

ECHOED VOICES

STORIES OF YOUNG WOMEN -
AUDIO JOURNEYS IN STORYTELLING

JULY 21. - JULY 27. 2024

RABKA - ZDROJ, POLAND

KA1 PROJECT FOR WOMEN IN YOUTHWORK



ABOUT THE PROJECT



OVERALL GOAL

- Using storytelling to promote resilience by helping participants learn to process challenges and experiences through their narratives and develop positive perspectives.
- Empowering and strengthening participants' leadership skills through telling their own stories, increasing confidence and ability to inspire and lead others.



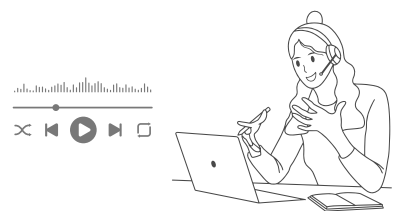
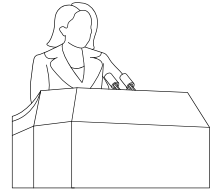
OBJECTIVES

- Providing a clear understanding of storytelling methodology and the tools they will use for digital storytelling
- Examining one's own and society's image of a woman and personally inspiring women
- Encouraging to reflect on an own personal story and formulate individual goals, which helps to personalise a storytelling projects
- Stimulating creative thinking through joint and individual creativity sessions
- Partnering with other participants to select a compelling narrative and structure the own story in a creative format
- Developing skills in script writing and effectively communicating the own story for digital media
- Providing a platform for presenting the finished stories and mutual appreciation
- Reflecting on the skills and knowledge learned and applying them in personal and professional lives, especially for the empowerment of other women

TOPICS OF THE WEEK



21.07.	<i>Arrival day - meet 16:25 @ bus from Krakow to Rabka</i>
	<i>Welcome Dinner & Getting to know each other</i>
22.07.	<i>Introduction to project & digital storytelling</i>
	<i>Teambuilding activities & first creative exercises</i>
23.07.	<i>Biography work & personal goals</i>
	<i>Decide your story & creative writing</i>
24.07.	<i>Script writing</i>
	<i>Script writing</i>
25.07.	<i>Creative sound workshop</i>
	<i>Story production</i>
26.07.	<i>Screening and celebration</i>
	<i>Screening and celebration</i>
27.07.	<i>Reflexion day, what do we take home</i>
	<i>Departure after lunch</i>



WHO CAN PARTICIPATE



To take part in this project, you need to be:



18+ years old



working or getting trained to work in the social field



residency in a EU partner country



able to speak and understand English at a conversational level



interested in the project topics



ready to deal with your own biography and the usefulness for your personal growth and your pedagogical work - however we do not tackle traumas



motivated to participate actively during the whole project!



Erasmus+
Enriching lives, opening minds.



ORGANISER & PROJECT TRAINERS



"Fahrten Ferne Abenteuer – Abenteuerzentrum Berlin" are a recognised child and youth welfare organisation and work with experiential and nature education methods. We offer various educational programmes and have extensive experience in implementing and supporting Erasmus+ projects

Laura-Lynn is a freelance trainer in adult education and outdoor and adventure pedagogy. Believing in constant self development and life long learning she participated in several Erasmus+ trainings before, and is trained in the Digital Storylab and loves learning and sharing new methods.

She often is supported in her work by her side-kick and feel good manager Sputnik.



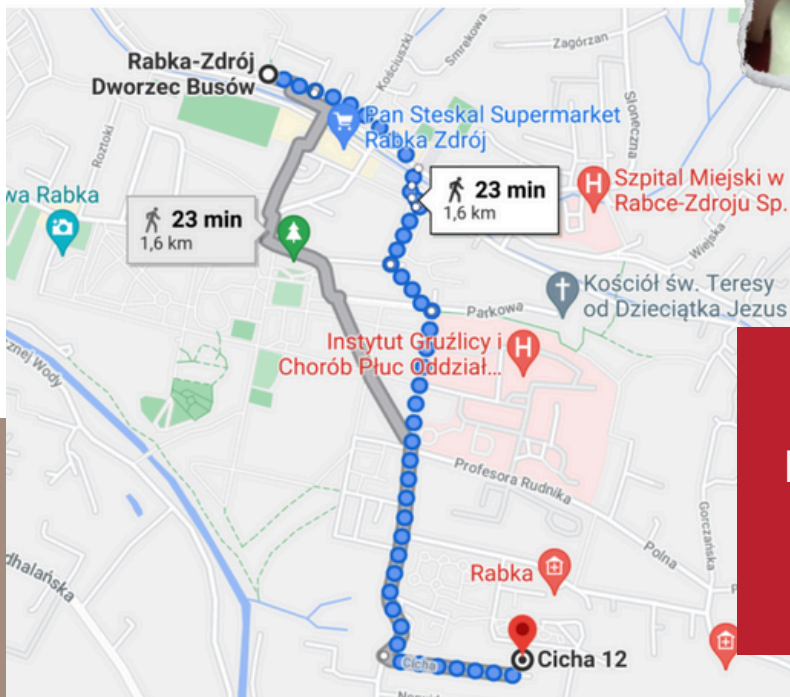
Steffi Pardella is a freelance trainer in adult education, outdoor and adventure education and in the field of de-escalation and racism prevention. In addition, projects and programs specifically for young women have always been a special concern for her and lifelong learning and constant exchange are part of her passion. Since 2022 she has been project manager for international projects for "Fahrten Ferne Abenteuer - Abenteuerzentrum Berlin" and has already coordinated several Erasmus+ programs and training courses and accompanied them as a trainer.

