

INTERNATIONAL PROJECT "WOMEN EMPOWERMENT"

INFO-PACK



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MOBILITY 20.09.22-26.09.22

This mobility will be an International Women's Meeting and the final event of the entire Women Empowerment project. During the international meeting, attended by 27 women, we will:

- 1) summarize Local Activities for Women, sharing the results of each activity, including the created products (testing their use on an international group of women);
- 2) share stories and compare the experiences of being a woman in each of the partner countries, as well as methods of coping with everyday challenges;
- 3) identify what makes us unique, appreciating the importance of diversity, but also notice what unites us, which will also become the basis for the further development of the international women's community;



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- 4) share our talents and strengths discovered during Local Activities, overcoming the fear of judgment and building self-esteem;
- 5) learn more about the Erasmus+ programme and the opportunities that the European Union offers to women from our communities;
- 6) evaluate the entire project, including Local activities and online workshops, drawing conclusions for the future and celebrating successes together;
- 7) plan further activities, going beyond the Women Empowerment project, which will allow us to maintain and deepen relations between women from individual countries.



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During the meeting, we will use various methods of non-formal education, such as:

- art and creativity
- Women's Circle (inspired by the Way of Council),
- image and film work,
- body work,
- storytelling,
- group work,
- interactive games and exercises
- brainstorming, etc.

A variety of forms connected to minds, bodies and emotions will allow us to support and engage women with different learning styles.

Participant profile:

The participant should be:

- an adult woman,
- communicative in English,
- able to take active part in the entire mobility.

We give priority to participants who have previously took part in other activities run within the Women Empowerment project.

The entire training program will be held in English.

WHAT TO TAKE WITH YOU:

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

- 1) medications if you need them
- 2) cash (PLN) - if you want to buy something extra on the way or in the local shop
- 3) a towel
- 4) slippers or other shoes to use indoors
- 5) warm, rainproof clothes (the weather can be unpredictable in autumn in Poland)
- 6) comfortable shoes
- 7) toiletries (remember to bring your toothbrush, shampoo, soap etc.)
- 8) ear plugs , if you need (you will be sharing rooms with other people)
- 9) personal notebook / journal and a pen



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Few words about Poland:

Polish currency is zloty (PLN). 1 Euro is about 4,5 zloty.

The official language is Polish. In the cities people usually speak some English, but that's not necessarily true in rural areas.

The weather in Poland in September should be still warm, but it can be quite rainy and chilly during the evenings, so be prepared with warm and rainproof clothes. We will be staying in the mountains so bring a jacket and sturdy shoes.



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The venue of the training is located in Gliczarów Górny, approximately 2 hours from Krakow, a large city in southern Poland. It sits in a beautiful mountain scenario. We will be located 15 km from Zakopane (the most popular mountain city in Poland). Gliczarów Górny is surrounded by a mountain range called the Tatra Mountains.

