

ACTIVITY:

2nd Winter Youth Work Academy



Date:
21-27 November
Travel dates:
20.11/28.11

EUROPE4YOUTH ASSOCIATION'S TRAINING & EDUCATION
CENTRE

UL. CICHA 12, 34-700 RABKA-ZDRÓJ
POLAND



Co-funded by
the European Union

ORGANISERS

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ABOUT THE PROJECT

2nd Winter Youth Work Academy builds on the success of its first edition, held in December 2025.

During the inaugural WYWA, we explored **the concept of youth work**, its practical application, development and recognition at national and international levels.

This second edition takes the next step by focusing on the **quality and practice of the profession**. Together, we will reflect on the work Europe4Youth has carried out over the past few years, explore its diverse applications, and inspire one another to strengthen good practices across different areas of youth work. Also, there will be a space to share experiences and observations from other known Erasmus+ activities.

THE CONCEPT OF THE ACTIVITY

What we want to achieve:

- To deepen our understanding of youth work by exploring diverse topics, perspectives and relevant publications
- To exchange experiences and reflect on our youth work practice and observations from the past year
- To share practical methods, tools and good practices for working effectively with young people.



PROFILE OF PARTICIPANTS

Professional profile:

We invite Youth workers and Staff/collaborators of organisations working with young people in different settings.

Professionals in the field, involved in work done at the local and international level by their sending and representing organisations, and ready to deepen and share knowledge related to their approaches and experience with Youth Work

Social profile:

We are open to youth workers with various social, cultural, economic or personal backgrounds. Please be transparent about your conditions, so we can make the necessary adjustments, provide the requested resources, or create the space required to satisfy your needs. We may contact you to consult on planned measures. Here's what we cannot overcome: the **venue we use has no elevator**. If your mobility is limited, we will accommodate you on the ground floor. The necessary locations in the building (like the dining room and seminar room) are accessible, yet **some facilities require the use of stairs**.

Participation conditions:

Participants should be comfortable using English as their working language.

All participants should have minimal experience in youth work and collaborate with an organisation (NGO, municipality, or other public/private body) that works with youth, is registered in one of the Erasmus+ Programme countries, and has a verified ECAS account.

Participants will be asked to present their organisation's OID number in the registration form. When selected, your organisation will become a project partner – representatives of the organisation will attend a preparation meeting and sign a bilateral partnership agreement to get involved in the project.

Registration:

Apply through **SALTO-Youth** <http://trainings.salto-youth.net/15421> until **21.10**. The information about the selection will be sent to the email address given at registration. **If selected**, you'll be asked to fill in the registration form and arrange your travel with your sending organisation.



PREPARATION AND OTHER ARRANGEMENTS

Group communication:

The main communication channel for the project is **Discord**. Once you're selected, please **join the server** "Youth Space" (you'll receive the link together with the selection results), where in the chat "general" you'll be expected to **introduce yourself** and tell what project you are participating in – then the admin will add you to the specific channel for this project.

In that chat, **you can ask questions**, integrate with other participants and kick off the preparation process!

The **"Youth Space" server** is dedicated to all our participants: young people and youth workers, who have been part of the Europe4Youth's projects in the past few years. Bear that in mind when sharing your data (in Discord, **you don't have to give any personal data** at all). We have chosen Discord as the communication channel for data protection regulations. Please download the app, and use only this channel to communicate with the group and the organisers.

Online preparation phase:

The online preparation meeting is an integral part of the process, and the presence is as **important as participation in the mobility**. Participants will be invited to share their expectations, experiences and discuss the final timetable. The date of the meeting and the link to the Discord channel will be provided later.

Homework:

Before you come to Poland, you'll be asked to prepare information about:

- your organisation
- good practice or experience in youth work you'd like to share with others

More about that you'll find out during the online meeting.

THE VENUE AND ACCOMMODATION

The meeting will take place in Training and Education Center of Europe4Youth Association in Rabka-Zdrój, ul. Cicha 12. The building is a cosy, comfortable place that will be at the **exclusive disposal** of the group.



Scan for localisation!

Amenities:

- Rooms: 2-3 persons and one for 5
- Private bathrooms
- Meals: 3 per day
- Place to rest, integrate and work
- Sheets and towels provided



Please take with you comfortable shoes or slippers.

