

TOTALLY UNDERSTANDING

TRAINING OF YOUTHWORKERS

22 - 29 February 2024
Lublin, Poland

About the Training Course

Training of youthworkers is for people who have started working with young people using non-formal methods and still developing their ways to support youth.

This training course covers a wide range of topics, including diagnosis of our youthwork systems, our roles as youthworkers, mental health self-care, motivation of youth and ourselves.

During TC participants will have the opportunity to share their good practices which are used in their daily work and inspire each other to develop new points of view of solutions. By the end of TC we plan to organize good practices meeting in one of Lublin's youth spaces with local youthworkers. The aim is to show different views of youthwork, challenges and solutions from European to local level.

By the end of training course, participants will have a solid understanding of their role as youthworkers in their systems and easily find new solutions for youthwork challenges.

Objectives

- Develop an understanding of youthworker's role and needed competencies
- See in bigger picture system within we are working and all the pros and cons
- Understand deeply what motivates us to do youth work and how to motivate youth
- Learn how to take self-mental-health-care
- Develop effective partnership-building with youth
- Learn how to do useful evaluation and get some insides from it
- Present and exchange good practices in youth work field

Profile of the participants

The people participating in the training will be youth workers, youthexchange leaders, youth initiatives mentors, youth project coordinators, experienced volunteers, and all those who support youth in their ideas. TC is for persons above 18 years old.

Venue

Hotel Akropol

Lublin, Poland

website <https://akropol.lublin.pl/hotel-lublin/>



Insurance

- Personal accident insurance for participants will be provided
- Health care & travel insurance is not provided by the organizers. Participants must provide it on their own.

Accommodation & Food

The organizer provides accommodation

- 3/4 persons in room

and food for entire training:

- 3 meals per day
- 2 coffee breaks between sessions

Travel

The participants groups need to buy travel tickets on their own.

The time of travel must be included maximum in period of two days before and after the projects activities. All the expenses for the extra days are the responsibility of the participants.

The organizer will reimburse travel cost via bank transfer up to 30 working days after the project when all needed documents are delivered to the organizers.

Reimbursement of the travel costs will be done only upon presentation of all original tickets (including return tickets), receipts, invoices and boarding passes.

You should print all documents related to your travel costs (original invoices and tickets indicating names of travelers, description of the journey, cost, currency and date of travel).

Reimbursement of travel costs in accordance with the rules of the Erasmus+ program.

We will provide the exact amounts and more information on travel budget limits after all partners are chosen.

Travelling to Lublin

Your destination is **Lublin**. In Lublin there are two main stations:

- Lublin Central Train Station
(Dworzec Główny PKP)
- Lublin Central Bus Station
(Dworzec Metropolitalny)

AIRPORT

You can travel to Lublin Airport (LUZ), Warsaw Chopin Airport (WAW) or Warsaw Modlin Airport (WMI).

There are also Cracow Airport (Kraków, KRK) and Rzeszczow Airport (Rzeszczów, RZE). Both are located a bit further from Lublin and the journey from them to Lublin takes approximately 3-4 hours.

Please contact us at least 24 hours before the purchase about tickets you're planning to buy.

Please remember to choose the most cost-effective travel option as only cheapest option will be accepted.

Wait for our approval before purchasing tickets!

Contact person:

Natalia Bartoszuk

natalia.bartoszuk@sempre.org.pl

Travel from Warsaw Chopin Airport

A. Take **Flixbus** directly from Warsaw Chopin Airport to Lublin Central Bus Station. It needs prior booking and cost about 10 - 15 EUR (shop.flixbus.com). It takes up to 3 hours.

B. Take the **bus** (175 or 188) to the Central Station. From there you can easily reach other stations. Due to renovations in Warsaw, trains to Lublin depart from Warszawa Gdanska or Warszawa Wschodnia. You can reach Warszawa Gdanska with Metro (M1 - station: Metro Dworzec Gdanski) and Warszawa Wschodnia with a regional train.

Then after reaching the station in Warsaw, take a **train**. The train ticket from Warsaw to Lublin needs prior booking and cost about 30-50 PLN which is about 6-10 EUR (<https://www.intercity.pl/en/>). You can also buy the ticket in the station but we recommend buying it earlier. The ride takes up to 2-3 hours.

Travel from Warsaw Modlin Airport

By train: use the website to check the schedule and book a ticket (you can also buy it inside the train): <https://koleo.pl/>

You are travelling from **Lotnisko Modlin** to **Warszawa Centralna, Warszawa Gdańska or Warszawa Wschodnia** (depending from which station you are taking bus/train to Lublin). Once you reach the station, follow the instructions above.

Useful websites & apps in Poland

<https://www.e-podroznik.pl/>

E-podróżnik is nothing more than a very popular search engine for train and bus connections. The portal in its offer has the opportunity to purchase tickets from more than 1500 carriers both within Poland and other countries.

<https://www.intercity.pl/>

A rail carrier's website where you can buy train tickets. Important: Students studying abroad are not eligible for a discount, you must purchase a regular ticket for train travel.

<https://www.jakdojade.pl/>

An essential website/application for all public transport passengers in Polish cities. Thanks to the app, you can easily check the timetable and buy a ticket.

Sempre a Frente Foundation

Contact us!



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Do zobaczenia w Lublinie!
See you in Lublin!



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