



Erasmus+



INFO PACK

ERASMUS PLUS PROGRAMME

Training Course

"Think Out of the Box"



Rydzyzna, 23rd to 30th of November 2015

SUMMARY OF THE PROJECT:

"Think out of the box" is a 7 days training course constructed based on the needs of young society and directed for youth workers and youth activists. This course will take place in Leszno, Poland and will involve 24 participants from 6 EU countries: Portugal, Spain, Turkey, Italy, Romania and Poland.

At the heart of this process, there is all an 'experiential education' and learning by doing; once the Course is included on a non-formal education project.

Creative minds involved in this training will work together in an introduction training to **discover**, **create** and **invent**, being **innovative** in every task and discussion they will have. Simple materials as tools, team work, dynamism; individual & group reflections, background experiences and self-assessment. Everything will be important for our project conclusions. Also theoretical analyses linked with the reality will account for the overall methods used during the training course.

Those 7 days will be divided between develop process of creative thinking and share creative tools and methods. The training will provide also exchange of knowledge with many different cultures, points of view and ideas. We will discover many methods which we will use to active involvement of participants, both in a physical and mental way.

Participants will experience this training course through challenges and participation in group. They will be also tested in their leadership skills and their impact on youngsters.

TO WHOM IS THIS TRAINING:

The training is directed to everybody who is interested in developing creative thinking and methods. Everybody over 18 years old, active and able to work and speak in English, can apply. The English level might be checked by a skype conversation.

The participants applying for this project must be youth workers (and trainers) interested in using creative skills and experiential learning as a tool, for self development and leadership skills. It's also directed to empower young people, with

different ideas or whom want to develop new concepts which can be used in their future ERASMUS PLUS projects (youth exchanges, training courses, etc).

PLANNED ACTIVITIES / SCHEDULE

| Date and Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|-------------------------|-------------------|-------------------------|-----------------------------|------------------------------|
| 8h30 - 9h30 | Breakfast | | | | | | |
| 9h30 - 11h00 | Opening TC | Workshop 1 Introduction to creativity topic | W1 - Digital Generation | W1- Creative Team | W1- Creative Techniques | W1- Obstacles of creativity | My personal plan |
| | Coffee Break | | | | | | |
| 11h30 - 13h00 | Getting to know each other, expectations | W2 - Innovation | W2- Active Teenagers | W2- Make it easy | W2- De Bono | W2- Maximize Creativity | Certificating creative minds |
| | LUNCH | | | | | | |
| 15h00 - 16h30 | Integration | W3- Creative Personality | W3- Inspiration | City Challenge | W3- Walt Disney | "I believe I can fly" | Final Evaluation and Closing |
| | Coffee Break | | | | Coffee Break | | Coffee Break |
| 16h45 - 18h00 | Team Building Games | W4- Solving Problems | W4- Do it Yourself | | W4- Do it Yourself | | Preparing Good bye party |
| 18h15 - 18h45 | Group reflections | | | | | | |
| 20h00 | DINNER | | | | | | |
| 21h00 | Cultural Evening | Cultural Evening | Participants' space | Relax Time | Participants' space | Saint Andrews' Day | Good bye party |

To really get the most out of your training course we will always start early! After socializing in the we'll start at 9:30am in the morning with energizers! Every day we'll have four main activity sessions that will be based on non-formal education and learning by doing. During those sessions we will also share methods and theoretical information and promote discussion about the topic. All agenda will be targeted to intercultural exchange, socializing, having fun and, of course, our main project's topic – work with youth in a creative way, promoting development of creativity and innovation. If the weather is good we'll be doing some of the activities outside so that you could enjoy it to the fullest. Naturally, we'll leave free time for you to relax. In the

evenings we'll have cultural nights (each country have to prepare for that), which will be followed by further socializing and having fun.

The main activities include:

- Meetings, discussions, practical work, icebreaking, team building;
- Introduction and usage of YouthPass, reflections, evaluation activities;
- Country presentations of partner youth organizations, youth initiatives;
- Group exercises, games, quizzes, simulations, educational activities on creativity and its methods;
- Generating non-formal methods for teaching young people about innovation;
- Setting further work-plan: preparing Erasmus+ projects;

And of course HAVING FUN! Because that's the key thing, isn't it?

