



CALL FOR PARTICIPANTS:



RYDZYNA, 5-12.05.2015



SUMMARY OF THE PROJECT:

'Be the leader, be the change' its a 7 days training course constructed according the needs of young society and directed to youth workers and youth activists. This course will take place in Leszno, Poland and will involve 24 participants from 6 EU countries: UK, Portugal, Spain, Italy, Romania and Poland.

"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others." It is very important that youth leaders have right tools in order transfer relevant information to the local realities and make others grow, developing their transversal competences and teaching how young people of today can use them to achieve their goals, become more employable and build a better society of tomorrow. The TC aims at giving young people an opportunity to analyse their level of many transversal competences and soft skills and greatly improve them through activities of non formal education, thus helping them towards being more successful in their personal projects as well as on the labour market. Skills will be discussed one by one in order for participants to explore them in a structured yet comprehensive way. Constant referral will be made to the world of European youth work as a good example of a field where many of these skills can be applied and utilized while having a positive impact on the society. Space will be given to talk about the tools used to recognize these skills, such as the Youthpass, that will also be issued to all the participants at the end of the project. The project will use the methodology of non-formal education, making use of creative and innovative approaches and taking into account input and feedback from the participants. The TC foresees the participation of two trainers and two support staff experienced in the field of youth work in order to ensure a smooth implementation of the project and to reach the most effective results possible.

Participants: 17+, young activists, 4 people per country. Please do everything to have GENDER BALANCE inside the country group©/2 males, 2 females/

Accommodation, living and other project – related expenses: 100% funded by the EU. This includes everything except for travel costs.

Travel costs: A unit cost of the travel costs will be reimbursed after the project when participants send the full documentation of their travel tickets. This cost is related to distance calculator.

Please note that travel costs will be reimbursed on the basis of original tickets, boarding passes and invoices/receipts for travel. Only direct travel from place of residence to Leszno will be considered (no stop-over's exceeding 12 hours). Only cheapest/economy class travel will be reimbursed, public transport only. Only actual expenditure/tickets will be reimbursed – no pre-payment for tickets not purchased.

TRAVEL LIMITS PER PERSON :

ROMANIA:275 EUR

UK: 275 EUR

SPAIN:360 EUR

PORTUGAL:360 EUR

ITALY: 275 EUR

POLAND: 0 EUR

COURSE FEE

30 euro will be deducted from your travel reimbursement. Polish participants will pay after approval of application. Active volunteers of CAT, project coordinators may request for reduction payment for 15 euro.

PLANNED ACTIVITIES / SCHEDULE

To really get the most out of your training course we will always start early! After socialising in the we'll start at 9:00am in the morning with energizers! Each day we'll have two main activity sessions that will be based on non-formal education and learning by doing. They will all be targeted to intercultural exchange, socializing, having fun and, of course, our main project's topic – leadership and project management to help the youth leaders and young people. If the weather is good we'll be doing some of the activities outside so that you could enjoy it to the fullest./we have artificial lake, next to the hotel/ Naturally, we'll leave free time for you to relax. In the evenings we'll have cultural nights (each country have to prepare for that), which will be followed by further socialising and having fun.

The main activities include:

- Meeting, icebreaking, team building
- Introduction and usage of YouthPass, reflections, evaluation activities
- Country presentations of partner youth organisations, youth initiatives
- Group exercises, games, quizzes, simulations, educational activities on leadership; treasure hunt
- Generating non-formal methods for teaching young people about leadership;
- Setting further work-plan: preparing Erasmus+ projects;
- Playing continuous games such as “The Killer”, “Best buddy”, filling in “Gossip Boxes”, etc.
- And of course HAVING FUN! Because that's the key thing, isn't it?

ACCOMODATION & FOOD

Our TC will be organised in EDEN BIS hotel ***. 7 km away from Leszno

town. Next to main road to Leszno /road is going from Poznan to Wrocław/. We have nearby some forests, artificial lake, windmills. Website to the hotel; <http://www.edenbis.pl/>



Rooms: You will be in 2-4 people inside the room. You are required to bring your own Towels.

WiFi internet connection will be supplied (however, may have poor connection in some areas). Fundacja Centrum Aktywności Tworczej will provide participants with three meals per day and two coffee breaks. Mostly meals will be served in the hotel.

We strongly recommend each participant to inform the ORGANIZERS about any special dietary needs in advance.

MONEY:

In Poland we use PLN – Polish ZLOTY. 1 EUR is 4,2 PLN. You can change a little on the airport. We will organize some transportation to the shopping Gallery that you can change it with better exchange.

PREPARATION

The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).

Each participants should:

- ✓ Bring all your travel documents as presented above.
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Prepare a **presentation about volunteering** in their country.

- ✓ Prepare **energisers** that could be done in the morning/after lunch break.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this!:) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to bring your national drinks, dishes or snacks to share with others. Also, please prepare a mini (and, of course, fun) language course for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ **The weather in May is sunny in Leszno**, around 17 degrees. However, check the weather forecast before arrival and bring adequate clothes./it might rain/ Please also bring clothing and shoes that can be used for sport activities (such as trekking).
- ✓ Bring **good spirit, joy and happiness!!!**
- ✓ Especially for UK participants: take the plug adaptor. Ours look like:



TRANSPORTATION – HOW TO GET HERE☺

Firstly, you should find a flight to POZNAŃ, WROCŁAW Airport. Flying to Berlin/Warsaw airports may also be an option, however its less easy for you. However if you can't find anything cheap to Wrocław or Poznan – Berlin is better. The arrival day is 04th of May 2015 and the departure day is 12th of May 2015. If you want to spend more time in the Poland, it is possible to spend maximum 1 days before and after the project and book your travel tickets accordingly along with your accommodation for the additional days.

How to get here from Poznań/Wrocław airport?

- take the bus from the airport, to the train station. It is going every 30 min. It takes around 20-30 min. It depends of the traffic.
- take the train to Leszno and inform us. You will be picked.

If two groups are coming similar time to airport we may pick you from the airport /8 people/. As we cooperate with some local travel companies. To organise that we need your travel tickets till 15.03.2015.

**BEFORE BUYING TICKETS PLEASE CONFIRM THEM WITH US!:)
SEE YOU SOON!**

