

ACTIVE **CITIZENS**

**Krzyżowa, Poland,
September 11th – 19th, 2022**



About the project

- Are you active in your communities? Are you active on regional and national levels? Does European citizenship mean anything to you? Are there any engaging methods to strengthen social activity of your peers? During the training course „Active Citizens of Tomorrow” we are going to find out!
- Aim of the project will be to explore reasons why young people got disattached from societies, what possibilities there are for them to participate in democratic processes and how can they bring their problems to political agendas on local, national and European levels, and what new ways of social engagement are interesting to young people.
- The project will consist of one activity – a training course, which will be implemented in Krzyżowa, Poland, from 11th to 19th of September, 2022.

Our aims and objectives

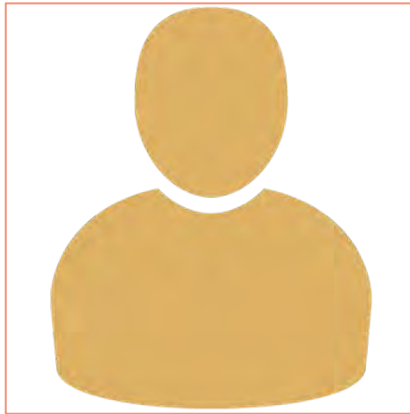
The project objectives are to:

- Discuss realities of European and civic education in different parts of Europe
- Discuss problems and values of young Europeans
- Explore ways of civic engagement
- Evaluate available tools and resources of European and civic education
- Learn and exchange examples of good practices
- Develop, innovate and modify existing approaches to non-formal education on active citizenship
- To strengthen network of youth NGOs in Europe
- To increase number and improve quality of local activities implemented by partner organisations

Partners

Partner name	Country
Central European Trainers' Platform	Poland
Evropa v Dvijenie	Bulgaria
EURO SUD	Italy
CET Platform Ellas	Greece
CET Platforma Skopje	Macedonia
Embaixada da Juventud	Portugal
CET Platforma RS	Serbia
Asociatia ADAPTO	Romania
Evropski Dom Vukovar	Croatia

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 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



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
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The training will start with dinner on 11th and end with breakfast on 19th of September.

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 make sure to pick travel option which allows 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 book your connections from Wrocław after 12/1 pm.



Wroclaw /vrots love/

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

Other suitable airports are Krakow (<https://www.krakowairport.pl/en/>) or Warsaw (<https://www.lotnisko-chopina.pl/en/index.html>). It is also possible to get o Wroclaw from Warsaw, Krakow, Berlin, Prague, Katowice by train (<https://rozklad-pkp.pl/en>) or by coach (e.g. <https://global.flixbus.com/>).

The meeting point will be conveniently located in the city centre of Wrocław, 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 (we plan some meeting there though). 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.
- 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):

275 EUR – Romania, Bulgaria, Macedonia, Serbia, Croatia, Italy, Greece

360 EUR - Portugal

Please remember to get our approval before booking your tickets (send us your route plan and fares to projects@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 projects@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 (for participants being EU citizens) or buy travel insurance covering potential your medical needs.

Costs regarding health insurance are not reimbursed by hosting organisation.

For safety and practical reasons we advise **all participants to be fully vaccinated.** We are expecting some travel and participation in public life restrictions starting from September.



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 Zloty (Polish Złoty, PLN). 1 EUR is approximately 4,65PLN;
- 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 in September is usually quite pleasant, temperatures may vary from 15 to 25 degrees with possible showers and rain. Nights may be quite cold, so please make sure to bring some warmer clothes with you.

- 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 projects@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.

