

ERASMUS+ PROJECT FOR YOUTH WORKERS

# *Taking Care of the Care Takers*

INFOPACK

REGULATION OF THE PROJECT

Co-funded by the  
Erasmus+ Programme  
of the European Union





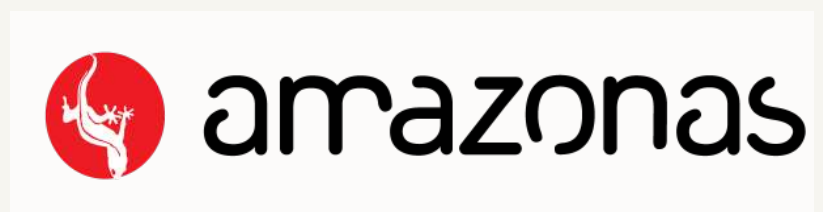
TAKING CARE OF THE CARE TAKERS (TCCT)  
IS A PROJECT ORGANIZED WITHIN THE  
FRAMEWORK OF ERASMUS+ PROGRAMME.  
PLEASE CONSULT THIS SHORT VIDEO WHICH  
EXPLAINS A LOT :)  
[HTTPS://YOUTU.BE/JKQZDOTATDU](https://youtu.be/jkqzdotatdu)

THE TCCT PROJECT INVOLVES THE YOUTH  
WORKERS FROM ITALY, UKRAINE, JORDAN,  
CROATIA, RUSSIAN FEDERATION AND  
POLAND.

IN CASE OF ANY QUESTIONS REGARDING THE  
CONTENT OF THIS INFOPACK, DON'T  
HESITATE TO WRITE: [YOUTH@ADRA.PL](mailto:youth@adra.pl)

# Partner Organisations

THE TCCT PROJECT IS A JOINT EFFORT OF SIX ORGANISATIONS: ADRA POLSKA (FROM POLAND), GENERATION OF CHANGES (FROM UKRAINE), UDRUGA AMAZONAS (FROM CROATIA), SAINT-PETERSBURG CHARITY PUBLIC ORGANIZATION FOR CHILDREN AND ADULTS WITH DISABILITIES "SHAG NAVSTRECHU" FROM RUSSIAN FEDERATION AND BAIT AL-HIKMAH FOUNDATION FOR YOUTH FROM JORDAN.

