

INFOPACK
OUR WORLD

KA1 Training for youth workers
23th – 30th September 2018

Dear project partners and potential Participants!

Below, we present you information that will be useful for you. Please make sure that you read all of them carefully. If you have any additional question, we will be happy to help you – you can contact us on:

b.stojanoski@yahoo.com

ABOUT THE TRAINING

The project is designed to implement mobility of youth workers.

Under this mobility activities we will include 25 participants and 2 trainers from 12 countries: (Italy, Macedonia, Spain, Romania, Croatia, Turkey, Lithuania, Portugal, Austria, Bulgaria, Poland and France) during 8 days in Załdzież from 23.09.2018 till 30.09.2018(included 1 travel day).

The project will be held in Village Załdzież which is located 20 km from city Płock central Poland, around 120 km from Polish capital Warsaw.

This project is a long perspective and we expect that it will have positive direct and indirect impact on personal and social development of the participants. Non-formal education will be a major approach during the whole project. General methodology will reflect different learning styles. Our methodology will lead to equal and active participation of all participants and ending by a concrete action.

The project “Our World” started from desire of project partners to create a common initiative in enhancing social inclusion, integration of young people with Autism Spectrum Disorder and encourage to give to young people skills for shaping their own future , through organizing Training course. The main aim is to support people that work with youngsters with disabilities and to create a common initiative in enhancing social inclusion, integration of young people with Autism Spectrum Disorder.

More specifically the objectives of the training course are:

- To improve the capacity of working with social inclusion of disabled people in Erasmus+ projects and to stimulate their inclusion in the projects.
- To train support-people and mentors who work with social excluded youngsters.
 - To obtain basic information about ASD (autism spectrum disorder) and making young people sensitive to the difficulties faced by people with ASD
- Fostering social and intercultural learning

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- Learning about projects on integration
- Boosting the participants self-confidence
- To raise knowledge about Erasmus + programme, to promote them and to provide support for producing new projects.

PROFILE OF THE PARTICIPANTS

The training will be attended by 25 participants from 12 countries: Macedonia, Spain, Romania, Croatia, Turkey, Lithuania, Portugal, Austria, Bulgaria, Poland, France, Poland

Requirements:

- aged 18+ (participants who do not meet this criteria In September 2018 cannot be accepted)
- youth workers
- experience and knowledge about disabilities
- good knowledge of English

***the project coordinator of “Foundation Understand Autism” has the final decision of the selection of participants.**

DATES AND SCEDULE

Participants should arrive before 6 pm on 23th October. The departure will take place on 30th September 2018 after breakfast.

Please note that you cannot arrive later or leave earlier.

Detailed schedule and timetable of activities will be shared in the firs week of August.

WHAT YOU SHOULD PREPARE FOR THE TRAINING

Participants will be actively involved in the training. The group from each country need to prepare 4 below listed tasks.

All tasks should be conducted together by participants from 1 country – you need to cooperate on this. We kindly ask you to prepare:

- 1- Presentation (power point or other program / short video) describing your organization or your personal experience with people with disabilities.
- 2- Inspiring examples from your country-Present inspirational example of social inclusion.
- 3- Swimming suit ☺ YES! It’s not a joke. Because Training will be held in rehabilitation SPA center and we will have access to swimming pool ☺ It’s not obligatory but we hope that it will be good way to take a rest after sessions.

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- 4- Last but not least- because we will meet in intercultural group, we would like to share our traditional food, drinks or music from all of your countries. So, we would like to ask you to bring from your countries something that you would like to share with group during intercultural evening (flag, dance, song, food, snacks, drinks)

VENUE

The project will be held in the “Hotel 12 Dębów” in Village Zaździerz which is located 20 km from city Płock central Poland around 120 km from Polish capital Warsaw.

“Hotel 12 Dębów” is in the deep forest next to the lake.

Participants will be accommodated in double and triple rooms with private bathroom, grouped by gender, with participants from different countries. Hotel also is adapted to the needs of disabled people. There is swimming pool, dining room and a laundry room.

There are Cottages which are open from May to September (we could use them if the weather permits). The cottages are with three, four and five beds.

