

# INFOPACK

## Social Economy – Social Values, Social Inclusion

**Erasmus+ Training for Youth Workers  
31<sup>st</sup> March – 8<sup>th</sup> April 2020 (including 2 days of travel)  
Wisła, Poland**

*In case of any doubts, please contact:  
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## About the Training

Sadly, Social Economy is currently almost absent in formal education for young people. Even though its role of the non-formal education is not to be overestimated. It is crucial to educate young people on Social Economy, due to at least few reasons:

1) Now, while working with young people, too often we can hear that “immigrants come and steal jobs”, or that “some people want to live on welfare”. Education on Social Economy allows young people to see the bigger picture on how economy and business can:

- include disadvantaged groups (which they currently often described with these negative statements cited above),
- support social objectives (as solidarity).

2) Understanding how socially excluded people can actively engage and contribute to the development of the local community, can contribute to spreading attitudes of tolerance, solidarity and respect for human rights among young people (also in relation to people coming from other communities and cultures, as e.g. immigrants).

3) Soon, these young people, will be entering the labour market. If they are aware of what Social Economy is (and that such thing even exist!), they will be able to create enterprises and cooperatives, which on the one hand will be the source of their income, and on the other - they will be able to actively reflect their values and help people from disadvantaged groups.

In this context, the main objectives of the training “Social Economy – Social Values, Social Inclusion” are as follows:

- To equip youth workers with knowledge about Social Economy and the possibility of using its mechanisms to meet social goals and objectives.
- To jointly discuss how education on Social Economy can be used for promotion of important values among young people, such as tolerance and solidarity. And to jointly develop non-formal educational tools to be able to promote it among young people in practise.
- To provide a platform to exchange experiences and learn about good practices in promotion of Social Economy, especially in the area of inclusion of disadvantaged groups.

### **As a participant of the training, you will:**

a) gain knowledge regarding

- Social Economy (SE)
- the possibility of using its mechanisms to meet social goals and objectives;
- how education on Social Economy can be used for promotion of important values among young people, such as tolerance and solidarity;
- how, and what tools to use to interest young people in Social Economy, and promote important values at the same time;
- good practices from various countries, that use SE as a tool for supporting disadvantaged groups.

b) develop skills and competences in the areas of

- incorporating aspects of SE in their education activities with youth;
- identifying best type of social enterprise for a given social problem.

## Dates

Participants should arrive before 6 pm on 31<sup>st</sup> March 2020 (Tuesday). The departure will take place on 8<sup>th</sup> April 2020 (Wednesday) 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.

	<b>Morning</b>	<b>Afternoon</b>
31.03	Arrival	Welcoming dinner
01.04	Introduction to the training	Getting to know each other
02.04	Social Economy	
03.04	Social Economy - challenges	
04.04	Various types of social enterprises vs. Various social problems	
05.04	Promoting Social Economy among youth	
06.04	Developing a new non-formal education tool / lesson scenario.	
07.04	Wrapping up	Evaluation. Goodbye event
08.04	Departure after breakfast	

On the 5<sup>th</sup> day we will visit Kraków. So you will not only have a chance to see this beautiful city, but most importantly – visit 3 different types of local social enterprises, to see how they operate!

## 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 dedicated for other youth workers** in your organization and / or your local environment. During such dissemination event, you will share with them your skills and knowledge gained during the training.

The dissemination event needs to be stationary (conducted face-by-face) and cannot be replaced with online activities.

Such event needs to be conducted before 10th of May 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 will be relying on EKUZ.

Participants from Macedonia and Serbia 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 an invoice.

## Travel costs reimbursement

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

- Bulgaria – up to 275 EUR
- Cyprus – up to 275 EUR
- Greece – up to 275 EUR
- Hungary – up to 275 EUR
- Italy – up to 275 EUR
- Latvia – up to 275 EUR
- Lithuania – up to 275 EUR
- Macedonia – up to 275 EUR
- Malta – up to 275 EUR
- Portugal – up to 360 EUR
- Romania – up to 275 EUR
- Serbia – up to 275 EUR
- Spain – 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). 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 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](http://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 around 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

**28 youth workers from 14 countries (Bulgaria, Cyprus, Greece, Hungary, Italy, Latvia, Lithuania, Macedonia, Malta, Poland, Portugal, Romania, Serbia, Spain)**

**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.**