

"OUR FUTURE"



Mobility 1

11.06.2022 - 20.06.2022 (where Saturday, 11.06 is arrival day and Monday, 20.06.2022 - departure day)

Mobility 2

30.10.2022 - 8.11.2022 (where Sunday, 30.10.2022 is arrival day and Tuesday, 8.11.2022 - departure day)

**TRAINING COURSE ORGANISED BY
KOBIECY.LODZ.PL AND POWERED BY ERASMUS+**

PROJECT DESCRIPTION

With "Our Future" project we will provide space for people to create a long-term vision of the world they want to live in. **The project consists of two mobilities in Poland** (participants should be able to take part in both of them, as well as fulfill tasks in between).

The first mobility (11.06.2022 - 20.06.2022) is dedicated to exploring existing alternative solutions around education, nature preservation, food sourcing, businesses, communication and other crucial aspects of our life. We will get to know those solutions, critically analyse them and discuss what we want to take from there to our journey toward a new vision and what we would rather improve or leave behind. Analysing existing solutions will bring hope and belief that change is actually possible and will enrich our own view with elements which were already tested and proved functional.

During the **second mobility (30.10.2022 - 8.11.2022)** we will dream together about the world we want to live in, learning and practicing techniques of both individual and collective envisioning. We will also plan actions which can bring us closer to the world of our dreams.

Main objectives:

- Creating new visions of the world which brings motivation and direction to our actions.
- Exploring and learning from already existing alternative solutions.
- Preparing actions which will bring us closer to the vision of the world we want to live in.

Additional objectives:

- Developing skills of critical thinking, individual and collective envisioning, creating and implementing social actions and equipping youth workers with tools which help them develop those skills with young people
- Promoting existing alternative solutions in fields of communication, education, business, agriculture, etc, showing that an alternative world is not only possible, but till some extend it's already there
- Bringing back hope and motivation, often quenched due to the pandemic and its consequences
- Reenforcing the bonding among partner organizations, creating long term collaboration plans based on the shared vision of the world we will create during this project
- Refreshing youth work approaches and techniques to embrace a wider perspective
- Involving young people into collective dreaming, supporting them by giving tools to define their dreams, goals and directions
- Evaluating tools (with focus on critical thinking as well as individual and collective envisioning) used during the training and improving them for further use after the project ends, with next target groups

ABOUT THE PROGRAMME:

In "Our Future", we use active, non-formal education methods based on our experience. During the training course, you:

1. Discuss and ... listen ;)
 2. Sharpen your Social Skills
(empathy, communication, awareness, teamwork, creativity)
 3. Meet other educators, youth workers, community leaders and climate activists, getting to know their challenges and daily work
 4. Learn and grow
 5. Meet a group of like-minded, engaged people who really care
 6. Have the chance to share your own expertise and start new collaborations
- AND MORE :)

PROFILE OF PARTICIPANTS

If you want to take part in "Our Future," it is important that you are part of the local community network and/or the partner organisations directly. We are looking for participants who are active youth workers (project coordinators, facilitators, educators, community leaders, activists) working with or for youth, who:

- have experience and good understanding of the needs in the field of youth work as well as good understanding of the situation of young people in their local community and/or national context;
- at least a basic understanding of non-formal education purposes, framework and educational approaches;
- good level of English;
- motivation to take part in a mutual exchange and learning process held in an intercultural setting within a transnational team;
- ready to devote their time and work to the project in all phases, including participation in two mobilities and fulfilling the tasks in between them.

There is no age limit in the training course, we always try to bring different perspectives - from young adults till experienced middle or even senior age practitioners. As much as in the case of gender or origin, we believe in the power of diversity and putting together various perspectives.



WHAT TO TAKE WITH YOU:

IN ORDER TO PREPARE WELL FOR THE MOBILITY, PLEASE READ CAREFULLY.

INSURANCE DOCUMENTS (the insurance - HEALTH, ACCIDENT AND LIABILITY insurance for the travel and the whole duration of the project is **OBLIGATORY** and is a personal contribution of every participant). While searching for your insurance, please make sure that it covers (both in the case of travel as well as your stay in Poland) the unfortunate case of ticket cancellation and/or the need to stay in quarantine. It is very important, since we won't be able to cover/reimburse tickets cancelation or the need to stay on quarantine.