INFORMATIONS ABOUT SCHEDULE:

International nights: For the Intercultural evening - We kindly ask you to prepare interactive presentation of your country (you can present here your food and drinks, music, traditional dances, some story etc.). Creativity is the basic requirement.

You are welcome to bring "gastronomic" specialties from your region or country: food (it may be possible to eat food, but not to cook it at the training center) and drinks for this evening. Please bring a map, posters, postcards and leaflets to give a picture of where you come from. Please note that, if you bring videos or computer presentations with you, you will only be able to show them during our free time, if other participants would like to watch them. You may bring CDs of music, modern or traditional, that you want to play during the intercultural and other evenings. Bringing with you different games to be used during the informal moments is not forbidden!

Accommodation



All participants will be sleeping in the hotel Eden Bis ***, in Rydzyna, 7km away from Leszno town. Nearby we have the Eden Green Spa and Swimming pool, an artificial lake and an artificial beach, forest and windmills. (For more information, you can visit the webpage edenbis.pl).



There will be 2- 4 people shared **rooms** and you must take your own towels.

The **Wifi** connection will be provided (however, may have poor connection in some areas).

PRATICAL INFORMATION

Currency: In Poland we use PLN – Polish ZLOTY. 1 EUR is 4,2 PLN. You can change some money at the airport. We will organize some transportation to the shopping Gallery and there you can change it with better exchange.

Food and Special needs: Fundacja Centrum Aktywności Twórczej will provide participants with three *meals* per day and two coffee breaks. Mostly meals will be served in the hotel. We also have prepared vegetarian meals.

Important informations:

* **Special needs:** Any special food diet, you must previously inform to the organizers. Please make sure that we know about **your special diet**, at least until 16th of November.

***Extra nights:** The hotel is booked between 22nd and 30th of November (night on 30th is included). For those who come earlier (before 22nd of November)) or/and leave later (after 1st of December), unfortunately the project cannot cover the extra nights/stay and food. If your flights are earlier or later, then the venue dates you have to find accommodation for yourself.

You can always contact the organizers to help you with a place to stay. For participants who will arrive on 22nd in the morning, they will have the rooms ready from ... (time). However, the first provided meal will be the dinner on that day (22nd November). On 1st of December a small breakfast will be provided.

***Book flights:** When you are booking your flight, you can have more five days extra when you are booking it. It means that you can divide those days before or after the project - for example, you can come on 21st of November to Poland and leave on 3rd of December. It's possible. It's also possible to come five days before the project **OR** leave 5 five days after. The project will cover those tickets. However, the project doesn't cover any other costs during those days.

ARRIVAL IN VENUE

First of all, you should find a flight to Wroclaw, Poznan or Berlin Airport. You can also fly to Warsaw, but it won't be so easy to reach Leszno.

How to get Leszno from Poznań/Wrocław airport?

- Take the bus from the airport, to the train station (Poznan Główny or Wrocław Główny).

It is going every 30 min. It takes around 20-30 min. It depends of the traffic.

- Take the train to Leszno and inform us. You will be picked.

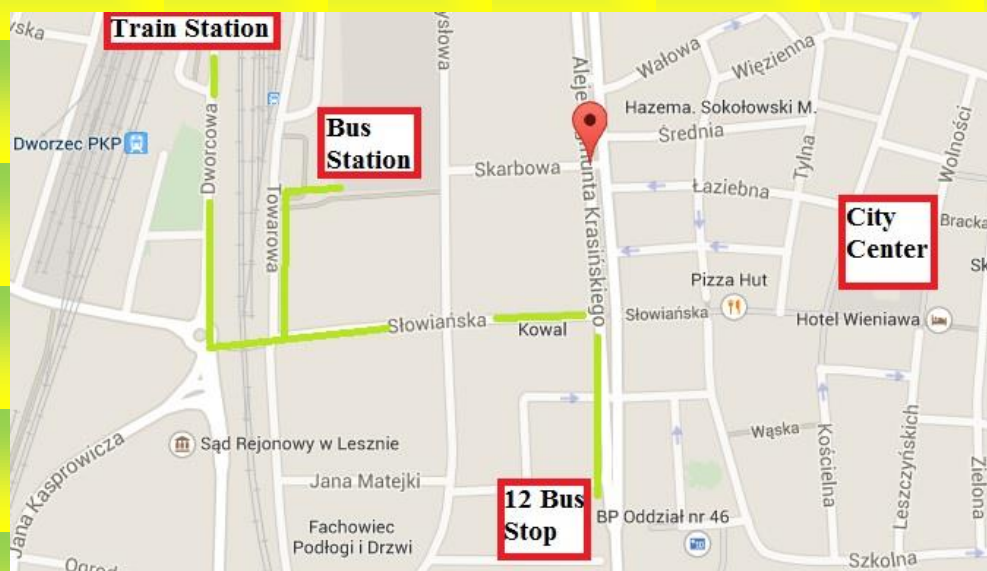
If there will be groups arriving at the same time, **during the night**, it's possible to pick you from the airport.

