

%M²UN1C@10N

TRAINING COURSE - INFOPACK

Part 1: 9-14 IX 2019 Poland

Part 2: 20-23 X 2019, Italy

PROJECT SUMMARY

„%M²UNIC@I0N" is the second edition, funded by the Erasmus+ programme and promoted by the Outdoor as a Tool network, of a training course.

Experiential learning and outdoor education are the main methods used during the training targeting primarily youth and social workers and educators.

Project has a two parts:

- **#1** is a 6-days residential training course aimed at exploring following topic in the field of youth work: communication styles, non-violent communication as a method to improve cooperation between young people, NLP, effective communication, The Scale of Cooperation model, outdoor environment as a context of communication. This part will take place in Międzywody, next to a small village in ventral of Poland, from the 9th to the 14th of September 2019 (travel days excluded).
- **#2** is a 4-days follow-up meeting looking for a direct application of mentioned topics in educational activities. Between two parts, participants would have some task and support for individual and group learning. We are going to meet in Milano, big city in north part of Italy, from the 20th to 23rd of October 2019 (travel days excluded).

Project will involve 18 participants and 3 trainers from different European countries; Poland, Italy, Romania, Latvia, Netherlands, Portugal.

The working language will be English.

THE COURSE OF THE PROJECT

9-14 IX 2019: 6 day training course

post online-work

20-23 X 2019 : 4 day implementation
& evaluation meeting

AIM & OBJECTIVES

The objectives of the training course are:

- to explore your communication styles, behaviours and practices
- to explore the possibilities offered by games and activities to inclusion and non-violent communication
- to empower and endow educators, trainers, youth and social workers and leaders with applicable tools to increase young people's participation to community life, reduce radicalization and xenophobia and promote a less violent society
- learn how to cooperate effectively in an international team
- become a better and more confident team players
- grow cross-cultural awareness
- learn how to prepare and conduct a communication based workshop for youth

The methods that are we going to use are based on experiential education approach with an outdoor

- education elements:
- trust building and problem solving games
- peer-to-peer and one-to-one coaching sessions
- active reviewing and debriefing
- different feedback methods
- case study
- group discussion
- energizers

The training course aims to support the participants to get a deep understanding of communication, to apply them effectively in their work, and to design new program for youth, according to different settings and contexts. The project will specifically address topics such as: violent/non violent communication, distance and digital communication, decline in civic and political participation of youth; through a programme that will be able to provide youth workers, educators and trainers with tools, theoretical background, motivation and empowerment to tackle these problems more effectively in their local work.



DISSEMINATION

Dissemination is a crucial area of the Erasmus+ project lifecycle. It gives the opportunity to communicate and share outcomes, thus extending the impact of a project. Sharing results, lessons learned, outcomes and findings will enable a wider community to benefit from a work that has received European funding.

Every partner organization in this training designed dissemination process based on needs.

Except on that, every participant of this training would contribute in:

- creating toolkit of activities that will be published
- being a member of a team who would prepare workshop for a youth in Italy
- promoting all results and resources linked to communication with youth

PARTICIPANT PROFILE

PARTICIPANTS

- 3 participants /partner organization
- aged 18 + , preferably over 20
- person who is belonging or working for the partner NGO organization as volunteer or as part/full time employee
- Experienced in working with group (providing workshops, being group leader, trainer, etc.)
- Sufficient written and spoken English
- understand the value of participation in the project, including the implementation of tasks related to its obligations
- Interested in topic of communication
- Strongly motivated to participate in the 2 parts of course and provide communication workshop on local level for group of youngsters

THE TEAM



AGA LEŚNY, IGOR LISIN, JEROEN VOORHAAR

ACCOMMODATION - POLAND

The area where the first part of a project is taking place is in north Poland. The accommodation will be in Międzywody (www.miedzywody.pl/), a really tiny village close to city of Toruń. Sermugnano is a beautiful medieval town surrounded by rolling hills, immersed in an inspiring landscape ideal for reflection and education. It has dormitory rooms with bathrooms, working or chill out spaces, playground and sauna. Especially for our group there would be an option to use laundry service.

Beddings, pillows and blankets will be provided. Please bring your own towel. Wi-fi internet is available free of charge.

The house will be partly-managed by our group, which will be responsible for living together during the course. It is a normal part of our educational approach, and encourages community spirit, responsibility and sharing. Everyday tasks will be shared by participants, as part of the "sustainable living" experience. As part of our effort towards sustainability, meat (or fish) will be served every other day.

ARRIVALS AND DEPARTURES

The program will start at 8:00 am on Sept 9th and the departures from the accommodation will be arranged between 7 and 10am on June 15th.

If you are travelling by plane, fly to Gdańsk, Warszawa, Bydgoszcz. Then reach the train station of Toruń (by train or bus). On the arrival day there will be pick up service provided by our staff from the station to the accommodation, at 5:00 PM. For those arriving outside of the pick up times, the team is available to arrange taxi rides from the station. However the cost of a ride could be up to 50€ and it will be covered by the participants.

