

Infopack



1.08.2024 - 7.08.2024

Lublin, Poland



Co-funded by
the European Union



about the project



Welcome to the training that addresses the need to discuss and explore best practices and methods used to support youth in the civil and social lives of our communities, along with taking care of their mental wellbeing.

Why?

We can only thrive if we fulfill ourselves on a personal, professional and civic level. Being an active part of the community, participating in democratic processes, and co-deciding gives a sense of agency and influence, but these require personal capacity. Empowering youth involves more than merely including them; it requires equipping them with the support, tools, and knowledge to improve their lives and those of their unique communities. To include young people in policymaking, we must ensure they have access to information and their basic needs are met to participate freely.

The training aims to develop the knowledge, skills and attitudes of youth leaders, teachers, youth workers and volunteers to better support youth participation. To do so, we should first become familiar with the current situation of youth with various needs and understand the qualities of meaningful youth participation so we can learn how to best support it holistically with both words and actions.

During the training, we will not only dive into the topic of civic engagement, but we will also explore how it is connected to our wellbeing using methods of nonformal education.



objectives of the project

Learning:

- about true youth participation, meaningful and mindful
- to support youth engagement in democratic life holistically
- to communicate effectively, empathetically and coach young people towards the change they want to see
- to empower them and support their wellbeing on the way, especially those who have stayed rather inactive or have been excluded

Exchanging best practices, nonformal education methods and tools supporting youth engagement, networking and strengthening international partnerships.



participants' profile

We are looking for the participants who are youth workers, train youth exchange leaders, teachers, youth initiatives mentors, youth project coordinators, experienced volunteers and all those who work with young people in all different ways. This is not a training for those who are already experts in the field of youth participation.

The age limit is 18+.



venue of the project

Hotel Akropol

Location: [click here](#).

al. Warszawska 179a

Lublin, Poland

Website: <https://akropol.lublin.pl/hotel-lublin/>



acomodation & food

The organizer provides accommodation and food for entire training: **3 meals** per day; **2 coffee breaks** between sessions.

Participants will be accomodated in **rooms of 2-5 people**.



insurance

- Personal accident insurance will be provided.
- Healthcare & travel insurance is not provided by the organizers. Participants must obtain it on their own.



what to take with you

- Your medicines, bug sprays
- Documents, ID/passport, tickets
- EU health card, insurance etc.
- Sunscreen & Sunglasses & Hats
- Flip-flops
- Pocket money
- Warm clothes for cold evenings
- Raincoat, umbrella
- Water bottle



weather

In Lublin, the summers are comfortable and partly cloudy. The average temperature in Lublin in August for a typical day ranges from a high of 26°C to a low of 15°C. Some would describe it as pleasantly warm with a gentle breeze. In Lublin in August, there's a 28% chance of rain on an average day.



currency

Currency in Poland is Polish Zloty (PLN). One "złoty" is divided into 100 groszy. Almost everywhere you can pay by card.

1 euro = 4,35 zł



travel

The participants are ought to buy travel tickets on their own.

The time of travel must be included **maximum in period of two days** before and after the **project activities**. All expenses related to additional days are the responsibility of participants.

The organizer will reimburse travel cost via bank transfer up to 30 working days after the project when all needed documents are delivered to the organizers.

Reimbursement of travel costs will be done only upon presentation of **all original tickets (including return tickets), receipts, invoices and boarding passes**.

Participants **should print all documents related to their travel costs** (original invoices and tickets indicating names of travelers, description of the journey, cost, currency and date of travel).



travel cost limits per country

After confirming your participation, we will provide travel cost limits according to the Erasmus+ program guidelines.

We can already encourage you to use the green travel option.



about Lublin

Lublin is the ninth-largest city in Poland and the second-largest city of historical Lesser Poland. It is the capital and the center of Lublin Voivodeship. The city is the hub of bustling cultural life, with different events held annually, and attracting a wide audience.

Lublin is called a **City of Inspiration** with many non-obvious historical places to discover. Unique atmosphere of the vibrant of the Old Town connects past and present and lets you to get inspired by the incredible vibe.

Lublin was the first Polish city to be granted the **European Youth Capital 2023** title. Lublin was recognized for its energy and inspirational ideas of young people.





about us

Sempre a Frente Foundation carries out programs in the area of prevention, psychological education and promotion of active citizenship for young people since 2010.

Through our actions we support children, youth and adults in personal development and help them to gain key social competences. Using non-formal education philosophy we encourage young people to active social attitude and promote social responsibility, initiative and enterprise. We promote volunteering and non-formal education as a way to get skills desirable by young people.

We are accredited organisation in Erasmus+ Youth sector.



follow us



SempreaFrente



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Fundacja Sempre a Frente

Sempre a Frente Foundation team involved in this project



Natalia Bartoszek
Project coordinator



Ania Sara Marek
Logistics



Aleksandra Kulik
Main trainer

Aleksandra is a psychologist, leader and certified trainer working over 6 years in the fields of education, wellbeing and youth participation.

She is a president of Sempre a Frente Foundation, one of the initiators of the European Youth Capital title in Lublin and a member of the National Development Council for Youth.

She participates in the youth policy creation process and supports development of youth work in Poland as a member of the national Europe Goes Local team.

She deeply believes in the power of non-formal education and empowering young people.

see you in Lublin!