



TRAINING COURSE FOR EDUCATORS

# To the Roots

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*Murzasichle, Poland 16-23 June 2021*



Erasmus+



# The Aim

We would  
like to let youth workers actively working with young people  
discover outdoor education and adventure based learning and  
develop their competencies to apply gained knowledge in their  
practices especially in relation to empowering young  
people with fewer opportunities



# Objectives

- discover outdoor and experiential learning, their historical perspective, principles and models
- give the participants an opportunity to directly experience various outdoor methods and techniques and reflect on ways of incorporating these methods and techniques into their daily youth work with young people including young people with fewer opportunities, young people from marginalized background, radicalized youth or with refugees
- raise understanding of the participants on outdoor methods and techniques in relation with active youth participation and encourage the participants to apply outdoor based learning in their practices
- support exchanging and sharing practices, experiences, methods and techniques of outdoor education across and increasing the quality of youth work in participants' countries
- develop participants' reflexive skills and critical, innovative, creative thinking and challenging outdoor learning contexts and their application
- develop participants' competences in designing, planning, implementing and evaluating outdoor and experiential learning activities
- understand and handle risk and safety in outdoor settings
- increase knowledge of the participants on Erasmus +, support creating new project ideas





# Participants



# Participant's profile



Age: 18+



direct or indirect work with young people with fewer opportunities



youth leaders, youth workers dealing with young people, staff from NGOs and trainers



Motivation to create and test educational activities based on outdoor education



Sincere interest and motivation to explore topic of experiential learning and outdoor education



Openness for and appreciation of non-formal learning process in highly diverse context



Motivation to participate in 100% of the length of the project



Commitment to disseminate the project results and commitment to follow up activities



# Practicalities





## VENUE

During the meeting You will be  
accommodated in the guest house "uToński"  
in Murzasichle/ Poland:  
[http://www.utoski.pl/spacery\\_wirtualne%20/spacer\\_uto  
ski3/](http://www.utoski.pl/spacery_wirtualne%20/spacer_uto<br/>ski3/)

## REGISTRATION FORM

Be sure to fill out the form, this will help  
greatly to facilitate the preparatory work  
of the organizers:

<https://forms.gle/nYUnKv5NgxBqZhFx5>







# Stay Connected

Don't miss important project  
news, share our photos and  
common results in our group:

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[https://www.facebook.com/groups/I780I8  
4276I5558](https://www.facebook.com/groups/I780I84276I5558)



# Limits of transportation costs:

## PER PERSON



\*The 30 euro is cut from travel costs due to the shuttle which we will organise from Kraków to the venue and back (participants will only need to reach Kraków).



# Financial Conditions

Reimbursement process will be done directly during the Mobility (in cash for all groups), therefore participants are required to provide the hosting organization all travel documents maximum until the second day of the main activities (until 18 th of June).

Buying all tickets is an obligation of participants (with partners' organizations support).

All costs related to accommodation, and food (3 meals per day: breakfast, lunch, dinner and 2 coffee breaks) will be covered by project's budget.



# Guidelines for reimbursement

- Booking paper alone is not enough (we need the invoices)
- Missing or lost tickets are not reimbursed
- Any costs for taxi or petrol are not reimbursed
- Return tickets must be bought in advance before the journey
- Following the guidelines of the Erasmus+and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), there is no reimbursement of travel costs!



# Tickets

## REGULAR TICKETS

- the original invoice (signed and stamped)/receipt/pay order/proof of payment
- the original boarding pass (the small ticket stub you receive before boarding the plane)
- the prices stated in the invoices, receipts etc. must coincide with the price on the ticket

## E- TICKETS

- printed out and include your name, the exact fare you paid, details of your flight on the same page order/proof of payment
- the original boarding pass (the small ticket stub you receive before boarding the plane) provided along with the credit card receipt for the payment or a copy of your bank statement (clearly showing the payment has been made)
- given with the boarding pass (the small ticket stub you receive before boarding the plane)

## DON'T FORGET

to send via e-mail and bring invoices of your tickets, since we can not reimburse anything without documentation. Boarding passes are obligatory as well.

NOTE:

–Some airlines print 'passenger receipt' at the top of the cardboard ticket. It is not accepted as a receipt of proof of payment.

Therefore, if you book your tickets online, please, make sure to print out the e-mail you receive from the airline company upon the payment, stating how much and how you paid.

–Train/bus tickets must show visible arrival and departure time as well as the price (+invoices if available)



# Arrivals, Pick-up points, Departures

## **Picking up time/place**

Dates of the of project: 16-23.06.2021. The shuttle bus will be arranged from Kraków's city center at the afternoon of 16th of June - a certain hour will be announced before the mobility (however please look for tickets that You will be able to arrive to Kraków maximum by 18:00), on 23d of June departure time from the venue will be provided around 7:00am). Please take into consideration that journey from the venue to the airport/bus/train station in Kraków could take from 2-3 hours, therefore we would like to kindly ask You to find a proper/ adjusted t o the mentioned time connections.

## **How to get to the center?**

■ By a public bus: <https://jakdojade.pl/krakow/trasa/>

■ By a train: <https://www.pkp.pl/>



# Food, Diets, Allergies

IF THERE'S ANY PERSON WITH SPECIAL DIET/  
ALLERGIES, PLEASE INFORM US ABOUT THIS (VIA  
PARTICIPATION FORM ATTACHED ABOVE THE  
INFOPACK).

