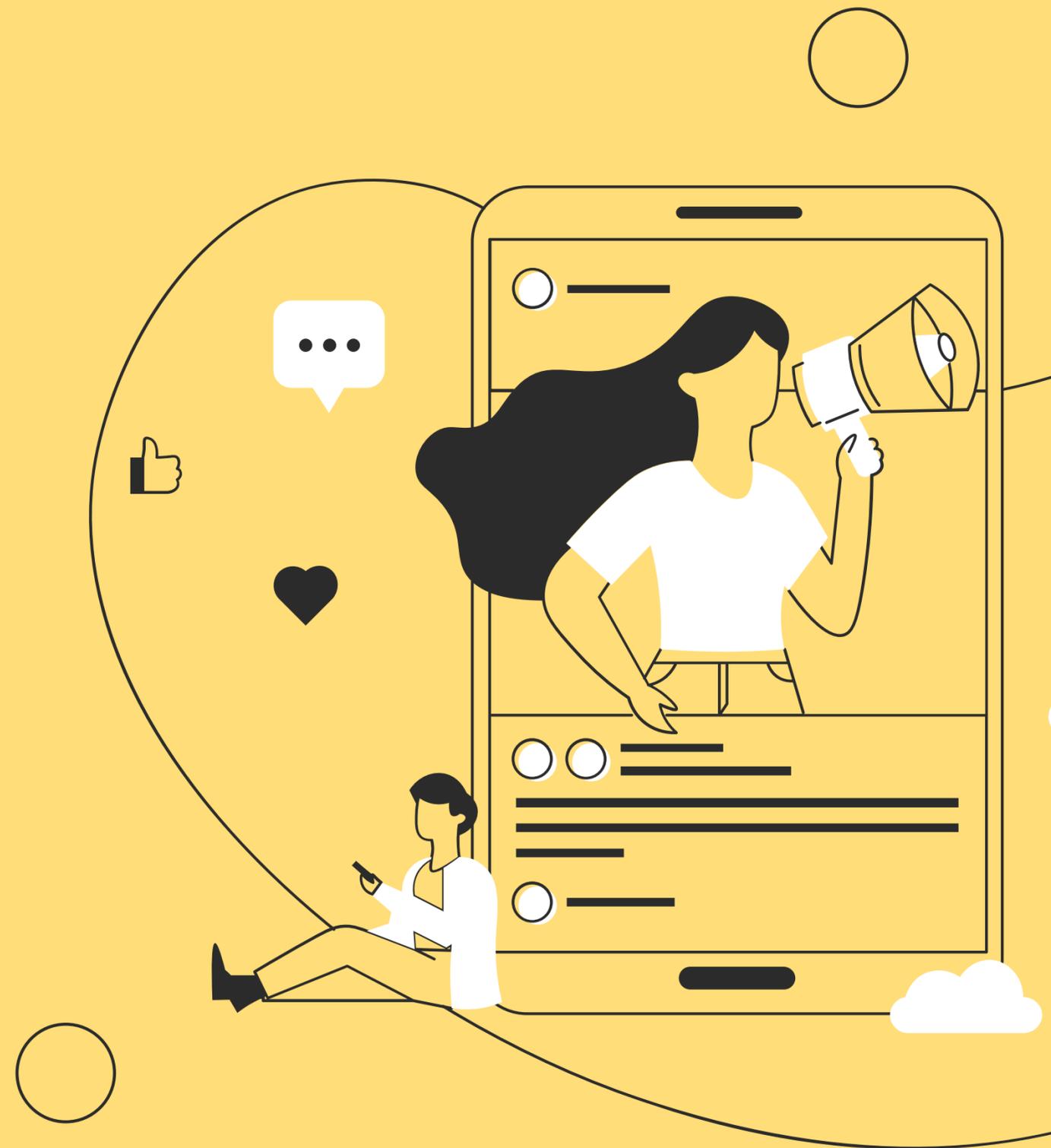


YOUTH ACT

Less of mess



Erasmus+

Murzasichle, Poland 23.06-02.07.2021

About

THE PROJECT

The project will gather 34 youth workers from 8 countries (4 participants from each partner organisation) to promote the environmental awareness by introducing less waste mindset among youth workers in the field of ecology, non-formal methods, managing resources and approach to project planning.

