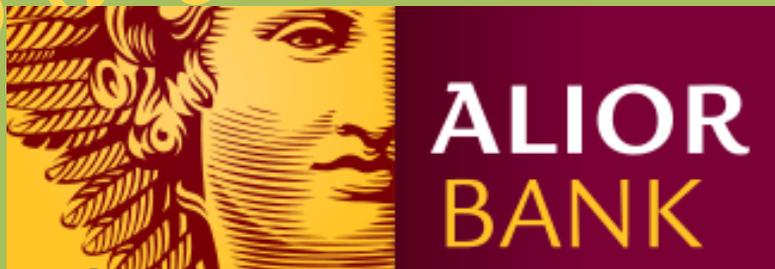
## • FINANCIAL ASPECT

- European Solidarity Program is financed by the EU, volunteers will receive reimbursement up to the set LIMIT, (AA visual).
- Volunteer will also get 400zł for food allowance and 120€ for pocket money out of EU set guidelines
- Any traveling within the country that is required to be at work place is also reimbursed.
- LONG TERM volunteers will also participate at ON ARR training & MID TERM arranged by National Agency , all expense covered.
- Volunteer are covered by CIGNA insurance.

## • NON FINANCIAL ASPECT

- Each volunteer will be assigned a mentor
- OLS(Online Linguistic Support) is available for some candidates or Just ask your mentor.
- Youth Pass & Mobility Certificates (when applicable) are given at the end of project.





## Banks

In Leszno, Poland euro is not accepted in shops, but you can use ATM to take money from your credit card (VISA, MASTERCARD) if you want to exchange money you can go to the place called Kantor (Exchange in Polish)

Weather Poland has warm-rainy-hot summer and cold winter. You can get a nice tan during the summertime, but the weather here is crazy - sometimes we tend to call it tropical: the temperature dropped 20 Celsius degree within 3 days, so be prepared, take all kind of clothes with you. Also you can see this easily in the clothing shops: they have summer and autumn clothes on sale during July, for example.



A Ą B C Ć D E Ę  
G H I J K L Ł M N  
Ń O Ó P Q R S Ś

## Learning Polish

The basics are: Dzień dobry! (Hi!) / Do widzenia! (Goodbye!) / Dziękuję! (Thank you!) / Proszę ... (Please ...) You will have language support for learning Polish also polish volunteers translate everything during the camps and activities



# METZIGA HOUSE

The house is in ul. Metziga in Leszno, to few steps near the train station and the two bus Stations.

The position is very central, it's about 5 minutes by walk to reach Rynek the most central square, it's also possible to arrive to the main shops, restaurants, and working places, walking for few minutes.

A corridor provided with an entrance hall splits the rooms. Right side of this corridor there are bathroom and kitchen. The kitchen has a big corner bench, fridges with freezers, and it's provided with microwave, oven and washing machine.

On the other side there are 2 bedrooms, each room has two beds. Every room has a big window and the main furniture you need, wardrobes, bedside table and a big desk where you can work.. At the end of this corridor there is a storage room. .



# Sienkiewicza House

This is the main EVS house in Sienkiewicza - 10 minute walk from the office. It has two floors with three bedrooms, two toilets and two shower rooms/ bath cozy living room and a kitchen connected. In each room there are two beds, tables, wardrobes. There you will find everything you need: microwave, fridge, washing machine, hair dryer, iron etc. Main attraction about the property is that is next to our local radio station, surely you'll be getting all the new first at hand, ohhhh nearly forgot, it also as a balcony as well as parking space.

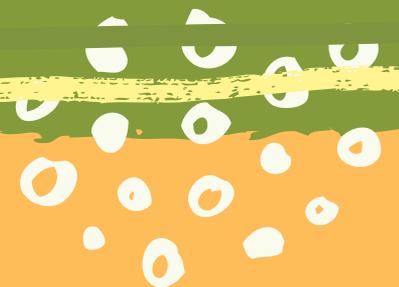
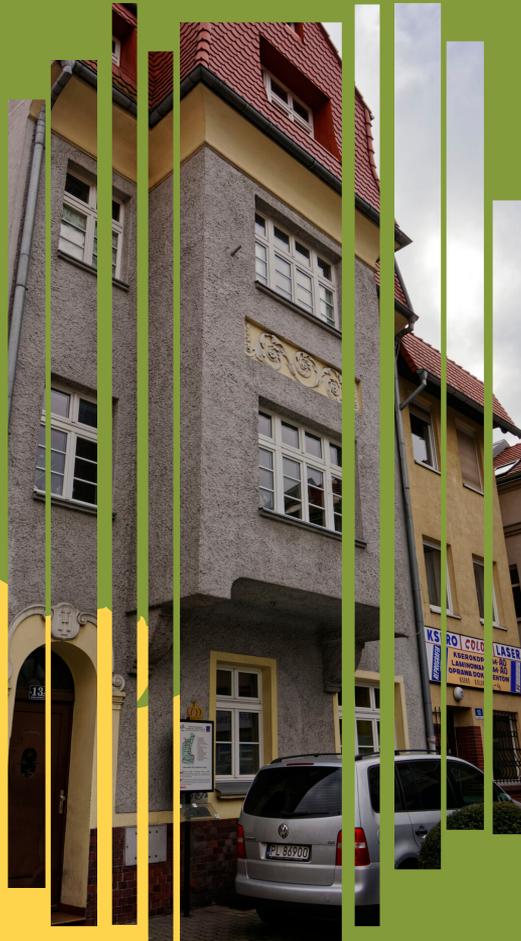


# Wałowa House

Small and Cousy flat located at the back of the first office, 1min walk from the center, easy access to restaurant, bars and gym around.

