



# ***Interact to Grow***

**Krzyżowa, Poland,  
Sept. 25 – Oct. 2, 2017**

**C:E:T**  
*Platform*  
POLSKA

**f r s e**  
Fundacja Rozwoju Systemu Edukacji

Co-funded by the  
Erasmus+ Programme  
of the European Union





## About the project

- Project “Interact to Grow” consists of one activity – training course for youth workers and local leaders. The training will be implemented in Krzyżowa, Poland, from 25th of September to 2nd of October 2017. 28 participants of the project will come from 8 European countries (Bulgaria, Croatia, Greece, Czech Republic, Romania, Lithuania, Poland, and Italy).
- Objectives of the project are to empower youth organisations in Europe to include young people with disabilities, who form Europe’s biggest minority group, into their actions by providing them with the right attitudes (by challenging them to explore and understand different forms of disabilities) and tools for practical work (by sharing good practices, resources, and finally by creating and adopting tools they use to meet specific needs of this group of young people).
- The project is a direct answer to needs of partner organisations and to needs of youth in Europe in general and comes from our experience and discussed needs. Our idea is to make the training a turning point for partner organisations, allowing inclusion of youth people with disabilities at the same level as those without special needs in their actions.



# Aims of the project

The project aims to:

- promote the Erasmus+ as a tool of social inclusion and supporting diversity in youthwork
- to learn and exchange good practices of activities aimed at providing space in partner organisations for participation of people with disabilities
- to learn about situation of young Europeans in their societies in general, with special attention to people with disabilities
- to learn new methods of youthwork and to learn to adopt those used daily to ensure inclusion of all groups of youth
- to foster inclusive attitudes of youthworkers
- to strengthen network of youth NGOs in Europe

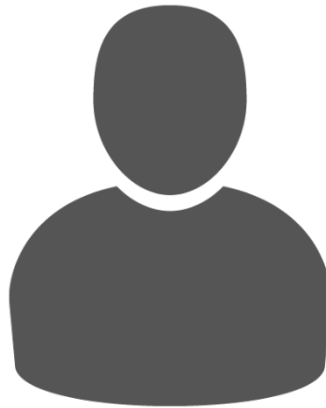


# Partners

| Partner name   | Country        |
|--|----------------|
| Central European Trainers' Platform                                | Poland         |
| EVROPA V DVIJENIE  | Bulgaria       |
| Civilna, edukativna i transparentna platforma                      | Croatia        |
| ASOCIACIJA APKABINK EUROPA   | Lithuania      |
| Asociatia pentru Promovarea Egalitatii intre Tineri - ADAPTO       | Romania        |
| EUROSUD  | Italy          |
| BUSINESS MENTALITY ASTIKI MI KERDOSKOPIKI ETAIREIA                 | Greece         |
| ASOCIACE DICE - DEVELOPMENT INITIATIVES FOR A COMMON EUROPE, Z. S. | Czech Republic |



# Participant profile



We are looking for:

- Youth workers, youth leaders and youth trainers working in/cooperating with the sending organisations;
- Participants communicating efficiently in English;
- Aged over 18, having strong motivation to participate fully in all activities of the training course.

## Venue

The Training Course will be held in a beautiful and relaxing rural area, Krzyzowa Village, which is situated around 60km far from Wrocław in Lower Silesia region, Poland.



More about the venue -> [here](#)

History of the place-> [here](#)



# Venue


Participants will be accommodated in 1/2 and 1/3 bedrooms. Full board will be provided by the organisers.





# Board and lodging

CET Platform Polska during the training will provide you with:

- Accomodation
- Three meals per day (also for vegetarians, vegans, etc.)
- Coffee breaks
- All needed working materials
-  Wi-Fi

The Training Course will start with dinner on 25.09 and end with breakfast on 2.10.





# Travel guide

CET Platform will organise a Shuttle Bus which will bring us together from the meeting point in Wrocław to the venue of the project, so in that case the best for you is to find a plane/bus/train from your home city to Wrocław directly.