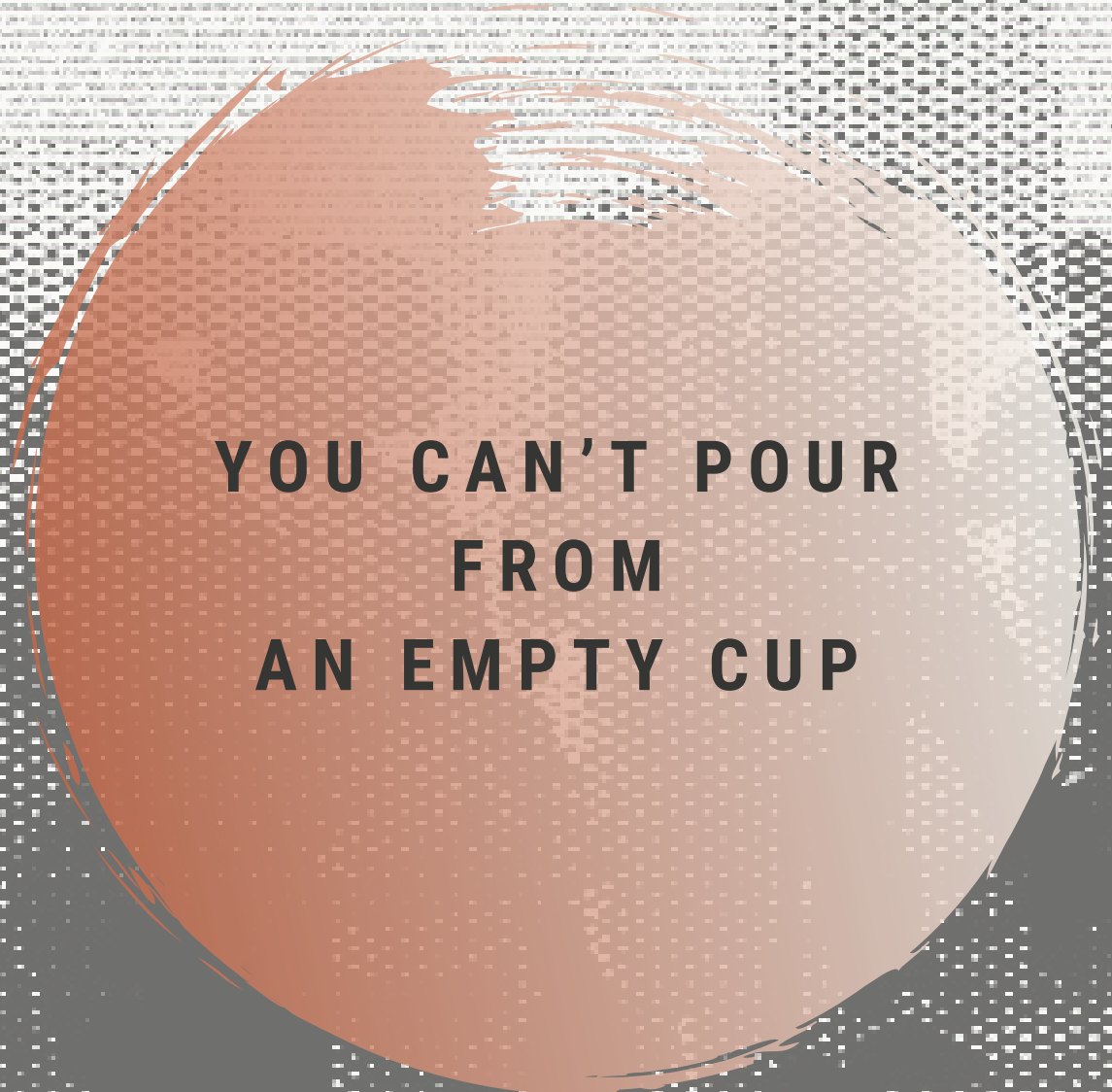




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# *Why Taking Care of the Care Takers Project?*





**YOU CAN'T POUR  
FROM  
AN EMPTY CUP**

# *Objectives of TCCT project*

ACHIEVING QUALITY IMPROVEMENTS IN THE YOUTH WORK OF THE PARTICIPATING ORGANISATIONS, VIA EQUIPPING THE YOUTH WORKERS IN COMPETENCES THAT WILL ENABLE THEM TO COPE BETTER WITH YOUTH WORK-RELATED STRESS

PREVENTING THE PHENOMENON OF PROFESSIONAL AND EMOTIONAL BURNOUT AMONG THE YOUTH WORKERS IN PARTICIPATING ORGANIZATIONS



REACHING OUT TO YOUTH WORKERS WITH FEWER OPPORTUNITIES

ELABORATING AND PUBLISHING NEW INNOVATIVE METHODOLOGIES OF BUILDING STRESS-RESILIENCE AND OF BURNOUT PREVENTION AND RAISING THE AWARENESS OF THE PROBLEM AMONG YOUTH ORGANIZATIONS

# *Steps within the project*



## **BEFORE PREPARATION**

FILLING OUT DETAILED PARTICIPANTS' FORMS, ESTABLISHING A FACEBOOK PREPARATION GROUP, FORMAL ISSUES (VISAS, BUYING TICKETS, PLANNING THE TRIP)

## **PREPARATION**

- 1) WORKING ON SESSION OUTLINES OF SESSIONS, PRECISING THE CONTENT,
- 2) GETTING ACQUAINTED WITH THREE MAIN METHODOLOGIES OF THE TRAINING: NATURE-CONNECTION BASED METHODOLOGIES, THEATRE METHODOLOGIES, EMBODIMENT AND MOVEMENT-RELATED METHODOLOGIES,
- 3) INTERCULTURAL PREPARATION,
- 4) PREPARATIONS CONNECTED WITH THE CONTEXT OF THE MIXED-ABILITY GROUP.

