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LET ME IN

TRAINING IN POLAND

between **1st September** – arrival day
and **10th September** – departure day

PRACTICAL INFO

This information kit contains the most up-to-date information available at the time of June 20th.

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FACEBOOK GROUP:

<https://www.facebook.com/groups/LetMeInTraining/>



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SOCIAL MEDIA

FACEBOOK: <https://web.facebook.com/FundacjaAutokreacja>

INSTAGRAM https://www.instagram.com/autokreacja_foundation/

WWW www.autokreacja.org

ABOUT ORGANISATION

www.autokreacja.org

The Autokreacja Foundation aims at fostering the active participation in a civil society through various initiatives in the field of social economy. We contribute to the civilizational, cultural and economic development of Poland. We want to put the spotlight on problems of diverse social groups that are often marginalized, that is why we focus on cooperation with long-term unemployed, youth from underprivileged regions, unemployed women, elderly people, immigrants and refugees. Many of our projects were designed to favour multiculturalism and intercultural exchange by bringing together different lifestyles, points of view and philosophies. Our conviction is that sharing, experiencing and debating are the best ways to progress as it permits us to be open to new initiatives and to welcome with enthusiasm, possibilities of cooperation with organizations dealing with different domains in many countries and cultures all over the world.



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SUMMARY

LET ME IN is a project aiming at raising capacities of non-governmental organizations working with youth at risk of social inclusions due to different factors. It is deeply rooted in the context of contemporary European societies in which an alarming tendency of deepening inequalities can be observed.

For as a consortium of international partners the answer to this challenge lies in education - we need more tools and methodologies that empower young people, help them discover their potential and express their voice in a creative way in order to accomplish social change that is a direct answer to their particular needs. The challenge, however, is that not a lot of youth workers and NGOs are fully ready to open up to new methods and dare to organize their projects in a more participatory oriented ways. The reason for that is in many cases lack of knowledge about what empowerment really is and how to use modern techniques in activating and motivating youngsters.

In order to address this issue, we designed a project that has the following specific objectives:

- re-defining the concept of inclusion and investigating how non-formal education can be beneficial while working with vulnerable youngsters
- equipping partner organizations and their representatives with accessible and easily adaptable tools aiming making youth projects more efficiently addressing specific needs of different youngsters with fewer opportunities
- exploring practical methods (participatory photography and digital storytelling) for empowering young people and giving them voice that can help them undertake action
- creating a network of like-minded organizations and individuals ready for joint efforts aiming at enhancing social inclusion of youngsters on cross-European youngsters.

The main criteria for selecting the participant is their previous experience of working with youngsters at risk, their openness to enrich their toolboxes and, most importantly, their potential to use the new methods and act as multipliers back in their home communities while organizing more innovative educational activities addressed to young people with fewer opportunities.

The training itself is a balanced composition of theory and practice, designed to give participants a space to re-define their own approaches towards inclusive education and to explore practical, innovative tools (most notably digital storytelling and participatory photography) that can be used to empower vulnerable groups of youngsters.



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ACCOMMODATION

The project will take place in Władysławowo - Chłapowo, which is a small holiday resort next to Gdańsk - one of the most popular touristic destinations in Poland. We will be staying at a guesthouse called Jar address: Chłapowo, Jarowa 1. You can find more information about the accommodation here: <https://www.wladek.pl/jar.html>

Each of us will be staying in a double room with the person of the same gender but coming from a different country to provide more opportunities for intercultural dialogue :) The single rooms are NOT available



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ARRIVALS

The nearest international airport is **GDAŃSK (GDA)** and you are expected to arrive there **on September 1st**. From Gdańsk we will organize transportation to take us all together to **Chłapowo** on the same day. We will contact you with more details about the local transportation prior to the training course.

You can also reach other **Warsaw (WAW) or (WMI)** and then take a train (about 4h) to **Gdynia**.

