Training Course
Youth Employability Stimulators of Tomorrow

Arrival day: 25.01.2017
Departure day: 02.02.2017
Location: Ośrodek Wypoczynkowy Sudety ul. Krasickiego 10 58-580 Szklarska Poręba, Poland

Organised by: Granted by: Funded by:
Youth Support Centre Supports Young People Worldwide!

"Youth Support Centre is an non-governmental organization which works in Lower Silesia Region of Poland, founded in order to support development of youth and youth workers”

YSC is open to everyone who would like to take part in our organisation and be our volunteer. For our members and volunteers we organise informal meetings, discussions and workshops on various topics, Erasmus Plus presentations, invite them to participate on projects of our partners and give them opportunity to support us in organising our own activities.

In this way, we try to broaden the horizons and influence the personal, professional and social development of young people from our community by providing new or improved knowledge, skills, experiences, attitudes and contacts.

How?

On international level we want to establish strong and reliable partnerships with organisations from all around Europe that can lead towards creation of network, which can be the incubator of fresh and innovative ideas, exchange of knowledge, skills, practices and experience as well as source of motivation for all members to support each other in challenges, improvement of our work, reaching our goals and being more creative in the future.

In order to achieve our international goal, we are getting more and more active within Erasmus+ Programme that provides us the opportunity to connect and work together with organisations that share our mission and values.

YSC was established by youth workers, young people and professionals, motivated to work with non-formal education in addressing the issues that concern our local community, Poland and Europe in general.

The main goal of YSC on local level is to involve as many as possible young people into the social life of their communities and to encourage them in that way to take active participation in society.
"Youth Employability Stimulators of Tomorrow" hosted by Youth Support Centre
“Youth Employability Stimulators of Tomorrow” is a 8-day Mobility of Youth workers - Training course, organised by Youth Support Centre in Szklarska Poreba Gorna, Poland from **25th of January to 2nd of February 2017** that brings together **32** youth workers, youth leaders, trainers, staff of organisations from **Poland, Czech Republic, Macedonia, Greece, Spain, Italy, Romania, Lithuania and Croatia**.

Project explores the vicious cycle of unemployment, especially youth unemployment that leave millions of young people out of work, at risk of poverty, social exclusion and socio-economic marginalisation which undoubtedly negatively affects European societies and youth future.

The project furthermore explores the current situation in European countries regarding unemployment and serve as international setting for mapping the socio-economic issues and consequences connected with it. In the same time, the project will discuss the need and explore the possibility of youth organisations to address this vital European issue by providing youth with knowledge, skills and attitudes through their work that can stimulate their employability or entrepreneurial spirit.

The project will promote youth entrepreneurship and improvement of youth’s employability skills through youth work and non-formal education while in the same time offer the chance to work on practical non-formal learning tools and activities that can increase young people’s chances to get employed or start their own business.

Participants of the project will create Toolbox for Youth Employability Stimulators consisted of non-formal learning tools (activities and methods) for working on youth unemployment, entrepreneurship and improving entrepreneurial and transversal skills of youth that can be used by them, their organisations and other institutions.
## Partners of the project

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Country</th>
<th>No. of participants</th>
<th>Max. travel grant per person (Euro)</th>
</tr>
</thead>
<tbody>
<tr>
<td>VIVID z.s.</td>
<td>Czechia</td>
<td>3</td>
<td>180</td>
</tr>
<tr>
<td>Lietuvos kuno kulturos akademijos turistu klubas &quot;Altus&quot;</td>
<td>Lithuania</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>BUSINESS MENTALITY</td>
<td>Greece</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>Educadaje</td>
<td>Spain</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>ASAP EUROPE AS SOON AS POSSIBLE</td>
<td>Italy</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>&quot;Urbano Opshtestvo&quot;</td>
<td>Macedonia</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>Asociatia Tinerilor Activi Civic</td>
<td>Romania</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>Civilna, edukativna i transparentna platform</td>
<td>Croatia</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>Youth Support Centre</td>
<td>Poland</td>
<td>3</td>
<td>0</td>
</tr>
</tbody>
</table>
**Agenda of the Training Course**
Hosting Organisation might modify the daily workshops according to proposal of partners or participants during the training, there will also free afternoon organised.