## **WEBINAR**

AT THE BEGINNING OF APRIL - THE Q&A WEBINAR SESSION ONLINE, COVERING THE THEORETICAL TOPICS OF THE SEMINAR



**SEMINAR  
IN POLAND**

9 TRAINING DAYS + 2 DAYS FOR TRAVEL. FULL OF KNOWLEDGE, NEW SKILLS, EXCHANGING GOOD PRACTICES AND WORKING ON DEVELOPING STRATEGIES FOR PREVENTING BURNOUT. 14-24.04.2020 (WHERE 14 IS THE ARRIVAL DAY AND 24 IS THE DEPARTURE DAY).



**FOLLOW-UP  
ACTIVITIES  
IN HOME  
COUNTRIES**

IMPLEMENTING NEWLY-GAINED TOOLS AT WORK - THIS IS ONE OF THE MOST IMPORTANT ELEMENTS OF OUR FOLLOW-UP PLAN. THE PARTICIPATING YOUTH WORKERS WILL USE THEIR NEWLY GAINED TOOLS IN THEIR YOUTH WORK ON A DAILY BASIS. THEY WILL BECOME MORE STRESS-RESILIENT AND BETTER YOUTH WORKERS.



**PUBLICATION  
OF OUR TOOLKIT**

DURING OUR TRAINING WE WILL WORK ON WORKSHOP SCENARIOS FOR OTHER YOUTH WORKERS. THEN, WE WILL PUT IT TOGETHER IN A PUBLICATION WHICH WE WILL PUBLISH VIA SALTO-YOUTH. WE HOPE THAT OUR PROJECT WILL HAVE IMPACT ON YOUTH WORKERS FROM DIFFERENT COUNTRIES AND THAT THEY WILL GET MORE AWARE ABOUT THE PROBLEM OF BURNOUT, STRESS-RESILIENCE IN YOUTH WORK AND THAT THEY WILL USE OUR WORKSHOP SCENARIOS IN THEIR YOUTH WORK.





# *Main elements of TCCT project*



1. **EXPERIENCE AND PRACTICE-SHARING ELEMENTS** - FOR EXAMPLE, THE SESSION "OUR YOUTH WORK TARGET GROUPS - SIMILARITIES AND DIFFERENCES" OR "HEALING CIRCLE METHODOLOGY TO SHARE EXPERIENCES OF STRESSFUL SITUATIONS/BURNOUT IN YOUTH WORK" - BOTH SESSIONS AIM AT EXPERIENCE AND PRACTICE-SHARING OF THE DAILY WORK OF THE PARTICIPATING YOUTH WORKERS, IN ORDER TO DISCUSS CHALLENGES AND SOLUTIONS. ANOTHER ASPECT OF EXPERIENCE SHARING IS THE FACT THAT MANY SESSIONS WILL BE LED BY PARTICIPANTS FROM OTHER COUNTRIES, FOR EXAMPLE, "CAPOIERA AS A TOOL IN YOUTH WORK" WILL BE LED BY THE CROATIAN PARTICIPANT, SINCE THEIR ORGANIZATION IS KNOWN FOR USING CAPOIERA IN YOUTH WORK AS AN EMOTIONAL INTELLIGENCE-BUILDING.

2. **THEORETICAL ELEMENTS** - THE PARTICIPANTS WILL GET TO KNOW THE THEORY BEHIND THE THREE MAIN METHODOLOGIES THAT WE WILL USE (BILL PLOTKIN'S "NATURE-BASED MAP OF HUMAN PSYCHE" - THE NATURE- CONNECTION BASED STRESS-RESILIENCE BUILDING METHODOLOGIES; AUGUSTO BOAL'S "THEATRE OF THE OPPRESSED" FOR THE AREA OF THEATRE METHODOLOGIES THAT WE WILL USE AND THE LABAN BARTENIEFF MOVEMENT SYSTEM FOR THE EMBODIMENT AND AUTHENTIC MOVEMENT ACTIVITIES WE WILL USE DURING THE TRAINING).