The project will take place in Poland, Murzasichle between 23rd of June till 2nd of July, participants are coming from Poland, Slovakia, Czech Republic, France, Bulgaria, Romania, Greece and Latvia.

The project is co-funded by Erasmus+ programme.

Erasmus+

Erasmus+ is the European Union program for education, training, youth and sport.

Programme aims to modernise education, training and youth work across Europe. It offers exciting opportunities for participants to then study, work, volunteer, learn and train abroad in Europe.



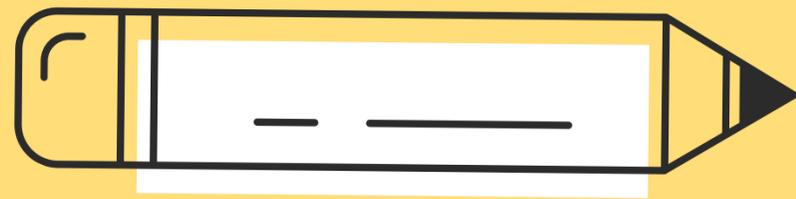
Aim

The general aim of the training course:

Promotion of environmental awareness by introducing less waste mindset among youth workers in the field of ecology, non-formal methods, managing resources and approach to project planning.

Objectives

WHAT WE AIM TO ACHIEVE
WITH THIS TRAINING IS THAT
PARTICIPANTS WILL BE ABLE TO



- raise their knowledge on ecology in European context

- gain a multidimensional 'less waste' mindset to be used in their daily life and / or in their NGO

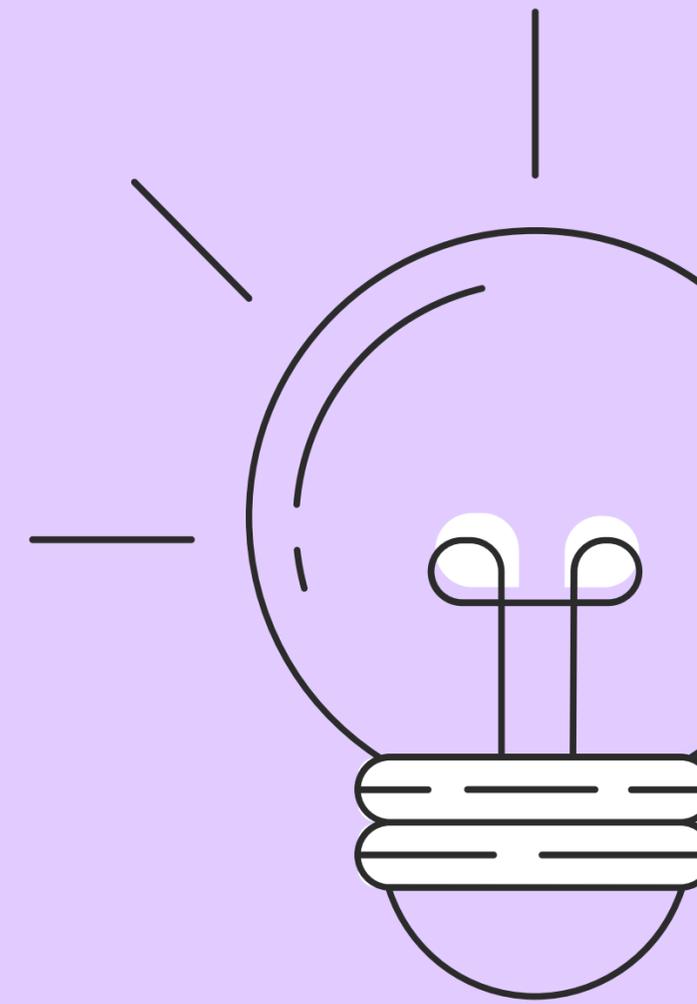
- propose activities for young people in line with ecological way of thinking

- share good practices and create a network that will mind the ecological aspect in its projects

- bring back a set of skills and knowledge on ecology and agile PM back to their NGOs

Methodology

As expected in Erasmus+ projects, we will be focusing on work within non formal education methods, including discussions, debates, outdoor activities, digital laboratory, designed games, group work, individual work, some methods from Gestalt and interpersonal training, and methods of Design Thinking and Agile project management.





