

ERASMUS+ TRAINING COURSE

# THE CHANGE

*Designers*



**Nieborów**  
**łódzkie region,**  
**Poland**

**19-28.10.2023**

**For 24 youth workers from:**  
**Croatia, Estonia, Greece,**  
**Lithuania, Poland, Serbia,**  
**Spain, The Republic of**  
**North Macedonia**



Co-funded by  
the European Union



Fundacja  
Krok do Przodu

# The aim of the Training Course

is to increase youth workers' competencies in the field of creative design of useful educational activities and the use of innovative technologies by equipping them with a tool - work methodology - Design Thinking(DT).

## The objectives

1. Increasing the knowledge and skills of the participants on the Design Thinking process, creativity, and innovative technologies that can be applied at every stage of it;
2. Strengthening the potential of youth workers by acquiring skills in Design Thinking, creativity, and in the field of visibility of activities;
3. Increasing the number of inclusive educational activities based on the needs of youth.

## 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

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
09:00 - 10:00	ARRIVAL	BREAKFAST									
10:00 - 11:30		Getting to know each other	Let's start adventure with creativity!	Innovative and creative tools of cooperation	Intro to Design Thinking	Design Thinking I phase -empathizing	Design Thinking III phase-ideating	Our creative resources-exhibition and networking	The Change Designers Guide -presentation		
11:30 - 12:00		TEA BREAK									
12:00 - 13:30		Team building activities	What is creative thinking?	Innovative and creative tools of cooperation	Design Thinking-case studies	Design Thinking I phase -empathizing	Design Thinking IV phase-prototyping	Our creative resources-exhibition and networking	The Change Designers-Future Plans		
13:30 - 15:30		LUNCH BREAK									
15:30 - 17:00	ARRIVAL	Programme, our needs & input plus rules	Creative acts for curious people	Creative usage of social media in youth work	Design Thinking-case studies	Design Thinking II phase-defining	Design Thinking V phase-testing	The Change Designers - creation of the project's results	Evaluation and Feedback	DEPARTURE	
17:00 - 17:30		TEA BREAK									
17:30 - 19:00		Youthpass designing	Meaning of creativity in work with youth	Creative usage of social media in youth work - case studies	Design Thinking I phase -empathizing	Design Thinking II phase-defining	Design Thinking-implementing the solutions	The Change Designers - creation of the project's results	Youthpass Ceremony		
19:00 - 19:30		REFLECTION	REFLECTION	REFLECTION	MID-TERM EVALUATION	REFLECTION	REFLECTION	REFLECTION			
19:30 - 20:30		DINNER									
21:00 +	WELCOME ACTIVITIES	Welcoming Games	Intercultural evening	Movie evening	Evening with improvisation	Free evening	Free evening	Stand Up Show	Farewell Dinner Party		

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



# PROJECT TEAM

## Urszula Malinska-Mark

Undaunted optimist, looking for good sides in every situation - according to the principle that "nothing happens without reason". She has about 15 years of experience in project management, designing learning paths and working as a trainer in an international environment. Certified Design Thinking Trainer. Working also as the project manager at the University in Tartu. Enthusiast of using creativity and art as educational tools. Values the most in professional life-creating ambitious and challenging projects. The most interested in - what seems impossible to do.



## Aleksandra Szmurlik-Dominguez

Experiential learning enthusiast connected with non-formal education since 2010. For the past 10 years, she has been working in NGOs as a project manager and trainer, coordinating long-term projects, designing and facilitating learning process for participants. Always has been fascinated by interpersonal relationships, self-development and what emotions revolve around our relationships. As a volunteer coordinator, her main task was to plan the volunteers' learning process for personal and professional development. Currently working as a project manager in the think tank organisation 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 (100%) – PER PERSON BOTH WAYS :**

CROATIA: 275 EURO

ESTONIA: 275 EURO

GREECE: 275 EURO

LITHUANIA: 180 EURO

POLAND: 23 EURO

SERBIA: 275 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 OF:**

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

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

MISSING (OR NOT ORIGINAL) DOCUMENTS WILL NOT BE TAKEN INTO CONSIDERATION.

YOU SHOULD HAVE TICKETS FOR DAYS 19.10.2023 (TO COME) AND 28.10.2023 (TO LEAVE)

**– IF YOU NEED TO BUY THEM 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!

## HEALTH AND TRAVEL INSURANCE

PLEASE, WHEN COMING TO POLAND, MAKE SURE YOU HAVE A VALID HEALTH AND TRAVEL INSURANCE (UNFORTUNATELY, A EUROPEAN HEALTH INSURANCE CARD IS NOT ENOUGH AS IT DOESN'T COVER ALL EXPENSES).

IT'S IMPORTANT ESPECIALLY IN THE CASE WHEN YOU BOOKED THE TICKETS AND GET AN ILLNESS THAT WILL NOT LET YOU COME TO THE PROJECT. IN THIS SITUATION, WE'LL NOT BE ABLE TO COVER YOUR COSTS!

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 "ECO NIEBORÓW" - SMALL HOTEL, LOCATED IN THE NIEBORÓW VILLAGE, IN ŁÓDZKIE REGION.

YOU'LL STAY IN 2-3 PEOPLE ROOMS, WITH PRIVATE BATHROOMS AND FREE WI-FI.

**MORE INFO YOU CAN FIND HERE: <http://econieborow.pl/en/>**

ACCOMMODATION IS COVERED 100% BY THE ERASMUS+ PROGRAM.