3. **ERASMUS+ ELEMENTS** - FOR EXAMPLE, SESSION ABOUT YOUTHPASS AND EVALUATION ACCORDING YOUTHPASS.

4. **PRACTICAL ELEMENTS AND TOOLS** - EACH DAY THERE WILL BE A TIME SLOT DEDICATED TO CREATING THE WORKSHOP SCENARIOS FOR OTHER YOUTH WORKERS AND YOUTH. THE SCENARIOS WILL BE BASED ON THE METHODOLOGIES AND ACTIVITIES THAT WE WILL COVER DURING THE DAY.

5. **INTERCULTURAL ELEMENTS** - FOR EXAMPLE INTERCULTURAL EVENING OR THE SESSION "EMBODIMENT OF THE STORY OF OUR PROFESSIONAL LIFE" WHERE THE PARTICIPANTS WILL HAVE A CHANCE TO SEE HOW A JOB OF A YOUTH WORKER LOOKS LIKE IN OTHER COUNTRIES.

6. **REFLECTION ELEMENTS** - EACH EVENING THERE WILL BE A REFLECTION TIME (DESCRIBED IN DETAIL IN "RECOGNITION OF LEARNING OUTCOMES" SECTION OF THIS PROJECT PROPOSAL)



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7. **FOLLOW-UP ELEMENTS** - THE SESSION "ACTION PLANS AND DISSEMINATION ACTIVITIES PLANNING" AND THE VISIT IN ZŁOCIEŃIECKI OŚRODEK KULTURY (WORKSHOP FOR YOUTH WORKERS)

8. **EMPOWERING, PREVENTING BURNOUT AND BUILDING STRESS-RESILIENCE ELEMENTS**-SESSIONS THAT WILL HELP THE YOUTH WORKERS TO BUILD THEIR OWN INNER STRESS-RESILIENCE, IN ORDER FOR THEM TO BE MORE SATISFIED FROM THEIR WORK AND TO BE LESS PRONE TO BURNOUT AT THEIR WORK. THESE SESSIONS WILL REVOLVE AROUND THREE METHODOLOGIES - EMBODIMENT AND AUTHENTIC MOVEMENT AREA OF METHODOLOGIES, NATURE-CONNECTION BASED METHODOLOGIES AND THEATRE METHODOLOGIES. THE EXAMPLES OF THESE SESSIONS CAN BE: "EMBODIMENT - TOOL OF STRESS-RESILIENCE", "AUTHENTIC MOVEMENT - EMERGENCY TECHNIQUES", "INTUITIVE DANCE - MOVEMENT AS A TOOL FOR INTEGRATION", "ROOTS OF STRESS RESILIENCE - THE POWER OF NATURE CONNECTION", "NOURISHMENT IN NATURE - MINDFULNESS", "EMOTIONAL INTELLIGENCE VIA THEATRE OF THE OPPRESSED METHOD".

9. **INCLUSIVE ELEMENTS** - FOR EXAMPLE, THE SESSION "INCLUSION ACTIVITIES" (THIS SESSION WILL MAKE THE OTHER PARTICIPANTS MORE AWARE ABOUT HOW TO ALWAYS INCLUDE ALL THE PARTICIPANTS, NOT MATTER THEIR ABILITIES/SPECIAL NEEDS).

10. **PERSONAL DEVELOPMENT ELEMENTS** - MANY SESSIONS WILL DEVELOP THE PARTICIPANTS NOT ONLY ON THE PROFESSIONAL LEVEL, BUT ALSO ON PERSONAL LEVEL. THE EXAMPLES OF THESE SESSIONS CAN BE: "OUR INTENTIONS (EXPECTATIONS, FEARS, HOPES)", "MOVEMENT, DRAMA AND INTUITIVE DRAWING", "EMPOWERMENT THROUGH NATURE CONNECTION".

