



Erasmus+

# **TRAINING COURSE:**

**"Creative physical activities  
as a tool of youth work"**

**27.05.-04.06.2022**

**Łądek-Zdrój (POLAND)**



# DESCRIPTION OF THE PROJECT

**The training course** "Creative physical activities as a tool of youth work " is organized by Association ArteWeda/Creative Actions Association ArteWeda (PL) and Association CIK/Circus La Bulle (SLO).

**The training take a part in Łądek-Zdrój, Poland, from the 27.05 to the 04.06.2022.** It include 26 participants and 4 team members, from 12 countries (Croatia, Cyprus, Czech Republic, Greece, Italy, Lithuania, Latvia, North Macedonia, Poland, Portugal, Slovakia, Spain).

**During the 9-day training course,** we will discover how to use creative physical and circus activities as pedagogy as a method of youth work. We use creative physical activities and circus activities as a form of pedagogy in teaching and in non-formal education. Our main idea is that creative physical activities and circus activity is appealing and fun for everybody, making it ideal as a tool for educational work with youngsters

**Number of participants per country:**

**2 participants per country, keeping gender balance of one male and one female.**



# AIMS AND OBJECTIVES

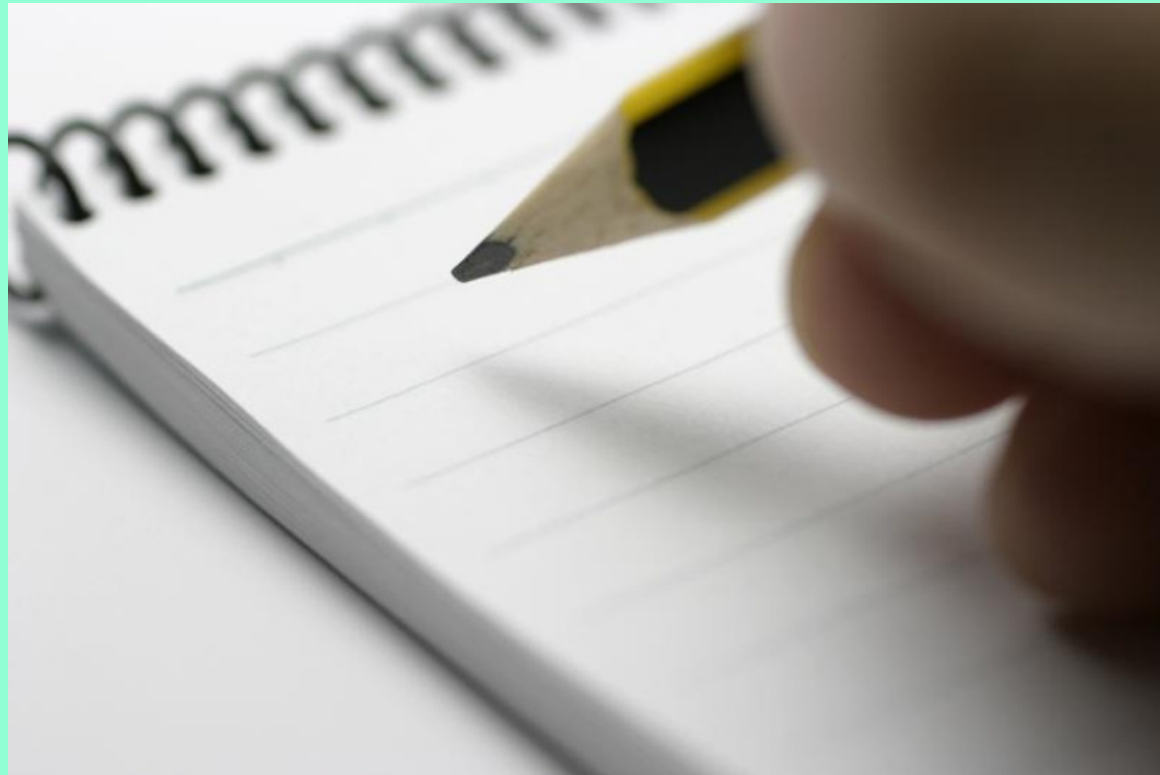
**The aim** is to introduce youth workers and youngsters to positive, healthy activities that encourages co-operation, and strengthen confidence, while developing co-ordination and persistence. The end result is much more than learning these skills – it also helps to improve self-esteem, build on a social capital and direct people towards positive ways of living.

