

INFO

3C

**Connection -
compassion-
contact**

20 – 28. 10.2021,

Krynica-Zdrój,

Poland

ERASMUS +, KA1, YOUTH

PACK

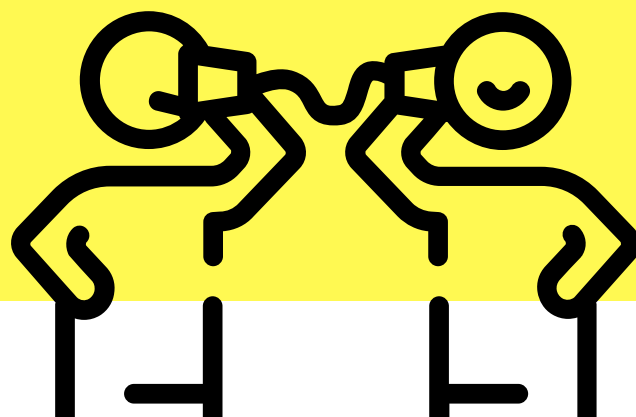
PROJECT DESCRIPTION:

needs:

The project was created as a response to the needs of partner organizations and their employees, and these needs include building a dialogue with and among young people. Together with partners, we diagnosed that young people have difficulty in expressing themselves, in establishing authentic contact between themselves and with adults. This phenomenon exists in real life and on the Internet. We also diagnosed the need to improve communication within the organization's teams on the level of conflict resolution.

response:

In response to these problems and needs, together with partners and participants, we want to deepen our competences in the area of Non-Violent Communication (NVC), which, contrary to what the name says, is not only a communication technique but a set of beliefs and attitudes, where the intention and reaching out to, naming and expressing one's needs are important.



OBJECTIVES:

It is to improve the quality of youth work in participating organizations and in the long term & beyond by increasing staff competence in communication & conflict management & community building based on European values. We want to achieve this goal by pursuing the following specific objectives:

- Organisation of the Non-Violent Communication training (NVC): basic assumptions, application, traps, and adaptation of tools to the specific working context.
 - Initiate empathy groups and dissemination meetings in all participating countries.
- Creating a publication for empathic group meetings, available under an open licence and promoted online and offline among educators, employees, and youth leaders
 - Inviting partners to share their experiences: the difficulties and successes of their work in different contexts.
- Establishing a community and creating a group on a social networking site Initiating NVC community building in youth work
- Creating space for the establishment of international partnerships involving partners from and outside Europe (Eastern Partnership countries and EUROMED)

METHODS:

**non-formal,
learner-centered,
safe space**

Some of the methods and techniques may be known for you from other trainings (like Erasmus +), some of them may be unfamiliar to you. We invite you to come with an open heart and mind. We encourage experimentation, curiosity and mistakes without blame.

**"The goal of life
is not to be
perfect. It's to
laugh all our
laughter and cry
all our tears"**

M. Rosenberg

PROFILE OF PARTICIPANT:

- is min. 20 years old
- is able to participate in the whole duration of the training (20 – 28.10.2021)
- is actively involved in the activities of the sending organization as a volunteers, employees, external expert, trainers, facilitators
- works with youngsters as YOUTH WORKERS
- is interested to get to know NVC approach and shares it in their local community with youth
- is able to express freely in English (the working language of the course)
- reads carefully e-mails and documents sent to them, and answers to e-mails :)

We invite 2 persons from each country, which means we will work in a group of 24 excluding facilitators.

IMPORTANT check out the separate document about the responsibilities of participants!

"Ośrodek Sanatoryjno-Wczasowy Hajduczek" hotel

OSW HAJDUCZEK
ul. Pułaskiego 64
33-380 Krynica-Zdrój
Tel: +48 18 471 54 08
rezerwacje@hajduczek.com.pl

in Krynica-Zdrój (located in a picturesque spa town in the south of Poland) Some pics here: <http://www.hajduczek.com.pl/o-nas/>

The resort is located in a wooded, secluded area - only 15 minutes walk from the centre of Krynica.

Double and triple rooms - sharing room with the person from the other country, same gender. If you are not comfortable with that, please contact us in advance (before your arrival).

Linen and towels are provided.

Available at the venue. However, we can't guarantee its quality, and we recommend not to plan any online meetings/ work to do during your stay.

The workshops will take place in the same building. The full board will be provided to us, including coffee breaks.



ARRIVALS:

7 days of the program (21/ 27. 10. 2021)

+ 2 travel days
(20.10 - arrival day & 28.10.2021 -departure day)

All the participants are expected to attend the full program.

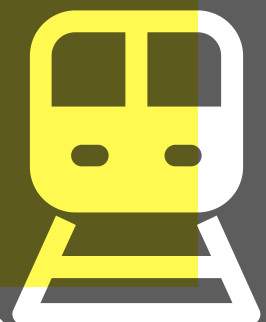
Warsaw, Katowice and Kraków airports are possible, but we recommend KRAKÓW (the closest one). There is transportation going to be organised from Kraków depending on what time and how many of you decide to land or come there.

We kindly ask you to arrive 20.10.2021 by 3 PM, so we can start eating dinner at 7PM all together.