- personal medication (if needed - including anti-allergic medicine if you need - **THERE ARE A LOT OF ANIMALS ON THE FARM - dogs, cats, horses and more! :)**);
- cash (PLN) - if you want to buy something extra on the way or in the local shop;
- a towel;
- slippers or other shoes to use indoors;
- warm, rainproof clothes (the weather can be rainy and chilly but also sunny and warm);
- waterproof shoes (you may even consider wellingtons!) - please remember that we will be on a FARM, the soil can be quite muddy);
- toiletries (remember to bring your toothbrush, shampoo, soap etc.) as there are no stores in the immediate area of the venue);
- ear plugs, if you need (we are sharing rooms with 3-5 other people);
- personal notebook / journal and a pen;
- (optional) musical instruments and books to share within the training library;
- (optional), traditional, preferably healthy sweets / snacks from your country to share with the others during breaks :)

FEW WORDS ABOUT POLAND AND THE REGION WHERE WE WILL BE:



WHAT SHOULD YOU KNOW ABOUT POLAND?

Our currency is Polish zloty (PLN).

1 Euro is about 4,5 zloty. We speak Polish. Usually in big cities you can communicate in English but it's not necessarily true in towns and villages ;) Polish is a Slavic language, you can try to communicate in Russian or Macedonian or, in case of emergency, call us to translate!

The weather in Poland in June should be ... ok :) It can be sunny and quite warm during the days but sometimes still a bit chilly in the nights. It can also be that there are few rainy days in a row. We will send you long-term prognosis closer to the start of the mobility but please be prepared for some warm and sunny weather but also RAINPROOF/WINDPROOF clothes! :)

The venue is located around 2 hours from Gdańsk, a city on the Baltic coast of northern Poland. With a population of 466,631, Gdańsk is the capital and largest city of the Pomeranian Voivodeship and one of the most prominent cities within the cultural and geographical region of Kashubia. It is Poland's principal seaport and the centre of the country's fourth-largest metropolitan area.

ACCOMODATION & FOOD

The training course takes place at Żywa Ziemia (Living Earth), located in Zakrzewo, close to Gdańsk, Poland.

Żywa Ziemia is a natural farm promoting healthy living, permaculture and sustainability (to know more please click: [HERE](#) or [HERE](#))

The venue provides shared rooms (3 - 5 people per room), multiple training spaces (including beautiful outdoor spaces, presence of animals and other living beings as well as solitude and natural surroundings reducing "city" distractions) and vegetarian/vegan food, partly produced at their farm.

We are taking extra measures with an eye on the latest developments within the pandemic situation to make your stay as safe and pleasant as possible. **We will accommodate together preferably people from the same partner organisation/country or those who were travelling together.** More information about this in the next section.

Please, note that:

- **during the training course we provide vegetarian/vegan food ONLY,**
 - there are many animals and living beings on the farm (dogs, cats, horses, geese, chickens). If you are allergic to fur etc., please inform us and make sure that you will have medicine which will help you to feel well :)
 - there is no shop close to the venue of the training course, so please make sure you have all necessary things with you!
 - if needed, for a small fee (around 10 PLN/2,5 Euro) you can use the washing machine
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ABOUT TRAVEL TO POLAND

The village where you need to travel to is **ZAKRZEWO**, Linia in the region of Pomorskie in Northern-Poland. **The closest small city is Lębork**. We would like to invite the partner organisations to arrange group travel as much as possible. This will help with practical arrangements and with general safety of all participants. You can drive directly to the farm (Gospodarstwo Naturalne Żywa Ziemia, Zakrzewo 36, 84-223 Linia, Poland). If you travel by public transport, you need to go to the meeting point at the train station in **LĘBORK** (there are 3 stations: **Lębork Mosty, Lębork and Lębork Nowy Świat but you should leave in LĘBORK**). You will be picked up from Lębork train station by a member of our project team.

If you reach the farm directly (by car), please make sure you arrive to the farm in Zakrzewo on Saturday, 11.06.2022 latest by 18:00 (since dinner will be served at 19:00).

If you come by public transport - please make sure to reach Lębork station on Saturday, 11.06.2022 latest at 17:00 (because we still have to pick you up from there by car and the dinner will be served at 19:00)

IMPORTANT: Not to face any problems with arriving on time, please consult us and your sending organisation BEFORE planning your travel and WAIT FOR OUR CONFIRMATION of your travel itinerary BEFORE you finalise travel arrangements and booking of any necessary tickets.

IMPORTANT: WE DO RESERVE THE RIGHT TO REFUSE / NOT ACCEPT ANY COSTS WHICH WERE NOT DISCUSSED AND ACCEPTED BY OUR TEAM IN ADVANCE!

HOW TO GET TO THE MEETING POINT?

Please, try to choose the most safe and eco-friendly means of transport. Again, we would prefer to have participants from the same country coming together. If that is not possible, please choose the safest possible option.

To search for the schedule of public transport in Poland click: [HERE](#) or [HERE](#)

Don't forget to keep and store all your travel tickets, receipts and invoices, they are necessary to reimburse your travel!

Also, please note that your travel costs can be refunded by us ONLY if:

- 1. you got a confirmation from us and our acceptance on your travel plan**
- 2. you travel within up to 2 days before (only if necessary due to the available connections) OR 2 days after the project.**

TRAVELLING BY PLANE



TAKING THE FLIGHT TO GDAŃSK AIRPORT OR WARSAW AIRPORTS

If you will be taking a flight, there is an airport in Gdańsk (Gdansk Lech Wałęsa Airport - GDN) but it's not connected with all European cities.

There are also 2 airports in Warsaw (Warsaw Chopin airport - the main airport located close to the city centre) and Warsaw Modlin airport - it's located in a small city close to Warsaw.

From both airports - WARSZAWA LOTNISKO CHOPINA (WAW) or WARSZAWA MODLIN (WMI) - as you have to choose on the website to check the connections, you will be able to reach Gdańsk (the travel from the airports in Warsaw to Gdańsk by train takes around 3-4 hours).

From Gdańsk Główny (main train station in Gdańsk) to Lębork it takes around 1,5 hours by train.

You can use this website to check possible train connections:click [HERE](#)

IMPORTANT: While searching for the travel tickets, PLEASE, make sure to add a ticket refund insurance to your ticket (if not already included). It is very important, since - as we all know - the times now are still unstable and we would like you to make sure that in the unfortunate case (which we REALLY HOPE WILL NOT HAPPEN) of you not being able to take the travel, you will be covered.



TRAVEL COSTS

THE TRAVEL COSTS OF THE PARTICIPANTS ARE REIMBURSED AFTER THE TRAINING COURSE (WHEN ALL PARTICIPANTS PROVIDE US WITH ALL THEIR TRAVEL DOCUMENTS WITHIN THE GIVEN DEADLINE). **BELOW YOU CAN FIND THE MAXIMUM TRAVEL ALLOWANCE - FOR THE TRAVEL BOTH WAYS + COVID-TESTS (IF NEEDED) PER PARTICIPANT PER COUNTRY.**

IMPORTANT: AS PERSONAL COSTS WE ASK PARTICIPANTS TO COVER FOR THEIR PERSONAL INSURANCES (HEALTH, LIABILITY, TRAVEL CANCELLATION AND COVID COVERAGE) AND FOR SMALL TICKET FEES LOWER THAN 10 PLN / 2,5 EUR PER TICKET. THERE IS NO ADDITIONAL PARTICIPATION FEE.

