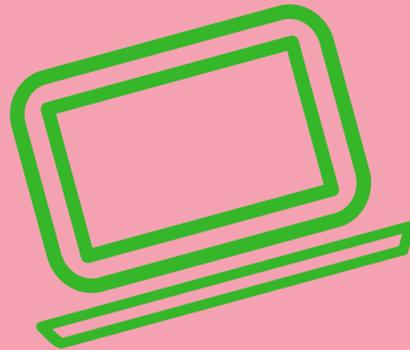


INFOPACK

INTERNATIONAL CITY



01.09.2018-
30.09.2019

KIELCE,
POLAND



EVERYTHING
YOU NEED TO KNOW
TO START
YOUR VOLUNTEERING
EXPERIENCE



WELCOME ON BOARD!

Dear volunteer,

in front of you lies a great adventure. 10 months in Poland, a time filled with changing the community for better, working in an intercultural environment, learning new things, making tons of new friends from all over the world.

We will be extremely grateful if you will decide to devote your time to change the hearts and minds of our society. We believe it will leave an everlasting impact both on you and the community you are going to work with.

Sometimes it might be hard, but always remember, that we are all in this together, we are a team that supports each other, so you are never on your own with your problems.

Maybe the time comes that you will miss your old life. So remember that your life will never be the same.

We can't wait to meet you!

Best regards,
Regional Volunteer Center Team

ABOUT THE PROJECT

WHAT YOU ARE GOING TO DO?

INTRODUCTION

This project is a continuation of projects from previous years. With 7-years experience, we developed high-quality standards for everyone involved in the project. The main goal of this project is to raise awareness of local youth about volunteering (local and European) as a way of personal growth and change in the city of Kielce and Świętokrzyskie Voivodship. It is to increase social activity among residents of Świętokrzyskie region (especially young people), to encourage them to be active through volunteering in order to develop and make a change and also to build mutual understanding between foreigners and locals.



DURATION

The project lasts 10 months - between 01.09.2018 - 30.06.2019.

WHERE?

Core activities will take place in educational institutions, including:

- kindergartens and schools,
- youth centres,
- institutions taking care of people with fewer opportunities.

Above institutions are all around the region - not only in Kielce.

- Regional Volunteer Centre

DON'T WORRY ABOUT...

1. MONEY - you will get 100 EUR per month for food and 120 EUR for your own expenses. 220 EUR per month is easily enough in Poland :)

2. TRAVEL COSTS - you will get travel reimbursement, first for getting here and going back (the maximum amount depends on a country, 99% of the time is more than enough :). In Kielce, you will be provided with a monthly pass for public transport. If you'll have to travel further then you just need to save your tickets and we will return you the money as well.

3. ACCOMMODATION - you will live in a flat with other volunteers. To give you some privacy you will have your own room :) You will have sheets and equipped kitchen. And to separate your work from life, you can always come to our office and use our space and equipment.

4. LIFE - if living in a completely different environment scares you, not to worry :) You will have people to help you out with everything. First of all your MATE - a person that will take care of formalities like creating a polish bank account or getting a polish sim card. He or she will also take you to a doctor if something bad happens. MENTOR - everyone will have one, and that's a person that takes care of your learning process. and psychological support. Project can be overwhelming sometimes, but you're not alone - you have your mentor. COORDINATOR - you supervisor that organizes your work as well as providing you with useful workshops.

YOUR TASKS

- Preparing and delivering workshops for schools and various institutions.
- Travelling around the region. to reach people in smaller cities and villages.
- Promoting volunteering (local and European) in schools.
- Taking care of the visibility of the project (taking and posting pictures on Facebook, running a blog, preparing a calendar, creating a movie etc.)
- Participating in international events to create a space for interaction between foreigners in Kielce (students, EVS volunteers, interns) with locals.
- Participating in Polish language course, monthly meetings with teachers, volunteers and coordinators, preparing new content for workshops (we will, of course, help you with that).
- Providing workshops in the frame of "Youth Station".
- Participating in On-Arrival and Mid-Term training organized by Polish National Agency, as well as 3-day training organized by Regional Volunteer Centre at the start of a project.
- Helping in the office.
- Helping in the various project running in Regional Volunteer Centre (e.g. organizing a city game or conference).
- Inspiring and motivate people of the region.



YOUTH STATION

This is a programme for young people in a region. It consists mostly of:

- language courses provided by native speakers (yes, that means you!)
- special events: they happen once and may include a screening of your national movie, learning regional dances, painting in wood, and whatever your creativity brings :)
- meetings with travellers - that's our job :) We're preparing a special meeting with someone who visited some interesting places in the world.
- International Party - a party for foreigners in Kielce, usually in a pub or a club. Of course, Polish people are also invited :)
- [\[ENTER YOUR WORKSHOP HERE\]](#) - yes, that's right, you can prepare your own, original course. Over the years we've had theatrical workshops, creative writing and much more!