11. **EMOTIONAL INTELLIGENCE ELEMENTS** - MANY SESSIONS DURING THE TRAINING WILL ALSO ENHANCE THE CAPACITIES OF THE PARTICIPANTS IN THE AREA OF EMOTIONAL INTELLIGENCE, FOR EXAMPLE "HEALING CIRCLE METHODOLOGY TO SHARE EXPERIENCES OF STRESSFUL SITUATIONS/BURNOUT IN YOUTH WORK" AND "NOURISHMENT IN NATURE - MINDFULNESS".





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# *Seminar in Poland - programme*



ALL THE PARTICIPANTS ARE EXPECTED TO BRING THEIR EXPERIENCE AND CONTRIBUTE TO THE PROGRAMME. TOGETHER WE HAVE SO MUCH EXPERIENCE (ADD ALL OF THE AGES OF THE PARTICIPANTS - HUNDREDS YEARS OF LIFE AND KNOWLEDGE!). THEREFORE, THE PROGRAMME WILL BE CONSTRUCTED TOGETHER, WITH SPACE FOR ALL PARTICIPANTS WHO WANT TO SHARE WITH OTHERS AND LEAD THEIR OWN WORKSHOPS AND SESSIONS. IN THIS WAY WE WILL ENABLE PEER-LEARNING AND EXCHANGE OF GOOD PRACTICE.

**HERE AT THIS PAGE  
WE WILL PUBLISH OUR  
PROGRAMME :)**



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# *Seminar in Poland - technicalities*

OUR TRAINING WILL TAKE PLACE  
IN A BEAUTIFUL TINY VILLAGE,  
INSIDE OF A FOREST, NEAR LAKE.

IT IS A VILLAGE CALLED  
"ZATONIE", NEAR ZŁOCIENIEC:  
CENTRUM REKREACYJNO-  
WYPOCZYNKOWE „POLUBIE”  
W ZATONIU ZATONIE 1  
78-520 ZŁOCIENIEC

WEBSITE OF THE VENUE:  
[WWW.POLUBIE.PL](http://WWW.POLUBIE.PL)

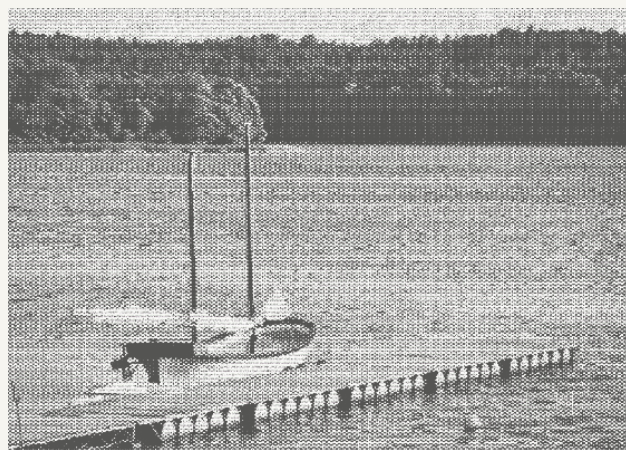
IMPORTANT - IT IS STRICTLY FORBIDDEN TO USE  
ALCOHOL AND DRUGS AT THE VENUE. SMOKING  
ALLOWED ONLY IN DEDICATED SPACE.

WERONIKA KORALEWSKA  
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**14-24.04.2020** WHERE 14TH IS  
THE ARRIVAL DAY AND 24TH IS  
THE DEPARTURE DAY

**3 PARTICIPANTS FROM POLAND**  
+ 1 ACCOMPANYING PERSON,  
**3 PARTICIPANTS FROM ITALY**  
+ 2 ACCOMPANYING PERSONS,  
**3 PARTICIPANTS FROM RUSSIAN**  
**FEDERATION,**  
**3 PARTICIPANTS FROM CROATIA,**  
**3 PARTICIPANTS FROM UKRAINE**  
+ 2 ACCOMPANYING PERSONS  
**3 PARTICIPANTS FROM JORDAN**

## TRAINING VENUE



## CONTACT TO THE PROJECT COORDINATOR

## DATES

## PARTICIPANTS



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THE CLOSEST AIRPORTS: SZCZECIN  
AIRPORT 90 KM FROM ZŁOCIENIEC  
BERLIN SCHOENEFELD 250 KM FROM  
ZŁOCIENIEC  
POZNAN AIRPORT 190 KM FROM  
ZŁOCIENIEC

PLEASE DON'T BUY ANY TICKETS  
BEFORE CONSULTING THE CHEAPEST  
AND THE MOST EFFECTIVE ROUTE  
WITH THE PROJECT COORDINATOR.