COUNTRY	REGULAR TRAVEL BUDGETS
GREECE, TURKEY	275 EURO
PORTUGAL, SPAIN	360 EURO
*WE ALLOW EXCEPTIONAL VISA COSTS FOR PAX. FROM TURKEY	40 EURO
POLAND	180 EURO
COUNTRY	GREEN TRAVEL BUDGETS
ESTONIA, ITALY, ROMANIA, THE NETHERLANDS	320 EURO

PROJECT TEAM

... BECAUSE BEHIND EVERY PROJECT THERE ARE PEOPLE :)



ANNA KSIĄŻEK
TRAINER

Graduate in Psychology (Master studies), Pedagogy (Bachelor studies) and Science about Culture (Bachelor studies). Trainer, coach, social project coordinator, activist and youth worker. She collaborated with international organisations like Ashoka, Amnesty International and the Scout movement. Founder of the initiative Exchange the World within which she travels around the world collecting stories of changemakers. She did more than 300 interviews with changemakers in 34 countries. Based on these interviews she created a unique methodology to prepare and empower people to become changemakers themselves. As a trainer she has more than 1000 hours of experience, mostly with NGOs, but she collaborates also with public institutions and the private sector. Since few years she focuses mainly on Global Education, changemaking and creating social projects, personal development, and social entrepreneurship.



KATARZYNA DEKA
TRAINER

A constant seeker of developments and new inspirations. Graduate in Psychology. Working as international projects coordinator, process facilitator and educator. Has been developing and implementing educational projects on the topics of: volunteering, transnational and intergenerational dialogue, diversity, changemaking and peace building in Poland, Moldova, Portugal and Kyrgyzstan. Since 2013 collaborating with KobieTY association from Łódź, Poland and since 2016 a member of the Changemakers team, implementing the idea of changemaking in daily life and sharing it with others. Interested in personal development and inner peace, handcrafts (jewellery making, gift wrapping) and creating natural cosmetics. Practices, enjoys and values cooking (and eating!) ;) as a tool of connection and sharing, experience-oriented travelling, empathy, gratitude, loving, caring, active listening, laughing and being „here and now“.

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ANDREA PUCCI
TRAINER



LIA HAMMINGA
LOGISTICS

Chemist (PhD), researcher and permaculturist. He is co-founder of the Exchange the World initiative, thanks to which he travelled the world meeting changemakers in order to support them and popularize their inspiring stories. Within this undertaking he also had the chance to volunteer in dozens of projects connected to the environment, from natural production down to recycling and reuse of resources. So that an experience at a time he became involved in DIY and alternative agriculture. He recently had an internship at the Austrian Forest Garden Institute. This are his core interests, together with social dynamics. Along the years he had the chance to live in different countries in Europe and abroad, developing a deep fascination for languages and their connection to cultures being a gate to understand different ways of being.

Graduate in History and Philosophy at the Radboud University Nijmegen, the Netherlands. Active in the nonprofit sector and youth field since 2012 and experienced in facilitation of group processes in various international activities. Lia also organised capacity building programs, such as the ToT "The Art of Facilitation" and "Safe Spaces for Inclusion of LGBT+ Youth." Besides educative roles, Lia has worked as project coordinator for 30+ Youth in Action and Erasmus+ projects. Key areas of development are: fundraising, NFE program design, project writing for social transformation, nature education including food forest elements, yurt building and wilderness trekkings.

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NATALIA DĄBROWSKA
CHEF AND HERBALIST

I Founder of EKOsmos, where I am a trainer providing cooking, herbal and natural cosmetics workshops. I work with the Polish institute of herbalism and phytotherapy, foundations, associations, art galleries, schools, companies and individuals. I am interested in folk medicine and natural ways of preserving food, especially fermentation, maceration and drying. For a couple of years I do vegan catering for events and make sweets for cafes. In my kitchen you will find local products, wild edible plants, Polish superfoods and oriental spices"



KARL BAUMGARTNER
ŻYWA ZIEMIA MANAGER

I have a love for nature and the changing paradigm we are living in, from a system of disrespect to one of respect for both humanity and nature. I had lived in several spiritual communities, worked in mental health, worked with youth, being an activist and an educator. Having a passion for regenerating land using permaculture ideas I have set up his first permaculture garden thirty years ago in Australia. For seven years living in a small simple cabin in the Australia rainforest, developed in my a deep respect and feeling for nature. I am a trained "Teacher of The Alexander Technique", as a Diploma in Psychotherapy and certificate in Ayurvedic Medicine. Presently together with wife, Kasia, we are setting up a retreat centre and organic permaculture farm in Northern Poland that you will stay in during the mobility. We are doing it to promote nature landcare/farming and self development.



CONTACTS

*If you have any questions or doubts
contact us!*

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