All activities take place in our office in the afternoon.

PRZYSTANEK



MŁODYCH

YOUR DEVELOPMENT

- Knowledge of Polish education system and teaching methods in kindergarten, school.
- Getting experience in working with children and youth (also with children with disabilities).
- Experience in working with people with fewer opportunities.
- Develop facilitation skills by preparing and conducting workshops, trainings, classes and courses.
- Improving your language skills - you will use English, learn Polish and even teach your mother tongue.
- Basics of graphic design, video editing, using social media.
- Oral presentation skills.
- Increased confidence and self-esteem.
- Getting to know region of Swietokrzyskie and Poland.
- Management and marketing skills, while preparing events and running projects.
- Having a portfolio of workshops that you can use after the project.
- Knowledge of non-formal education.
- Experience in working in an intercultural environment.
- Participating in various trainings and workshops.

All of your learning outcomes will be summarized in the Youthpass certificate at the end of the project.

YOUR IMPACT

- Helping local community with foreign languages. You will not only improve their skills but also motivate them since they will be able to see that there are crucial to communicating in the modern world.
- Widen horizons and give people a different point of view on many matters.
- Promote your culture and increasing knowledge about it. It's not always enough to just read Wikipedia article - a meeting with the person that actually belongs to a certain culture, comes from a different country can be a priceless learning experience.
- Shaping local society towards being more open, tolerant and aware of the fact that there are people that are different from us.
- Helping people to achieve their goals, motivate them to chase their dreams...
- ...and giving them the skills and knowledge to do so.
- Showing educators new methods of teaching.
- After the end of the project, you will have a new set of skills that you can use to work with the local community in your home country.



ABOUT EVS

WHAT IS IT?

EUROPEAN VOLUNTARY SERVICE (EVS)

European Voluntary Service (EVS) is the European Commission's project that allows a young person (17–30 years) to become a volunteer in another country for a specified period, normally between 2–12 months. The service activities can be, for example, in the field of environment, arts and culture, activities with children, young people or the elderly, heritage or sports and leisure activities. Each project has three partners, a volunteer, a sending organisation and a host organisation. The project has to take place in a country other than where the volunteers live, is non-profit-making and unpaid and lasts for a limited period (maximum 12 months). Project "International City" last 10 months, so be prepared that you will spend 10 months in Poland

An EVS project involves a triangular partnership: a volunteer, a sending organisation, and a host organisation. One of the countries involved in a project must be an EU Member State or an accession country.

Volunteers are provided with trainings, money for food, pocket money, travel costs reimbursement, insurance and accommodation.

TRAVEL REIMBURSEMENT

Your travel costs to a host country and back will be reimbursed up to the amount that depends on a distance:

UKRAINE - 275 EUR
ITALY 275 EUR
ROMANIA - 180 EUR
EGYPT - 360 EUR
CROATIA - 275 EUR

Please remember that it is your limit for BOTH ways. If you are from a country that requires a visa, the costs will be reimbursed as well.



HOW TO APPLY?

You should send your CV and cover letter to evs@centrumwolontariatu.eu. You can also contact one of the organizations listed below- they are the partners in this project. DEADLINE FOR APPLICATION IS 30.07.

UKRAINE:

GROMADSKA ORGANISATSIA HARKIVSKA ASOTSIATSIA DLYA AKTIVNOY MOLODI STELLA

Adress: LUGOVSKA STR. 7/1, 61029, KHARKIV
Phone: +380977156420
E-mail: info@ngo-stella.org
Website: www.ngo-stella.org



CROATIA:

UDRAGA ZA LJUDSKA PRAVA I GRADANSKU PARTICIPACIJU PARITER

Adress: JANEZA TRDINE 2, 51000, RIJEKA
Phone: +385953935611
E-mail: udrugapariter@gmail.com
Website: www.pariter.hr



ROMANIA:

ASOCIATIA YELLOW SHIRTS

Adress: STR. IZA 3/3 JUD MARAMURES, 430073, BAIA MARE
Phone: +40774602557
E-mail: yellow_shirts_ro@hotmail.com
Website: <https://www.facebook.com/YellowShirtsRomania>



EGYPT:

MI HI For Training And Development

Adress: 35 Mahmoud El Esawy Sidi bishr, 21614, Alexandria
Phone: +201009197710
E-mail: mihiyouth@gmail.com
Website: <http://mihiyoutho.wixsite.com/mihiyoutho>



ITALY:

ASSOCIAZIONE CULTURALE LINK

Adress: VIA DELLA VITTORIA 8, 93014, MUSSOMELI
Phone: +390803148080
E-mail: link@linkyouth.org
Website: www.linkyouth.org





