

ERASMUS+ TRAINING COURSE

# DESIGN THE LIFE

*you love*



**JAWOR,  
DOLNY SLASK REGION,  
POLAND**

**01-10.03.2023**

**FOR 24 YOUTH WORKERS FROM:  
POLAND, SPAIN, PORTUGAL,  
SLOVAKIA, GREECE, SERBIA,  
CROATIA, THE REPUBLIC OF  
NORTH MACEDONIA**



Co-funded by  
the European Union



# THE AIM OF THE TRAINING COURSE

developing the creative competencies of 24 European youth workers to equip them with the tools to enhance the employability of the youth they serve.

## THE OBJECTIVES

1. Increasing the knowledge of the participants as to what creativity actually is, who is creative, and how to unleash their own creative potential by learning the elements of creativity, creative competencies sought after by employers, and using creativity and innovation for employability.
2. Developing skills of the participants to overcome fear, embrace creativity, unblock their creative potential for professional development, and formulate goals for their professional futures.
3. Increasing the awareness of the participants on the importance of creativity for professional futures and employability, and recognizing that creativity is more than just using the arts.

## PROFILE OF PARTICIPANT

- aged 18 +,
- with an intermediate English level to engage fully in discussions and activities,
- actively engaged in the field of youth work and currently working with young people,
- able to attend all working days and sessions (sometimes more than 8 hours a day),
- motivated and interested in the topic of the TC,
- motivated and willing to implement dissemination activities and share with others through workshops back home what you learned in the TC,
- with a positive attitude and motivation to cooperate in international teams and learn from and with the participants.





# PLANNED ACTIVITIES

Activity Programme										
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
	Arrival Day	Team Building Day	Intro to the topic	Creativity Day	Creative Problem Solving Day	Professional Self-Inspection	Design Thinking Day	Employability Future Planning	Evaluation Day	Departure Day
08:00 - 10:00	ARRIVAL	BREAKFAST								
10:00 - 11:30		Getting to know each other	Intro to Creativity	What Blocks and Unleashes Creativity	International Firm Negotiation Simulation	SKILLS: What Can You Do?	Intro to Design Thinking	Step 4: Creative Expression and Career Crafting	Workshops in the Community	
11:30 - 12:00		TEA BREAK								
12:00 - 13:30		Team building activities	Sharing Our Local Realities	Vulnerability and Creativity	Debono's 6 Thinking Hats	TRAITS: What is unique about you?	Step 1: Deconstructing	Steps Towards My Creative Future	Erasmus+	
13:30 - 15:30	LUNCH BREAK									
15:30 - 17:00	ARRIVAL	Fears/expectations/contributions and rules	Why Creativity for Employability?	Getting in Touch with My Creative Spirit	Think Outside of the Box	VALUES: What Matters Most to You?	Step 2: Point of View	Open Space Technology	This Week in Review and Future Steps	
17:00 - 17:30		TEA BREAK								
17:30 - 19:00		Youthpass & 8 key competences	Connecting Creativity and Employability: Skills needed in today's labour market	Meeting Creative Entrepreneurs and Professionals	Creative Writing	APTITUDES: What Really Interests You?	Step 3: Reconstruction	Workshop Creation	Evaluation and Feedback	DEPARTURE
19:00 - 19:30		REFLECTION								
19:30 - 20:30	DINNER									
21.00 +	WELCOME ACTIVITIES	Welcome Party!	Intercultural Night 1 - Poland, Macedonia, Spain, Croatia	Intercultural Night 2 - Serbia, Greece, Portugal, Slovakia	Free Night	Games Night	Preparing Design Thinking Life Projects	Public Local Exhibition	Youthpass Ceremony/ Farewell Party	

The activity programme may change depending on the needs of the participants.



## PROJECT TEAM

### URSZULA MALIŃSKA-MARK

Undaunted optimist, looking for good sides in every situation - according to the principle that "nothing happens without reason". She has more than 10 years of experience in project management and designing learning paths, working as a trainer in an international environment. Values the most in professional life-creating ambitious and challenging projects. The most interested in - what seems impossible to do. Design Thinking Trainer Enthusiast of using creativity and art as educational tools.

### ALEKSANDRA SZMURLIK-DOMINGUEZ

She started her work as a facilitator while volunteering in Belgrade. For the past 10 years, she has been working in NGOs as a project coordinator and trainer. She coordinated long-term projects, designed and facilitated the learning process for participants. As a volunteer coordinator, her main task was to plan the volunteers' learning process. She prepared and then provided them with the workshops and training they needed for personal and professional development. She currently works as a project manager at a university and also serves as vice president at the Step Forward Foundation.