VENUE

The Youthworker Exchange will take place in a lovely little town - Rabka-Zdrój, 60 km south of Krakow, close to Gorce, Pieniny and Tatra mountains.



The whole venue will be at our exclusive disposal. The venue is adapted to run non-formal education activities. Participants will be accommodated in 2-3 people rooms with private bathrooms.



ADDRESS:

Educational Center Re-Zone
Cicha 12
34-700 Rabka-Zdrój
POLAND

HOW TO GET THERE

From Kraków Airport:

Krakow Airport is the closest one to the venue and it is most recommended option.

When you land at the Krakow Airport take the **train to the Main bus/train Station (Krakow Główny)** and follow instructions below.

From Katowice Airport:

Another airport that is relatively close is Katowice Airport. From there you can take a **shuttle bus to Krakow Main Station**, but you should book it online in advance.

You can do it here: <https://www.matuszek.com.pl/>.

Once you are in Krakow Główny follow instructions below.

From Kraków Main Station:

Look for the signs that will lead you to **main bus station (Małopolski Dworzec Autobusowy)**. There you can find **buses** that are going **directly to Rabka-Zdrój**. Look for a **mini bus called „Rab-Bus” or „Edmar”**. Trip to Rabka-Zdrój takes around 1,5h and cost **18 PLN (cash required)**. You can check the time table here: <https://www.busy-krk.pl/en/rabka-zdroj-krakow>

ARRIVAL & DEPARTURE



Arrival time: July 21. 3 - 7 PM in the Educational Center

Please plan your trip so that you arrive early enough to catch the bus at 5:40 p.m. at the latest and to attend the first welcome session!

Departure time: July 27. after 1 PM



FUNDING CONDITIONS



Co-funded by the
Erasmus+ Programme
of the European Union

100% of the accommodation, food & material will be covered
You have to pay in advance for traveling.



Please choose the **most economical/cheap way of transportation (2nd class trains, plains)**.
Only public transportation can be reimbursed (**no taxis**).



Reimbursements of travel costs can **only** be done **upon full attendance of the training course** and if you do not travel earlier or later than **two days before or after the project**.



We would like to support you in your green travel and ask you **not to use flights!** You have **two additional travel days** available and your travel budget will increase accordingly, as you can see from the list.



Please **plan your travel** from your place of origin to the venue of the activity and return **according to the travel limit** shown in the table below and using the <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

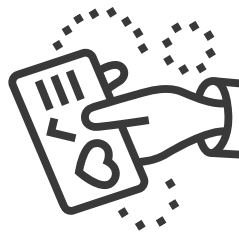
Distance	Budget per participant in €	Green Travel
10-99km	-	*23,-
100-499 km	-	*210,-
500 - 1999 km	275,-	320,-

WHAT YOU NEED

- Inside slippers
- Notebook / Diary
- own Notebook or Laptop
- If available microphone for your smartphone



TRAVEL & HEALTH INSURANCE



Every participant must bring their **European Insurance Card**.

It is a mandatory requirement for all participants to provide their own health and travel insurance.



Please arrange to have **travel insurance** - if you have to cancel your trip for a covered reason, trip insurance can save your investment, it can also protect you against lost luggage, flight cancellations etc. !

PREPARATION



Some **traditional food /stories** to share in the evenings together.



A **story of a woman** who made a lasting impression on you.



Energizer/ Games to share in the group.



A **personal** item.

WHICH STORY
OF MINE CAN
INSPIRE OTHER
WOMEN
AND WHY?

YOU ARE INTERESTED ?



If you have questions please
write us:



You can apply here:

