

INFOPACK

Mindfulness for Tolerance

Erasmus+ Training for Youth Workers
10th March – 19th March 2020 (including 2 days of travel)
Wisła, Poland

In case of any doubts, please contact:
fundacja.ekonomisja.erasmus@gmail.com

About the Training

Mindfulness can often describe as “the psychological process of bringing one's attention to experiences occurring in the present moment”. Nowadays, it is widely used all over the world as a form of a relaxation techniques, as well as to reduce stress, or even depression or anxiety. Mindfulness can be also used as a tool to contribute towards tolerance and cultural intelligence.

We often do our activities ‘on autopilot’ (e.g. brushing our teeth). Our thoughts are often guided in the same way. On the one hand, it helps our brain to cope with incredibly big amount of information, by categorizing it with such ‘mental scripts’. On the other hand, however, not being aware of this, and not being mindful (thus, allowing our minds to work on an automatic mental process) leads to stereotypes and prejudice, also towards people from other cultures and countries (e.g. immigrants).

Therefore, we believe that being aware of our own ‘mental scripts’ and being mindful of them (& realizing them and the process around it), can greatly contribute for being more tolerant and mindful for other people, and fight stereotypes and prejudice.

Even though some of youth workers already know the concept of Mindfulness, they very rarely use it in their work with youth, neither using it as a tool for promotion of tolerance and combating stereotypes and prejudice.

Therefore, aims of this training for youth workers are as follow:

- To equip youth workers with knowledge and practical skills of the Mindfulness technique.
- To discuss and discover how Mindfulness can be used to stop ‘working on mental pilot’ thus combating stereotypes and prejudice towards people from other cultures and countries (e.g. immigrants).
- To develop tools (lessons scenarios) for using Mindfulness for promotion of tolerance and cultural intelligence / cultural awareness.

As a participant of the training, you will:

1. Develop practical skills regarding Mindfulness - both for your work with youth, but also for your own benefits.
2. Gain knowledge regarding:
 - Mindfulness and its various aspects and components;
 - How Mindfulness can be use in work with youth as a tool for promoting tolerance and combating stereotypes and prejudice.
3. Become more confident with their qualification and capacity to work with youth.

Dates

Participants should arrive before 6 pm on 10th March 2020 (Tuesday). The departure will take place on 19th March 2020 (Thursday) after breakfast. **Please note that you cannot arrive later or leave earlier.**

DRAFT of the programme

Please note that it is the draft of the programme. The final, more detailed version, will be shared at the later stage with confirmed participants.

	Morning	Afternoon
10.03	Arrival	Welcoming dinner
11.03	Introduction to the training	Getting to know each other
12.03	Stereotypes and prejudice	Tolerance
13.03	Mindfulness: ATTENTION & THE NOW	Mindfulness: DANGER OF AUTOMATICITY
14.03	Mindfulness: JUDGEMENTAL NATURE OF OUR MINDS	Mindfulness: ACCEPTANCE
15.03	Mindfulness: COMPASSION TOWARDS OURSELVES	Mindfulness: EMPATHY
16.03	Mindfulness: MINDFULNESS and COMMUNICATION	Mindfulness and the work with youth (non-formal education tool)
17.03	Developing a new non-formal education tool / lesson scenario.	
18.03	Wrapping up. Final Mindfulness practise	Evaluation. Goodbye event
19.03	Departure after breakfast	

After the training....

This is extremely important for us that participants from each country will share gained knowledge. Therefore, after the training, the group from each country will be obligated to conduct a dissemination event for young people. During such dissemination meeting, you will use your newly gained skills and knowledge gained during the training.

The dissemination event needs to be stationary (conducted face-by-face with young people in your local environment) and cannot be replaced with online activities.

Such event needs to be conducted before the end of April 2020.

Please note that conducting this activity is obligatory. Report from the event (photos and description) will be required.

Venue

The training will be held in Wisła, Poland.

Wisła is a beautiful town in southern Poland, close to the border with the Czech Republic and Slovakia. Attractively situated at the source of the Wisla River, and surrounded by beautiful forests on nearby mountain slopes, Wisla is popular tourist destination. Known as the Pearl of the Beskid Mountains, it has breathtaking views and landmarks.

Participants will be accommodated in double and triple rooms with private bathroom, grouped by gender, with participants from different country.

Due to the fact that the Economission Foundation promotes responsible consumption, meals served during the training will be exclusively vegetarian. Please make sure, that this rule is acceptable for you before committing for participation in this training.



What to bring?

- Everything you need for the intercultural evening
 - Warm clothes and waterproof shoes and jacket.
 - All your boarding passes, tickets you used to get to the airport, and also the printout with your booking confirmation.
 - Good mood and enthusiasm 😊
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Costs

Accommodation costs (programme activities, food and accommodation) are covered by Erasmus+. There is no participation fee.

Insurance

Participants from EU countries (Greece, Italy, Romania) will be relying on EKUZ. Participants from Albania, Armenia, Belarus, Georgia, Serbia, Ukraine should purchase a private insurance for the time of travel and the training. It will be reimbursed (up to 15 EUR per person) on the base of the invoice.

Visa

Participants from Belarus will be reimbursed with visa costs (up to 35 EUR per person).