In the venue, you can find a piano, board games, a ping pong table, kickers and a chill zone.

The town:

- It has a beautiful park with an outdoor gym, a river with nice boulevards and a lot of outdoor spaces to use for activities or rest.
- The closest **pharmacy** is 30 min walking.
- The closest **supermarket**, named Adaś, is a 5-minute walk from the venue, closes at 21:00 and is closed on Sundays.

PROJECT RULES FOR TRAVEL

The question of travel costs is regulated in the partners' agreement between Europe4Youth and **your sending organisation**, which will become a partner for this project. We provide all partners with the resources to cover participants' travel costs from their country. After that, the **sending organisation** will reimburse you.

A heads up: your organisation will need you to collect all **tickets, reservations, and boarding passes** in original form to register those expenses in their bookkeeping.

According to our project parameters, there are **2 travel days** at your disposal (they are described on the first page). That means that your travel to and from Poland should happen on those days. **If you are using Green Travel** (more information about green means of transport can be found in the Erasmus+ Programme Guide), your travel can take up to 6 days as long as it's a **continuous journey** (e.g. you don't stop for sightseeing in several cities on the way). The project budget does not cover any additional costs for those extra days.

Within the project budget, **accommodation** is provided for all activity days and 2 travel days (8 nights in total), and **meals** for every activity day, starting with dinner on the arrival day, through breakfast on the departure day.

The project is following the Europe4Youth Association's expenditures policy and the green policy, along which **you need to travel:**

- with **economic options only** (2nd class, economy class, budget options),
- with **public transportation only** (no taxis, Ubers, or Bolts),
- from the **country of residence** and back (if you travel back to another country, you won't be reimbursed for that part of the trip).

We encourage you to **consider green travel**, especially when your travel distance is not longer than 600km.

Please have in mind that the reimbursement procedure can take **up to 2 months** after the activity and depends on the ability of all members of the group to provide all proper travel documents on time.

Any other travel option should be discussed with the sending organisation and accepted by the Project Officer.

ORGANISATIONAL RULES FOR TRAVEL

Regarding the time of arrival and departure, it's important that you:

- **arrive** at the venue on the arrival day between 15:00 and - ideally - 19:00 (at 19:00-20:00 the dinner is served) but no later than 22:00 (later the check-in is closed),
- **depart** from the venue on the departure day, no later than 10:00.

If this is not possible/feasible for you, **please consult your plans with the Project Officer.**

ERASMUS+ RULES FOR TRAVEL

Travel costs are covered by the Erasmus+ Programme, and the travel must comply with **Erasmus+ regulations**. The **available limit** per person is indicated in the current Erasmus+ programme guide and depends on the **travel distance** (in straight line on the map).

STANDARD TRAVEL

	28 EUR
	211 EUR
	309 EUR
	395 EUR
	580 EUR

DISTANCE OF TRAVEL

10-99 km
100-499 km
500-1999 km
2000-2999 km
3000-3999 km

GREEN TRAVEL

56 EUR	
285 EUR	
417 EUR	
535 EUR	
785 EUR	

To know which limit applies to you, check the distance from the **city of the headquarters of your sending organisation** to Rabka-Zdrój in the Erasmus + Distance Calculator. If you spend less on your travel, you will be reimbursed exactly the amount you spent. **If your travel is more expensive than the limit, the difference would have to be covered by you** (unless your sending organisation use a different policy).

Relevance: Your travel must be connected to the project. This means that longer or complicated travel must consist of consecutive days with a reasonable itinerary (no long stops along the way that would indicate, e.g., a touristic purpose) and that **you must travel from the city/country of your residency and back.**

All exceptions must be duly justified and consulted with the Project Officer.

HOW TO GET TO RABKA - ZDRÓJ

BY PLANE



When you land at Kraków Airport, take the direct **Flixbus** (tickets **booked online** www.flixbus.pl) from the Airport to **Rabka-Zdrój**, or go to the city centre for more transportation options.

To get there, take the **city train** (tickets are available from vending machines or on board) to **Kraków Główny** station (it takes 17 minutes). The trains depart every 30 min.

FROM KRAKÓW MAIN STATION TO RABKA-ZDRÓJ BY BUS:



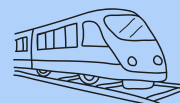
Options from the Bus Station MDA (**Małopolski Dworzec Autobusowy**):

1) Upper platform of the bus station: coaches **Flixbus** (don't forget to buy the tickets **in advance online**). It takes more than 1 hour and gets you to the main station, **Rabka-Zdrój Dworzec Busów** (address: Jana Pawła II 32).

