



14-21 MARCH 2022

Milówka, Poland

HOPP into childwelfare

T R A I N I N G C O U R S E



Erasmus+

ABOUT THE PROJECT

THE PROJECT WILL FOCUS ON FOLLOWING TOPICS:

- HEALTH EDUCATION AS A TOOL FOR RISING UP YOUTH SELF AWARENESS AND SOCIAL ACCOUNTABILITY.
- EDUCATIONAL NON FORMAL METHODS TO BUILD AND STRENGTHEN GROUP BONDS, WORK AND EFFICIENCY.
- STEPS OF CHILD WELFARE AND HOW TO IMPLEMENT THEM IN A CLASSROOM.
- STARTNOW+ MODULES - WORKING WITH APPLICATION OF INNOVATIVE EDUCATIONAL SCRIPTS.
- THE ROLE OF A TEACHER AND AN EDUCATOR IN XXI CENTURY.
- MY OWN HEALTH ASSESSMENT
- DISCOVERING GOOD PRACTICES OF BUILDING SELF WELLBEING

ORGANIZATIONS TAKING PART IN THIS TRAINING COURSE WILL BE CERTIFIED BY A SPECIAL QNEC CERTIFICATE, WHICH IS MADE FOR ORGANIZATIONS THAT FULLY GOT TO KNOW AND IMPLEMENTED CHILD WELFARE RULES. THESE RULES KEEP IN MIND THE GOOD OF CHILDREN AND YOUTH DURING THE EDUCATIONAL PROCESS.

PROJECT IS TARGETED TO YOUTH WORKERS, TEACHERS, EDUCATORS AND OTHER PEOPLE THAT HAVE EDUCATIONAL BACKGROUND

NUMBER OF PARTICIPANTS: 2/COUNTRY

AGE: 18-30, PROJECT ONLY FOR VACCINATED PPL DUE TO PRACTICAL ASPECTS

TRAVEL DAYS: 14TH AND 21ST OF MARCH



CONTACT

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SCHEDULE:

Day 0 - 14.03

Travel day - Arrivals

Day 1 - 15.03

Welcoming, Getting to know each other, Team building & ice breaking games, Youthpass Introduction, Evaluation Introduction

Day 2 - 16.03

Non formal education Introduction, 1st Intercultural evening

Day 3 - 17.03

Start Now + modules - tool for health education, Child Welfare Education Introduction, 2nd Intercultural evening

Day 4 - 18.03

Child Welfare Education - workshops, QNEC

Day 5 - 19.03

Networking

Day 6 - 20.03

Evaluation

Day 0 - 21.03

Travel day - Departures

CONTRIBUTION OF PARTICIPANTS

1. participation in intercultural evenings - preparing an interactive presentation of your country with small snacks
2. participation in networking workshops - preparing a presentation of your organization
3. Disseminating the training result after the training

ABOUT US



HEALTH RELATED ORGANIZATION FOR PROMOTION AND PREVENTION "HOPP" WAS FOUNDED IN 2012 IN OPOLE. THE AIM OF THE ASSOCIATION IS TO PROMOTE A HEALTHY LIFESTYLE AMONG YOUNG PEOPLE, THEREFORE WE WOULD LIKE TO ACHIEVE THIS GOAL BY STRENGTHENING NON-FORMAL EDUCATIONAL PATHS. THE ADDRESSEE OF OUR ACTIVITIES IS BOTH THE YOUTH AND THE LEADERS WORKING WITH THEM. DUE TO THE INCREASED NEED TO EDUCATE PEOPLE WITH FEWER OPPORTUNITIES, WHO OFTEN HAVE POORER ACCESS TO KNOWLEDGE IN THE FIELD OF PUBLIC HEALTH, AND THUS HAVE POORER HEALTH ATTITUDES, WE TRY TO COVER YOUNG PEOPLE OF ALL AGES AND STATUS. WE MADE MANY PROJECT IN THE PAST, THAT BROUGHT US TO THE PLACE WHERE WE ARE NOW, MOST IMPORTANT PROJECT ARE:

"START NOW !: - STRATEGIC PARTNERSHIP FOR HEALTH PROMOTION AMONG YOUTH" IS A STRATEGIC PARTNERSHIP PROJECT UNDER KA2 OF THE "ERASMUS +" PROGRAM. THE MAIN GOAL OF THE PROJECT WAS TO PROMOTE A HEALTHY LIFESTYLE AMONG YOUNG PEOPLE OF ALL AGES. [VISIT THE WEBSITE OF THE PROJECT.](#)

"START NOW +" - A PARTNERSHIP PROJECT IMPLEMENTED UNDER THE "EDUCATION" PROGRAM - EEA FUNDS. THE PROJECT PARTNER IS FURIM INSTITUTT FROM NORWAY - THE PROJECT FOCUSED ON THE AREA OF YOUTH HEALTH. [VISIT THE WEBSITE OF THE PROJECT.](#)



[@StowarzyszenieHOPP](#)



[@stowarzyszenie_hopp](#)

TRAVEL:

IF YOU COME BY PLANE – FLY TO KATOWICE AIRPORT (IT IS NEAREST AIRPORT TO PLACE OF THE PROJECT). ALTERNATIVELY YOU CAN USE KRAKOW AIRPORT WITH ADDITIONAL BUS OR TRAIN TRANSFER TO KATOWICE.