Travel costs reimbursement

Travel costs will be covered, based on the country of participants, up to foreseen limits:

- Albania – up to 275 EUR
- Armenia – up to 360 EUR
- Belarus – up to 275 EUR
- Georgia – up to 275 EUR
- Greece – up to 275 EUR
- Italy – up to 275 EUR
- Romania – up to 275 EUR
- Serbia – up to 275 EUR
- Ukraine – up to 275 EUR

If you spend more we will not be able to reimburse you over the above mentioned limit.

You will be reimbursed on the base of the actual incurred costs, documented by the receipts and invoices. **Please keep in mind that we can reimburse you only for this transport, for which you have original tickets. So do not throw anything away!**

In order to have your travel cost reimbursed you need to keep all tickets, boarding passes and any other documents connected to your travel. It is important to do it with documents for the entire travel distance – from your departure point to Wisła and the other way around (so only flights tickets are not enough).

Copy of tickets are not enough according to Polish accounting rules - we need original documents. Therefore, the best option for the return tickets is to buy them online, so you can print them multiple times.

There are two options for travel costs reimbursement:

1. If you have all tickets already purchased and available during the training, you can be reimbursed then. Please note, that during the training we reimburse you in local currency (PLN - Polish zloty). The reimbursement in cash will be done on the last day of the training.
2. If you will need to purchase tickets on the way back (e.g. for a return bus in your country, if it is not possible to purchase it online), we are not able to reimburse you during the training (as we need to receive from you all tickets you want to be reimbursed for). In such case, we will ask you to send us via post the original tickets and boarding passes, once you are back home. After this, we will transfer you EUR within maximum 14 days after receiving the documents via post from you.

We would strongly encourage you to book all return tickets online in advance what would speed up the process of verification and transferring you money back.

How to get to Wisła?

The most convenient way is to take flight to
KRAKÓW - <http://www.krakowairport.pl/en/>

or

KATOWICE - <https://www.katowice-airport.com/en>

From there, you will have a bus or a train to Wisła.

from KRAKÓW

From Kraków to Wisła you can get only by a bus.

Buses to Wisła do not leave from the airport. Thus, first you need to get from the airport to bus station. In Krakow buses leave from a bus station called Dworzec Autobusowy MDA. It is located next to the Krakow Main Train Station called Kraków Główny.

How to get to his bus station from the Krakow Airport? You need to follow the information from the airport's website:

www.krakowairport.pl/en/passenger,c70/transport,c313/how-to-get-to-krakow-airport,c314

As you can see, you can take either a train or a bus.

If you go by train - remember, that Krakow has a few different train stations. You need to get to the Krakow Main Train Station called Kraków Główny.

If you go by a city bus: a bus and train stop is called Teatr Słowackiego).

Now, when you already know how to get from a bus station in Kraków, you need to catch a bus that will take you from Kraków to Wisła. How?

The best option is to purchase tickets online in advance: <https://www.busradar.com>

While booking a bus from Kraków to Wisła on this website, please make sure that you take a direct bus (as the website shows also more complicated options). The cheaper, direct bus is from the Lajkonik company.

While purchase this bus tickets, please keep in mind that:

- Bus from Kraków to Wisła takes about 3 hours.
- The last bus from Kraków to Wisła leaves quite early (please check the last bus before booking your plane tickets! - if you are coming later, it will be quite complicated to get to Wisła).

from KATOWICE

From Katowice to Wisła you can get either by a bus or by a train.

First, you need to get from the Katowice airport to the bus and train station. How to do it?

From the airport, you need to take a bus to Katowice Railway Station (PKP).

Between a railway station (from where you can take a train to Wisła) and a bus station (where you get a bus to Wisła) is only 5 minutes by walk.

By bus

The easiest way to get from Katowice to Wisła is by bus, as there are direct buses, that take around 2 hours. You can check them as well as buy tickets on this website: <https://www.busradar.com> . Buses leave from a bus station on Piotra Skargi 19. For the most popular company, Bus Brothers, it is not possible to buy a ticket online.

By train

You can also go to Wisła from Katowice by train. Unfortunately, it is impossible to buy a ticket online. You can buy it only in a ticket office once in Katowice. However, you can check the connections online on this website: <http://rozklad-pkp.pl/en>

When buying train ticket please remember that Wisła has a few different train stations. You need to get to the one called Wisła Uzdrowisko.

In Wisła

Once you get to Wisła you should take a taxi to the accommodation place. Taxi from the bus station should cost about 25 PLN. Please remember to keep the receipt! Only then you will be able to include this cost in your travel cost reimbursement.

Address of the accommodation, which you should give to a taxi driver is:

Hotel Krokus

ul. Górnośląska 9

43-460 Wisła

Poland – basic information



Currency:

Zloty (PLN, zł), 1 zloty = 100 groszy

1 EUR = around 4,3 PLN

Language: Polish

Capital: Warsaw

Number of inhabitants: 38 mln

Political system: republic, parliamentary democracy

Poland is a member state of the European Union, NATO, the Schengen Area, the United Nations, and the OECD.



Other important issues

30 youth workers from 5 program countries (Greece, Italy, Poland, Romania, Serbia) and 5 partner countries (Albania, Armenia, Belarus, Georgia, Ukraine)

The language of this training for youth workers is ENGLISH.

Participants are responsible for their travelling and medical insurance. It is also advisable to buy luggage insurance.