**The main goal** of our project is to teach the participant basics of various creative physical and circus skills such as partner and group acrobatics, juggling, diabolo, balloon modelling... and show them how to prepare and implement creative physical and circus workshop, which they can use as a tool in their work with youngsters. On the end of our training course, all the participants will be equipped with knowledge how to prepare and implement a basic creative physical activities pedagogy workshop on their own. After the project, their task will be to lead a creative physical activities pedagogy workshop for youngsters in their country and this way disseminate results of the training course.

**During the project**, participants (with the help of trainers) will prepare a short creative physical, circus show that they will perform for the local community. After the show, the participants will lead the creative physical activities pedagogy workshop for the local community and test their newly learned skills.



# PARTICIPANT'S PROFILE



We are looking for youth workers/youth leaders who are **over the age of 18** with a good level of English, who will be willing and committed to participate actively in ALL sessions (about 8 hours a day):

- All participants **HAVE TO BE OVER 18 YEARS OLD** and **HAVE RESIDENCY IN THE SENDING COUNTRY** otherwise they cannot participate in the project.
- There should be a gender balance; half participants should be female and half should be male.
- All participants should speak and understand English.
- Participants do not need any previous knowledge of creative physical activities skills as the course is adapted to total beginners.
- Participants should be interested in making follow up international projects.
- Participants with fewer opportunities, meaning youngsters with geographical obstacles (from remote rural areas, islands, less serviced areas,...), economical obstacles and social obstacles should be included.



To register in for training course, please send us participants forms filled in latest till **07.04.2022**.



# THE VENUE (Łądek-Zdrój, POLAND)



The Training Course will take place in Łądek-Zdrój, a small town situated in the southern-west part of Poland, close to the Czech Republic border. The city is the oldest spa health-resort of Poland. It's well known from its charming historic architecture and beautiful Sudety Mountains atmosphere.



Our venue, **Willa Marianna**, is located in the green areas of the city, in a piece and quiet space, near the historical spa parts of the city. The hotel is connected to the nature which gives a lot of opportunities for outdoor activities.

**Participants will be accommodated in 2-3-bed rooms** with private bathroom, **WiFi** access and it will be possible to use laundry service and a cozy lounge area. The hotel is accessible and experienced in working with diverse groups.



You can check the website of the venue in the following link:  
<https://www.willamarianna.pl/>

If you would have any further questions regarding the venue you can contact us through: [arteweda@gmail.com](mailto:arteweda@gmail.com).

**ADDRESS: ul. Kościuszki 84, 57-540 Łądek-Zdrój, POLAND**



# HOW TO GET THERE?



## BY PLANE:

The closest airport is Wrocław "Copernicus Airport". You can also reach Wrocław from Prague and Berlin airports by bus or train.

## BY BUS & TRAIN:

You can take a bus or train to: Wrocław Central Bus Station (Wrocław Dworzec Autobusowy) or Wrocław Main Train Station (Dworzec PKP Wrocław Główny) or to. (Wrocław bus and train station are just next to each other).

Bus tickets: <https://global.flixbus.com/>

Train tickets: <https://rozklad-pkp.pl/en>

**Once you reach Wrocław** you can take a train to Kłodzko Główne. - we will welcome you there to take you to Łądek-Zdrój. You can buy your online ticket here: <https://rozklad-pkp.pl/en>.

**IMPORTANT:** Please, manage your journey in a way you'll be at Kłodzko Główne station latest at 18:00. It's important for further travel to Łądek-Zdrój

If you have any questions, please contact us: [arteweda@gmail.com](mailto:arteweda@gmail.com).

During your travels, in case of emergency you can contact us through +48 888-040-108.



# ARRIVAL AND DEPARTURE

The arrival day is Friday, 27th of May and the departure day, Saturday, 04th of June. All participants have to arrive on the arrival day to the venue. If you plan to come a bit before or leave a bit after the project you have to first talk to us about that.

# TICKETS AND TRAVEL COSTS

Travel costs will be reimbursed to your organization **AFTER** the project and it might take some time (up to a couple of months). Also, when buying the tickets, bear in mind that **there is a fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, is for return tickets and covers the travel costs from the participants' home to Łądek-Zdrój. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.