<table>
<thead>
<tr>
<th>Time</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>00 – 09:30</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td></td>
<td>Introduction to aims and objectives; Programme and methodology; Expectations, fears and contributions</td>
<td>Countries realities on youth unemployment and youth entrepreneurship</td>
<td>Employability and transversal skills: What are they? How can we boost them and transfer to young people?</td>
<td>Business Development process</td>
<td>Introduction to the project idea: Brainstorming, grouping and preparations</td>
<td>Introduction to Europass and CV writing</td>
<td>Erasmus+ presentation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Team-building activities</td>
<td>Countries realities: presentations and comparison</td>
<td>Youth unemployment: The role of youth work, How youth work can ensure employability? What can we do?</td>
<td>Business planning/Creation of business plans</td>
<td>Constructing toolbox of NFE activities for youth (un)employment and entrepreneurship</td>
<td>Youthpass: key competences; importance of NFL</td>
<td>Future project ideas and project development</td>
<td></td>
</tr>
<tr>
<td>00 – 15:30</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>00 – 17:00</td>
<td>Opening ceremony</td>
<td>Team-building activities II</td>
<td>Concepts of employability and entrepreneurship: (alphabet of entrepreneurship)</td>
<td>“Perfect” youth worker working with (un)employment, employability and entrepreneurship</td>
<td>Business planning/Creation of business plans</td>
<td>Toolbox in practice: Participant’s led workshops I</td>
<td>Dissemination and multiplication of results in youth work: Strategic plans for follow-up activities for stimulating youth employability</td>
<td>Future project presentations</td>
</tr>
<tr>
<td>00 – 19:00</td>
<td>NGO Fair Organisations plaza</td>
<td>Identifying obstacles to youth employability and employment</td>
<td>Supporting youth entrepreneurship and employability/EU mechanisms for youth entrepreneurship</td>
<td>Business Fair: Presentations and Feedback</td>
<td>Toolbox in practice: Participant’s led workshops II and Feedback</td>
<td>Dissemination and multiplication of results in youth work: Creating visibility and dissemination materials</td>
<td>Final evaluation</td>
<td></td>
</tr>
<tr>
<td>00 – 20:00</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner</td>
</tr>
<tr>
<td>00 – 23:00</td>
<td>Welcoming party</td>
<td>Intercultural evening 1</td>
<td>Intercultural evening 2</td>
<td>Passion Night</td>
<td>Movie night</td>
<td>City by Night</td>
<td>Free evening</td>
<td>Farewell party</td>
</tr>
</tbody>
</table>
How to apply?

PARTICIPANT’S PROFILE

All applicants need to complete the application form received from sending organisation and e-mail it back to sending organisation emails by 30th of November 2016. Hosting organisation will contact selected applicants by 10th of December 2016 with more information, regarding personal and travel details, etc.

Participants should be:

- Youth workers, youth leaders and youth trainers working in the sending organisation;
- Young people involved in their non-governmental or civil society life;
- Aged over 18, having strong motivation to participate fully in all activities of the project;
The Training Course will be hold in a beautiful and relaxing rural area, Szklarska Poręba, which is situated around 130km far from Wrocław in Lower Silesia Voivodeship of Poland.

Participants will be accommodated in a cozy guesthouse SUDETY in city center of Szklarska Poręba and only 950m far from the Train Station.

The guesthouse is surrounded by trees, amazing views on mountains. The guesthouse has a great garden where we can drink coffee/tea, take a rest, play energizers during the day.

During your free time you will be able to meet local people and visit the city. For active people there are many tourist trails to discover as well. More about the area of the guesthouse: [http://www.szklarskaporeba.pl/en/](http://www.szklarskaporeba.pl/en/)
Accommodation & Food

Important information

Accommodation and Food will be covered by hosting organisation within the Erasmus Plus funds. **The Training Course will start with supper on 25.01.2017 and end up with breakfast on 02.02.17.** Breakfasts, Lunches, Suppers and Coffee breaks will be provided during the training.