### HONORATA SZYMKIEWICZ

Graphic designer and IT specialist - under study. Also a therapist using elements of art therapy in her daily work. A person with many years of experience working in the field of graphics, creating numerous graphic projects for her organization, dealing for years with the management of FB, Instagram and the organization's website (including creating websites from scratch for projects and organizations). Providing training in the field of graphics-posters and the use of platforms such as Canva and Prezi.





# TECHNICAL INFO

## TRAVEL ARRANGEMENTS

FOR EUROPEAN UNION MEMBERS, VISA IS NOT REQUESTED TO ENTER POLAND.

FINANCIAL CONDITIONS/REIMBURSEMENT:

**LIMIT FOR TRAVEL COSTS LIMITS (100%) – PER PERSON BOTH WAYS :**

CROATIA: 275 EURO

GREECE: 275 EURO

PORTUGAL: 360 EURO

SERBIA: 275 EURO

SLOVAKIA: 180 EURO

SPAIN: 360 EURO

THE REPUBLIC OF NORTH MACEDONIA: 275 EURO

## THE REIMBURSEMENT

**IT WILL BE DONE BY BANK TRANSFER, AFTER THE TRAINING, WHEN WE RECEIVE FROM YOU ALL DOCUMENTS NEEDED TO MAKE THE REIMBURSEMENT.**

**PLEASE KEEP ALL ORIGINALS:**

- CONFIRMATION OF RESERVATION
- TICKETS
- BILLS, INVOICES, RECEIPTS
- BOARDING PASS/CARD

**WE WILL NEED ALL THOSE DOCUMENTS TO REIMBURSE YOU MONEY!**

MISSING (OR NOT ORIGINAL VERSION) DOCUMENTS WILL NOT BE REIMBURSED.

YOU SHOULD HAVE TICKETS FOR DAYS 01.03.2023 (TO COME) AND 10.03.2023 (TO LEAVE)

**– IF YOU NEED TO BUY IT ONE DAY BEFORE OR ONE DAY LATER –**

**WE NEED TO KNOW AS SOON AS POSSIBLE TO INFORM THE NATIONAL AGENCY!**

## IMPORTANT INFO!

- THE COST GIVEN IS A LIMIT IN TOTAL FOR BOTH WAYS
- PLEASE REMEMBER THAT ACCORDING TO ERASMUS+ RULES MONEY FOR TRAVEL WILL BE REIMBURSED ACCORDING TO THE REAL COST YOU SPENT, UP TO THE AMOUNT GIVEN ABOVE PER COUNTRY, BUT NOT MORE (WHICH MEANS THAT IF YOU SPEND LESS - YOU WILL BE REIMBURSED THE MONEY YOU ACTUALLY SPENT OR IF YOU SPEND MORE - YOU WILL GET ONLY LIMIT)
- BEFORE BUYING YOUR TICKET, PLEASE REMEMBER YOUR COST LIMITS
- BEFORE BOOKING THE FLIGHT, PLEASE, MAKE TRAVEL ARRANGEMENTS CONFIRMATION WITH US!

# TECHNICAL INFO

## HEALTH AND TRAVEL INSURANCE

PLEASE, WHEN COMING TO POLAND, MAKE SURE YOU HAVE A VALID EUROPEAN HEALTH INSURANCE CARD OR OTHER HEALTH INSURANCE WITH YOU. ALSO, IT IS IMPORTANT THAT YOU NOTIFY US OF ANY HEALTH RISKS OR POSSIBLY NECESSARY MEDICINES, SPECIAL FOOD ARRANGEMENTS (AS VEGETARIANS, INTOLERANCES), AND SO ON.

## ACCOMODATION AND LOCATION

THE PLACE OF THE TRAINING IS JAWOROWY DOM - THE TRAINING AND RELAXATION CENTER. IT'S LOCATED IN THE BARYCZ RIVER VALLEY, SURROUNDED BY THE FOREST AND **A BIT AWAY FROM THE NEAREST CITY (APROX. 12 KM)** - PLEASE BE AWARE OFF THAT! YOU'LL STAY IN 2-7 PEOPLE ROOMS, WITH PRIVATE BATHROOMS AND FREE WI-FI. **FOOD WILL BE ONLY VEGETARIAN AND VEGAN.**

**MORE INFO YOU CAN FIND HERE: [HTTP://JAWOROWYDOM.PL/](http://jaworowydom.pl/)**

ACCOMMODATION IS COVERED 100% BY THE ERASMUS+ PROGRAM.