ACTIVITIES

The two main training segments are a module dedicated to ecology (5R, zero waste, Green Deal and more), and a module using Agile and Design Thinking methodology focused on creating a prototype of an effective and responding to the needs of youth employees digital knowledge base, with methods and ecology-related materials. The topics to be discussed combine ecology, minimalism and zero waste in everyday work in the context of technology and work in an NGO, but also in terms of human resources when it comes to the process of creating ideas, invested energy and style of project management.

Daily there would be at least 6 hours of workshops and time for reflection. (everyday we will start workshops at 9:30 and finish around 19 o'clock, with 2 coffee breaks and lunch break).

Participants profile

PROFILE OF THE PARTICIPANT FOR WHOM THIS TRAINING COURSE IS TARGETED IS:

- A youth worker, educator, animator, teacher, pedagogue or a volunteer with at least some experience in international or local projects / NGO environment.
- We are aiming for gender balance during the project, therefore we suggest to send from each country 2 female + 1 male OR 2 male + 1 female participants
- Willingness to learn in the field of ecology and project management methods
- Age limit – 18+, as long as you have the necessary experience
- Communicative English – ability to express oneself and understand others



Poland

Youth Act

Bulgaria

International Center for
development of education
and training

Greece

Praxis

Romania

Asociatia KULT
Generation

France

Paragraf International

Latvia

Keep the Change

Czech Republic

European Youth Centre
Breclav

Slovakia

Youth for Equality

Partners





Murzasichle

THE VENUE

Venue

The training course will take place in Murzasichle the small town in the Tatra mountains, near Zakopane (the winter capitol of Poland). Participants will stay in badrooms (2-4 people in rooms) with bathrooms. All activities will take place in the workshops room in the same building. In the venue would be canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks.

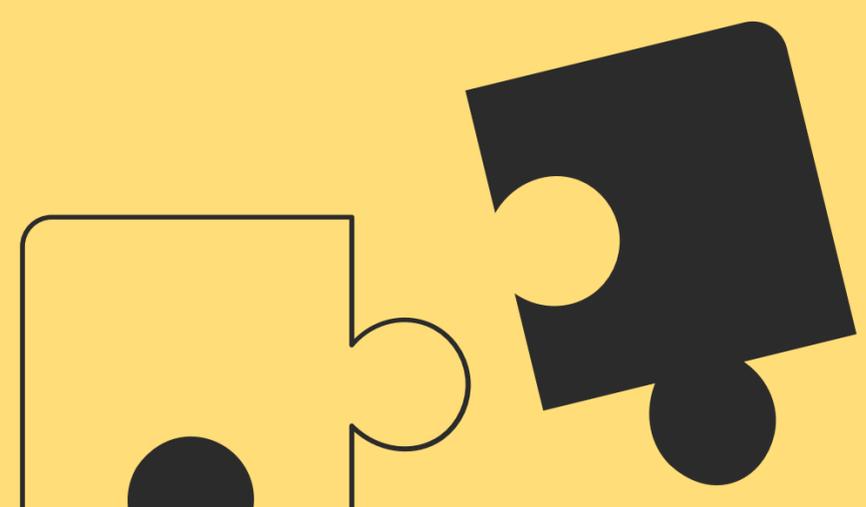
Living conditions

All together we will take care of our space where we will live, work and learn therefore we need to keep the place clean and useful for our activities. We used to walk in the workshop room barefoot or in socks (so take some warm socks if you get cold easily).