Here you can find the web page of the hotel: <http://www.12debow.com.pl>

COSTS

Accommodation costs (program activities, food and accommodation) are covered by Erasmus+ Program . **There is no participation fee.**

TRAVEL

Travel costs will be covered, based on the country of participants, up to foreseen limits:

Italy- 275 EUR

Bulgaria – 275 EUR

Croatia – 275 EUR

Lithuania – 180 EUR

Macedonia – 275 EUR

Romania – 275 EUR

Spain – 360 EUR

France -275 EUR

Turkey -275 EUR

Austria – 180 EUR

Portugal – 360 EUR

Poland – 20 EUR

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If you spend more than the limit which is presented above, we will not be able to reimburse you over the above mentioned limit.

In order to have your travel cost reimbursed, you need to keep all tickets, boarding passes and other documents connected to your travel and attach the **ID/Passport or resident permission** of the participant which should match with the country of the partner organization.

Please keep in mind that we can reimburse you only for this transport, for which you have **original tickets and invoices**. So do not throw anything away!

As we would like to reimburse you during the Training Course, we would strongly encourage you to book all return tickets online in advance.

If you do not have the return tickets purchased in advance, we will not be able to reimburse you during the training, because we cannot reimburse only for a part of travel cost, for a part of the trip.

In such case, you have to send all original tickets to Poland by post after the training. However, it might take some time and post cost. Therefore, we strongly suggest to buy all tickets earlier, in order to be reimbursed during the Training!

Also please note, that copy of tickets are not enough according to Polish accounting rules - we need original documents. Therefore, the best option for the return tickets is to buy them online, so you can print them multiple times.

Please note!

- The tickets booked without our permission will not be reimbursed.**
- The tickets of the missed flights or any other reasons which the participant could not attend the training will not be reimbursed.**
- If there are any doubts about invoices/ tickets, the coordinating organization has a right to ask for bank proof of transaction charged for the tickets.**

HOW TO GET TO Zaźdierz

We highly recommend for practical and safety reasons, that the people from one country travel together. However, the final decision is obviously up to you.

The most convenient way is to take flight to WARSAW.

Warsaw is good connected with other big polish cities so if you decide to come to WROCŁAW, ŁÓDŹ, GDYNIA you can take from this cities bus, which will take you to Warsaw <https://www.flixbus.com>

Then from Warsaw you have to take bus or train which will take you to **PŁOCK**.

Information about bus and trains connections between WARSAW and PŁOCK

you can find it here :

trains: <http://rozklad-pkp.pl/en>

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buses:<https://dworzeonline.pl/rozklad-jazdy/rozklad/warszawa-plock?city=1&from=1&to=65170>
<http://www.ekobus.pl/rozklad-jazdy.html>

There are many private and public buses. Because we are still waiting for new schedule for buses we will keep you updated.

-please inform us when you will departure to PŁOCK in order to pick you up from there or to arrange a transportation from Plock to Zaźdierz for you.

While planning your journey, you need to keep the following things on mind:

1. Participants should arrive before 6 pm on 23th September 2018. The departure will take place on 30 September 2018 after breakfast. Please note that you cannot arrive later or leave earlier.
2. The Polish National Agency is quite strict regarding the dates of travel. It is impossible to stay longer in Poland. The maximum difference is 1 day before or after the beginning of the training. We are unable to cover costs of your additional nights in Poland.

If you have any doubts while planning your journey, feel free to contact us!

INSURANCE

Project organizers don't provide health insurance and it will not be reimbursed by the organizers.

It is required for every participant from EU country to have the EKUZ card, which provides a free insurance for EU participants on the entire territory of the European Union.

The exceptions are participants from Macedonia and Turkey, which cannot obtain EKUZ, as the country is not in the EU. They should purchase a private insurance for the time of travel and the training.

Other important issues

Make sure, that you have a valid ID or passport.

Very often participants realize too late that cannot travel because they have not valid documents.

After the selection of the participant we will invite you to FB group in order to make easier communication.

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Foundation Understand Autism

Hope to hear from you soon 😊

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