

be smart

in a smart

world



Co-funded by
the European Union

**Training
Course**

We add Wings 

20-28.09.2024 | Miłówka, Poland

introduction

The main goal of the project is to enrich youth workers with **knowledge and methods around digital hygiene** and responsible use of the Internet, smartphones and other screen tools, **remembering that currently they play key role to an individual's well-being**. But also have direct impact to competencies identified as key in the labor market as problem-solving, creativity, innovation, analytical and critical thinking, active learning and teaching, emotional intelligence, social intelligence, intercultural competencies. **The training will help to a raise digital literacy and build digital citizenship attitude. It will help to understand, participate, and benefit more from digital innovations, AI transformation on labor market and address their ethical and social implications.**





As we know from recent research: **people who overuse screens are particularly vulnerable to deficiencies of concentrations and are less resistant to polarization mechanisms.** Implementing digital hygiene rules helps to stabilize the brain's reward system. **During our training we will try to find the answer why do the Internet and smartphone affect the results of study, work and our relationships.** We will try to answer the question: How can we ensure that the Internet and social media do not harm our well-being and become our ally in fulfilling our careers.

objectives

To train 28 youth workers on methods and tools in building digital hygiene in their organizations.

To improve digital competences of 28 youth workers.

To teach how to support “digital natives” in growing up at the screen. Participants will learn where to get current knowledge and how to support young people in the responsible use of new technologies.

To share knowledge and methods on how to eliminate information fatigue and raise cognitive abilities (such as memory, reasoning, attention span, problem solving, thinking, reading and learning).

To let participants find out what symptoms indicates overuse of screen devices, so they will be more conscious and alert for addiction symptoms accordingly to ICD – 10 .

To raise conscious and awareness around usage of new technologies in education process.

To build a community of youth workers and stakeholders to support one another.

To inspire youth workers how to use social media to build strong community.

To inspire for taking initiatives to ethically shape and use online space.

outcomes



Digital toolkit

DIGITAL TOOLKIT with guidelines that can be used by youth organizations from all around Europe when it comes to working with youngsters and building digital health and safety rules.

Awareness and readiness

Raised awareness and boosted readiness for implementing changes. We aim to guide youngsters in their digital education and day-to-day struggles around new technologies.

Connections

Create connections locally, regionally, nationally, and internationally and expanding their network. Offering the youth workers time for reflection, according to the coaching tools they acquire

the profile of the participants involved



- **The age of the youth workers is from 18+**, we have no maximum age limit since in our experience people are motivated to learn at all ages and we would like to keep this option available for everyone.

- **Active members of the organization**, being involved in activities organized by the organization, this way the learned material during the PDA to be translated and implemented in the partner organization.

- **Having curiosity and interest** in how to work more efficiently and broad their perspective and knowledge.

- **Active in working with marginalized groups and people facing fewer opportunities.**

Examples of vulnerable groups that our partners are working with are: people with social obstacles, facing discrimination, people with limited social skills or anti-social behavior, with mental problems (anxiety, depression, panic attacks), people with economic difficulties; young people with learning difficulties or unemployed, NEETs, stuck in life, outside of the cycle of education, digital excluded.



There will be 7 working days in this project. The 20th st of September is the arrival day and the 28th is the departure day. In the middle of the training – date to be decided later, we will have some free time.

daily **schedule**



- 8:30– 9:30-----> Breakfast at the hotel**
- 10:00– 13:30----> Morning sessions (with one break)**
- 13:30– 15:30---> Lunch break**
- 15:30– 18:30---> Afternoon sessions (break and reflection time included)**
- 18.30 -----> Dinner**
- 20:30 -----> Free time or leaded activities**

The ONLY working language of this project is English. Don't be afraid if your English is not perfect! Neither is ours. But **it should be good enough to participate actively in the process.**

training location

The training will take place in Milówka, a small mountain town, located close to Slovak border. It is surrounded by nature and mountains and we hope you will have the chance to discover its beauty and charm during training time (and especially during your free time ;)

The exact location of the training course is a rented guest house “U Kubiców”, situated on the hill

www.ukubicow.pl

There is internet available at the location but only wireless - **there is no extra computer to be used** (so be aware of that).



Be informed **there is no ATM or exchange office at the hotel**; you will need to change money before you arrive up at the location! **It is possible to pay with a card in most of the shops and bars.**



The food will be diverse, but based on **the Polish cuisine.**

We will provide all meals and breaks. The breaks will include fruits, coffee, milk and local teas. There will be no soft drinks provided as per hosting organization policy to reduce environmental impact and to reduce support for companies harming their workers and the environment.



Tap water is drinkable here. Don't forget to grab your refill bottle



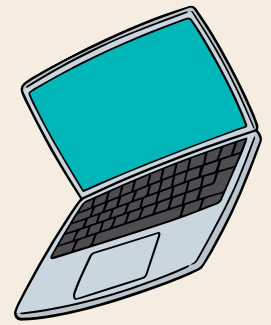
There will be not provided any hygiene supplies, such as shampoo, shower gel, etc. these ones you need to bring with you.



