

# "SUSTAINABLE COMMUNITIES FOR YOUTH"



**Arrival:** Saturday, 15.10.2022 by 18:00 (dinner at 19:00)

**Mobility:** 16.10.2022 - 25.10.2022

**Departure:** Wednesday, 26.10.2022 after breakfast

**TRAINING COURSE ORGANISED BY KOBİETY.LODZ.PL  
AND FUNDED BY THE EUROPEAN UNION**



Funded by  
the European Union



# PROJECT DESCRIPTION

Climate change and other environmental crises made it clear by now that there is no other way than sustainability, that we have to radically change our habits in order to be able to survive on a finite planet. Yet, we usually approach sustainability from a very narrow perspective, expecting scientists to come out with phantasmagoric technologies or implementing sporadic actions or regulations which focus on very specific targets, like reducing the carbon footprint. All so very important, but still not enough. We cannot make it as long as we are stuck in an old paradigm, attached to concepts like individualism, consumption, etc.

We need a holistic approach, which will involve everyone in achieving the big goal in front of us. We need to include all people in the process of change, creating communities which are sustainable all round. Communities with a green approach toward their environment and food production; communities with a stable and responsible financial model; communities which are able to communicate and interrelate, making effective decisions which include voices of all minorities, by practicing methods like sociocracy or consensus; communities which value each individual, recognise their strengths and needs and incorporate them all, perceiving diversity as a main asset, rather than a reason for exclusion.

## OBJECTIVES:

The main objective of "Sustainable Communities for You(th)" is to have a closer look at, discuss, analyse and practise sustainable communities.

Based on our experience, deep discussions and detailed research, which included both reading and listening about existing sustainable communities, as well as observing some of them directly, we identified four basic pillars of sustainability:

- 1. Personal sustainability**, understood as awareness of one's talents, strengths, dreams, values, goals and visions and ability to follow them and use them effectively in one's development and search for fulfillment and happiness.

**2. Collective sustainability**, understood as the ability of communities and groups to make decisions in a fair, inclusive manner, based on nonviolent communication and active listening to all its members as well as solving conflicts in a way that empowers people instead of dividing them.

**3. Financial sustainability**, understood as being able to get the resources needed for the community to thrive in a responsible and effective way.

**4. Environmental sustainability**, understood as building our spaces, sourcing our food, dealing with the wider nature, having in mind not only the needs of our species, but also the needs of other beings and of the planet as a whole.

## OTHER OBJECTIVES:

We envision a society as a house, which cannot stand on one pillar alone. We need all four pillars to be sound and solid in order to ensure sustainability and resilience in the long run. Other objectives of the course include:

- Getting to know tools of personal, collective, financial and environmental sustainability which can be used directly in our work with partner organizations, youth and local communities.
- Reflecting on what “community” means for us, becoming open for creating various kinds of communities with our coworkers, family, neighbours, youth, based on principles like respect and appreciation of diversity; giving voice to people who may not be heard enough, through better approaches to communication and decision-making; joint effort to fight the climate crisis and take deep care of the environment in its broader sense.
- Deepening our relation with partner organizations, building with them an international sustainable community.

# ABOUT THE PROGRAMME:

In "Sustainable Communities for You(th)", 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 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 "Sustainable Communities for You(th)," **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 to the project in all phases, including participation into the mobility and fulfilling the tasks before and after.

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 especially in the evenings);
- 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, which is a Slavic language. Usually in big cities you can communicate in English but it's not necessarily true in towns and villages ;)

The weather in Poland in October should be ... who knows ;) It can be still quite sunny (if we are lucky to experience what we call "a beautiful, golden polish Autumn") during the days but most probably it will be already rainy and chilly, especially in the nights. We will send you long-term prognosis closer to the start of the mobility but please be prepared for some chilly and rainy weather and some RAINPROOF/WINDPROOF clothes! :) We always recommend participants "onion style" of clothing meaning ... layers! :)

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.