THERE ARE NO DIRECT BUSES TO  
THE VENUE, SO WE WILL ORGANISE  
A JOINT BUS FROM THE CLOSEST  
TRAIN STATION/AIRPORT,  
DEPENDING ON THE CHOICES OF  
FLIGHTS OF PARTICIPANTS.

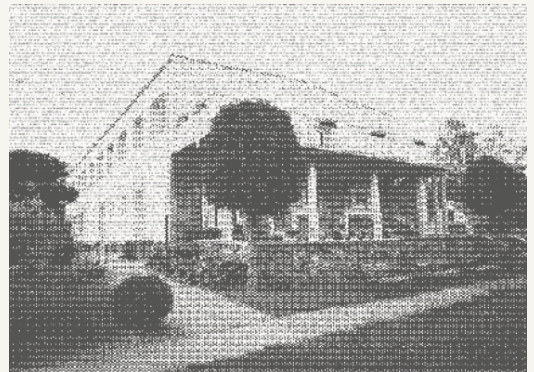
IF POSSIBLE, PLEASE CHOOSE THE  
MOST ECOLOGICAL WAY OF  
TRAVELLING.

PLEASE, REMEMBER ABOUT THE TRAVEL  
REIMBURSEMENT LIMITS FOR YOUR  
COUNTRIES:  
FROM CROATIA - UP TO 275 EUR,  
FROM UKRAINE - UP TO 275 EUR,  
FROM JORDAN - UP TO 360 EUR,  
FROM ITALY - UP TO 275 EUR,  
FROM RUSSIAN FEDERATION - UP TO 275 EUR.

THE TIMETABLE OF TRAINS:  
[HTTP://ROZKLAD-PKP.PL/EN](http://rozkład-pkp.pl/en)

THE PARTICIPANTS NEED TO BUY  
TICKETS ON THEIR OWN OR THE  
ORGANIZATION MUST BUY IT FOR THEM.  
THE REIMBURSEMENT WILL BE SEND  
AFTER THE TRAINING, TO THE BANK  
ACCOUNTS OF THE PARTNER  
ORGANIZATIONS AND THEN THEY HAVE  
TO DISTRIBUTE IT BACK TO THE  
PARTICIPANTS. THE VISA-COSTS WILL  
BE ALSO REIMBURSED. PLEASE  
REMEMBER TO COLLECT ALL YOUR  
RECEIPTS AND INVOICES AND TICKETS.

## HOW TO GET TO THE TRAINING VENUE



## REIMBURSEMENTS





# *Preparation - useful links and materials*



## **ONLINE PUBLICATIONS:**

1) NO BARRIERS NO BORDERS - INTERNATIONAL MIXED-ABILITY PROJECTS GUIDEBOOK:  
[HTTPS://WWW.SALTO-YOUTH.NET/TOOLS/TOOLBOX/TOOL/NO-BARRIERS-NO-BORDERS-INTERNATIONAL-MIXED-ABILITY-PROJECTS.605/](https://www.salto-youth.net/tools/toolbox/tool/no-barrriers-no-borders-international-mixed-ability-projects.605/)

2) GUIDANCE HANDBOOK ON A HEALTHY INTERACTION WITH PEOPLE WITH DISABILITIES ENGLISH:  
[HTTPS://WWW.SALTO-YOUTH.NET/TOOLS/TOOLBOX/TOOL/GUIDANCE-HANDBOOK-ON-A-HEALTHY-INTERACTION-WITH-PEOPLE-WITH-DISABILITIES-ENGLISH.1497/](https://www.salto-youth.net/tools/toolbox/tool/guidance-handbook-on-a-healthy-interaction-with-people-with-disabilities-english.1497/)