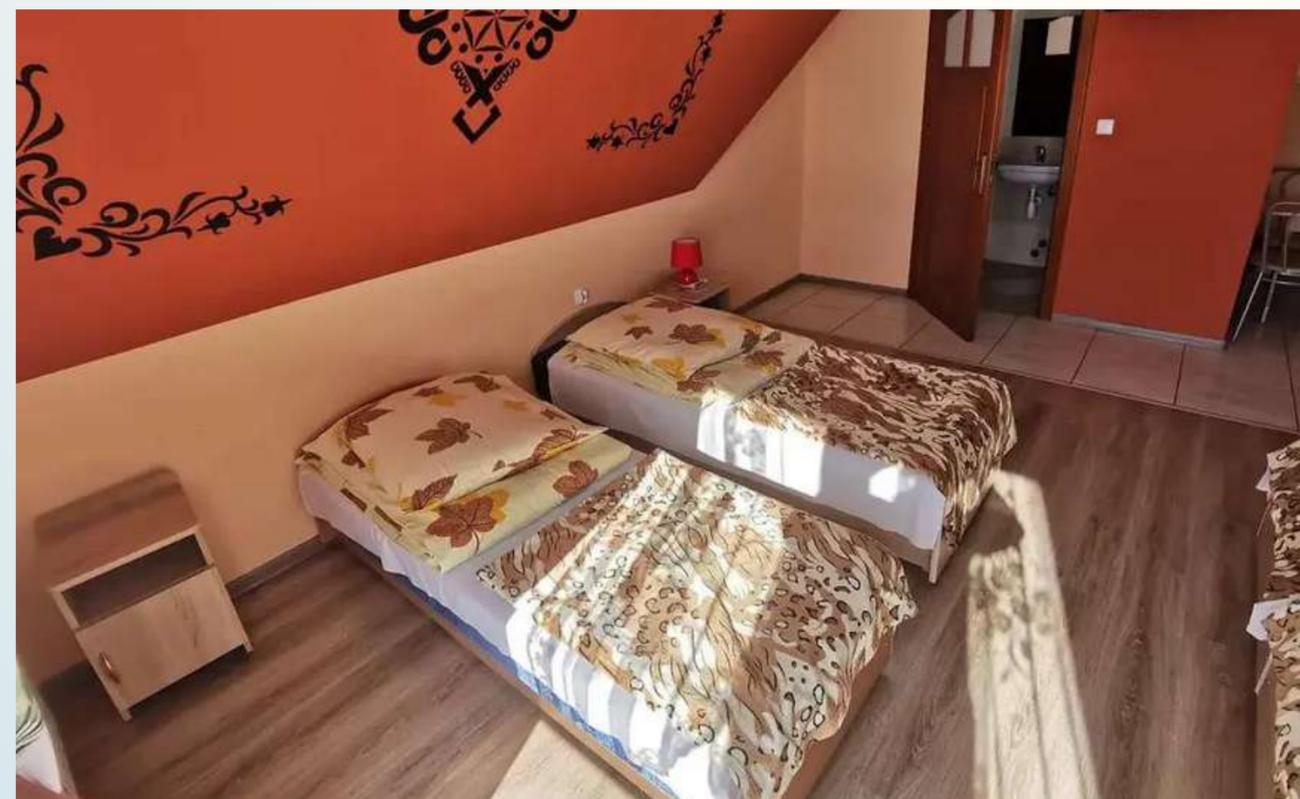


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ACCOMMODATION & FOOD

We will be staying at the "u Zofii" guesthouse. We will have shared rooms (single beds) with bathrooms. The rooms will be designed for 2, 3 or 4 people. The guesthouse offers vegetarian meals – 3 meals a day. Before departure you will receive the "participant form" where you can inform us about your food requirements, allergies and other needs. The guesthouse has a grill, volleyball court and access to internet.



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SCHEDULE

On the next page you can find the schedule of the mobility (it may be still slightly modified).

SHARING TIME – this is the time when you can (but don't have to) propose your own activities. It's a perfect moment to, for example, share your experience from "Local activities" or Outputs prepared within the Women Empowerment project.

We encourage you to bring regional delicacies or snacks from your countries, which we will share during coffee breaks. We invite you, though, to not bring alcohol.

	Day 1; 20.09.2022	Day 2; 21.09.2022	Day 3; 22.09.2022	Day 4; 23.09.2022	Day 5 24.09.2022	Day 6 25.09.2022	Day 7 26.09.2022	
		Past	Present	Present	Future	Future	Departure	
7.00-8.00		Sharing time						
8.00-9.00	BREAKFAST							
9.00.-9.30	MORNING GROUPS							
9.30-11.00	Introduction 1	Mindfulness - introduction	My dreams, strenghts and values 1	The Wheel of Life	Dissemination plans			
11.00-11.30	COFFEE BREAK							
11.30-13.00	Introduction 2	Listen to yourself 1	My dreams, strenghts and values 2	Time and priority management	Erasmus+ opportunitites / Youthpass			
13.00-15.00	LUNCH							
15.00-16.30	Life Path	Listen to yourself 2	FREE AFTERNOON	Process of change	Final evaluation			
16.30-17.00	REFLECTION GROUPS							
17.00-17.30	COFFEE BREAK							
17.30-19.00	Arrival	Sharing time	Sharing time	FREE AFTERNOON	Sharing time	Closing Council		
19.00-20.30	DINNER							
20.30-22.00	Welcoming	Opening Council	Sharing time	FREE AFTERNOON	Sharing time	Celebration! :)	Departure	



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ABOUT TRAVEL TO POLAND

You can get to Poland in several ways. Find out what is the best route for you.

If you arrive by plane:

You need to find plane tickets from your home country that allow you to be in KRAKÓW (Cracow) on September 20, 2022. If you arrive to Kraków airport, take a train to Kraków Główny (main railway station). Look for a return ticket for September 26, 2022. On the return day, we will take you to Kraków by a private bus.

