



Training Course

Volunteering opportunities & YW

What	Training Course
Title	Volunteering opportunities & YW
Venue	Warsaw, Otrębusy – Poland
Dates	16 th – 24 th August 2021 (including travel days)
Arrival day	16.08.2021
Departure day	24.08.2021

Participating countries and organizations:

- **Poland** – Warszawska Izba Gospodarcza (Warsaw Chamber of Commerce)
- **Latvia** – Latvijas jauniešu attīstības centrs
- **Spain** – Ticket2Europe
- **Italy** – Active Youth for Europe
- **Lithuania** – Asociacija Tavo Europa
- **Bulgaria** – Sdruzhenie Alternativi International
- **Romania** – Asociatia Umanista Romana

PARTICIPANTS

Young participants aged 18 and older, no age limit, representing partner organizations. The gender balance between the participants should be respected during the completing of group. We expect **4 participants** from each partner countries.

SUMMARY OF THE PROJECT

Volunteering presents incredible opportunities for people to get incredible experiences in life, and in this process, people learn several new skills. Anyhow, all the skills obtained through volunteering are not being appropriately credited. Skill development through volunteering is quite useful for improving the employment rate of individuals, and it can be helpful in personal development, but unfortunately, this possibility is scantily used. Events and activities of NGOs usually stay on the engagement of volunteers and youngsters who willing to spend their time, enthusiasm, ambition, and initiative.

When it is well-executed, volunteering is a success for all associated stakeholders, including:

- Volunteering develops the soft and hard skills and boost self-confidence and qualification of the labor market.
- NGOs gain support and extra accomplishments, which would not be possible to get without the volunteers' commitment and devotion.
- Trough volunteering local population get benefits in many ways linked to the activities executed by the volunteer.

In this TC, different NGOs from the EU formed a body to get an answer on how to make voluntary work more fruitful on the national and European level. Positive examples of volunteering do not reach a broader audience because the visibility measures are a limited and accurate picture is presented to in front of a few numbers of people, even if the volunteers are willingly involved in civil society initiatives.

It will be 7 days training where youth workers work on a thematic basis in small groups.

The activities will be implemented with non-formal education methods during the project such as: group works, role play games, etc.

ARRIVAL AND DEPARTURE

16th of August 2021 is an arrival day and 24th of August is a departure day. The check-out should be performed after the breakfast.

NOTE! You can arrive to Poland 2 days earlier to see around or to travel a bit. However, this should be done at your own expenses. The Hosting organization can help you to find a hostel for extra days, but you should bear those extra costs.

INSURANCE

Each participant must have health insurance. The cost of insurance is not funded. For European countries – there is a possibility to get a European Health Insurance Card. Please check it in your country.

However, we highly recommend purchasing additional insurance due to the COVID-19 situation (**NOTE that insurance costs will be not refunded**).

HOW TO REACH THE VENUE?

It is possible to reach Warsaw through 2 airports:

- **Warszawa – Chopin airport** - Poland's main airport, easily accessible from virtually any European city.
- **Warszawa – Modlin airport** - the airport is located to the north of Warsaw, which accepts mostly low-cost airlines. Both trains and buses run from Modlin to the main train stations in Warsaw.

From both airports you need to get to the center of Warsaw:

- **Chopin Airport** is located practically in the city center, from here you can easily get to the center:

- By train – WARSZAWA LOTNISKO CHOPINA – WARSZAWA ŚRÓDMIEŚCIE (cost around 1,5 euro) <https://www.mazowieckie.com.pl/en>
- By bus – line 175 (cost around 0,75 euro)
- Centre can also be reached via Bolt, Uber and FreeNow, but the cost is much higher.
- **Modlin Airport** is located a few dozen kilometers from the center of Warsaw:
 - First you should take a bus from the airport to the NOWY DWÓR MAZOWIECKI train station (cost around 1 euro)
 - Then catch a train from NEW DWÓR MAZOWIECKI to WARSZAWA ŚRÓDMIEŚCIE (cost around 3,4 euro)
 - You can take that trip on one ticket bought here: <https://bilety.mazowieckie.com.pl/start>

The last part of the trip is to take the train from WARSZAWA ŚRÓDMIEŚCIE to OTRĘBUSY:

- Timetable here: <https://www.wkd.com.pl/en/>
- Tickets can only be purchased at the railway station ticket counters.

