



Info Pack Leszno

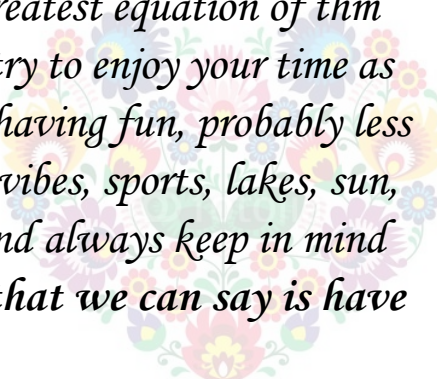
Fundacja Centrum
Aktywności Twórczej



Erasmus+

“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 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 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 day just with your attitude. All that we can say is have fun and make all work as good as can.



Cześć!

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, leisure time, travelling in Poland and much more. Hope you enjoy it !

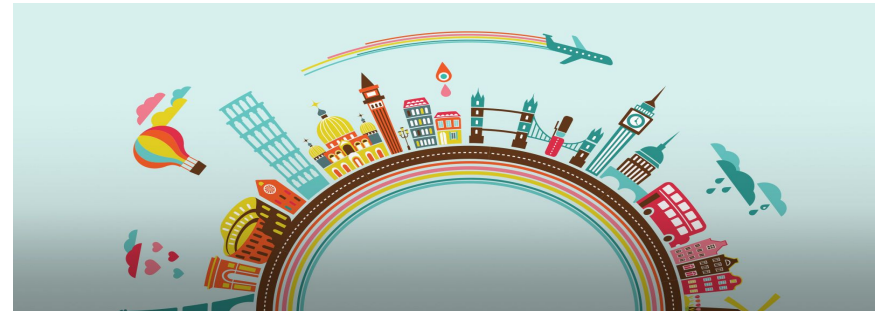
Teamwork



Leszno



Travelling



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**We are... :)
Ramazan (Turkey) Amit
(India) Miglė (Lithuania)
Tania(Ukraine) Yulia
(Russia) Iida (Finland)
Davit (Georgia)
Rodolfo,Pedro
(Portugal) Thomas
(France) Meryame (Italy)
Viktoria,Karolina
(Slovakia) Nisha (U.K)
Borislava (Bulgaria)
Daniel,Jorge,Gemma
(Spain)**





WFS041313

“I work in CAT because I love working with people, exchanging ideas, organise different events, meeting new cultures. I love watching when people are changing, developing, growing up. I’m a youthworker and an idealist to who strongly believe in the words of Little Prince: “
You become responsible , forever, for what you have tamed”



This is working in CAat for me :) “

Magda





CAT Board Members

(from the left)

Natalia

Monika

Adam

Magda

Marlena (Marla)

As a sending and receiving organisation in EVS we 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 local environment gathered already dozens of people between the age of 13 and 30 /generaly 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 business sector, public sector, nongovernmental organisations and polish and international organisation 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.

VOLUNTEERING IN CAT

"Remember that the happiest people are not those getting more, but those giving more."

H. Jackson Brown Jr.

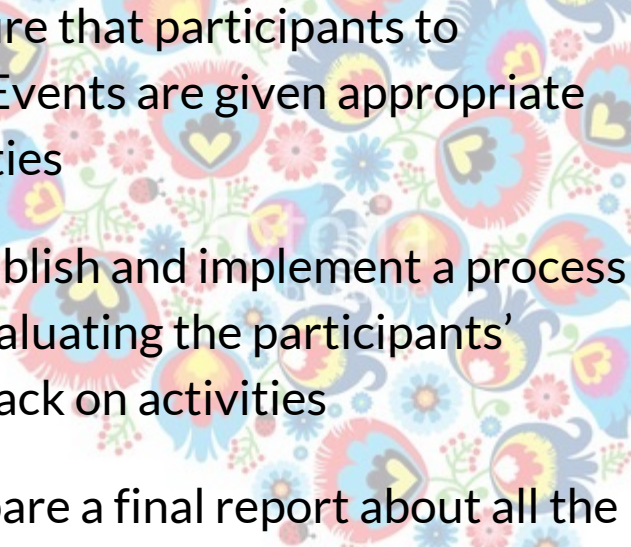


Workshops, Country presentation, Cultural Games, Crafting, Painting, Events, Design, Movie Editing - everything in CAT Foundation is more fun if you do it with motivation to help others, make a change, improve their way of doing things.

For sure you will have a great time here cus everything you can imagine is possible to do: any crazy idea for a workshop like crating zombies, sock puppets, ingeniuos 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 feeth 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**

Primary Duties and Responsibilities

- * Plan your own activities 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 a working team
- * Lead children of different group age during workshops and activities

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- * Ensure that participants to CAT-Events are given appropriate activities
 - * Establish and implement a process for evaluating the participants' feedback on activities
 - * Prepare a final report about all the volunteering experience in CAT Foundation

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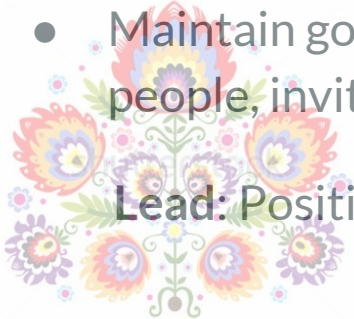
CAT Volunteers should...



