

DATES: 30.01.-08.02.2020

LOCATION: LODZKIE REGION, POLAND

PARTICIPANTS: IN TOTAL 24 PEOPLE FROM 8 DIFFERENT COUNTRIES, AGED 18+

COUNTRIES: POLAND, SPAIN, NORTH MACEDONIA, ROMANIA, ITALY, GREECE, SLOVAKIA, MALTA

THE AIM OF THE TRAINING

MAIN AIM:

The main aim of this training course is to develop the competences of 24 youth workers from 8 countries to support and equip them with the tools needed to managing working with teams on long term projects and support them during all stages of the group process as a whole cycle.

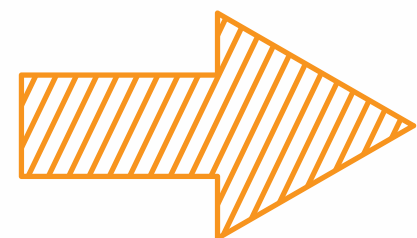
THE TRAINING OBJECTIVES:

1. to increase knowledge about group process and techniques that can be used in each stage
2. to develop skills to support their teams during the group process
3. to increase awareness on the importance of the group process by showing the influence on the daily teamwork.



PARTICIPANT PROFILE

- aged 18 +,
- with an intermediate English level to engage fully in discussions and activities,
- actively engaged in the field of youth work and currently working with young people (preferably managing a group of local or long-term volunteers),
- able to attend all working days and sessions (sometimes more than 8 hours a day),
- motivated and interested in the topic of the training,
- with a positive attitude and motivation to cooperate in international teams and learn from and with the participants,
- motivated and willing to implement dissemination activities and share with others through workshops back home what you learned in the TC.



PLANNED ACTIVITIES

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
	Arrival Day	Team Building Day	Intro to the Topic	Group Phases day 1	Group Phases day 2	Group Phases day 3	Case studies day	Summarizing day	Evaluation Day	Departure Day
9:00 – 10:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 – 11:30		Get to know each other	What is group process? part 1	Disturbances of a group proces - forming	Disturbances of a group proces - norming	Disturbances of a group proces - adjouring	Case studies	Open space technology	Erasmus+/ Future Projects	Departure
11:30 – 12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
12:00 – 13:30		Program Overview, Fears, Expectations, Contributions	What is group process? part 2	Tool for the phase - forming	Tool for the phase - norming	Tool for the phase - adjouring	Case studies	Open space technology	This Week in Review	
13:30 – 15:30		Lunch	Lunch	Lunch	Lunch	Lunch and Midterm Evaluation	Lunch	Lunch	Lunch	
15:30 – 17:00		Team Building	Reality check	Disturbances of a group proces - storming	Disturbances of a group proces - performing	Free Afternoon	Meeting with experts	Make it real! gathering the tools	Dissemination and Personal Action Planning	
17:00 – 17:30		Coffee break	Coffee break	Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	
17:30-19:00		Youthpass & 8 Key competencies	Our groups and how they are changing	Tool for the phase - storming	Tool for the phase - performing	Free Afternoon	Meeting with experts	Make it real! gathering the tools	Evaluation/ Feedback	
19:00 – 19:30		Reflection	Reflection	Reflection	Reflection		Reflection	Reflection	Reflection	
19:30		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00 +	Welcome Activity	Games Night	Intercultural Night	Participant Theater	Passion Night	Participants' Choice	Movie Night / Group Work Option	Participant's Choice	Youthpass Ceremony/ Farewell party	





PROJECT TEAM

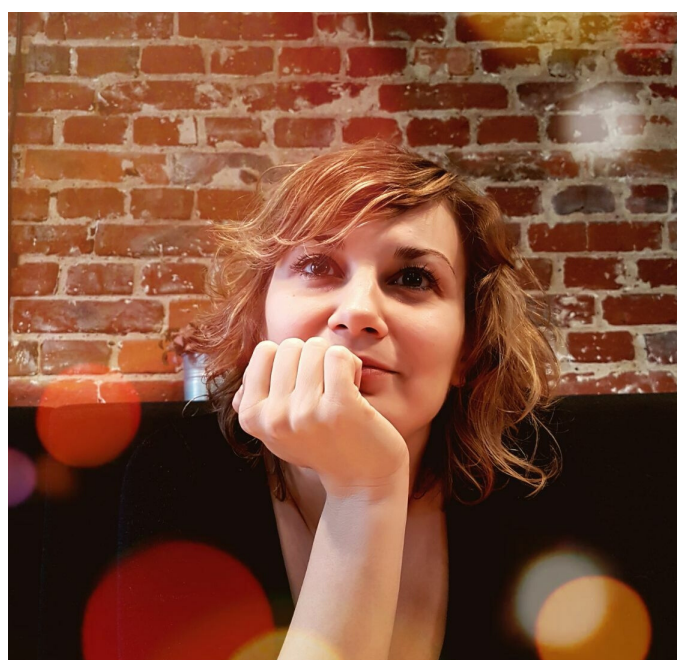
Urszula Malinska - incorrect optimist, looking for good sites in every situation - according to the principle that "nothing happens without a reason". She has several years of experience in working with people, through work in services, ngo and own initiatives. Projects, PR and event manager. She prepares workshops and trainings and in the above-mentioned areas, creates cultural projects and events (music, film, art). For four years she has been working as the volunteering projects coordinator, delivering workshops and training.