**THESE EXPENSES WILL BE COVERED ONLY FROM THE DAY OF YOUR ARRIVAL (01.03.23) TILL THE DEPARTURE DATE (10.03.2023).**

## HOW TO GET THERE?

**JAWOROWY DOM IS LOCATED IN CIESZKÓW.**

**THE CLOSEST AIRPORTS ARE IN WROCŁAW OR POZNAŃ.**

- **FROM WROCŁAW AIRPORT** YOU CAN GET TO THE CITY CENTER BY BUS - [HTTPS://AIRPORT.WROCLAW.PL/EN/PASSENGER/DEPARTURE/HOW-TO-GET-TO-THE-AIRPORT/](https://airport.wroclaw.pl/en/passenger/departure/how-to-get-to-the-airport/) AND FROM THERE, TO CIESZKÓW OR MILICZ BY TRAIN- [HTTPS://KOLEO.PL/EN/](https://koleo.pl/en/)
- **FROM POZNAŃ AIRPORT** YOU CAN GET TO THE CITY CENTER BY PUBLIC TRANSPORT [HTTPS://POZNANAIRPORT.PL/EN/BEFORE-THE-TRIP/ACCESS-TO-THE-AIRPORT/](https://poznanaairport.pl/en/before-the-trip/access-to-the-airport/) AND FROM THERE, TO CIESZKÓW OR MILICZ BY BUSES AND TRAINS - YOU CAN CHECK HERE [HTTPS://EN.E-PODROZNIK.PL/](https://en.e-podroznik.pl/)
- FROM THE OTHER AIRPORTS (WARSAW, CRACOW) YOU CAN CHECK CONNECTIONS ON THIS WEBSITE: [HTTPS://EN.E-PODROZNIK.PL/](https://en.e-podroznik.pl/)
- FROM MILICZ OR CIESZKÓW TO JAWOROWY DOM WE'LL TAKE YOU BY BUS.

**AS SAID BEFORE – PARTICIPANTS ARE EXPECTED TO ARRIVE ON 01.03.23 AND LEAVE ON 10.03.2023.**

FURTHER DETAILS AND SUPPORT INFORMATION ABOUT THE TRAVEL TO AND INSIDE POLAND WILL BE PROVIDED WHEN THE TICKET BUYING PROCEDURE WILL BEGIN.

# TECHNICAL INFO

## BARYCZ VALLEY

THE SURROUNDINGS OF THE JAWOR HABITAT FOR A WONDERFUL REST AMONG NATURE. NUMEROUS TOURIST ROUTES: HIKING, CYCLING, HORSE RIDING, AND WATER INVITE YOU TO ACTIVE REST AND OFFERS FROM NEARBY ATTRACTIONS. THE BARYCZ VALLEY IS AN ADVERTISEMENT IN POLAND OF ORNITHOLOGICAL RESERVE AND ONE OF THE LARGEST COMPREHENSIVE FISH SERVICES IN EUROPE, A REAL BIRD AND FISH PARADISE



## WHAT TO BRING AND PREPARE?

- ID card or passport,
- EU Health Insurance Card or other health insurance,
- information about your organization/workplace,
- information about your country and some traditional, most popular products,
- national games and dances,
- energizers (if you know any),
- good mood and positive approach!

# HOW TO APPLY?

1. Click on the link below:

<https://aoditftfxak.typeform.com/to/Ccjb6jDv>

and fill out the application form by the 26th of January 2023.

2. Wait for the message from us - we'll contact you with the feedback as soon as possible.

## QUESTIONS? ASK YOUR CONTACT PERSON!

### **CROATIA:**

ASSOCIATION FOR YOUTH EMPOWERMENT AND SECURITY, DORA VARJAČIĆ,  
DORA.VARJACIC2@GMAIL.COM

### **GREECE:**

YOU IN EUROPE, IOANNA THOMOPOULOU, YOUINEUROPE@GMAIL.COM

### **POLAND:**

FUNDACJA KROK DO PRZODU, HONORATA SZYMKIEWICZ,  
PROJECTS.STEPFORWARD@GMAIL.COM

### **PORTUGAL:**

EDU2GROW, RICARDO MARQUES , RICARDOQMARQUES@GMAIL.COM

### **SERBIA:**

SOMBORSKI EDUKATIVNI CENTAR, IVANA BARAĆ, SOEDUCENTAR@YAHOO.COM

### **SLOVAKIA:**

EDUERA, PETRA PAPIERNIKOVA, EDUERANGO@GMAIL.COM

### **SPAIN:**

TICKET2EUROPE, ROMY SOLOMON ROMY.SOLOMON@TICKET2EUROPE.EU

### **THE REPUBLIC OF NORTH MACEDONIA:**

ASSOCIATION FOR YOUTH ACTIVISM AND GROWTH - EXCEL SKOPJE, IVAN DOMAZETOSKI,  
IVAN\_DOMAZETOSKI@HOTMAIL.COM



*See you in Poland!*