- Be considerate of others; communicate well with one another to understand each other better and to avoid any misunderstandings! :)

REMEMBER: Your actions are not just representing you, but your countries also!

- Be open to build relations; keep an open mind, have fun! Remember your mentors also and engage with local people as much as you can!
- Maintain good, positive energy with people. Don't leave others out, include people, invite and try your best, as it will always be appreciated!



Lead: Positively influence others to achieve together!

Competencies that volunteers will develop...

Communication: Listen, speak, write and communicate clearly to one another regarding both work and home-living.

Creativity: Use your own initiative to develop and improve some organisations.

Teamwork: Work effectively within a team and learn from others!
Adopt a good work ethic and take pride in your work!

Plan: Organise your time for work, goals, other priorities and activities you might want to arrange with others.

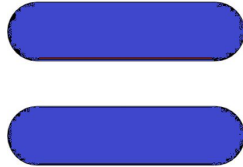
Problem- solving: Work cooperatively to assess problems and offer solutions.



1

Develop a multicultural environment for Leszno inhabitants

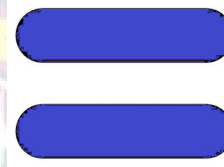
Foreign culture knowledge development
We organize events such as the Festival of Cultures, the International Youth Day, International Volunteer Day, International Dinner.



2

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 Diploma for a dream project, we organize summer workshops, leadership camps, daily room classes and conferences.

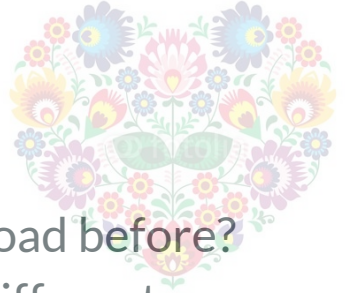


3

High quality leisure time for all ages in Leszno

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

What can you expect from your EVS?



So maybe this is your first EVS, and you have/haven't volunteered abroad before? Volunteering is special because it connects many people from lots of different places, all coming together to fulfill an aim!

The difference with EVS is your living and working with others in a team- which is really special! :) You can expect drama, you can expect fun, but all in all lots of sweet memories! ..



CAT-Volunteer should demonstrate competence in some or all of the following ...

Behave ethically: Understand ethical behaviour and business practices, and ensure that own behaviour and the behaviour of others is consistent with these standards and aligns with the values of the organization.

Build relationships: Establish and maintain positive working relationships with others, both internally and externally, to achieve the goals of the organization.

Communicate effectively: Speak, listen and write in a clear, thorough and timely manner using appropriate and effective communication tools and techniques.

Creativity/innovation: Develop new and unique ways to improve operations of the organization and to create new opportunities.

Foster teamwork: Work cooperatively and effectively with others to set goals, resolve problem, and make decisions that enhance organizational effectiveness.

Lead: Positively influence others to achieve results that are in the best interest of the organization.

Organize: Set priorities, develop a work schedule, monitor progress towards goals, and track details, data, information and activities.

Plan: Determine strategies to move the organization forward, set goals, create and implement actions plans, and evaluate the process and results.

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 this, for sure the volunteering experience will provide you the best environment to develop these „soft” skills

WORKING CONDITIONS

You will work in an **open space Office** (which is 2 minutes away from the main house). Also you will work in some **schools**.

You can take a ride with the bike (we have several bikes for using in the main house) or you can go by bus and get the money reimbursed after

You can use the bike to reach the working points!

It's fun andf keeps you fit

Also you can develop a friendship bond with your

"driver" in case you didn't take your own bike ...

also some muscle pain for your "dupa" (ask polish volunteers for translation, po proche)



WHAT TO EXPECT FROM EVS?

You've never been in a EVS programe and you are nervous about how is going to be ?

Or you did already some volunteering and you have the basics but still you are wondering what is this about ?
here you go ...





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The EVS aims to develop solidarity, mutual understanding and tolerance among young people

From a Financial Aspect: The EU will reimburse travelling expenses to: reach Poland and return back home, up to a set limit. - Each volunteer will receive a monthly allowance of €85 for food. - Each volunteer will also receive an allowance of €85 as pocket money. - Any travelling within the country that is required to be at the place of work is also reimbursed. - Volunteers are also covered by an AXA insurance plan that is free of charge. This mainly covers medical, dental, disability or liability problems.

From a Non-Financial Aspect: - The list is unlimited and it entirely depends on you to make the most of your EVS experience. However we try our best to ensure that you make your experience fruitful. For example: - Each volunteer will be assigned a mentor. The role of the mentor is to give you a local perspective and aid you when you have any problems. - The volunteer will be provided polish language classes. These are not obligatory, however they are quite useful. - By the end of the EVS term, each volunteer will receive a Youth Pass - <http://www.youthpass.eu/en/>



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)



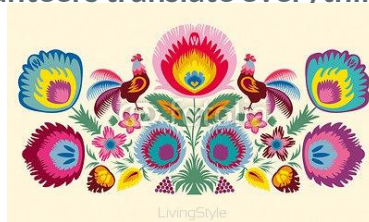
Weather

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.