IMPORTANT:

- Please send your travel proposal to Kasia from Autokreacja (katarzyna.luczak@autokreacja.org) **before** buying any tickets
- We would also ask you not take any actions (preparing the tasks, looking for tickets, buying insurance unless you filled out [this online form](#) received official confirmation of your participation from your organisation and Autokreacja

REIMBURSEMENT

Reimbursement of travel costs will **ONLY be done upon full attendance in the training and presentation of the original tickets with boarding passes and receipt/invoices**. Unauthorized absence from activities and workshops will not be permitted and if happening, may result in the cancellation of travel costs' reimbursements and/or expulsion of the event.

!! Note: Bring original invoices and tickets, print out e-tickets and keep your boarding passes. Price, currency, name of passenger, date of purchase and travel **should be clearly visible on all documents**; otherwise we will be unable to reimburse the travel costs. Reimbursement will be based on **real travel costs**

!!! Note: If you wish to travel on other dates as the project's dates, please ask for confirmation before booking the tickets (we accept travel 2 days before the event and 2 days after the event under the condition that no stop-overs are done on the travel).

The accommodation and food expenses during the extra days are covered by participants.

!!!! Note: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated accordingly to Polish National Bank rate exchange.



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PARTICIPATING ORGANISATION

Country	Entity	Number of participants	Maximum reimbursement
Poland	Fundacja Autokreacja	3	0
Cyprus	YOUTH FOR EXCHANGE AND UNDERSTANDING CYPRUS	3	275
Romania	ASOCIATIA TINERII 3 D	3	275
Bulgaria	THE CHANGE IS IN YOU	3	275
Spain	ASOCIACION BUILDING BRIDGES	3	360
Hungary	Hidak Ifjúsági Alapítvány	3	275
Greece	Κέντρο Ενδυνάμωσης Νέων	3	275
Lithuania	Active Youth Association	3	275

COVID ISSUE Most of the flight companies offer rebooking/rerouting without charging the fee or reimbursement in case of cancelation due to the "Corona issue". Sometimes there is also the option to buy extra insurance that will minimize the risk of losing money.

WEATHER

Weather in Poland is usually unstable and hard to predict, be ready for anything. In general, the weather is getting warmer the last years. The climate is milder along the northern coast, overlooking the Baltic Sea.



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FOOD AND WATER

Food expenses (breakfast, lunch, dinner and coffee breaks) are covered by the project and managed by Autokreacja. **Vegetarian food is available**, but organizers should be informed about no later than one week before arrivals.

If you want to try some typical Polish dishes you may find that Polish food is hearty and filling, with thick soups and sauces, abundant in potatoes and dumplings, rich in meat but not so much in vegetables. Characteristic ingredients are dill, marjoram, caraway seeds and wild mushrooms. There are four daily meals in Poland: an early breakfast, a light snack for second breakfast, a substantial dinner taken after work, and a small supper before bed.

Water: The tap water is suitable for drinking.

MONEY ISSUES

The official currency is Zloty (PLN), divided into 100 groszy. Most major credit cards are appear around the city centre, they are marked BANKOMAT (cash dispenser in Polish). Money can be exchanged at banks, hotels and at the airport but **exchange offices, called KANTOR, usually offer better rates**. Some of the exchange offices are open 24 hours a day.

The exchange rates as of August 18th, 2020 are:

1 EUR  - 4,40 PLN



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Coins

1, 2 and 5 zloty and denominations of 1, 2, 5, 10, 20 and 50 groszy.



Notes

The PLN appears in denominations of 10, 20, 50, 100 and 200 zloty.



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ELECTRICITY

Electricity in Poland is 220 VOLTS at 50 Hertz. European plugs should be compatible with Polish ones

PHONES

The international access code for Poland is +48. The outgoing code is 00 followed by the relevant country code (e.g. 0048 Poland). Mobile phones work throughout the country.

INTERNET

WI-FI is almost everywhere :)

CONTACTS

You are advised to carry your mobile phone with you, so in case you get lost or there is any problem that you encounter you can call the individuals below for assistance.

Katarzyna Łuczak, (+48) 502 096 593 (English)

Katarzyna Kowalska (+48) 606 704 073 (English, Russian)

Aleksandra Mamcarz (+48) 510 168 533 (English, French)



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