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# 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 on the pandemic situation to make your stay as safe and pleasant as possible. **We are planning to 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







# ABOUT TRAVEL TO POLAND

The address of the venue is: Gospodarstwo Naturalne Żywa Ziemia, Zakrzewo 36, 84-223 Linia, Poland, located in Pomorskie region in Northern-Poland. **Closest big city is Gdańsk and closest small city is Łęborg.** We would like to invite the partner organisations/you to arrange group travel as much as possible - this will help with practical arrangements.

If you travel by public transport, you need to get to the **meeting point** which is the **train station in ŁĘBORK** (there are 3 stations: Łęborg Mosty, Łęborg and Łęborg Nowy Świat but you should leave in ŁĘBORK). **You will be picked up from Łęborg 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 on Saturday, 15.10.2022 latest by 18:00.** If you come **by train** - **please make sure to reach Łęborg station on Saturday, 15.10.2022 latest at 17:00** (because we will still have to pick you up from there by car).

The dinner will be served at 19:00, that's why it is important.

**To avoid problems with arriving on time and/or accepting your travel route, please consult us regarding your travel and WAIT FOR OUR CONFIRMATION of your travel itinerary BEFORE you finalise travel arrangements and bookings of the 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 choose the most safe and eco-friendly means of transport (car sharing, train, bus). 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.**





# 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.

## WHAT IS A GREEN TRAVEL BUDGET?

IN THE NEW ERASMUS+ PROGRAMME IT IS POSSIBLE TO APPLY FOR ADDITIONAL FUNDS FOR PARTICIPANTS **TO TRAVEL MORE GREEN AND SUSTAINABLE. THIS MEANS THE TRAVEL BUDGETS ARE HIGHER THAN THE REGULAR TRAVEL BUDGETS WHEN PARTICIPANTS CHOOSE TO TRAVEL OVER LAND (TRAIN, BUS, CAR SHARING) TO PARTICIPATE IN AN ERASMUS+ PROJECT. INSTEAD OF FLYING.**

FOR SOME COUNTRIES WE REQUESTED GREEN TRAVEL BUDGETS WITH THE IDEA IN MIND THAT FROM THESE COUNTRIES THERE ARE MORE OPTIONS FOR TRAVELLING OVER LAND. COUNTRIES THE GREEN TRAVEL BUDGETS APPLY TO ARE: GREECE, HUNGARY, ITALY, POLAND AND ROMANIA. PLEASE GET IN TOUCH WITH US IF YOU ARE FROM ANY OF THESE COUNTRIES AND YOU WOULD NOT BE ABLE TO USE ANY GREEN TRAVEL OPTIONS AND WOULD HAVE TO FLY TO POLAND TO BE ABLE TO JOIN THE PROJECT - THIS WILL MEAN A LOWER BUDGET ASSIGNED TO YOU,

**IN OUR FAQ DOCUMENT,** YOU WILL FIND SOME SUGGESTED TRAVEL ROUTES FOR EACH COUNTRY, FOR COUNTRIES WITH A GREEN TRAVEL BUDGET, WE ALSO INCLUDED FLIGHT OPTIONS ON THE LIST JUST TO BE SURE.

## COUNTRY

## TRAVEL BUDGETS

PORTUGAL

360 EURO

GREECE, HUNGARY, ITALY, ROMANIA

**IF GREEN TRAVEL BUDGET: 320 EURO**  
**IF REGULAR BUDGET: 275 EURO**

SPAIN, TURKEY\*

275 EURO (\*ADDITIONAL 100 EURO FOR VISA COSTS FOR TURKEY)

# TRAVELLING BY PLANE (WHICH IS NOT CONSIDERED A GREEN TRAVEL)



## TAKING THE FLIGHT TO GDAŃSK AIRPORT OR WARSAW AIRPORTS

If you will be taking a flight, there is an airport in Gdańsk (Gdańsk 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.

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# PROJECT TEAM

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



**ANNA KSIĄŻEK**  
TRAINER / FACILITATOR

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 / FACILITATOR

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“.



# PROJECT TEAM

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



**ANDREA PUCCI**  
TRAINER / FACILITATOR

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.



**LIA HAMMINGA**  
LOGISTICS

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.

# PROJECT TEAM

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



**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"

# CONTACT

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

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