



Infopack 2021

# Fundacja Centrum Aktywności Twórczej

[www.fundacja-cat.pl](http://www.fundacja-cat.pl)

📍 Lasocice, ul. Zachodnia 6, 64-100 Leszno  
Office 1: Więzienna 3 street | Office 2: Boczna 6 street

**ESC: individual volunteering:  
"What inspires new beginnings NEWBIE"**

**1th April 2021 - 31th March 2022  
(possibility to be shorten on to request)**

 [fundacja.cat](https://www.facebook.com/fundacja.cat)  [fundacja.cat](https://www.instagram.com/fundacja.cat)

 <http://fundacja-cat.pl/>



# Fundacja CAT

**FUNDACJA CAT** was born in Leszno, Poland, from the initiatives of three young people who believe in the potential of youth and the possibility of activating the local community. As a fully-fledged organisation we have existed since 30.12.2008. The Board and Team of the Foundation is made up of young people who are enthusiastic about the excess and want to use it for the benefit of youth and the development of our region.

Our main activities are focused on supporting the development of children and young people, equalisation of educational opportunities and spreading of culture. We are striving for the formation of a society that engages in the affairs of its community. We take care to promote the idea of volunteering and social activity. We pursue our goals by organising workshops, training courses, conferences, happenings, concerts and festivals.



# The organization with many roles

FUNDACJA CAT is coordinating, hosting and sending EVS/ESC volunteers organization. Per year we host about 70 international volunteers and send about 25 volunteers to volunteer projects abroad, not only in Europe but also in Asia and Africa. We had a pleasure to host volunteers from Ghana, Georgia, Indonesia, Mexico, Spain, Portugal, Turkey, Thailand, Moldova, Ukraine, Italy, France, Greece, Malta and many more.

enjoy every moment.



Carpe diem!



# Meet the TEAM!

## Board Members



**Marlena Pujsza-Kunikowska**

Founder, President, Projects Coordinator



**Barbara Janik**

Vice-president, HR, accountant

## Projects Coordinators



**Karolina Kosowska**

Long-terms volunteers HO,  
Leszno's Volunteering Centre,  
Mentors, SO ESC Volunteers



**Tetyana Didur**

Short-terms volunteers HO,  
KA2 Projects,  
Coaching



**Wiktoria Walenciak**

Language Cafe,  
Summer&Winter Camps,  
SO ESC Volunteers,  
KA1 Projects



# Poland? Leszno?

**Poland** is a country in Central Europe and its capital city is Warsaw. It is bordered by Germany to the west; the Czech Republic and Slovakia to the south; Ukraine, Belarus and Lithuania to the east; and the Baltic Sea and Kaliningrad Oblast, a Russian exclave, to the north. The total area of Poland is 312,679 square kilometres (120,726 sq mi) with a population of over 38 million people. Poland is an unitary state made up of 16 voivodeship - Leszno is located in Greater Poland.



**official language** - Polish

**the currency** - złoty (PLN) / 1 Euro = 4,40 PLN /

**traditional dish** - pierogi / dumplings

**Leszno** is a beautiful, medium-sized town in the southwestern part of Wielkopolska Voivodeship, just at the border with Silesia. This fact had a huge impact on its character as a bordertown:, a town of many nationalities and cultures. Leszno is very easy to find on the map of Poland – it is situated halfway between the biggest cities of western Poland: Poznań and Wrocław. Important communication routes intersect here: road and rail from north to south and from west to east, making it easy to reach Leszno by car or by train. Leszno also has a small airfield, serving both aviation sports and small tourist airplanes.

Currently, Leszno has a population of almost 65.000. Most of inhabitants are employed in industry, services and trade. The inhabitants of Leszno are famous for their thriftiness and love of order, but they can also have good fun – there are many outdoor events here, the largest of which are the Air Picnic, the Leszno Days, the Leszno Baroque Plus Festival, the Return of the King and Leszno Flavour Gourmet Picnic. Since 2016, the Town Theater has also been operating in here – the first new public theater in Poland from 40 years! However, our biggest passion is speedway – a special kind of motorcycle racing on a short track. Our speedway team Fogo Unia Leszno has won the Polish Championship 15 times, and on the days when speedway races are held, you can see white and blue outfits in the colors of the team all over the town. What is more, Leszno is known throughout the world as a centre of aviation sports, especially gliding and ballooning.



# How to get to Leszno?

The nearest Airports are **Poznan** and **Wroclaw** that have very good connections with Leszno by train. You can go also to Berlin or to Warszawa but it takes you more time.