2) Lower platform of the bus station: minibus labelled **RAB-BUS** (you can pay on the bus **only by cash in PLN** - costs aprox. **25 PLN (6 EUR)**). It takes around 2 hours to the main station, **Rabka-Zdrój Dworzec Busów**. Check out the schedule here: www.pks.pl or at the station.

Last buses to the centre of Rabka-Zdrój depart around 20.00. Don't be confused with the buses to the Rabka - Zabornia stop, which is far away from the venue.

FROM KRAKÓW MAIN STATION TO RABKA-ZDRÓJ BY TRAIN:



The train station (**PKP Kraków Główny**) is connected to the bus station by a tunnel. You can also choose a train: book it in advance at <https://koleo.pl> or buy a ticket at the station's underground ticket counters. It takes 2,5 hours and gets you to the **Rabka-Zdrój Dworzec Kolejowy** train station (address: Orkana 27).

If you have an ISIC student card and you are no more than 26 years old, you will be entitled to the discounted fare.

Please arrange your travel to get to Kraków city centre **before 18:00**, so you can catch a convenient transportation to Rabka-Zdrój, and **not miss dinner and the check-in time**. Please **keep us informed** through Discord about your progress.

HOW TO GET TO THE TRAINING CENTER

When you are in the centre of Rabka-Zdrój:

- From the main bus station to the accommodation, there is a 1600-meter distance - a 25-minute walk.
- From the train station, there is a 2000-meter distance - a 35-minute walk.

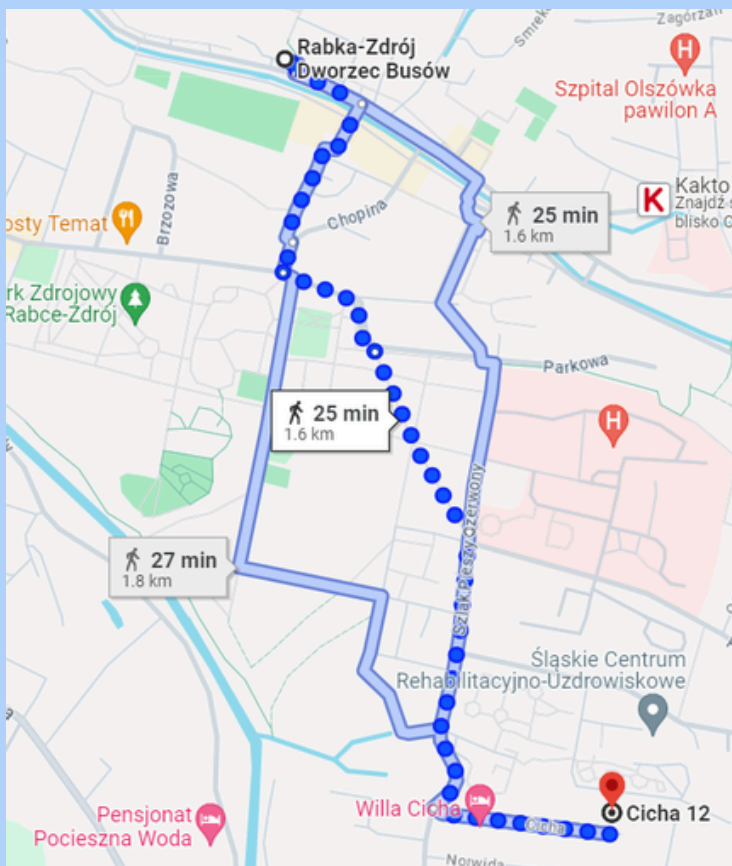
Both of which can lead you through the nice path of a city park.

Use your maps application to get there the fastest way.

<https://maps.app.goo.gl/Pg1HXEaLSvZk8AoE9>

Once you walk up Cicha Street, **go to the number 12** with the white gate on the left. **Ring the bell** and go straight to the house.

The reception is on the left. Somebody will wait for you there until 22:00.