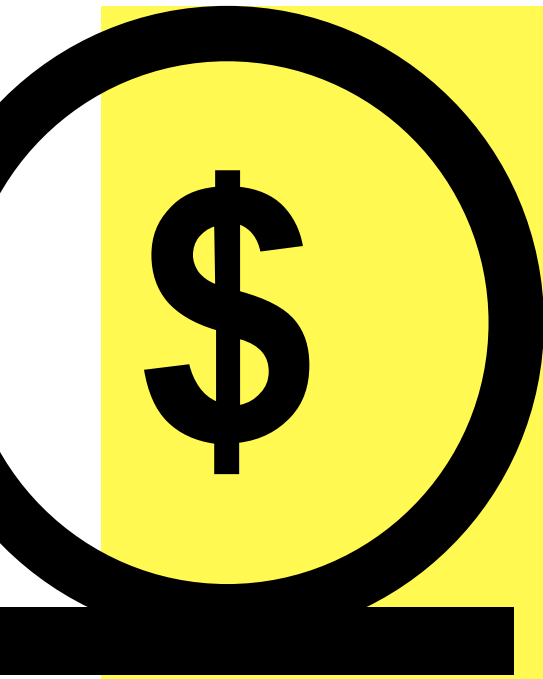
28.10.2021 after we know your itineraries there will be a bus from Krynica-Zdrój to Kraków (~ 2,5 h). It is very challenging to reach the flights earlier than 12 PM.

**Before arranging ANY travel arrangements, please contact us in order to advise you best itinerary (fundacjainstytutinnowacji@gmail.com).
Buying tickets without approval may cause not accepting these costs by the host organisation.**

Choosing green transportation (such as train) is more than welcomed, but as well as the plane needs the upfront approval from us. out there somewhere.



REIMBURSEMENT:



Our project is financed by Erasmus + Programme.

Organisers will provide accommodation and food. Travel costs will be covered according to the funding rules of Erasmus + Programme based on Erasmus+ distance calculator as follows (cost per participant, return ticket, in EUR):

Greece - 275 €

Jordan - 360 €

Lebanon- 360 €

North Macedonia - 275 €

Italy - 275 €

Hungary - 180 €

Montenegro - 275 €

Bosnia and Herzegovina - 275 €

Cyprus - 275 €

Georgia - 275 €

Ukraine - 275 €

Hosting organisation DOES NOT require any kind of participation fee.

REMEMBER: to keep all your recipes, invoices and tickets. As soon as you have them, please send copies or electronic tickets to us:

fundacjainstytutinnowacji@gmail.com

EXAMPLE: maximum for a country is 275 €. A participant spent on tickets 190 €, so he/she will receive 190 € travel reimbursement. Travel reimbursement will be calculated according to bills/invoices/tickets provided by a participant.

Taxis - we do not reimburse taxi expenses!

They can be refunded only under exceptional circumstances (i.e., no other option to reach the airport, early or late flights etc.), which must be proved to the organisers.

Reimbursement will be done only based on originals of the tickets via bank transfers up to 2 weeks after the training.

We do not accept invoices from travel companies.

VISA:

We cover the cost of obtaining visa countries:

Lebanon 80 Euro/ person

Jordan 80 Euro/ person



1 EUR = 4.50 PLN (POLISH ZŁOTY)

bottle of water: 2-4 PLN (0,5l)

a juice in a cafe: 8-12 PLN

sandwich: 10-15 PLN

espresso in a cafe: 9-11 PLN

CREDIT CARDS:

Most major credit cards (Diners, American Express, Visa and Mastercard/ Eurocard) can be used for payments wherever noticed, as a rule in most major hotels, shops, and restaurants.



~~ 11 degrees/ day

~~ 9 degrees/night

Note, that the venue of the training is in the mountains and the weather can be very different than in Kraków. It can be chilly & windy & rainy. For our staying long term forecast shows sunny days of 7 - 14 C.

TO TAKE:

**RAINCOAT, WARMER JACKET, SCARF, HAT
SLIPPERY SHOES (wearing indoor)**

Information about the weather will be posted
on the FB group.



OTHER:

You should self-organise your accommodation in case of early arrivals or late departures.

Obtaining full insurance (travel risks, medical, injuries) is the participant responsibility. Please search for a reliable insurance company, which offers covid and pandemic-related costs reimbursement. Please take your insurance card with you. Since we do not take any participation fee, we do not reimburse the costs of insurance. We understand it as participants' contribution to the project.

For EU citizens European Health Insurance Card (EHIC) is obligatory.

About any changes, you will be updated by organizers via e-mail or on our Facebook group, to which your coordinators will invite you.

MEET THE TEAM:

MARTA KUŁAGA

Marta is passionate about making the way we communicate more beneficial to all of us in personal and professional life. She is a certified trainer of Nonviolent Communication by Marshall Rosenberg (CNVC) and a professional coach. She also leads two companies: Leance which helps organisations set a collaborative surroundings and a kindergarten Krasnal where children develop their interpersonal skills.

<https://www.cnvc.org/profile/8988>

Facilitator of learning, learning space creator, since 2013 involved in Erasmus + projects as an organiser, author, facilitator and trainer. 2017 graduated the school for drama technique trainers "Drama Way", 2018 finished 1-year Nonviolent Communication studies in Kraków (Leance). She works mainly with intercultural groups of youth workers, teachers, international volunteers. Longing for the world, where everyone has a chance to be heard and understood.

fundacjainstytutinnowacji@gmail.com

PAULINA DRZAŁ

Contact person, administration, logistic, facilitation.

Facilitator, experienced trainer and coordinator of Erasmus + initiatives, graduated the school for drama technique trainers "Drama Way". Works mainly with intercultural groups of youth workers, volunteers and educators. Since being introduced to NVC working on deepening his knowledge and practicing it with people. It works!

lukteo@gmail.com, + 48 696 595 671

Responsible for the visual side of the project: taking pictures during training and creating graphics, she is a support one-person team. In daily life, she takes pictures, teaches languages, translates and organizes interdisciplinary art events.

katarzynasokolowska85@gmail.com

KATARZYNA SOKOŁOWSKA