



FUNCACJA SALAMANDRA

*We See you.
We Hear you.
We Support you.*



**"WE SUPPORT YOU! WE MOTIVE YOU!
WE INSPIRE YOU!"**
Training course
21-28.04.2023
Koninki

ABOUT THE PROJECT

Our international **Training course "WE SUPPORT YOU! WE MOTIVE YOU! WE INSPIRE YOU!"** will take place on **21-28.04.2023** in **Koninki** (50km from Kraków). We will gather 30 youth workers from Poland, Slovakia, Czech Republic, Italy, Romania, Portugal. Each group is **5 youth workers (+18)**



During the exchange we will use various tools and elements of nonformal and informal education methods to better understand themes:

Inclusion of marginalised young people
New learning and teaching methods and approaches
Preventing early school leaving and failure in education

Together we have prepared interesting activities based on nonformal and informal education methods, such as games, integration activities, workshops, presentations, discussions, etc. By full participation in these learning process we want to develop competences which will allow us to better understand the world around us, take smarter decisions and give valuable, positive input to our local communities, countries and whole Europe.

PARTICIPANTS PROFILE

*Gender balance



* Participant profile

- 1) To be highly interested in the topic and an active participation.
- 2) To have fluent level of English.
- 3) Have experience in KA153 projects.
- 4) Aged more than 18 years old



FINANCIAL CONDITIONS

Hotel, food and programme costs are covered by organisers. You might want to have some cash to:

Transportation costs of all participants will be covered by project budget up to Erasmus + limits of transportation costs for particular partner countries (look below). Please mind that this limit should also cover local transport from airport/Kraków or bus/train station in Kraków to hotel in Koninki



20 euro for a two trips on the route Kraków - Koninki and Koninki – Kraków)

We will pay up to limits of transportation costs per country after training course by bank transfer (when we receive all the required documents from the participants).

Please plan your travel in advance and inform us. Please consult with us before purchasing your tickets! Please consult us if you need to use other transport than bus, train, plane!

Please provide us with travel plan and preferences of participants at latest 2 weeks prior to the training course so we can either coordinate common transport from Krakow for all participants

Limits of transportation costs for partner countries (per person) are:

- Portugal - **360 euro**
- Italy - **275 euro**
- Romania - **275 euro**
- Slovakia - **180 euro**
- Czech Republic - **180 euro**
- Poland - **0 euro**

Departures



Arrivals



Very Important !!!

hours of arrivals / departures from Krakow (airport / bus or train station)

Training Course (21-28.04.2023)

5 persons from each group (+18)

arrival no later than **10.00 - 21.04.2023**

departure no earlier than **18.00 - 28.04.2023**

if you want to arrive on 19.04.2023 or 20.04.2023 and fly out on 29.04.2023 or 30.04.2024 we can help you find a cheap and good accommodation in Kraków or Koninki (**Food and accommodation on these days is not financed by the Erasmus + program**)



COSTS AND REIMBURSEMENT

Travel expenses will be covered after collecting all the travel documents on good conditions.

Participants have to **use the cheapest ways of transportation and submit the original invoices for plane tickets, boarding passes, train and bus tickets**. Private cars, taxi and first class tickets will not be re-imbursed. Please keep the boarding passes from your airport check-in as well. Reimbursement will be done in Euros, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than Euros, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase.



NOTE !!!

Make copies (better scan or take photographs) of your tickets and invoices before coming to Poland and send us all your travel documents to this email address: **salamandra.trainingcourse@gmail.com**, as soon as you buy them. If you have tickets and invoices, make sure that you e-mailed copies of both. You can't buy any air ticket or any travel cost without authorization from the organization. If this happens, it will not be refund any amount of money to these participants. **All participants must consult with the organizers on prices & routes (please contact salamandra.trainingcourse@gmail.com), before buying any tickets.**

For the reimbursement of the money, you have to bring us all these original documents:

- Official Invoices
- E-tickets.
- Proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)
- Original boarding passes

We encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming to Poland, without needed to send it to us by post mail when you return home. If is not possible to do it, you will need to send us the boarding passes by post mail after the project. Of course, if you want you can stay 1-2 days before/after the project, but you will have to pay by yourself for those extra days.

CULTURAL NIGHT

Cultural Night we will have one session per country where you can expose your customs, traditional dances and culture. All the teams must prepare some presentation from their countries in a creative way. We hope, that your culture means you something more than national food and drinks. Also bring the flag of your country. And don't forget to bring some traditional music for the intercultural nights.

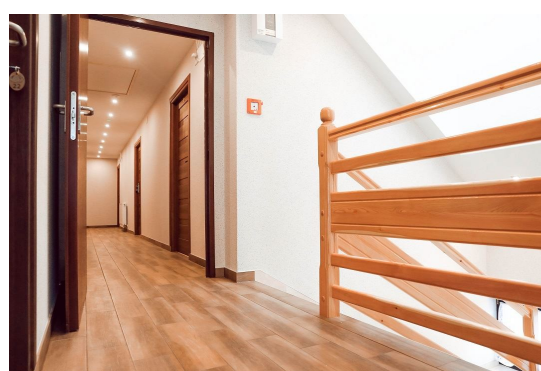
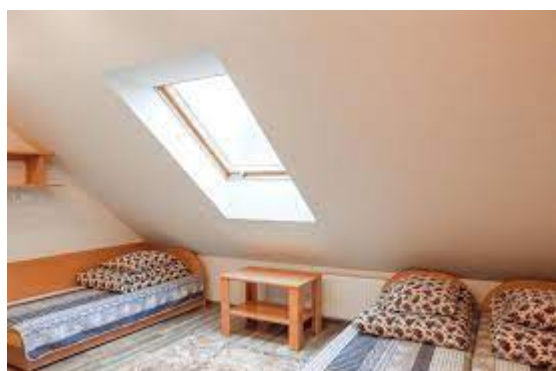


ACCOMODATION

During the youth exchange we will host you in a very nice hotel

→ <http://willa-tram.com.pl/>

All costs related to accommodation, and food (3 meals per day "breakfast, lunch, dinner") will be covered by project budget as well. All breakfasts will be served in the hotel, also most of other meals. Please send us information if you need special diet or have other health/food issues (vegan, allergic, etc) max 7 days before exchange. All rooms include bathroom and internet access. Please take personal cosmetics and towels with you. In general you will stay in 2/3/4 people rooms. A few minutes' walk from the hotel there is a shop if you need to buy something.



WHAT TO BRING

* Comfortable clothes and shoes for workshops which we will organize indoors and walking in the mountains



* Small amounts of traditional food, drink, snack to share for your national evening activities. It would be nice to prepare some interesting presentations of your country. You can teach your songs, dances and games to all participants. Or organize anything else, one night is yours. We will have normal dinner each day so you don't have to cook dinner!



* Tablets or laptops / minimum 2 for each group)



INSURANCE & HEALTH ISSUES

The participants are themselves responsible to get a travel insurance. We will provide accident insurance to all participants for the time of they stay in Poland (only project days). Please provide participant details at latest 7 days prior to youth exchange dates – otherwise we might not be able to include you in this insurance. Anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover extra insurance fees.

Please take your (free) European health Insurance Card just in case you might need to visit a doctor here, otherwise most likely you'll need to pay.

CONTACT FOR SELECTED PARTICIPANTS

Future communication to participants will be done via this group :

<https://www.facebook.com/groups/491819002732429>



project coordinator / contact person:

Michał Mróz

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e-mail:michalmrozzz@gmail.com

fb:www.facebook.com/mmroz25

SEE YOU SOON IN POLAND!!!