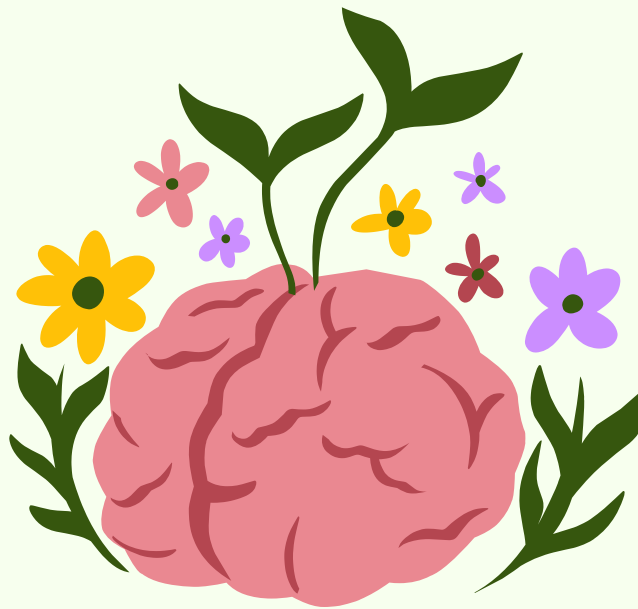


Infopack

TC Down to Earth



23.07.2024 - 30.07.2024

Nasutów, Lublin, Poland



about the project

The **Down to Earth** training course aims to help youth workers improve their communication skills and develop a more grounded, practical approach to their work. The training focuses on building meaningful relationships with young people by promoting active listening, empathy and open dialogue. Participants will learn interactive techniques for engaging young people in ways that encourage mutual respect and understanding.

The course also equips youth workers with the skills to organize youth activities in crisis scenarios, offering guidance on navigating unpredictable situations, whether due to war, instability in the country, or emerging mental health issues. This includes strategies for crisis management and emotional support, aiming to help youth workers build resilience while creating a sense of community and a safe space for young people.

The course also emphasizes the importance of connecting with nature and adopting sustainable approaches in youth work. Participants will learn how to utilize the natural environment to support young people. They will also discover how nature-based and eco-friendly methods can enhance communication with young people.



objectives of the project

- Improve communication skills and develop a more grounded, practical approach in youth work.
- Train youth workers to organize youth activities during crises by providing guidance on navigating unpredictable situations.
- Promote sustainable approaches in youth work by teaching participants how to connect young people with nature and organize eco-friendly activities.



participants' profile

We are looking for the participants who are youth workers, trainers, youth exchange leaders, youth initiatives mentors, youth project coordinators, experienced volunteers and all those who work with young people in all different ways.

The age limit is 18+.



venue of the project

Dom Nasutów

Nasutów 98a, Poland



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.



alcohol-free project

In order to promote inclusivity, create a safer environment in accordance with the fundamental principles of the Erasmus+ program, and foster a focused learning atmosphere, allowing participants to fully engage in the training content without distractions, **we have decided to make this training course alcohol-free.**

We place significant emphasis on promoting positive behaviors (such as an alcohol-free environment) as the Sempre a Frente Foundation is actively engaged in work with children and youth both locally and internationally.



other information

Throughout the entire project, we prioritize encouraging **sustainable solutions** in all aspects of our work.

Some topics we will tackle might not be easy to everyone. Make sure you are ready to contribute, follow up with the activities and create a safe space. **We hope that everyone understands the importance of their contributions and feels motivated to participate constructively.**

An Erasmus+ project is an adventure and an opportunity to travel and meet many new people while having fun and learning new skills. **However, the program aims for greater goals than just enjoyment, travel, and you can help us make a real impact in our communities.**



what to take with you

- Your medicines, bug sprays (the venue is surrounded by nature, so be prepared that there might be bees, ticks and mosquitos)
- 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 July 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 July, 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

There are no currency exchange offices in Nasutów.



travel

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

If your organisation will be buying tickets for you - let us know.

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.

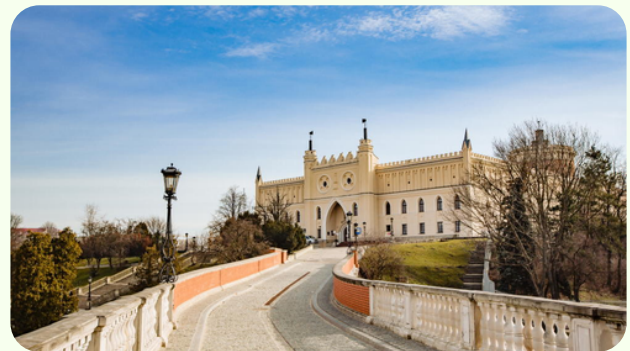


about Lublin

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 Nasutów

Nasutów is a unique place, located on the outskirts of the Kozłowiecki Landscape Park, just 15 km from Lublin and Kozłówka. It serves as an excellent base for exploring and discovering the corners of Lublin. The serene natural surroundings of the resort provide an ideal backdrop for fostering meaningful connections and deepening communication skills. The peace and tranquility found here offer participants a rejuvenating environment to reflect, learn, and grow in their approach to supporting 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



Co-funded by
the European Union



Sempre a Frente Foundation team involved in this project



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Volunteer



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see you in Lublin!