# GREEN TRAVEL

**Green Travel** program is a special transportation opportunity to choose a more ecologically friendly way of travel (to and from the place of the project). There are many options in this category, like travel by car with more than 1 passenger on a board, buses with engines producing CO<sub>2</sub>, trains, ect. (for Green Travel transportation it is crucial to avoid travel by airplane).

Having in mind the distance between particular countries and Poland, in this project participants from some countries can use the Green Travel option. The reimbursement amount for Green Travel is slightly different than the regular travel. **Please check the TRAVEL REIMBURSE TABLE** to check which option of transportation you can choose from.

**IMPORTANT:** In order to reimburse you, we need all original invoices, tickets and boarding passes you will use during your trip. **WITHOUT ANY OF THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU.** On all travel documents has to be written your name and surname, date of travel, from where to where was the journey, and the price. Once you book your trip, **LATEST TILL 12.05.2022** please send all confirmations to [arteweda@gmail.com](mailto:arteweda@gmail.com)



# TRAVEL REIMBURSE TABLE

<b>Country</b>	<b>Green travel</b> (trane, bus, car) both way tickets	<b>Travel</b> (plane, trane, bus, car) both way tickets
<b>Croatia</b>	<b>320 €</b>	<b>275 €</b>
<b>Cyprus</b>	<b>-</b>	<b>275 €</b>
<b>Czech Republic</b>	<b>210 €</b>	<b>180 €</b>
<b>Greece</b>	<b>-</b>	<b>275 €</b>
<b>Italy</b>	<b>-</b>	<b>275 €</b>
<b>Latvia</b>	<b>-</b>	<b>275 €</b>
<b>Lithuania</b>	<b>320 €</b>	<b>275 €</b>
<b>North Macedonia</b>	<b>-</b>	<b>275 €</b>
<b>Poland</b>	<b>210 €</b>	<b>180 €</b>
<b>Portugal</b>	<b>-</b>	<b>360 €</b>
<b>Slovakia</b>	<b>210 €</b>	<b>180 €</b>
<b>Slovenia</b>	<b>320 €</b>	<b>275 €</b>
<b>Spain</b>	<b>-</b>	<b>275 €</b>



# TRAVEL TIPS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- Arrange all your travel in advance based on **economy class tickets** and plan the cheapest route possible to the project venue and back home.
- If possible travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
- Taxi rides can only be refunded **in special situations and have to be discussed in advance with us.**
- Please note that car travel is not refundable.
- If you have any doubt about your travelling plans, please contact the coordinator **before booking tickets.**

Failure to participating in a minimum of 80% of the content sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.



# PRACTICALITIES

## HEALTH INSURANCE

It is mandatory to have a valid travel and medical insurance (**European Health Insurance Card**) during your travel. The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) **is their own responsibility. We strongly recommend it. Please ask your sending coordinator if you have any doubt.**

## INTERCULTURAL EVENING

We'll have the opportunity to **discover one another's cultures and national delicacies** during multi-cultural night. For this, please bring some **typical snacks or drinks from your country.**

## CLOTHING, WEATHER, EXTRA ACTIVITIES

Have in mind that the weather in Poland is moody. Please take some spring clothes and some warm clothes with you too (sweater, jacket with windblow block, scarf). Łądek-Zdrój is a spa resort and we plan to visit one of its bath places together. Please take a swimming suit (one or two parts type), flip-flops, and a swimming cap with you.

## SANITARY REQUIREMENTS AND COSTS

In order to travel participants need to have a negative covid test before entering Poland. The cost of the travel including the covid test can be covered from the travel budget up to the maximum allocated budget per participants if need be.





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## CHECK LIST

- Bring some traditional snacks/drinks/sweets from your country for multi-cultural night.
- Prepare one energizer game to share with the group (warm up game).
- Send us filled in and signed application form and declaration of acknowledgement latest till 07.04.2022.

Apply here:

<https://docs.google.com/forms/d/1plpoA-qgRB6BiAf0vj6M5eQlNZrZu9fKCvCV0ZvFUK8/edit?ts=622f9cbf>

- Book transportation according to budget limits and send us the info latest till 12.05.2022

## CONTACT INFORMATION

For questions contact ArteWeda: [arteweda@gmail.com](mailto:arteweda@gmail.com)

Or call Anastazja: +48 888-040-108