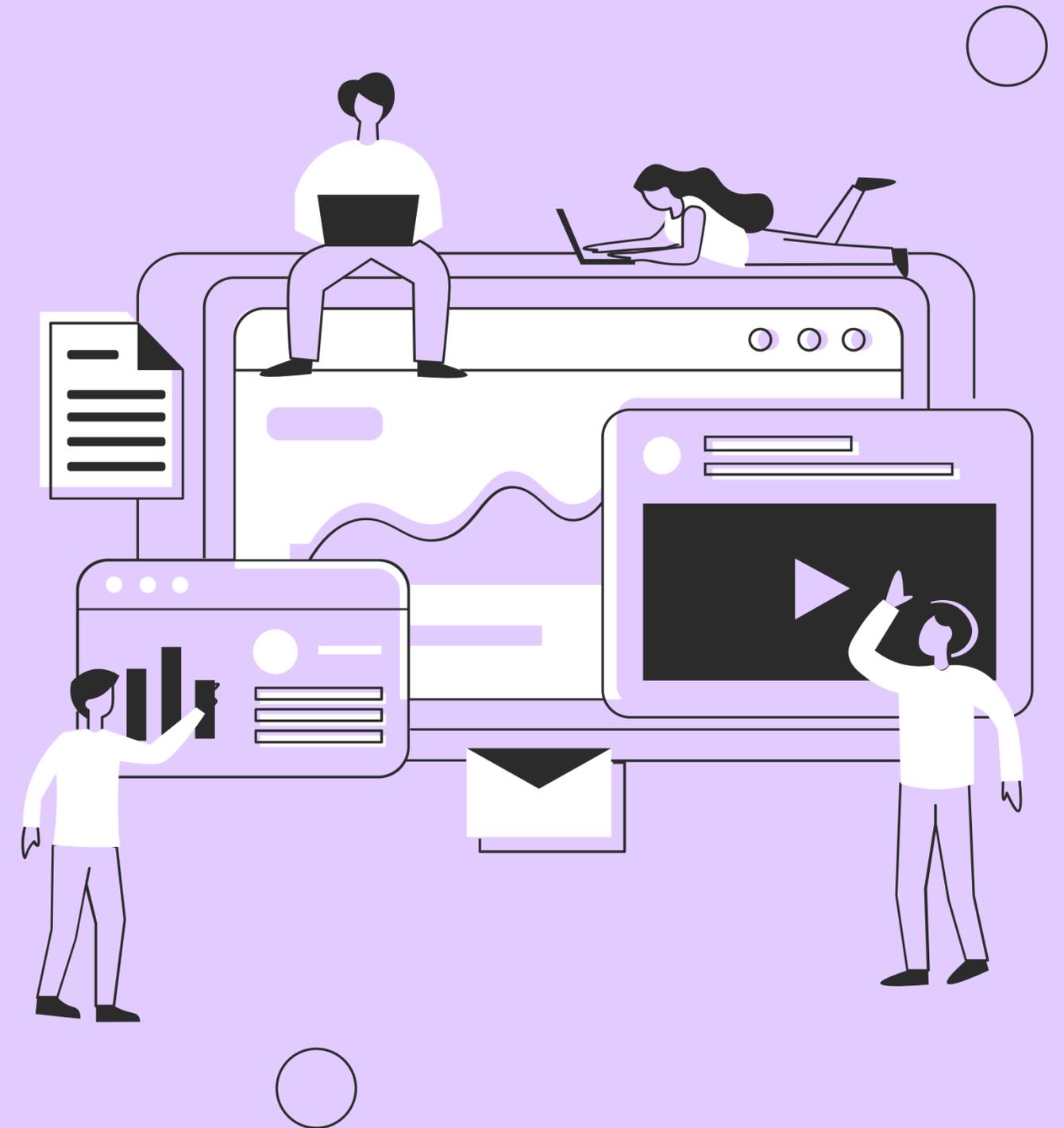
Active participation

By taking part in this project you are confirming that you are going to be active in all phases of the project:

- Preparation before the training course,
 - Taking part in all workshops during the training course,
 - Preparation and organizing the workshops about non-formal methods together with your national team after the training
 - Promotion of the project on social media before and after the training
 - Accomplish all tasks connected with dissemination of the project and its results
- 

FOLLOW UP

During the TC we will together create a website content, based on ideas and tests in the group. Depending on the research, testing and decision of the participants, it might include methods, games, tools, definitions, explanations and instructions for NGOs and regular audience looking for knowledge on our topics. The website is to be sent after the training course by all partner organizations to at least 3 organizations from their network of contacts for the next testing of the usability and functionality of the website, for reviewing the site. They will be asked to participate in the test phase and to answer questions about its content. Online corrections and improvements will be implemented by work groups from the project by the time of the final report.



