

TRAINING COURSE



Educate Me(dia)

24th - 30th of OCTOBER 2016,
RZESZOW, POLAND

Information Pack for Participants

INFORMATION FOR PARTICIPANTS

This document contains some practical information about the training course and your arrival.

GENERAL INFORMATION ABOUT THE COURSE

Educate Me(dia) is a short training course funded by the Erasmus + programme that supports people engaged in both formal and non-formal education projects at the international level. Training helps participants to develop media literacy skills, understand how to develop empathy with the message sender or receiver and how to be effective in communication. Having these skills is what an European Citizen needs in order to gather veridical and proper information from worldwide media. The course will also focus on learning from a variety of media topic tailored angles: national identity, religion, ethnicity, multiculturalism, historical, shared ideologies, ethics and philosophies.

The course wants to share about the rights and opportunities European citizens have and explore the benefits of further international cooperations and relations.

By the end of the course participants will be able to:

- use media technologies effectively to access, store, retrieve and share content to meet their individual and community needs and interests;
- understand how and why media content is produced;
- analyse critically the techniques, languages and conventions used by the media, and the messages they convey;
- use media creatively to express and communicate ideas, information and opinions;
- identify, and avoid or challenge, media content and services that may be unsolicited, offensive or harmful;
- make effective use of media in the exercise of their democratic rights and civic responsibilities;
- learn the skills and understand cross-cultural communication;
- explore the concept of being an active citizen and what this means at the level of the EU
- understand how media can influence diversity and multiculturalism positive effect for the continent.
- learn how to develop further partnerships within Europe and acquire funding to develop project sponsorship opportunities for mobility.

PARTICIPANT'S PROFILE:

The training course is addressed to people who:

- ages 18+
- are involved in youth work as representatives of NGOs, teachers, volunteers, trainers, facilitators, project managers
- are able to communicate in English
- are interested in media literacy
- are willing to combat hate speech
- express need for enriching knowledge on new non-formal education tools
- express need for networking and sharing experiences with other youth workers
- are ready to take part in the whole seminar
- have organizational support for further youth activities

The training is designed for youth leaders, youth workers actively involved in the target topic ready to become a multiplier to spread the knowledge got from the training course. We dedicate this training to youth workers with active attitude and interested in the topic, preferably, but not obligatory, with some experience in a multicultural environment.

CONSORTIUM PARTNERS:

To deliver this project we work with partner organizations from across Europe who support us in each of the countries to identify those that would benefit the most from this project. On this course the partner organizations are:

1. International Projects' Association "INPRO" - Poland
2. Infinite Opportunities Association – Bulgaria
3. Mirovna grupa mladih Dunav – Croatia
4. Association of Citizens Cefe Macedonia Skopje – Macedonia
5. A.D.E.L. - Association for Development, Education and Labour – Slovakia
6. Youth Horizons – Greece
7. Agrupamento de Escolas de Vilela – Portugal
8. Go Free - Asociatia pentru Sprijinirea Societatii Civile - Romania

HOW TO GET TO RZESZOW

The training course will take place in Rzeszów, the biggest city in southeastern Poland, with a population of 186,995 in 2016. It is located on both sides of the Wisłok in the heartland of the Sandomierska Valley. The city, which was granted a town charter in 1354, has been the capital of the Podkarpackie Voivodeship since 1999, and is also the seat of Rzeszów County.



The closest and most convenient airports:

Rzeszów Jasionka International Airport: <http://www.rzeszowairport.pl/en>

Kraków Balice Airport: <http://www.krakowairport.pl/en/>

Warsaw Chopin Airport: <http://www.lotnisko-chopina.pl/en>

NOTE: You arrive on Sunday when buses connections are usually limited. Please make sure that the bus you chose runs on Sundays.



You are expected to arrive on Sunday 23rd of October 2016. Welcome dinner is at 7.00 PM. You can depart from the venue on 31st of October 2016 after breakfast.

From all airports there are buses to the city. If better flights arrangements land you to other Polish cities, comfortable cheap coaches with wi-fi and AC will bring you to Rzeszów. In

this matter we will assist you before making the tickets purchasings.