**THESE EXPENSES WILL BE COVERED ONLY FROM THE DAY OF YOUR ARRIVAL (19.10.23) TILL THE DEPARTURE DATE (28.10.2023).**

## HOW TO GET THERE?

HOTEL "ECO NIEBORÓW" IS LOCATED IN NIEBORÓW VILLAGE.

**THE CLOSEST AIRPORTS ARE IN WARSAW OR ŁÓDŹ.**

**FROM WARSAW CHOPIN AIRPORT** YOU CAN GET TO THE MAIN STATION WARSZAWA CENTRALNA BY TRAIN - AND FROM THERE, YOU CAN TAKE A THAT STOPS AT ŁOWICZ GŁÓWNY STATION. FROM THERE YOU CAN BOARD A LOCAL BUS THAT STOPS AT NIEBORÓW STATION.

**FROM WARSAW MODLIN AIRPORT** YOU CAN GET TO WARSAW WEST STATION (WARSZAWA ZACHODNIA) AND FROM THERE TRAVEL BY TRAINS OR BUSES TO REACH SOCHACZEW OR ŁOWICZ GŁOWNY. FROM BOTH CITIES, YOU CAN USE LOCAL MEANS OF TRANSPORTATION TO GET TO NIEBORÓW.

**FROM ŁÓDŹ AIRPORT** YOU CAN GET TO THE CITY CENTER BY PUBLIC TRANSPORT AND FROM THERE YOU CAN TAKE A THAT STOPS AT ŁOWICZ GŁÓWNY STATION. FROM THRE YOU CAN BOARD A LOCAL BUS THAT STOPS AT NIEBORÓW STATION.

**YOU CAN ALSO USE OTHER AIRPORTS IN POLAND AND TRAVEL TO ŁOWICZ GŁÓWNY, SKIERNIEWICE OR SOCHACZEW** AND FROM THERE TAKE A LOCAL BUS TO NIEBORÓW.

**TO CHECK ALL THE CONNECTIONS HERE YOU HAVE THE LINKS:**

**TRAINS:** TO CHECK THE SCHEDULES AND BUY TICKETS: [HTTPS://KOLEO.PL/EN/](https://koleo.pl/en/)

**BUSES:** TO CHECK THE SCHEDULES AND BUY TICKETS: [HTTPS://EN.E-PODROZNIK.PL/](https://en.e-podroznik.pl/)

FROM THE STATION IN NIEBORÓW WE WILL TAKE YOU TO THE VENUE BY CAR OR BUS.

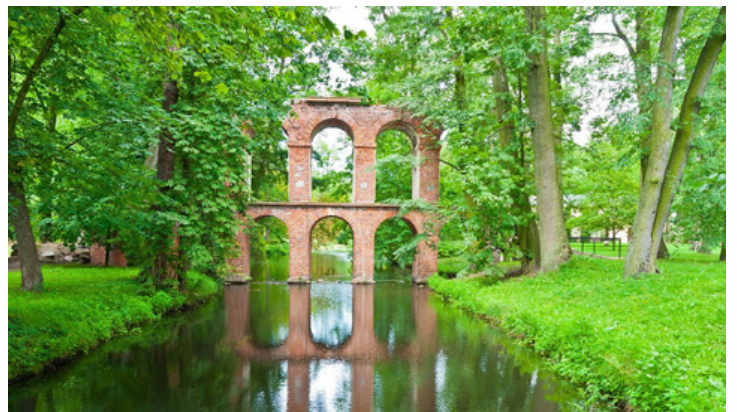
**AS SAID BEFORE - PARTICIPANTS ARE EXPECTED TO ARRIVE ON 19.10.23 AND LEAVE ON 28.10.2023.**

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

# THE VENUE

ECO Nieborów is a friendly object situated on the edge of Bolimów Landscape Park, less than half a mile from an aristocratic residence located in the village of Nieborów in Poland - Radziwiłł Palace. The architectural concept of the resort is based on the XIX century – a manor house of the Grabski family in Borów, in Łowicz district, where Władysław Grabski, prime and finance minister of the II Republic of Poland, the author of significant monetary reform in Poland, was born. The hotel's interiors provide aesthetic consistency with the ambiance of the 19th-century Manor House. The decoration refers to the life and output of the most famous painter born on the premises of the former Księstwo Łowickie (lat. Ducatus Loviciensis) – Józef Chełmoński. On the hotel walls, guests can look at photos coming from the artist's family collection and reprinted works from Chełmoński's sketchbook.

ECO Nieborów provides its guests with an intimate atmosphere. Hotel's policy assumes hosting only one group. The venue is located at a close distance also from Museum in Łowicz, the Antique building museum in Małrzyce, Romantic Arkadia Park.



## WHAT TO BRING AND PREPARE?

- ID card or passport,
- EU Health Insurance Card or other health insurance plus travel 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!
- creative and open mindset!

# HOW TO APPLY?

1. Click on the link below:

<https://forms.gle/3kiaAme6Zwp8cT8D6>

and fill out the application form by the 15th of September 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,  
AYES.CROATIA@GMAIL.COM

### **ESTONIA:**

A BIT BETTER, URSZULA MALIŃSKA-MARK, ABITBETTERNGO@GMAIL.COM

### **GREECE:**

"GO ALIVE", MARIA STEFANIDOU, GREEKODYSSEUSES@GMAIL.COM

### **LITHUANIA:**

VSI INOPROLT, LUKAS JUOZAPAVIČIUS, INFO.INOPROLT@GMAIL.COM

### **POLAND:**

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

### **SERBIA:**

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

### **SPAIN:**

ASOCIACION CULTURAL SOMOS EUROPA, JULIÁN JUBERÍAS OLMOS, INFO@SOMOSEUROPA.EU

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

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

*See you in Poland!*