If you arrive by coach/train (green travel - recommended option):

You need to find tickets which allow you to be on September 20, 2022 in KRAKÓW GŁÓWNY (KRAKÓW MDA) . It is the main railway/bus station in Kraków. Look for a return ticket for September 26, 2022. On the return day, we will take you to Kraków by a private bus.



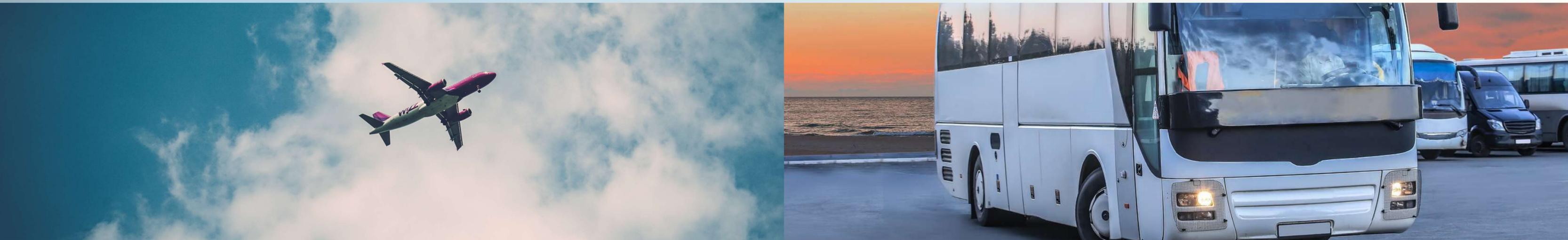
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ABOUT TRAVEL TO POLAND

Once in Poland:

Walking distance from the main railway station there is the Old Town which is worth to visit if you have time. From Kraków we will pick you up with a private bus and go together to Gliczarów Górny. **We plan to gather participants around 4 p.m. The meeting point for departure to the place from Krakow is: PARKING Mikołaja Kopernika 1 street, 31-034 Krakow** (see the link on the next page). The address of our guesthouse is: ul. Skupniowa 42, Gliczarów Górny, Biały Dunajec, Lesser Poland. We will also use public transport to various places.



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This is the place where we are to meet:

https://www.google.com/maps/uv?pb=!1s0x47165b114e58fa87%3A0x907f13849d54f369!3m1!7e115!4shhttps%3A%2F%2Fh5.googleusercontent.com%2Fp%2FAF1QipNNkhiPLCb_suXY14IAFN_jWMTCaotNmuNxXCcR%3Dw260-h175-n-k-no!5sparking%20p%C5%82atny%20miko%C5%82aja%20kopernika%20krak%C3%B3w%20-%20Szukaj%20w%20Google!15sCg!gAQ&imagekey=!1e2!2sZ95lpBVg02Wzi_zVFzB3LQ&hl=pl&sa=X&ved=2ahUKEwjwnbCdmt_4AhXokIsKHdEHAXkQ7ZgBKAB6BAgVEAI&fbclid=IwAR092xmOq2U0myEfzqMMxcysB-q8jbZgyPptDXWAfROGTHEc_bcZKpp9R-M



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IMPORTANT: In order not to have problems arriving on time, please consult us and the sending organization and wait for our itinerary confirmation before finalizing your trip and booking the necessary tickets. We reserve the right to refuse costs that have not been discussed and approved by our team.

Do not forget to keep all travel tickets, receipts and invoices. They are required for the reimbursement of travel expenses!



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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;
- 3) you take an active part in all the days of the mobility.

TRAVEL COSTS:

Participants are responsible for their own insurance for the duration of the training and travel. Travel costs of participants are refunded after the training (when all participants provide us with all their travel documents).



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Anna Książek – trainer and psychologist with many years of experience working with NGOs, public institutions and businesses. She specialised in topics connected to changemaking, women empowerment and global education. Full portfolio: www.annaksiazek.strikingly.com



Aneta Rokicka – President of the Foundation's Management Board, trainer, coach. She has completed many courses on preventive programs and personal development. Implementer of social projects since 2017. Works with children and adults.

REGU



Paulina Góralczyk – Project coordinator at the Foundation since 2020. She coordinates projects aimed at children, adolescents and adults, which aim to learn new socio-emotional skills. Final year student of psychology.

CONTACTS:

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