Travel

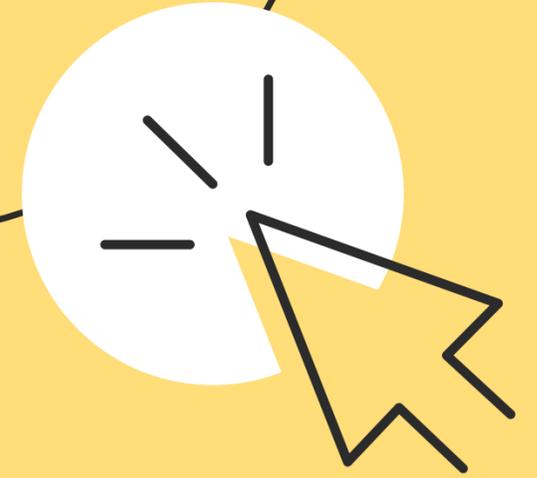
Selected participants could start to find a connection to Kraków. Please, send to us proposal of your travel (which includes travel company, time&date or arrival and departure, price), later wait for our confirmation to buy them. Tickets bought without our confirmation will be not reimbursed. More about reimbursement process in next section. Tickets should be bought by low fare prices, only second class.

You can come to Poland in total 2 days before or after the main activities, however we can not cover expenses of your venue and meals before or after the activities.

On 23th of June we are going to make the meeting point around 18 o'clock near the main train station in Cracow. Then we will go with shuttle bus to our venue (the cost of the shuttle bus will be reduced from the travel reimbursement limits). Plan your travel to be before 18 o'clock in Cracow. On the 2nd of July we will leave our venue around 8 am in the morning, please plan your departure from Krakow after 12 o'clock.

After our approval of your tickets proposals you can buy them and fill in the reimbursement form with all tickets which you would like to have reimbursement and send it to us till 15th of June.

The closest airports to Kraków are in Kraków, Katowice, Warszawa. From those cities you can take the train to Kraków (check out the schedule at: <http://rozkladpkip.pl/en>).



Reimbursement

Reimbursement of the tickets would be done by cash in the end of training (up to the national limits), participants are asked to:

- fill the reimbursement form before coming to Poland till 15th of June
- send all boarding passes and tickets to Youth ACT-hosting team till 15th of June
- manage the follow up activiies

The travel reimbursement is reduced by 30 euroes to cover the expences for the shuttle bus from Kraków to the venue and back

Reimbursement limits

150 euro

Slovakia

Czech Republic

245 euro

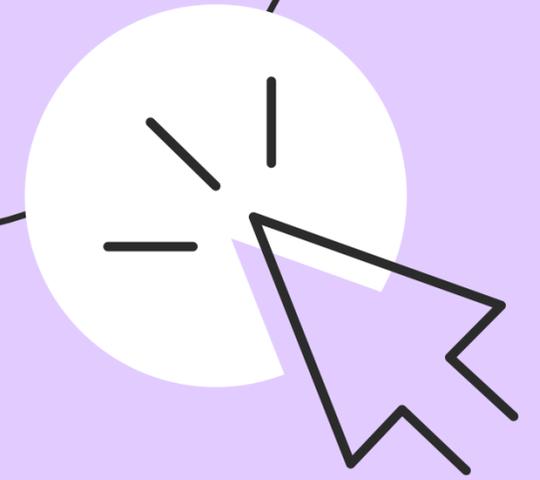
Bulgaria

Greece

Romania

France

Latvia



The Covid tests before arrival

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.



The Covid tests

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

The expences from Covid-19 tests could be reimburse together with the travel costs up to the travel limit. There is no additional budget for covering those expences.

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.