If two groups are coming in similar time from the airport, we may pick you from the airport (8 people) because we cooperate with some local travel companies. To organize that we need your travel tickets till 01.11.2015

Once you arrive in Leszno, you will have to take the bus to Rydzyna Mlynska Góra. Below you can find the information clear.

When we will get your tickets, we will send you information how to reach Leszno step by step, according to the time you will arrive.

- How to reach the bus stop, from the train station (Dworzec PKP) or bus station.



- Timetable Al. Krasinskiego - Rydzyna Mlynska

Autobus (MZK Leszno)

12 **Al. Krasieńskiego** ul. Al. Krasieńskiego
→ Kłoda stacja kolejowa

Ważny od 01.04.2015

| Monday-Friday | Saturdays | Sundays |
|--|------------------------------------|--------------------|
| 4 | 4 | 4 |
| 5 09 09 | 5 09 | 5 |
| 6 09 ^b | 6 | 6 |
| 7 09 09 | 7 09 | 7 |
| 8 14 ^b | 8 19 ^b | 8 |
| 9 24 ^y | 9 29 29 | 9 29 |
| 10 24 ^z | 10 | 10 |
| 11 29 ^b 29 ^b 29 ^b | 11 29 ^b 29 ^b | 11 29 ^b |
| 12 24 | 12 | 12 |
| 13 39 39 39 | 13 39 39 | 13 39 |
| 14 29 29 | 14 29 | 14 |
| 15 29 ^a 29 ^b 29 ^b 29 ^b | 15 29 ^b 29 ^b | 15 29 ^b |
| 16 24 | 16 24 ^a | 16 |
| 17 | 17 | 17 |
| 18 19 19 19 | 18 19 19 | 18 19 |
| 19 | 19 | 19 |
| 20 19 19 19 | 20 19 19 | 20 19 |
| 21 | 21 | 21 |
| 22 19 ^a | 22 | 22 |
| 23 | 23 | 23 |

Opis oznaczeń kursów
Najedź wskaźnikiem myszy nad godzinę odjazdu aby odczytać oznaczenia symboli.

Przesiadki (możliwości: 13)

Przesiadki:

- Gronowska remiza
- Gronowska market
- Gronowska MEIBES
- Fabryczna LOB
- Fabryczna
- Śniadeckich Urząd Miasta
- Al. Krasieńskiego**
- 03' - Al. Jana Pawła II HONDA
- 05' - Al. Jana Pawła II pływalnia
- 07' - Grunwaldzka
- 08' - 55 Pułku Piechoty
- 10' - Al. Konstytucji 3 Maja
- SHELL
- 12' - Al. Konstytucji 3 Maja
- GALERIA
- 18' - Dąbcze osiedle
- 20' - Dąbcze Kościół
- 22' - Dąbcze
- 24' - Dąbcze gospodarstwo
- 26' - Dąbcze zbiornik
- 28' - Rydzyna Mlynska Gora**
- 29' - Rydzyna gimnazjum
- 30' - Rydzyna Rzeczypospolitej
- 31' - Rydzyna Kowolka
- 33' - Kłoda I
- 34' - Kłoda II
- 35' - Kłoda III
- 36' - Kłoda stacja kolejowa

- Timetable Rydzyna Mlynska - Al. Krasinskiego (Pon - Pt: Monday - Friday; Soboty - Saturday; Niedziele i Swieta - Sunday and days off)

Autobus (MZK Leszno)