## **BOOKS:**

- 1) "THE MASTERY OF MOVEMENT" BY RUDOLF LABAN
- 2) "LABAN FOR ALL" BY JEAN NEWLOVE AND BY JOHN DALBY
- 3) "WILD MIND: A FIELD GUIDE TO THE HUMAN PSYCHE  
BY BILL PLOTKIN
- 4) "GAMES FOR ACTORS AND NON-ACTORS" BY AUGUSTO BOAL
- 5) "THEATRE OF THE OPPRESSED" BY AUGUSTO BOAL
- 6) "THINKING LIKE A MOUNTAIN" BY JOANNA MACY



## **IMPORTANT NOTE**

THE WHOLE PROJECT WILL BE AN INTENSE JOURNEY, AND ESPECIALLY THE SEMINAR WILL HAVE A LOT OF EXPERIENTIAL ELEMENTS, SUCH AS MOVEMENT ACTIVITIES, EMBODIMENT, NATURE CONNECTION ACTIVITIES, THEATRE ACTIVITIES. WE WILL EXPERIENCE EVERYTHING WHAT WE WANT TO PASS TO OTHER YOUTH WORKERS TO BUILD THE STRESS RESILIENCE. IF YOU DECIDE TO PARTICIPATE, BE READY FOR THE EXPERIENTIAL PROCESS OF LEARNING, PERSONAL GROWTH AND HOLISTIC EXPERIENCES.





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# *What you might need while being in Poland..*