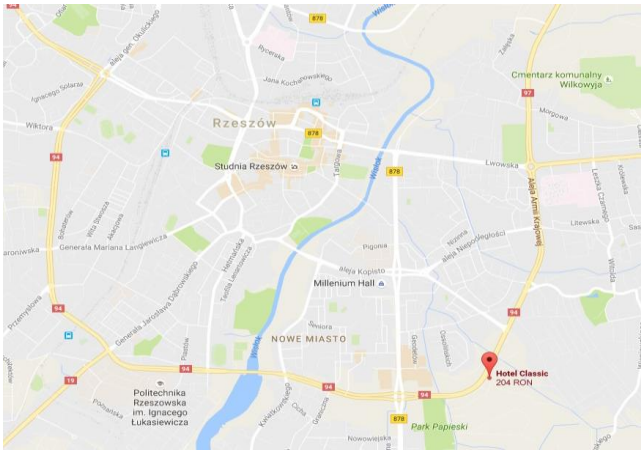
Here you have websites where you can check it: www.polskibus.pl, www.marcelbus.pl.

Trains can be also a good option, on-line tickets being available too at <http://rozklad-pkp.pl/>.

THE VENUE

The venue for this training course is Hotel Classic in Rzeszów (www.hotelclassic.pl). It is 3 km far from city downtown. The address: Armii Krajowej nr 32 Street, Rzeszów

You will be sharing a double room with another participant of the same gender. All bedrooms are ensuite and fully equipped.



HOW TO GET TO THE VENUE WITH LOCAL BUS:

Once you arrive in Rzeszów you can reach Hotel Classic by taking a bus nr 19

from bus stop called Pilsudskiego U. Wojewodzki 03

taking off at bus stop called Sikorskiego / Powst. Warszawy 02.



Timetable of the bus number 19:

Przystanek: [4C] Piłsudskiego U. Wojewódzki 03
 Obr. Poczty Gdańskiej pętla 08, Obr. Poczty Gdańskiej 01, Wyzwolenia / Ofiar Katyń 07, Wyzwolenia kościół 05, Okulickiego / Wyzwolenia 05, Okulickiego / Zwierzyniecka 03, Okulickiego osiedle 01, Krakowska / Sportowa 01, Piłsudskiego U. Wojewódzki 03, Pl. Wolności 01, Rejtana Merkurj Market 01, Rejtana / Kustronia 03, Rejtana Uniwersytet 05, Rejtana Millennium Hall 07, Rejtana Nowe Miasto 09, Sikorskiego / Powst. Warszawy 02, Sikorskiego Katedra 04, Łukasiewicz / Sikorskiego 02, Łukasiewicz / Zimowit 04, Łukasiewicz / Gumińskich 06, Łukasiewicz pętla 08,

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	
Monday - Friday					50b	11 30	01 13	00a 10s	03as 15a	07 22	07 22s	07 22s	02 22a	02 12s	04s 17	09a 19	12 24a	11 23	13s 33a	10a 30s	10s 30	10 30s	20as 50a	25	
Saturday						05b 35	00 23a	20a 47a	12a 37	05a 25	20 39a	08 33a	21a 41	11 33a	18a 35	18 41	05a 27	17 42	12 47	04a 25	27a 55	22a 50	22a 50		
Sunday						20b 50	25 50	20a 45	12a 37	12 42a	07 42a	12 37	12 42a	07 37a	02 22	17 47a	12 37	07 32a	25a 52	02 20	10 35a	25 55	20 45a	10	

NOTE:

In order to reach the venue well, we strongly recommend to download on your smartphone a free GPS navigation, which works without the internet access:

For example: <http://navigatorfree.mapfactor.com/en/>

OR WITH US FROM INPRO OFFICE:

If you don't feel comfortable with taking a bus by yourself, we can wait for you in our office situated downtown. In case you want us to wait for you there, please let us know!

The address: Jagiellonska 24 Street, Rzeszów



CURRENCY

The domestic currency is the PLN (Polish Zloty), which is about 4.40 to 1 Euro. In Poland, most places will accept Visa and Master Card debit and credit card. You can also take cash from a special kind of cash machines (ATM) all over Poland, but please check with your bank to confirm if you are able to do that. Exchanges can be done during day in so called "KANTOR" places. Rate is good in general, but once in Rzeszów advice with us on where to exchange in order to get best rate.

WEATHER

The weather in Rzeszów, Podkarpackie region and in Poland in general is quite cold during this period. Please pack for cold weather and rain, as the weather can often be unpredictable in some areas. **THIS COURSE IS HAPPENING IN OCTOBER, SO PLEASE PACK ADEQUATE CLOTHES.**

ELECTRICITY

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E. Details here: <http://www.worldstandards.eu/electricity/plug-voltage-by-country/>

PHONE AND INTERNET

The venue is having good service both for mobile phones and internet. If calling from room landline, you will be charged accordingly. In pubs and restaurants internet is for free.