12 **Rydzyna Mlynska Góra** ul. Rydzyna
→ Jagiełły osiedle

Ważny od 01.04.2015

| Pon.-Pt. | Soboty | Niedziele i święta |
|-------------------------------|----------|--------------------|
| 4 | 4 | 4 |
| 5 09 | 5 | 5 |
| 6 09 09 | 6 09 | 6 |
| 7 15 15 15 ^S 59 59 | 7 15 59 | 7 |
| 8 | 8 | 8 |
| 9 20 20 | 9 20 | 9 |
| 10 19 [*] | 10 19 19 | 10 19 |
| 11 | 11 | 11 |
| 12 30 [*] | 12 35 35 | 12 35 |
| 13 14 | 13 | 13 |
| 14 29 29 29 | 14 29 29 | 14 29 |
| 15 19 19 | 15 19 | 15 |
| 16 35 35 35 | 16 35 35 | 16 35 |
| 17 19 [#] | 17 | 17 |
| 18 | 18 | 18 |
| 19 09 09 09 | 19 09 09 | 19 09 |
| 20 | 20 | 20 |
| 21 09 09 09 | 21 09 09 | 21 09 |
| 22 | 22 | 22 |
| 23 | 23 | 23 |

Opis oznaczeń kursów
Najedź wskaźnikiem myszy nad godzinę odjazdu aby odczytać oznaczenia symboli.

Przesiadki (możliwości: 1)

Przesiadki:

- Kłoda stacja kolejowa
- Kłoda III
- Kłoda II
- Kłoda I
- Rydzyna Kowolka
- Rydzyna Rzeczypospolitej
- Rydzyna gimnazjum
- Rydzyna Mlynska Góra**
- 02' - Dąbcze zbiornik
- 04' - Dąbcze gospodarstwo
- 06' - Dąbcze
- 08' - Dąbcze Kościół
- 10' - Dąbcze osiedle
- 16' - Al. Konstytucji 3 Maja**
- GALERIA
- 18' - Al. Konstytucji 3 Maja
- SHELL
- 21' - 55 Pułku Piechoty
- 22' - Grunwaldzka
- 24' - Al. Jana Pawła II pływalnia
- 25' - Al. Jana Pawła II HONDA
- 28' - Al. Krasieńskiego**
- 30' - Al. Krasieńskiego ZUS
- 31' - Śniadeckich Urząd Miasta
- 32' - Fabryczna
- 33' - Fabryczna LOB
- 36' - Gronowska MEIBES
- 37' - Gronowska market

TRAVEL COSTS AND REIMBURSEMENT:

Accommodation, living and other project – Related expenses: 100% funded by the EU. This includes everything except for travel costs.

Travel costs: A unit cost of the travel costs will be reimbursed after the project, when participants will send the full documentation of their travel tickets. This cost is related to distance calculator.

Please note that travel costs will be reimbursed on the basis of original tickets, boarding passes and invoices/receipts for travel. Only direct travel from place of residence to Leszno will be considered (no stop-over's exceeding 12 hours). Only cheapest/economy class travel will be reimbursed and also public transports. Only actual expenditure/tickets will be reimbursed – no pre-payment for tickets not purchased. The project doesn't cover travel by taxi.

TRAVEL LIMITS PER PERSON :

Turkey: 275€

Spain: 360€

Portugal: 360€

Romania: 275€

Italy: 275€

Participation fee: You have to pay a participation fee - 30€. This amount will be discounted from you reimbursement, after the project.

WHAT TO BRING WITH YOU - CHECK LIST:

→ All travel documents;

- Presentation about the sending organization (activities they previously participated in, non-formal learning methods used, etc). We want to share knowledge and know better each other and maybe cooperate in the future;
- Presentation about volunteer in your country;
- Energizers that could be done on the mornings/ after lunch break - each participant will be asked to prepare an energizer every day, so please, be ready;
- All material and things that you need for programme (listed above);
- Take your computer and/or camera if you have it. It will be very useful during activities;
- If you don't take with you computer, we recommend to take USB key or any external memory for pictures;
- Bring with you warm clothes as it can be cold and also a coat and shoes that is water proof, this season can be very rainy;
- Comfortable clothes for activities inside;
- Bring with you board games if you have, it can be very useful during free evenings;
- Swimsuit and towels;
- Anything you think you will need during stay in Poland and of course GOOD MOOD.

APPLYING:

If you are interested in applying for the training, please fulfill the form online:

<https://docs.google.com/forms/d/1FVamYwZR4a-j90C2DwCuyc2t0q7vsjSa15yRFEszAPo/viewform>

For more information, please contact us: erasmus@fundacja-cat.pl