The venue is located 700m from the train station OTRĘBUSY – address:

Centrum Konferencyjne Mazowsze, ul. Świerkowa 2, 05-805 Otrębusy

The participants should reach Otrębusy by themselves.

NOTE! All the tickets must be given to organizers in the period of the project.

ACCOMMODATION

Training Course is organized in Otrębusy (approx. 15 km from Warsaw).

<https://en.wikipedia.org/wiki/Otr%C4%99busy>

Participants of the TC will stay at the hotel in Otrębusy – small village close to Warsaw, at the Mazowsze Conference Center. The participants will be accommodating in the rooms with 2-4 beds, the toilets, and showers (<https://ckm.waw.pl/pokoje/>).

Address of the hotel:

Centrum Konferencyjne Mazowsze

ul. Świerkowa 2, 05-805 Otrębusy

<https://ckm.waw.pl/>

MEDICAL SAFETY

The project venue will be provided with first-aid kit, so an immediate medical treatment can be provided right away if some medical problems suddenly appear.

FOOD

The breakfast, lunch and dinner will be provided at the hotel. The participants must inform us forward about their dietary (vegetarian, do not eat a pork etc.) or any specific needs.

FINANCIAL CONDITIONS

Up to 100% of all the travel costs of the participants within the maximum limit per country will be reimbursed. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month given by the European Commission.

Participants will receive the travel reimbursement via bank transfer to their sending organizations within 2 months after the end of the TC upon receipt of their travel documentation.

Please do not forget to collect your boarding passes, tickets, invoices, and any other travel document. **In case a document is missing, we will not be able to provide a refund.**

REIMBURSEMENT

NOTE! Please check travel budget limits below. If travel costs exceed the amount budgeted in the project, the cost should be covered by the participant. The organizers will only be able to reimburse participants the maximum travel costs indicated in the travel budget.

Before booking your flights, you must provide details of your travel plans to us for verification and approval.

To receive the travel refund, participants need to complete a reimbursement form that will be given during the Training Course. Below you can see the travel cost limits per country per participant:

Country	Travel cost limit
Poland	20 Euro
Romania, Latvia, Bulgaria, Lithuania, Italy	275 Euro
Spain	360 Euro

PREPARATION

Weather in Poland can be changeable - we recommend taking clothes for both hot and rainy days. Moreover, remember that each country will have an opportunity to present itself at the Intercultural Night - bring your local specialties, show us your national dances, present games, films.

Bring with you:

- Traditional snacks for intercultural evening.
- Clothes for different weather.
- and especially → good mood.

CURRENCY IN POLAND

Currency in Poland: Polish Złoty (PLN), 1 zł = 100 Groszy

Exchange rate is approximately (today): 1 USD = 3,5 PLN 1 EURO = 4,5 PLN

Remember that in Poland, you **can pay by card in practically any place**. We recommend you set up a Revolut account, which will allow you to pay by card in any place with money in your local currency on your account.

WEATHER

You may check the current weather forecast at the following link:

www.accuweather.com/pl/pl/czstochowa/275785/weather-forecast/275785

CONTACT

In case of any questions do not hesitate to contact us:

Idea for Life: wig.erasmus@gmail.com

Direct contact to PMs:

Kamil Dobrowolski – kamildobrowolski01@gmail.com +48 665 464 104

Krzysztof Włodarczyk – wlodarczyk.k24@gmail.com +48 509 479 596

**WE ARE LOOKING FORWARD MEETING
YOU IN POLAND!**