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Ó P Q R S Ś

Learning Polish

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



LIVING IN LESZNO



Area: 31.9 km²

Population: 64.468

Density: 1.99/km²

Religion: Mainly
Catholics

Time Zone Cet: (UCT+1)

Difficult to find English
Speakers

Leszno is a city in the **west of Poland** with around 64.500 habitants. For more boring information go Wikipedia.

The city is not quite big so you can reach everything from the main square, accommodation is also central and also organization will provide bicycles what makes all closer!



Accommodation in Leszno (Slowianska)

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

The position is very central, it's about ten 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.

The house consists in 5 rooms, 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. A long corridor provided with an entrance hall splits the rooms. On the other side of this corridor there are two bathrooms and a service toilet.

At the end of this corridor there is a very big kitchen provided with two huge windows that overlook in opposite direction and this allows to have a lot of light. The kitchen has a big corner bench, two fridges with freezers, and it's provided with microwave.



Accomodation in Leszno (Mala)

This is the main EVS house in Mała Kościańska street - 1 minute walk from the office. It has two floors with three bedrooms, two toilets and two shower rooms, cozy living room and two kitchens. In each room there are two beds, tables, wardrobes. There you will find everything you need: microwave, fridge, washing machine, hair dryer, iron.





Tasks

You will go to schools, kindergartens and there you will create a lot of workshops, lead games and energisers.

Don't be shy or afraid! The kids will love you and will be glad in your company!



1st... Decide your mood for travelling



Then visit the cities!



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.

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 Polski-Bus, 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.

1. ***Wroclaw is quite close to Leszno, around 1-1.5hours by train and bus.***
2. ***Poznan is even closer than Wroclaw, busses and trains are quite cheap and efficient.***
3. ***Point 3 on the map represents Krakow, one of the most beautiful cities in Poland. It used to be the capital of Poland.***
4. ***Gdansk, Sopot and Gdynia – These 3 cities require a long trip of 6-7hours.***

Then ... have some fun!



Like a family, you
will share everything
together ... maybe you
will feel a little home
sick in the first days, but
don't worry - it's normal
After you find your
role in this awesome
experience you will flow
and enjoy everything

XOXO



TESTIMONIALS

Miglė

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 an 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

Gemma

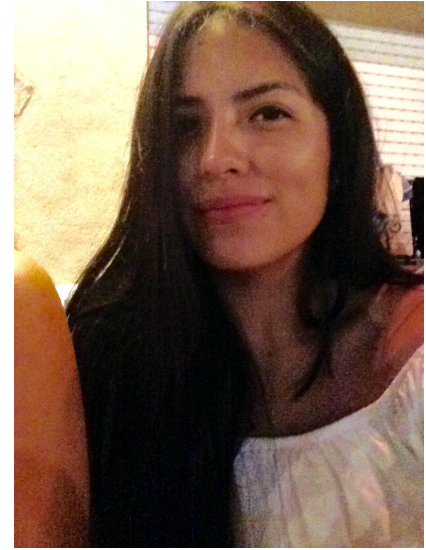
Name : Gemma Obando Andrade

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.

Nisha



Name: Lena Gangan

Age: 26

Nationality: Romania/Republic of Moldova

Why did you choose EVS in Leszno?

If one wants to understand the culture of one country one must visit small, mono cultural cities in order to see and discover the real essence of the culture. You see in order to make a change and a difference is important to meet and to communicate with people that usually don't have access to a multi culti environment. That's why we are here. To share, teach and learn at the same time. The beauty of the town is exactly in its smallness. Changes are done in little steps and I believe that Leszno is just the beginning of the very long and beautiful story.

What did EVS give to you?

It made me strengthen my belief about these one hypothesis that I had: that a great job equals fun plus work divided by 2. The multicultural environment and a breath of fresh air from the daily routine. And of course a lot of fun. New friends. New places. New visions about how small the world actually could be. And you know one thing that I really realized. It's like in this Gogol Bordelo song: and when we're crossing border after border, we realize the difference is none. And that's the exact thing. We all smile in the same language. And that makes the world a better place.



TESTIMONIALS #DOMENICA

Name: Domenica Conte

Age: 27

Nationality: Italian

Why did you choose EVS in Leszno?

It is a good opportunity to work with people from different cultures and different backgrounds and knowledge, live for a short period in Poland (I have never visited this part of Europe and I really want to see it!!), improve myself, be creative and organise funny activities for kids.

What did EVS gave to you??

1. Being more creative
2. Being self-confident about my skills
3. Improving my English
4. Knowing different people from different countries and with different backgrounds
5. Team working
6. Learning new things about Poland
7. Organizing my tasks
8. Problem solving
9. Being positive in each kind of situation
10. Enjoying my experience abroad!



CONTACT DETAILS:

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