Romy Solomon was born and raised in New York City but has called Europe home for the past eight years. She currently resides in Galicia, Spain and works as a freelance trainer and facilitator. Romy has designed and delivered trainings for youth, youth workers, and trainers in 18 countries across 4 continents. She is certified in Experiential Learning by David Kolb, Alice Kolb, and Kay Peterson, from the Institute of Experiential Learning in the United States. Romy has extensive experience working with and managing international teams in Moldova, Romania, India, the U.S., and Spain.



Aleksandra Szmurlik is connected with international work since 2010. She started her work as a facilitator during her EVS in Belgrade, where she was working in NGO, creating workshops for local people in the topic of cultural diversity and also coordinating training courses. Since 6 years she is working in FERSO as a project manager and trainer, specially for EVS volunteers. She coordinates long term EVS/ESC projects, designs and facilitates the learning process for volunteers. She prepares and then provides workshops and trainings that are needed for personal and professional development of volunteers during their service.



TECHNICAL INFO

TRAVEL ARRANGEMENTS

FOR EUROPEAN UNION MEMBER,

VISA IS NOT REQUESTED FOR ENTERING POLAND.

FINANCIAL CONDITIONS/REIMBURSEMENT:

LIMIT FOR TRAVEL COSTS LIMITS (100%)

– PER PERSON BOTH WAYS :

GREECE: 275 EURO

ITALY: 275 EURO

MACEDONIA: 275 EURO

MALTA: 275 EURO

ROMANIA: 275 EURO

SLOVAKIA: 275 EURO

SPAIN: 360 EURO

POLAND 20 EURO

NOTE:

- THE COST GIVEN IS A LIMIT IN TOTAL, FOR BOTH WAYS
- PLEASE REMEMBER THAT ACCORDING TO ERASMUS+ RULES MONEY FOR TRAVEL WILL BE REIMBURSED ACCORDING TO THE REAL COST YOU SPENT, UP TO THE AMOUNT GIVEN ABOVE PER COUNTRY, BUT NOT MORE (WHICH MEANS THAT IF YOU SPEND LESS - YOU WILL BE REIMBURSED THE MONEY YOU ACTUALLY SPENT OR IF YOU SPEND MORE - YOU WILL GET ONLY LIMIT)
- BEFORE BUYING YOUR TICKET, PLEASE REMEMBER YOUR COST LIMITS
- BEFORE BOOKING THE FLIGHT, PLEASE, MAKE TRAVEL ARRANGEMENTS CONFIRMATION WITH US!

THE REIMBURSEMENT

IT WILL BE DONE BY BANK TRANSFER, AFTER THE TRAINING, WHEN WE RECEIVE ALL DOCUMENTS NEEDED TO MAKE THE REIMBURSEMENT.

PLEASE KEEP ALL ORIGINAL:

- CONFIRMATION OF RESERVATION
- TICKETS
- BILLS, INVOICES, RECEIPTS
- BOARDING PASS/CARD

WE WILL NEED ALL THOSE DOCUMENTS TO REIMBURSE YOU MONEY!

MISSING (OR NOT ORIGINAL VERSION) DOCUMENTS WILL NOT BE REIMBURSED.

YOU SHOULD HAVE TICKETS FOR DAY 30.01.2020 (TO COME) AND 08.02.2020 (TO LEAVE)

– IF YOU NEED TO BUY IT ONE DAY BEFORE OR ONE DAY LATER –

WE NEED TO KNOW IT AS SOON AS POSSIBLE TO INFORM NATIONAL AGENCY!

TRAVEL ARRANGEMENTS

DOBIESZKÓW IS LOCATED CLOSE TO ŁÓDŹ, THAT IS THE THIRD BIGGEST POLISH CITY AND IT IS SITUATED IN THE CENTER OF POLAND. TO GET HERE YOU CAN CONSIDER THE NEXT AIRPORTS:

1. ŁÓDŹ
2. WARSAW (MODLIN OR CHOPIN) – THE MOST CONVENIENT OPTION
3. POZNAŃ (3 HOURS FAR)
4. WROCŁAW (4 HOURS FAR)

FROM WARSAW MODLIN OR CHOPIN AIRPORT YOU HAVE BUSES DIRECTLY TO ŁÓDŹ: [HTTPS://WWW.MODLINBUS.COM/](https://www.modlinbus.com/)
FLIX BUS [HTTP://WWW.FLIXBUS.PL/](http://www.flixbus.pl/) - CONNECTS ŁÓDŹ WITH OTHER CITIES IN POLAND AND EUROPE.