- Shuttle Bus Wrocław – Krzyżowa  
It will be organised around 5 pm, so please try to look for travel options that allow you to be in Wrocław before that time.
- Shuttle Bus Krzyżowa – Wrocław  
On the way back the bus will leave around 09/9.30 am, so please try to book your connections from Wrocław after 12/1 pm.
- Total cost of the shuttle bus is 10-15 Euro, that cost will be dedicated from your reimbursement.





## Wroclaw /vrots love/

Wroclaw is located in the south-western part of Poland and has many possible flight connections with other European cities ([airport.wroclaw.pl/en/](http://airport.wroclaw.pl/en/)).

Other suitable airports are Krakow ([krakowairport.pl/en/](http://krakowairport.pl/en/)) or Warsaw ([lotnisko-chopina.pl/en/passenger](http://lotnisko-chopina.pl/en/passenger)). It is possible to get to Wroclaw from Warsaw, Krakow, Berlin, Prague, Katowice by train ([rozklad-pkp.pl/bin/query.exe/en?](http://rozklad-pkp.pl/bin/query.exe/en?)) or by coach (e.g. [www.polskibus.com/en](http://www.polskibus.com/en)).

The meeting point will be conveniently located in the city centre of Wroclaw, near the train and bus stations.

Organisers cannot provide you with food & accommodation before or after the project, but we will be glad to provide you with any information or suggestion that may make your stay safe, comfortable and pleasant.

During the project we won't organise any trips to visit Wroclaw. However if you want to visit the city (it's totally worth it!), you may stay 2 more days before or after the project - just please consult it with us before.





# Travel costs

- The organisers will reimburse your travel costs from your home city to Wrocław, Poland.
- Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice and up to the level set by the EC based and the distance calculator between seat of your organisation and the venue.
- Reimbursement of travel costs will only be done upon full attendance during the activity and presentation of the original tickets with boarding passes (and receipts/invoices if applicable). Reimbursement will be done in cash, based only on actual costs, at the end of the training course.
- As a rule the cheapest reasonable travel option should be chosen.





# Maximum travel costs

According to the general rules of the Erasmus+ programme and the distance calculator, the maximum travel cost is (by home country):

**0 EUR – Poland**

**180 EUR – Czech Republic**

**275 EUR – Croatia, Italy, Bulgaria, Romania, Greece, Lithuania**

Please remember to get our approval before booking your tickets (send us your route plan and fares to [office@cetplatform.pl](mailto:office@cetplatform.pl)) !

**It's not a problem if you want to arrive or stay 1-2 days before or after the project.**

If you plan to travel outside the official project dates you need CET Platform Polska approval first. Please contact us at [office@cetplatform.pl](mailto:office@cetplatform.pl)!

Tickets for travel outside the official travel dates purchased without approval will not be reimbursed!





# Health insurance

Please make sure that coming to the project you have a valid health insurance!

Please make sure that your health insurance makes it eligible to have a medical treatment abroad. This is absolute **must** if you want to join the project.

You can obtain European Health Insurance Card or buy travel insurance covering potential yourr medical needs (for participants being EU citizens).

Costs regarding health insurance are not reimbursed by hosting organisation.



## What to bring

- Information materials about your organisation, photos or report from your former projects and other things, which will help you to present your organisation during NGO fair.
- Some national drinks, snacks, brochures, music, posters, traditional garments and any other suitable materials for the intercultural evening which will be open also for neighbours of the guesthouse.

If you need any extra equipment or you have special requests, write us in advance!





## What you need to know...

- Polish national currency is Złoty (Polish Złoty, PLN). 1 EUR is approximately 4,20PLN;
- Exchange rate at the airport is usually lower than in the city so try not to change big amount of money there. Polish word for an exchange office is KANTOR.
- Weather on September/October is usually quite pleasant, temperatures may vary from 10 to 20 degrees with occasional showers. Nights may be quite cold, so please make sure to bring some warmer clothes.
  
- Most useful Polish expressions:
  - Przepraszam – I am sorry / Excuse me
  - Dziękuję – Thank you
  - Proszę – Please / You are welcome





## Contact us

- Should you have any questions concerning the project, travel, your preparation or any other matters please do not hesitate to contact us at [office@cetplatform.pl](mailto:office@cetplatform.pl)
- We will also launch the website of the project and facebook group for participants, allowing you to get some additional info and get in touch with others before the activity starts.