In case of emergency, taxi companies in Rabka - Zdrój (just remember that those costs are **not refundable**):

NeoTaxi: +48694682555

Taxi24h: +48516700485

When you call them, you can say (phonetically) **prosze taxoovke na adres** (here you give the address where you are). When the taxi arrives, show the driver this sentence:

Poproszę na ulicę Cichą 12.

It should cost 25-30 PLN, depending on whether it's day or evening. Not all taxis accept debit cards!

Apologies, but we are not able to offer transfers for participants from the bus/train station to/from the facility.

OTHER REMARKS

Polish food:

- **Lunch** is the biggest and most important meal of the day; dinners in Poland are simple.
- Meals will be **diverse and healthy**, so if you sign up for a meat diet, it doesn't mean you'll eat meat every day.
- You can choose different variants of your meals: meat, vegetarian, vegan and indicate some allergies (e.g., lactose or gluten). Please select the option you want to stick to in the registration form.
- NOTE: If you have a demanding diet (not-accessible products, unusual or time-consuming process), please be ready to help yourself by getting whatever you need from the shop – you can use the guest kitchen to store and prepare your meals. Please consult with our Project Officer in advance.

The venue:

- You will be accommodated in 2-to 3-person rooms with **randomly selected** people from other countries.
- The house is at the group's **exclusive disposal** (no one else will be there besides the staff).
- During your stay, the venue is **under shared responsibility** of the group. Please, **take care** of the tidiness of your surroundings, especially the common spaces.
- There are **quiet hours from 22:00 till 7:00** (this includes spaces indoors and in the garden), but ... no one can hear you in the basement - this is where you can party.
- If you need to prepare something for yourself or the intercultural evening, there is a **small kitchen** (room number 17), but without an oven, so no baking is possible. If you are planning to cook, bring all the ingredients you may need.

PROPOSED TIMETABLE

ARRIVAL DAY: Arrival after 15:00 and before 19:00 if possible

Day 1 - Welcome Day

First session: Introduction to the activity principles

Second session: GTKEO(Getting to Know Eachother), Team building

Third session: Who We are as Youth Workers

Fourth session: KAPOK (Cracow's course for youthworkers) and Winter Youth Work Academy

Day 2 - Exploration of Youth Work

First session: Youth Work on Paper

Second session: Youth Worker Competences Framework

Third session: The Essence of Youth Work

Fourth session: Let's Share Our Youth Work Experiences!

Day 3 - Quality & Evaluation

First session: Definitions of quality in Youth Work

Second session: Indicators and Evaluation: How to Assess Quality

Third session: Your experience: What didn't work?

Fourth session: Your experience: What worked?

Day 4 - Mentoring & Youth Support

First session: Mentoring 101

Second session: The Dynamic Needs of Youth

Third session: Active Listening

Fourth session: Burnout Prevention: Self - Care Plan

Day 5 - Types of Youth Work

First session: Types and Approaches, Youth Work 5 W's

Second session: Center-Based Youth Work

Third session: Street Youth Work

Fourth session: International Youth Work

Day 6 - Sharing Practices

First session: Participant Contributions

Second session: Participant Contributions

Third session: Participant Contributions

Fourth session: Participant Contributions

Day 7 - Closure

First session: Wrapping Up The Program

Second session: Reflection

Third session: Evaluation

Fourth session: Youthpass Ceremony

DEPARTURE DAY: Departure before 10:00

USEFUL INFORMATION

Most Poles knows English, but it would be warmly welcomed if you try to use some Polish.

Make sure you are prepared to take:

- Travel documents (**passport or ID**)
- **European Health Insurance** card; make sure you have it before travelling
- International Student Card ISIC (to get a discount for trains), if you have it and you are no more than 26 years old
- If you take **regular medications**, bring enough for the entire stay
- clothes change enough for all to stay, **be prepared for cold/rainy weather** (Rabka - Zdrój is in the mountain area)
- shoes for hiking
- swimming suit, if you want to use the pool nearby (paid separately).

Polish **currency** is the Polish zloty (PLN). A small amount of cash can be useful, but a variety of electronic payments are accepted almost everywhere. **Payments in euros are rarely accepted.**

Don't hesitate to contact organisers if:

- You feel unwell (physically or mentally)
- You have problems with accommodation or meals
- You feel uncomfortable in the group
- You need help with anything

We're here to support you!

QUESTIONS?

Contact person (Project Officer):

Marek m.piwonski@europe4youth.eu