TRAIN IS ALSO AN OPTION, YOU CAN FIND TIMETABLE HERE: [HTTP://ROZKLAD-PKP.PL/EN](http://rozkład-pkp.pl/en)

FROM ŁÓDŹ TO GROTKI - YOU CAN TAKE TRAIN - [HTTP://ROZKLAD-PKP.PL/EN](http://rozkład-pkp.pl/en)

AS SAID BEFORE – PARTICIPANTS ARE EXPECTED TO ARRIVE ON 30.01 AND LEAVE ON 08.02.2020

FURTHER DETAILS AND SUPPORT INFORMATION ABOUT THE TRAVEL TO AND INSIDE POLAND WILL BE PROVIDED WHEN THE TICKET BUYING PROCEDURE WILL BEGIN.

ACCOMODATION

THE PLACE OF THE TRAINING IS HOTEL DOBIESZKÓW - TRAINING AND RELAX CENTER, VERY CLOSE TO THE FOREST AND TO ŁÓDŹ. YOU'LL STAY IN 2-3 PERSON IN ONE ROOM, WITH PRIVATE BATHROOMS AND FREE WI-FI. MORE INFO YOU CAN FIND HERE: [HTTP://WWW.HOTELDOBIESZKOW.COM.PL/EN](http://www.hoteldobieszkow.com.pl/en)

ACCOMODATION IS COVERED 100% BY THE ERASMUS+ PROGRAM.

THESE EXPENSES WILL BE COVERED ONLY FROM THE DAY OF YOUR ARRIVAL (30.01) TILL THE DEPARTURE DATE (08.02.2020).

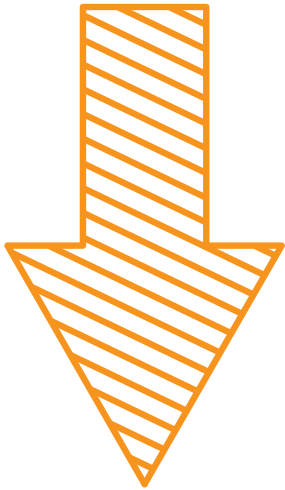
HEALTH&TRAVEL INSURANCE

PLEASE, WHEN COMING TO POLAND, MAKE SURE YOU HAVE A VALID EUROPEAN HEALTH INSURANCE CARD WITH YOU. ALSO, IT IS IMPORTANT THAT YOU NOTIFY US OF ANY HEALTH RISK OR POSSIBLY NECESSARY MEDICINES, SPECIAL FOOD ARRANGEMENTS (AS VEGETARIANS, INTOLERANCES) ...AND SO ON.

LODZ, THE CITY

ŁÓDŹ, SITUATED IN THE MIDDLE OF POLAND, IS THE THIRD CITY OF THE COUNTRY. KNOWN BY ITS INDUSTRIAL PAST AND ARTISTIC PRESENT, THE CITY IS ADAPTING THE OLD FACTORIES AND BECOMING A HOT SPOT IN ALTERNATIVE ART. PROVE OF THAT ARE THE MURALS THAT DECORATE THE BIG WALLS, THE WELL-KNOWN CINEMA SCHOOL AND THE VARIETY OF ART FESTIVALS THAT ARE ORGANIZED ALL YEAR LONG. ALSO COUNTS WITH ONE OF THE LONGEST COMMERCIAL STREETS IN EUROPE: PIOTRKOWSKA STREET, WITH 4.9KM



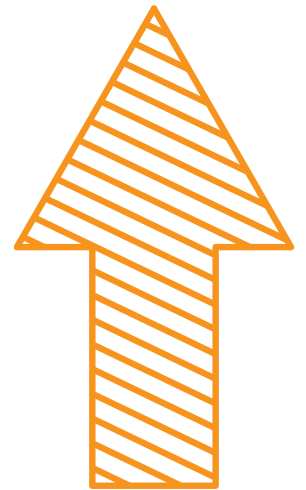


HOW TO APPLY?

Fill the application here:

<https://tiny.pl/tk7dx>

and wait for our answer!



QUESTIONS?

ASK YOUR CONTACT PERSON!

SPAIN - TICKET2EUROPE - ROMY SOLOMON -
ROMY.SOLOMON@TICKET2EUROPE.EU

MALTA - PRISMS - ABRAHAM AZZOPARDI - PRISMS.MALTA@GMAIL.COM

GREECE - HELLAS FOR US - ELENI PAPARGYRI - HELLASFORUS@HOTMAIL.COM

MACEDONIA - YOUTHCAN - NIKOLA IVANOVSKI -
NIKOLA.IVANOVSKI@YOUTHCAN.ORG.MK

POLAND - FUNDACJA FERSONO - URSZULA MALINSKA -
URSZULA.FERSONO@GMAIL.COM

ITALY - ATTIVA MENTE - ATTIVAMENTEMODICA@GMAIL.COM

SLOVAKIA - EDUERA PETRA PAPIERNÍKOVÁ EDUERANGO@GMAIL.COM

ROMANIA - TEAM4YOUTH REMUS POP REMUS@T4UTH.RO