SOME PRACTICAL INFORMATION REGARDING POLAND



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# *Polish - basic phrases*

CURRENCY: POLISH ZLOTY - PLN, 1 EUR IS AROUND 4,24 PLN

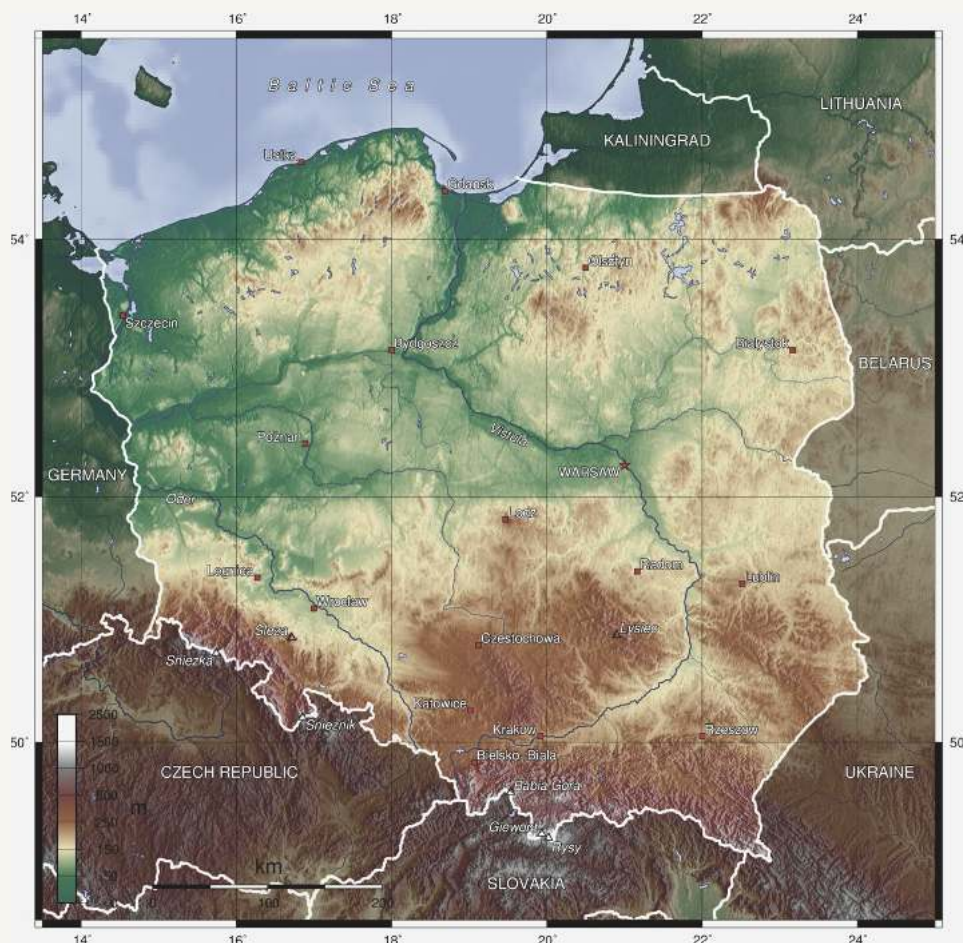
CAPITAL: POLAND

NUMBER OF INHABITANTS: 38MILIONS

POLITICAL SYSTEM: PARLIAMETARY DEMOCRACY

AREA: 312,679 SQUARE KILOMETERS (120,726 SQ MI)

POLAND - A MEMBER STATE OF THE EUROPEAN UNION, NATO,  
THE SCHENGEN AREA, THE UNITED NATIONS, AND THE OECD





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# *Polish - basic phrases*

SOURCE: [HTTP://MOWICPOPOLSKU.COM/](http://mowicpopolsku.com/)

## **GREETING & FAREWELL**

HI - CZEŚĆ

GOOD EVENING - DOBRY WIECZÓR

BYE - CZEŚĆ

GOOD MORNING / AFTERNOON / DAY - DZIEŃ DOBRY

GOODBYE - DO WIDZENIA

SLEEP WELL - ŚPIJ DOBRZE

SEE YOU - NA RAZIE

SEE YOU TOMORROW- DO JUTRA

## **GENERAL CONVERSATION**

YES - TAK NO- NIE

PLEASE / YOU'RE WELCOME - PROSZĘ

THANK YOU (VERY MUCH)- DZIĘKUJĘ (BARDZO)

THANKS- DZIĘKI

EXCUSE ME / I'M SORRY- PRZEPRASZAM





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## **INTRODUCING YOURSELF**

NICE TO MEET YOU. - MIŁO MI CIĘ POZNAĆ.

HOW ARE YOU? - JAK SIĘ MASZ?

GOOD, THANK YOU. - DOBRZE, DZIĘKUJĘ.

NOT BAD, THANKS. - NIEŹLE, DZIĘKI.

WHAT'S YOUR NAME? - JAK SIĘ NAZYWASZ?

MY NAME IS ADRIAN KALINOWSKI.

NAZYWAM SIĘ ADRIAN KALINOWSKI.

WHAT'S YOUR FIRST NAME? - JAK MASZ NA IMIĘ?

MY FIRST NAME IS PAWEŁ. - MAM NA IMIĘ PAWEŁ.

HOW OLD ARE YOU? - ILE MASZ LAT?

I'M (TWENTY NINE) YEARS OLD. - MAM (DWADZIEŚCIA DZIEWIĘĆ) LAT.

WHAT ARE YOU DOING (AT THE MOMENT)? - CO ROBISZ (TERAZ)?

WHERE DO YOU LIVE? - GDZIE MIESZKASZ?

I LIVE IN GDAŃSK. - MIESZKAM W GDAŃSKU.

I'M FROM ENGLAND. - JESTEM Z ANGLII.

## **COMMUNICATION**

I UNDERSTAND. - ROZUMIEM.

I DON'T UNDERSTAND. - NIE ROZUMIEM.

WHAT DOES THAT MEAN? - CO TO ZNACZY?

I DON'T KNOW. - NIE WIEM.





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# The closest embassies/consulates:

JORDANIAN EMBASSY (IN GERMANY)  
HEERSTRASSE 201, D-13595,  
BERLIN,  
+ 49-30- 3699 600,  
JORDAN@JORDANEMBASSY.DE

ITALIAN EMBASSY  
AMBASCIATA D'ITALIA  
VARSAVIA CONTENUTO DA CERCARE  
PL. DĄBROWSKIEGO 6, 00-055  
VARSAVIA, +48 22 826 34 71,  
AMBASCIATA.VARSAVIA@ESTERI.IT

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**SEE YOU IN POLAND!**

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