Rules of entering Poland:

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

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

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>



Youth Act Poland

HOSTING ORGANISATION

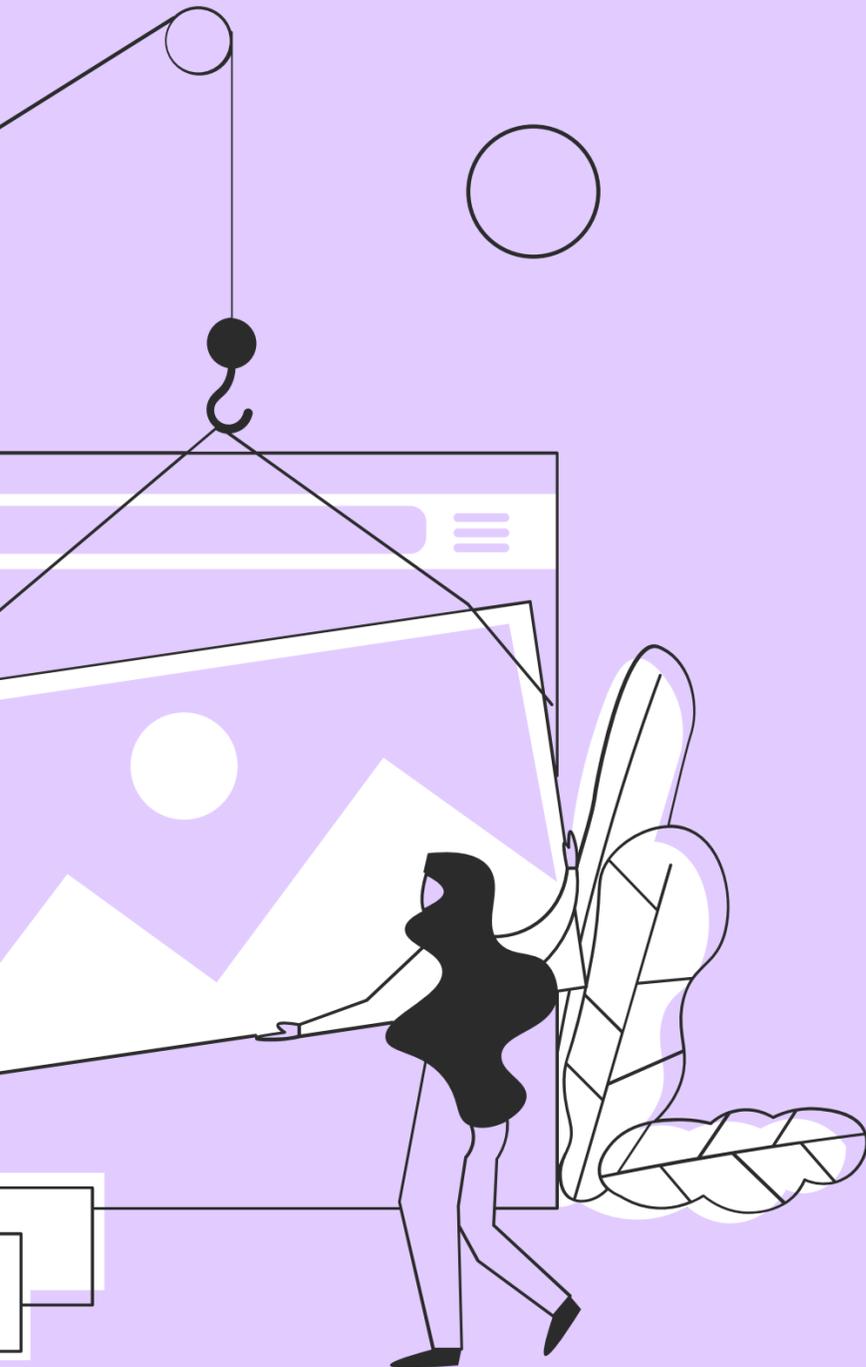
Organisation is working at local and international level. At local level we are implementing the NFE workshops in the local school for human rights and environmental education during the classes. We are also implementing the improv workshops during languages classes and the supporting theatrical workshops for the theatre group. We are organising the Saturdays workshops where youth can learn about themselves and increase their competences.

At international level we are organising the youth exchanges funded by Erasmus+, Polish-Lithuanian Youth Court. We are developing different methodology for youth work within the Strategic Partnership. We are involving the youth from Koszalin and region in the international projects. We are encouraging and supporting the youth with fewer opportunities to join the youth mobilities.

www.youthact.website

[www.fb.com/youthactpoland](https://www.facebook.com/youthactpoland)

https://www.youtube.com/channel/UC3pm6pDPXyY__5RTHihs8RQ



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