FIRST (14.03) AND LAST (21.03) DAYS ARE TRAVEL ONES. WE START ACTIVITIES ON 6 PM WITH DINNER ON THE „ZERO" DAY AND FINISH WITH BREAKFAST ON THE LAST DAY. ROOMS ARE AVAILABLE FROM 4 PM. *PLEASE DO NOT BOOK FLIGHT TICKETS TO KATOWICE THAT ARRIVAL IS AFTER 6PM – THERE IS A RISK YOU WILL NOT CATCH THE LAST TRAIN*

FROM KATOWICE AIRPORT YOU SHOULD TAKE THE AP BUS LINE (KATOWICE AIRPORT –> KATOWICE, BE CAREFUL THERE IS MORE AP1/2/3 LINES THAT GO TO DIFFERENT CITIES, YOU HAVE TO TAKE ONE TO KATOWICE), YOU SHOULD GO OUT AT KATOWICE DWORZEC BUS STOP (UNDERGROUND). THEN TAKE THE ELEVATOR TO THE GROUND FLOOR, THERE IS A RAILWAY STATION KATOWICE GŁÓWNY. FROM KATOWICE GŁÓWNY THERE IS A DIRECT TRAIN LINE (KOLEJE ŚLĄSKIE – SILESIAN RAILWAYS) TO MIŁÓWKA (THE LAST TRAIN LEAVES KATOWICE AT 21:11). INFORM US BY TEXT MESSAGE OR ON A FACEBOOK GROUP WHEN YOU LAND IN KATOWICE AIRPORT.

DON'T BUY THE FLIGHT TICKETS BEFORE CONSULTING WITH US, TICKETS FOR THE AP BUS ARE ABLE TO BUY BY TICKET MACHINE AT THE AIRPORT. YOU CAN BUY THE TRAIN TICKET EARLIER ONLINE (KOLEJESLASKIE.COM) OR AT THE KATOWICE GŁÓWNY RAILWAY STATION.

KEEP ALL TRAVEL DOCUMENTS (TICKETS, E-TICKETS, BOARDING PASSES, INVOICES) AND BRING IT WITH YOU TO THE PROJECT.

REIMBURSEMENT WILL BE DONE BY BANK TRANSFERS ON ONE ACCOUNT PER GROUP. IT WILL BE PROVIDED AFTER SEMINAR (IN 1 WEEK TIME), AFTER COLLECTING ALL DOCUMENTS AND SIGNING ALL LISTS. CONDITION FOR REIMBURSE IS TO ACTIVE PARTICIPATION IN ALL ACTIVITIES AND RESULT DISSEMINATE.

IF STH IS UNCLEAR, PLEASE DON'T HESITATE TO CONTACT WITH US.

DEADLINES:

- PARTICIPANTS REGISTRATION: 28th of February
- [CLICK HERE TO FULFIL THE APPLICATION FORM!](#)

REIMBURSEMENT:

Costs of transport based on the funding rules of the Erasmus+ Programme. Maximum reimbursement rates on the real cost of travel.

up to 499km - 180 EUR

500 - 1999km - 275 EUR

more than 2000km - 360 EUR

TIPS

PLN (ZLOTY) 1 EUR = 4,53 PLN

WEATHER IN MARCH

DUE TO THE CLIMATE IN POLAND, PLEASE REMEMBER TO TAKE VARIOUS TYPES OF CLOTHES. THE WEATHER IN MARCH CAN BE UNSTABLE, FROM WARM TO COLD. IT MAY ALSO BE SNOWING OR RAINING, PLEASE REMEMBER THAT DURING PACKING.

HEALTHCARE

PLEASE TAKE WITH YOU EUROPEAN HEALTH INSURANCE CARD WHICH ALLOWS YOU TO USE HEALTHCARE SERVICES IN POLAND FOR FREE IN CASE OF EMERGENCY

DO NOT FORGET YOUR COVID PASSPORT (QR CODE) AND TO TAKE FACE MASKS WHICH ARE COMPULSORY INSIDE BUILDINGS IN POLAND



ACCOMODATION

ACCOMMODATION INCLUDES:

- PENSION LOCATED IN MOUNTAINS,
- DOUBLE OR TRIPLE ROOMS,
- CLOSE TO THE WOODS AND NATURE
- CUISINE BASED ON POLISH TRADITIONAL CUISINE,
- DIETS AVAILABLE ON REQUEST ONLY FOR TYPICAL ONES (VEGETARIAN, VEGAN, OTHER BASED ON MEDICAL PURPOSES).
- MILÓWKA IS LOCATED IN UPPER SILESIA REGION WHICH IS ONE OF THE FASTEST DEVELOPING REGIONS IN POLAND. THIS PART OF SILESIA IS A PERFECT PLACE FOR CHILL, WORK AND ACTION, BECAUSE OF BEAUTIFUL NATURE AND MOUNTAINS.



„U KUBICÓW” PENSION
UL. SZARE 23
34-360 MILÓWKA

WWW.UKUBICÓW.PL