TO BE ABLE TO ATTEND THE COURSE FROM THE BEGINNING TILL THE END IS ONE OF THE BASIC CONDITIONS FOR PARTICIPATION. PLEASE ARRANGE YOUR TRAVEL TO BE THERE ON TIME. IN CASE OF ANY COMPLICATION, PLEASE, LET US KNOW AS SOON AS POSSIBLE.

For those who would like to stay longer in Poland, it is possible to organise independently and take a few days extra for your own leisure time. You can take up to extra 2-3 days (before OR after the course) and still be eligible for a travel reimbursement (not more). The accommodation costs for these extra days is fully up to you.

TRAVEL COSTS REIMBURSEMENT

The course is co-funded through the Erasmus+ European programme. We can reimburse only the cheapest transportation possible and only public transport, 2nd class fares.

- will be done by transfer after fulfilling project obligation
- will be done via transfer according to exchange rate (EUR to PLN) given by Polish National Agency, as effect participants may get slightly different amount that they will have on tickets (applied only for tickets in EUR)
- you have to participate in the whole program, to get the reimbursement
- we provide the 100% of your travel costs between participant hometown and venue, until the amount is not more, than determined by the project
- We only can calculate only those costs on which we would received the tickets and invoices
- Participants are asked to travel with any kind of public transportation (tourist class) or motor car. We do not reimburse taxi and parking cost.

The following list shows how much is the maximum allowed per person for a full return (two ways) journey, so please try NOT to spend more than this:

COUNTRY	LIMIT
Latvia, Italy, The Netherlands, Romania	275 €
Poland	20 €
Portugal	360 €

SUSTAINABILITY

Sustainability is very important for us. Please contribute to it, tips:

- If you can – try to travel not by plane. Use public transport
- If you fly – please travel light (cabin baggage). We arrange laundry service especially to help you decrease your luggage
- We won't provide meat every day. If you want to do a physical sports every day (like running etc.) please consider to take any extra proteins or let us know what you need in advance.
- We would ask you to do some voluntary service during the program.

THANK YOU!

TRAINING FEE

The participation to the course foresees:

- a non-refundable PARTICIPATION BOND of 30€ to be paid by bank transfer after selection before the start of the training course or as a deduction from travel reimbursement;
- a PARTICIPATION FEE - to be paid in cash during the training course - on a sliding scale from 130 PLN to 300 PLN. Participants will be free to choose their contribution according to their own personal financial possibilities and the value they see in this programme.



USEFUL INFORMATION

- Pack clothes which also suitable for outdoor activities, sauna and swimming in a lake (not aligatory)
- Internet is available on the venue place, but the signal can be weak. Do not plan important online meetings or deadlines to be met during the course, which will be quite packed anyway;

Participants commit themselves to actively participate in the whole process, including:

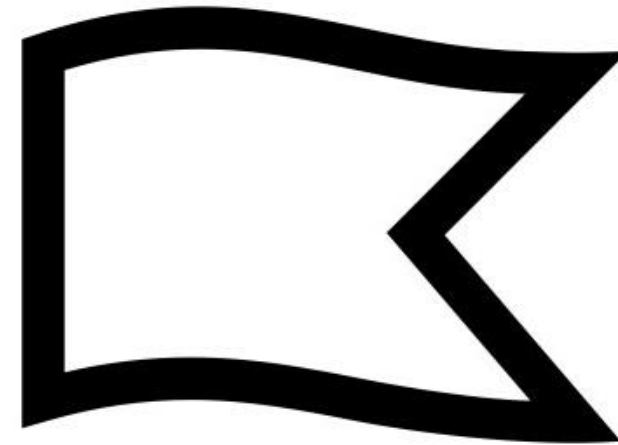
- to read all the information carefully;
- to communicate timely with the organizers;
- to prepare adequately for the training course;
- to take actively part in the full duration of the activities;
- to participate in the evaluation process after the course and the dissemination of the results
- Obtaining a full insurance (travel risks, medical, injuries) is the participant's responsibility;
- Pictures, videos, images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports or websites or social networks, or for promotional material;
- Providing information on special needs, does not remove the participant's personal responsibility for ensuring their own health and safety

YOU DO NOT KNOW US?

Manufacture of Science and Adventure is a non-government educational organization founded in 2012. We are one of the first organization in Poland, interested in experiential and outdoor education programs with the goal of personal development and development of interpersonal relationships. Our goal is to help people discover and develop their true potential to care for and respect themselves, others and the world around them through safe and challenging experiences in different settings.

Cooperation, caring for nature, honesty, civic activity, taking responsibility for our own lives, building relationships - these are our values. We are working with schools, kids, youth, families, adults and business groups.

<https://naukaprzygoda.edu.pl/en/>



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READY TO JOIN?

FILL IN THE FORM

[HTTPS://FORMS.GLE/XTTISLQEZWT34QFN6](https://forms.gle/XTTISLQEZWT34QFN6)