**From Poznań Airport** to the Train Station in Poznań:

CITY BUS no. 159 to POZNAŃ GŁÓWNY stop (train station & bus station)

<https://en.e-podroznik.pl/> - the ticket you can buy in the bus

**Poznań to Leszno:**

Trains: <http://rozklad-pkp.pl/en> /around 5 euro/ (DO NOT TAKE A TRAIN "EIC as its often late")

**From Wrocław Airport** to the Train Station in Wrocław:

CITY BUS no. 106 to DWORCOWA stop (train station)

<https://en.e-podroznik.pl/> - the ticket you can buy in the tickets machine

Wrocław-Leszno:

Trains: <http://rozklad-pkp.pl/en> /around 5 euro/ (DO NOT TAKE A TRAIN "EIC")

**From Berlin (Germany)** you can easily come to Poznań (and then take the train):

- FlixBus – <https://www.flixbus.co.uk> /around 20 euro/

- Berlin Express <http://berlinexpress.pl/> /around 50 euro/

**Prague (Czech Republic)** and **Krakow, Warsaw, Gdansk, Sopot** and **Gdynia** are also connected to Leszno, by train and bus. However, it will take you a bit longer to reach Leszno.





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

**Prepare yourself!** ESC Individual Volunteering is a **full-time unpaid solidarity activity** for a duration from **10 to 12 months**. During the project, you will have time for everything: time to work, gain new competencies, walks, travelling, chill-out, new friends, probably a bit less for sleep but a ton of positive energy. You will discover Polish culture, tradition and dishes. You will meet volunteers from all over the world and make life-long friendships.

### **Travel expenses:**

Respecting EACEA distance calculator and the contract of the National Agency, we **calculate the travel distance** in accordance with the official address from the supportive organization. You, as a volunteer, **receive reimbursement** from the above-mentioned location to host the organisation location. A volunteer is required to **keep all original documents** and in PDF formats when in electronic version.

**Visa:** Foundation will provide assistance. Visa cost is reimbursable.

**Accommodation:** volunteers **share a flat with other volunteers**, flats are fully equipped and close to local amenities. They are **walking distance to the centre and office**. Volunteers stay will be covered by ESC financing.

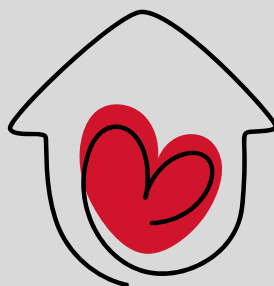
**Food & Money:** Volunteer will get Pocket Money (**4 EUR per day**) and Food Allowance (**400 PLN per month**).



# The place you will call home

**3 bedrooms flats** with a spacious, sunny living room and a fully equipped open kitchen with bar. The flat has a toilet with sink and a bathroom with bath, shower and washing machine. The flat is located in the city centre, **10 minutes walking distance from the office**. Volunteers share rooms (2 people each) and have a bicycle at their disposal. The Foundation does not provide personal towels for volunteers.

Home  
IS WHERE THE  
Coffee



Niepodległości Flat



# The place you will call home

**Two bedrooms** flat in the city centre, located **next to the office**. The flat has a large kitchen and dining area, a bathroom with shower and a corridor. The flat is fully equipped - it has a cooker, fridge, hairdryer and everyday equipment. Volunteers share rooms (2 people in each room). The Foundation does not provide personal towels for volunteers.



Watowa Flat

# The place you will call home

**Four-bedrooms house** for 9 people. The house has 2 bathrooms (one with a bathtub and a washing machine, the other with a shower), a fully equipped kitchen with a cooker and an oven and a living room. Behind the house, there is a backyard with a grill. The house is located 15 minutes walking distance from the office. The Foundation does not provide personal towels for volunteers.



**Sienkiewicza House**

**PROGRAMME:** ESC individual volunteering

**PROJECT:** "What inspires new beginnings NEWBIE"

**DATES:** 01 April 2021 - 31th March 2022



**TOPICS:**

- Climate action, environment and nature protection
- Employability and entrepreneurship
- Community development

**AGE OF CANDIDATES:** 18-30 years old

**DURATION:** 10 to 12 month



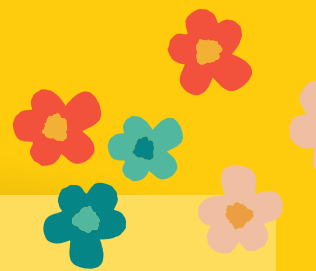
Through **NEWBIE project** we would like to provide young people with the opportunity to improve their skills and competences for personal, educational, cultural and professional development, to offer knowledge, moral support and understanding of working in diverse cultures, religions and multiple civic needs. Meanwhile improving employability and transition into adulthood, and the labour market. Solidarity is an act of recognition of the inalienable dignity of the 'other' people, to be that 'other' a person, a group of people or a nation one can learn in a multicultural environment in Fundacja Centrum Aktywności Twórczej. Contributing to raising awareness of European Values, ESC Programmes. Increase the number of young people from Leszno contributing to mentoring. Strengthening local potential of initiative groups "Akcja Reacja" / "PasJa" / "Kafejka Językowa" and finally maximise the effect of inclusion, tolerance, foreign language development