FINANCIAL INFO

The project has been financed by the Erasmus+ programme, so there is no participation fee. The costs related to accommodation and food will be completely covered by the hosting organisation. Travel tickets are refundable for the participants who attend the whole program and subject to giving the organiser all the return travel tickets and boarding passes.

Maximum reimbursement per participant from each country is up to as follows:

Bulgaria 275 Euro

Croatia 275 Euro

Macedonia 275 Euro

Slovakia 180 Euro

Greece 275 Euro

Portugal 360 Euro

Romania 275 Euro

We encourage participants to buy all the tickets online and always make online check-in. This will speed up the reimbursement process and is more environmentally friendly. All tickets should be e-mailed before the training starts to radu@goinpro.org.

Participants are expected to arrive/depart on the project dates (arrival 23rd and departure 31th October 2016). There is the possibility for you to extend your stay up to 2 days before or after the project dates if travel arrangements imply it, however we will not cover any accommodation/meals on your extension and you will have to inform us in advance if there is any change on the dates of your arrival/departure location, as this requires approval from our National Agency. You need to provide a valid reason for the extension and wait to get the approval before getting your tickets. Failure to do this could result in INPRO not being able to reimburse your travel tickets.

REIMBURSEMENTS

Reimbursement of travel costs can be done during the training course as soon as we have all original documents from you. You will be reimbursed in Polish Zloty currency. We will have a printer available at the project location to print boarding passes and other documents related to the reimbursement.

DOCUMENTS WE NEED FOR REIMBURSEMENT:

- **Original invoice of the flight ticket, it should be in English and amounts in PLN (if possible).** Please book your tickets in travel site where you can get the documents in English and in Latin alphabet. This should show your name, routes / dates / time and price
- Boarding passes (very important) from your journey to the UK and from your journey back (electronic versions – make online check-in)
- Flight tickets with travel times (English & Latin

alphabet), showing your name and routes / dates / time and price

- Bus/train tickets
- We will need some statement if you travelled by uncommon routes (if not on the city of your sending organisation)
- If luggage is not included in plane tickets, try to add it right away while buying the tickets online
- Use of taxi will not be reimbursed
- The scanned and signed reimbursement form with the scanned receipt. Please always try to get all tickets and boarding passes in electronic format and send it to us before you go.

INSURANCE

Participants MUST arrange their own travel insurance. If you are EU resident, you can use the free European Health Insurance Card (EHIC). For more information, please check: ec.europa.eu/social/main.jsp?catId=509&langId=en.

Please note that citizens from outside the EU will not be eligible for EHIC and must take private insurance, which is not reimbursable by the project.

Please kindly provide us with the details of your insurance after tickets are purchased.

DIETARY/SPECIAL REQUIREMENTS

Please inform us if you have any dietary requirements or special dietary requests. If you have any allergies, please also let us know and don't forget to bring your own medicines.

ERASMUS PLUS

This training course is funded by the Erasmus Plus Program under Key Action 1 – Learning Mobility of Individuals. If you would like to find out more about possible opportunities please follow the link www.ec.europa.eu/youth or www.eurodesk.org/edesk

SOCIAL MEDIA

We are on Facebook and Instagram and will update our activities on social media. We have set up a Facebook group for selected participants at <https://www.facebook.com/groups/1403427573006900/> - so if you're not in the group yet, please let us know (email radu@goinpro.org) and we will add you in. There we can share all the resources, links to interesting websites, stories and photos of the activities.

YOUR CONTACT

Should you have any further questions, comments or requests, please contact the project coordinator Radu Mirea by email radu@goinpro.org or on the mobile +48 730 025 040. We will also be happy to help you with your travel questions and any emergency requirements.

ABOUT US



Stowarzyszenie Projektów Międzynarodowych "INPRO"

INPRO mission is to make people believe that international initiatives bring added value and progress to the development of a community. Our initiatives are generally dedicated to the personal development and education of young people from Rzeszów and Podkarpackie province. We strive to promote activities and workshops designed to attract people, not only of different cultural backgrounds but also of different origins, ages as well as opinions and beliefs. Through our activities we aim to provide qualitative non formal education programmes, create an international environment as well as cultivate the character of individuals. We open up for dialog current local, national and global issues. Our association is also dedicated to fomenting an interaction between the internationals living in the city with local community.

Website: www.goinpro.org

Facebook: <https://www.facebook.com/goinpro.org>

Instagram: www.instagram.com/inprorzszow