Loved and cherished , Holds the best views by far from all the flats,

You are 2min away from a park with downs and ducks , perfect for a summer chill out.



# Testimonials

**Name : Yaren VAROL**

**Age: 21**

**Nationality: Turkish**

**Why did you choose EVS in Leszno?**

**I wanted to explore new cultures, be always with children and I wanted to improve.**

**My English and my zero polish :) so I see The project in Leszno and it was fit to my expectations.**

**What did EVS give to you?**

**Evs taught me how to be live and work with people who are different then**

**you and also**

**I learned to be open-minded and being planned. In work life,**

**I aware of the importance of the punctuality and feedback. For the last and important one, I learned the power of love power of friendship.**



Erasmus+

# Testimonials



**Name : Miglė Cemnolonskaitė**

**Age: 20**

**Nationality: Lithuanian**

**Why did you choose EVS in Leszno?**

**Firstly, I wanted to try independent life from my family, learn to speak communicative English and try something undiscovered. I found the description of this project in Leszno which was very attractive for me. I thought it will help me to become more confident about myself.**

**What did EVS give to you?**

**I have zero regrets that I came here! EVS gave unforgettable experience and made me more open-minded. Here I improved my social skills and I started to appreciate small but important things in life, as sharing and listening.**

# Testimonials



**Name : Gemma Obando Andrade**

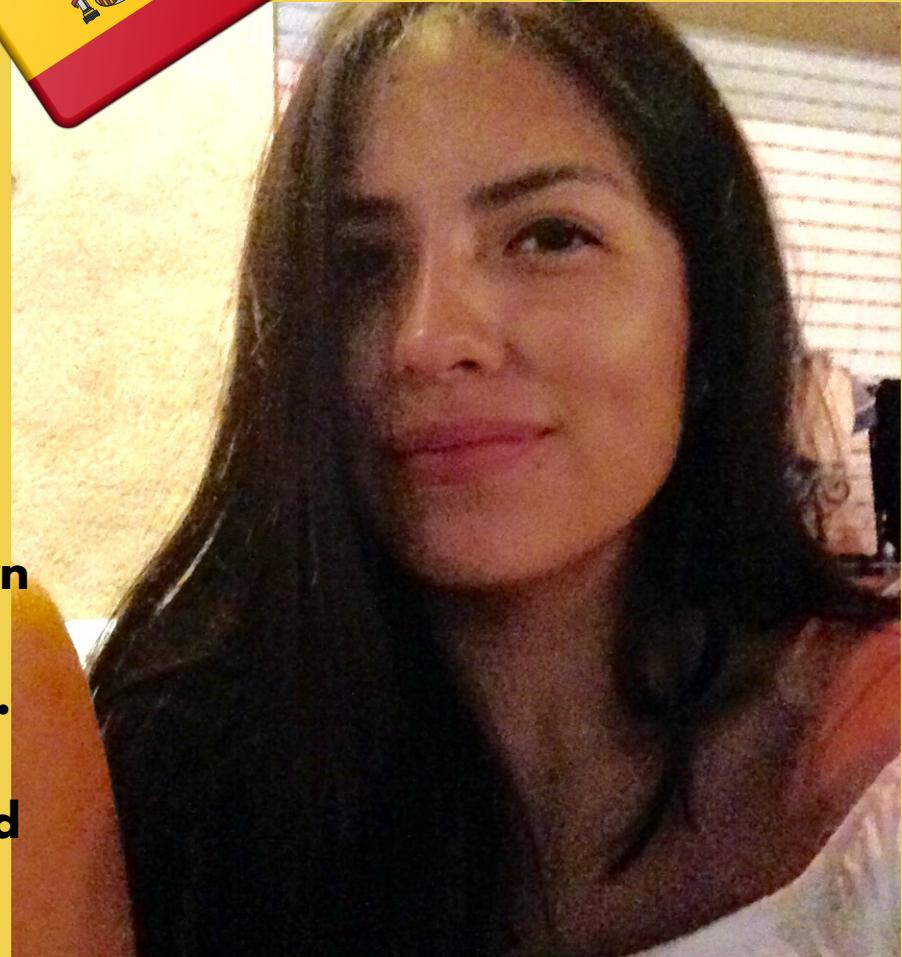
**Age: 23**

**Nationality: Spanish**

**Why did you choose EVS in Leszno?**

**Because ex-volunteers from Spain advise to me to come here**

**What did EVS give to you? I could share with people that I hadn't known yet and I could learn a lot from different cultures and points of view. Also I could spend my time working with kids that is what I really like and enjoy!**



# Testimonials

**Name : Nisha**

**Age: 25**

**Nationality: British**

**Why did you choose EVS in Leszno? I chose to do an EVS in Poland, because I was interested in the project and enjoy working with children. I also wanted to explore Poland.**

**What did EVS give to you? It gave me the opportunity to meet people from different cultures. I also got the opportunity to learn more about Polish culture.**





# FEW THINGS TO REMEMBERERS

- Before you travel sync all your emergency contacts and **COORDINATOR** contact, write them down in your agenda just in case.
- Remember , PL has different plug system check  
<https://www.worldstandards.eu/electricity/plugs-and-sockets/> before travel.
- Exchange some money to PLN.
- Be aware of time difference .
- <http://rozklad-pkp.pl> , **TRAIN SYSTEM**
- <https://global.flixbus.com> , **BUS SYSTEM**



Fundacja

See you soon!!!

Centrum  
Aktywności  
Twórczej