You will be accommodated in rooms with **1, 2, 3 beds.** All rooms are equipped with **private bathroom.** Please follow the link to see all the rooms:

- All the rooms are spacious and comfortable. **Sheets linen will be provided.**
- WI-FI is available in the whole guesthouse. See [more here](#).
Travel Guide

Training Course will take place in
SZKLARSKA POREBA GORNA, Poland
but firstly you need to reach Wroclaw.

How to get to Wroclaw?

Wroclaw is located in the south-western part of Poland and has many possible flight connections with other European cities (airport.wroclaw.pl/en/). Other suitable airports are Krakow (krakowairport.pl/en/) or Warsaw (lotnisko-chopina.pl/en/passenger). It is possible to get from Warsaw, Krakow, Berlin, Prague, Katowice to Wroclaw by train (rozklad-pkp.pl/bin/query.exe/en?) or by coach (e.g. www.polskibus.com/en).

How to get to Szklarska Poreba Gorna?

Depending on arrivals of all participants we will organise a shuttle bus or go together by a train. You will receive more information 2 weeks before the training course.

IMPORTANT!
First you need to get our approval before buying tickets, so please send us your journey plan before the end of DECEMBER 2016! If you plan to travel outside the official project dates you need Youth Support Centre approval first. Please contact us! Tickets for travel outside the official travel dates purchased without approval will not be reimbursed.
Would you like to come earlier or leave later than project dates?

If you want to come to Poland 1-2 days before project starts or leave 1-2 days after the project, please inform us in advance.

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.
TRAVEL COSTS
Reimbursement rules

The organisers will reimburse your travel costs from your home city to SUDETY guesthouse, Szklarska Poreba, 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 on the distance calculator between seat of your organisation and the guesthouse, max. travel grant per person you can find on 5th page of the infopack.

Reimbursement of travel costs will only be done upon full attendance during the training and presentation of the original tickets with boarding passes and receipts/invoices.

Reimbursement will be done in cash, in the end of the project or via bank transfer after the project.
To receive full reimbursement you need to provide us with:

1. Original Return tickets (e.g. from London to Wroclaw and back)

2. Photocopies / PDFs of all of your tickets and boarding passes, especially if you fly with low-cost airlines, including the invoice (if you have one). If you’ve booked online, we need the FULL confirmation email of your booking, printed with the date and time the email was sent to you, containing e-mail subject and all e-mail addresses!

As a rule the cheapest travel option should be chosen.

Participants who are not able to buy some tickets online or in advance and cannot provide us with it before the end of the training course will have to do it after coming back home - scan it and send originals back to us via post - in order to receive the reimbursement.

Post address for sending tickets will be given in the end of the training course.

E-mail address for sending scans, PDFs and online tickets/invoices/boarding passes is contact.ysy@gmail.com, in the e-mail title you need to write down your Name, Surname and Country.
Health Insurance – must have!

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 (EU) or buy travel insurance covering potential medical needs.

Costs regarding Health Insurance are not reimbursed by hosting organisation.
What to bring?
What to know?

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!
National currency is Zloty (Polish Złoty, PLN). **1 EUR is approximately 4,30 PLN**;

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 January/February is usually quite cold, temperatures may vary from +5 to -10 degrees with occasional snow. Nights may be even colder, so please make sure to bring some warmer clothes.

**Most useful Polish expressions:**

1. Przepraszam – I am sorry / Excuse me  
2. Dziękuję – Thank you  
3. Proszę – Please / You are welcome

Most of Polish people are willing to help and know English well enough so always feel free to ask for help.
In case of any questions concerning the travel, the project, your preparation or any other matters please do not hesitate to contact us at contact.ysy@gmail.com.

Find Youth Support Centre on facebook funpage, where we share interesting posts, events, pictures and project opportunities: https://www.facebook.com/yscentre/

Contact us:

Kamila Fąferek – President of Youth Support Centre and Project Coordinator
0048/ 739-211-713
contact.ysy@gmail.com