**PROGRAMME: ESC individual volunteering**

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### **Social worker skills / Youth worker skills (1 person):**

- active listener, able to use reflection as a method, understand emotional intelligence critical thinking, ability to find understanding with people regardless of language barriers.
- work together with local action groups for creating new initiatives; coaching, teaching the local community of better intentions,
- gathering statistics of migrational advantages/ disadvantages

### **Teaching Skills (1 person):**

- show enthusiasm, ability to work with Young children, able to writing reports, create lesson plans. Imagination, Adaptability.
- work with schools and kindergarten, making cultural presentations, advertising culture, diversity and volunteering - making plans and learning lessons.
- taking care of the Language Cafe plan and schedule,
- making project visible



# Language Café

Foreign volunteers conduct language classes in a café atmosphere for the local community (participants are of different ages). The **Language Café** thus supports active language use, overcoming resistance to the use of a foreign language and improving understanding of cultural differences.

Hello

HOLA!

bonjour



## KAFEJKA JĘZYKOWA

Przyjdź na zajęcia i zacznij mówić  
po angielsku, hiszpańsku lub  
w innym języku, nieważne czy  
masz 16 czy 60 lat!

Szczegóły: Katarzyna Ziarczyk

kafejkajezykowa@gmail.com

727 923 588



[www.fundacja-cat.pl/kafejka](http://www.fundacja-cat.pl/kafejka)

# Youth Chill-out ZONE

**CHILL-OUT ZONE** in the CAT Foundation is an initiative that allows youth to make interesting acquaintances, practice their English and develop their skills, and just wait for their train home and spend that time efficiently!

We invite youth to various workshops, classes, meetings with hot chocolate!



# Leszno's Volunteering Centre

The **Leszno's Volunteering Centre** is a project co-financed by the Leszno City Hall. As part of the project, we promote volunteering, conduct workshops for adults and young people and train school volunteer tutors. We work with a group of youth local volunteers **"Action-Rection"** organizing events, social campaigns and festivals.



Leszczyńskie Centrum Wolontariatu  
zaprasza na:

## Hiszpańskie TAPAS

- warsztat kulinarny dla Dorosłych

12.10.2020 | 18:00-20:00  
Biuro Fundacji CAT, ul. Boczna 6

- Gazpacho, hiszpańska zimna zupa
- Tortilla de patatas, hiszpański omelet
- Marinera, salatka z Murcji

Warsztat poprowadzi: Sebastian i Candela, wolontariusze z Hiszpanii

zapisy i szczegóły:  
[www.fundacja-cat.pl](http://www.fundacja-cat.pl)

**Liczba miejsc ograniczona!**



Leszczyńskie Centrum Wolontariatu  
zaprasza na:

## AKCJA-REAKCJA

- WOLONTARIAT MŁODZIEŻOWY -

6, 13, 20 październik 2020  
godz. 17:00-19:00

biuro Fundacji CAT, Więzienna 3

[www.fundacja-cat.pl](http://www.fundacja-cat.pl)   [karolina@fundacja-cat.pl](mailto:karolina@fundacja-cat.pl)



Leszczyńskie Centrum Wolontariatu  
zaprasza na:

## Ebru

- malowanie na wodzie -  
Warsztat dla Dorosłych

23.06.2020 | 18:00-19:30  
Biuro Fundacji CAT, ul. Boczna 6

Dodatkowo:  
Historia Ebru  
Turecka Herbata  
Quiz Kahoot

Warsztat poprowadzi: Basar, wolontariusz z Turcji

zapisy i szczegóły:  
[www.fundacja-cat.pl](http://www.fundacja-cat.pl)



# Development

## TRAINING COURSES:

- Pre-departure TC (supporting organization)
- Orientation Week (hosting organization)
- On-arrival TC (Polish NA)
- Mid-term TC (Polish NA)
- OLS (online linguistic support)



## VOLUNTEER WILL RECEIVE:

- Europass - Language Passport,
- Youthpass,
- Europass - Mobility Certificate
- Recomendation Letter



**EUROPEAN  
SOLIDARITY  
CORPS**

**#EUSOLIDARITYCORPS**





See you  
soon!