IT IS ESPECIALLY IMPORTANT FOR US TO KNOW  
ABOUT DIETS/ALLERGIES/SPECIAL NEEDS IN  
ADVANCE.





# What to bring

**-COMFORTABLE CLOTHES (TRACKSUIT, COMFY T-SHIRTS FOR BOTH INDOOR AND OUTDOOR ACTIVITIES) AND SHOES FOR WORKSHOPS DEPENDING ON WEATHER, SLIPPERS.**

**- APPROPRIATE CLOTHES AND SHOES FOR OUTDOOR ACTIVITIES ( SHOES AND CLOTHES FOR A HIKE, SMALL BACKPACK, TRAINERS FOR OUTDOOR ACTIVITIES)**

**-CAMERA AND A LAPTOP (AT LEAST 1 PER GROUP)**

**-TRADITIONAL FOOD, DRINK AND SOUVENIRS FOR INTERCULTURAL EVENINGS ACTIVITIES.**

**-ANY MEDICINE YOU MIGHT NEED DURING THE PROJECT AS WE ARE NOT ALLOWED TO GIVE PARTICIPANTS ANY MEDICINE**

**- FAVORITE BOARD/ CARD/ PHYSICAL GAMES FOR THE EVENINGS**



# COVID-19

DUE TO UNSTABLE SITUATION WITH COVID-19 IT'S OBLIGATORY TO HAVE A HEALTH INSURANCE AND TRAVEL INSURANCE.

WE WOULD KINDLY ASK PARTICIPANTS TO BRING THEIR INDIVIDUAL PROTECTION (E.G. MASKS) AND ANY OTHER MEDICINE THEY FEEL NEEDED.

PARTICIPANTS ARE THEMSELVES RESPONSIBLE TO GET A TRAVEL INSURANCE. IF THERE'S ANYONE WHO USES MEDICINE SHOULD BRING WITH THEMSELVES. WE DON'T GIVE ANY MEDICINES AND WE DON'T COVER INSURANCE FEES.

DURING THE MEETING WE WILL TAKE CARE OF SAFETY (E.G. FEVER MEASUREMENTS AND USAGE OF SANITIZERS) AND FOLLOW THE RECOMMENDATIONS ANNOUNCED BY POLISH MINISTRY OF HEALTH, IF ANY BY THAT TIME.

WE HOPE THAT SITUATION WITH COVID-19 WILL NOT AFFECT OUR EVENT AND WE ALL BE MEETING VERY SOON.



# COVID TESTS/ RULES

When you arrive to Poland from Schengen zone you need to show the negative PCR covid test (antigen or molecular) to avoid the 10 days quarantine.

The test should be made before arriving to Poland, it is valid 48 hours from receiving the results\*; The test should be in English or Polish.

When you arrive to Poland not from Schengen zone you are obliged to go for quarantine for 10 days; if you present the Covid test (antigen or molecular) within 48 hours you are release from the quarantine. **You can make such test at the airports.**

People who have been vaccinated against Covid-19 with the vaccine approved by EU are not obliged to go for quarantine or make tests.

## RULES FOR ENTERING POLAND:

All updates and necessary information You can find via official/ governmental portals:

<https://www.gov.pl/web/koronawirus/informacje-dla-podrozujacych>

<https://www.gov.pl/web/coronavirus/travel>

link for the covid tests in Cracow airport (if you make online reservation you pay less)

<https://www.krakowairport.pl/en/covid-19-tests/i-med-24-2>



# More about COVID tests...

The expences for the Covid-19 tests for are not covered from the project's budget.

Please check if your insurance cover the expences for the tests.

The expences from Covid-19 tests could be reimbursed together with the travel costs up to the travel limit.

Please check the condition for traveling back to your country from Poland.

We can not cover your expences related to the quarantine in Poland in case you got positive results.



# PREPARATION



**BEFORE**  
the mobility



**DURING**  
the mobility



**AFTER**  
the mobility



# Before the Mobility:

- Check the conditions for traveling to Poland and back to your country.
- To purchase and collect all travel tickets after consultation and agreement with the hosting organization
- Get familiar with youth situation in your local community
- Fill in the participation form on-line





# During the Mobility

- To deliver all travel documents to the hosting organization
- To actively participate in all workshop sessions (100% of activities)
- To provide on going dissemination of the results of the mobility ( posts in Social Media, Videos,BlogPosts etc.)





# After the Mobility:

- To disseminate results, both off- and on- line (send all the documentation- pictures, descriptions to Fundacja Młodzi dla Europy)
- To implement a local workshop with local youth in participant's environment using outdoor education
- To fill in a EC's survey that will be delivered via participants' e-mails





A person in winter gear stands on a snowy mountain ridge, silhouetted against a bright sunset. The sun is low on the horizon, casting a warm glow over the snow-covered landscape and distant mountains.

# Erasmus+

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work. The seven year programme will have a budget of €14.7 billion; a 40% increase compared to spending levels between 2007 and 2013, reflecting the EU's commitment to investing in these areas. Erasmus+ will provide opportunities for over 4 million Europeans to study, train, gain work experience and volunteer abroad.

Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work in order to tackle the skills gaps we are facing in Europe. It will also support national efforts to modernise Education, Training, and Youth systems.

In the field of Sport, there will be support for grassroots projects and crossborder challenges such as combating match-fixing, doping, violence and racism. Erasmus+ brings together seven previous EU programmes in the fields of Education, Training, and Youth.



# Contact Details



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Erasmus+