The temperatures in Poland in September are quite warm, but temperatures are between 7°C and 25°C. Anyway take some warm clothes colder evenings and cloudy days, especially in mountains area the weather can be crazy and change a lot. It's a good idea to bring along your umbrella so that you don't get caught by rain. Anyway, **check the forecast before packing, to be sure ;)**

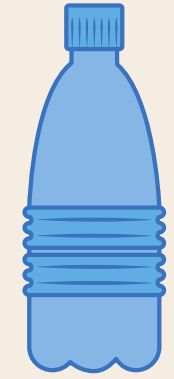


while packing, don't forget!



LAPTOP

You might consider bringing along your notebook (laptop) or tablet if you have one as there will be an internet connection at the location



REFILL BOTTLE

we will provide water in big jars during the breaks or meal times but if you need it outside of these times, you will need a bottle.



SOME PRODUCTS FROM YOUR COUNTRY

(snacks, drinks, anything else specific, etc.) – we want to take advantage of our multicultural group so we'd like to organize an international evening (could be decided together in which format we want to have it). Please be informed that there is no possibility to cook at our accommodation place!



COMFORTABLE CLOTHES & SHOES

for the training activities (as we will do a lot of active exercises and games). Please bring with you appropriate clothes and shoes (for both indoor and outdoor environments ;)



CLOTHES FOR POLISH WEATHER

if you want to hike up mountains (in your free time) please bring suitable trekking gear!

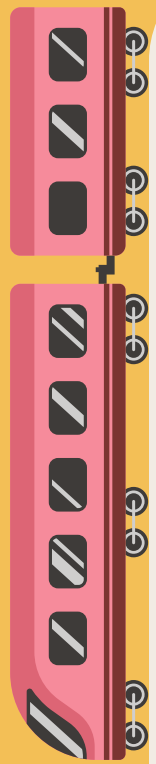


MEDICINES

If for health reasons you take any specific medicine please bring a sufficient supply for the duration of your stay as it may be impossible to find them on location.



EFFECTIVE ALARM CLOCK & GOOD MOOD! ;)



If you come by train or bus, please make sure you arrive to **KATOWICE railway station**.

From there you have a direct train to Milówka (direction: Zwardoń). **You can check the timetable and buy the tickets here:**
<https://portalpasazera.pl/en>

You can also buy them at the train station. Once you let us know about your arrival, we will pick you up from the train station in Milówka and drive you to the accomodiation place.

travelling to Milówka



If you come by flight you need to fly to **KATOWICE Airport** which is the closest airport.

From the airport, there is bus transfer - **AP bus** (direction **KATOWICE SĄDOWA**) which will take you to **KATOWICE bus/train station** (you take off at **KATOWICE DWORZEC**)

Ttimetable: <https://rj.metropoliaztm.pl/rozklady/1-ap/?lang=en>
You can buy the ticket at the machine outside the airport, or at the driver's (only cash there). It costs 6.60 zł (1,2 euro)

It takes max. 45 minutes to reach Katowice Dworzec.



Board and lodging for the training course are fully covered by the local organizers during the period mentioned.

Travel expenses to reach the location of the training courses are covered up to a certain amount depending on the chosen means of travel and departure point. Different types of expenses will be eligible. **More details will be sent to the selected participants.**

TRAVEL REIMBURSEMENT PER PERSON:

Czechia - max. 210 euro (green travel)

Greece - max. 275 euro (regular travel)

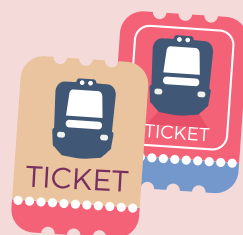
Latvia - max. 320 euro (green travel)

The Netherlands - max. 320 (green travel)

Slovenia - max. 210 euro (green travel)

Poland - 23 euro

Spain - 530 Euro



important!

**KEEP ALL THE TRAVEL TICKETS!
If you cannot hand over the indicated documents, we cannot reimburse you.**

Our financier requires these documents from us and if it's not completed, we do not get the funding for your travel.

If something is unclear about travel reimbursements, please contact us before leaving for the training course!

partner organisations:

Poland - **USKRZYDLAMY/We Add Wings** (E10034117, PL)

Latvia - **Young Folks LV** (E10054579, LV)

The Netherlands - **Youth Without Barriers** (E10320698, NL)

Czechia - **Hodina H, z.s.** (E10191912, CZ)

Spain - **Asociación Mojo de Caña** (E10175340, ES)

Slovenia - **LJUDSKA UNIVERZA ORMOZ** (E10033105, SI)

Greece - **HELLAS FOR US ASTIKI MI KERDOSKOPIKI MI KYBERNITIKI ETERIA** (E10056850, EL)



if you want to take part in the project

fill in the questionnaire placed
under the link below



google form

In case of emergencies
while you are in Poland
please contact: Agnieszka
Zawiślak +48667637321
or Aneta Rybarska
+48510607898
(also on WhatsApp);

EU EMERGENCY NUMBER:
112

We add Wings 

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Looking forward
to see you all
in POLAND!

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Project Team