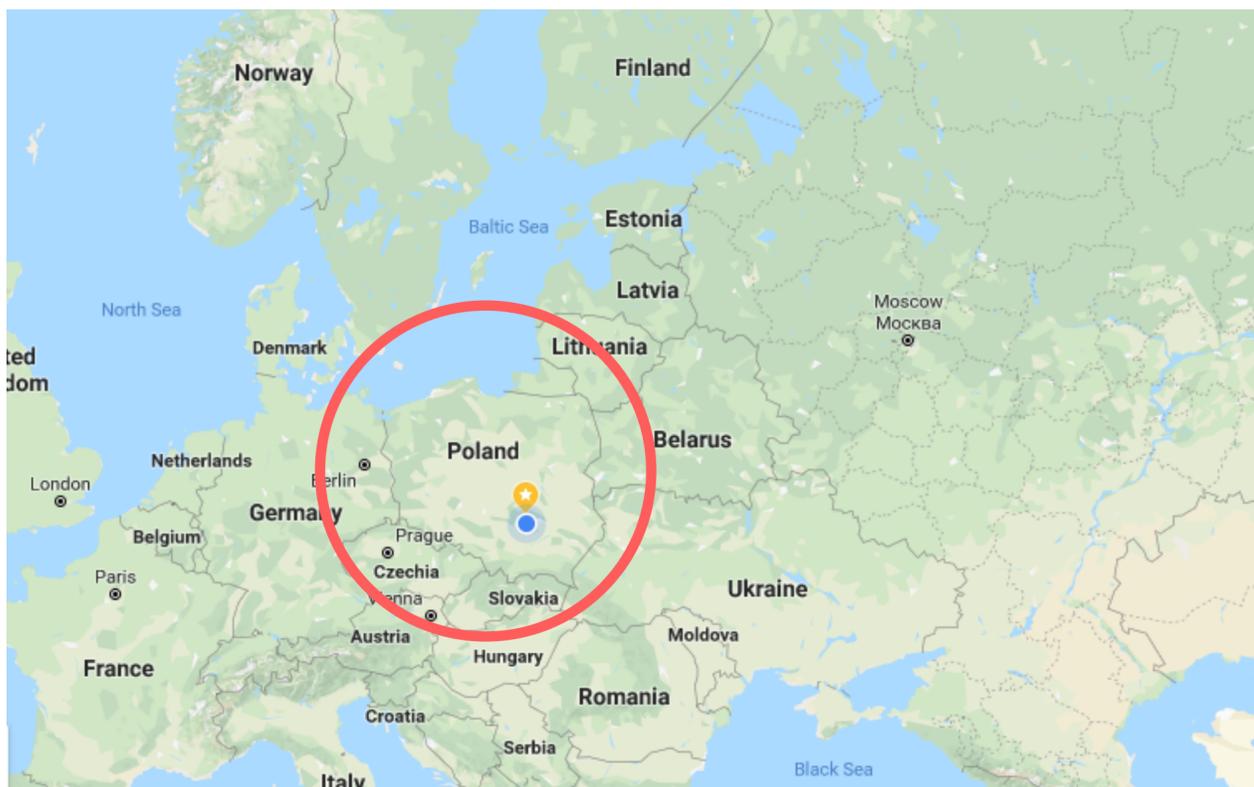
ABOUT THE POLAND AND REGION



WHERE ARE YOU GOING TO LIVE?

WHERE IS IT?

Poland is a relatively big country in Central Europe. The location makes it a great place to start discovering Europe.



The city of Kielce is a capital city of Świętokrzyskie Voivodeship. It is located between two major cities: Warsaw (around 2,5 hours) and Cracow (2 hours) which makes it excellent to get anywhere in Poland since most of the trains/buses are stopping here. So, if you want to go to the mountains or to the sea or by a lake - you will always get there :)



QUICK FACTS

- POPULATION: 38 mln (6th most populous member of the EU)
- AREA: 312,679 km²
- FORESTS: 30,5% of total area 4th place in the EU)
- CAPITAL: Warsaw
- CURRENCY: Polish złoty (PLN)
- LANGUAGE: Polish (try it out:) <https://www.youtube.com/watch?v=rnXYWIRcLUg>
- MAJOR CITIES: Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin
- PRESIDENT: Andrzej Duda
- PRIME MINISTER: Mateusz Morawiecki
- BORDERING: Germany, Czechia, Slovakia, Ukraine, Belarus, Lithuania, Russia (Kaliningrad Oblast)
- HIGHEST POINT: Rysy Mountain: 2499 meters.
- LOWEST POINT: Raczek Elbląskie, in the Vistula Lagoon: -1,8 m.
- LONGEST RIVER: Vistula (Wisła)
- SEA: Baltic Sea

WEATHER

We have four seasons, which means you should bring 4 sets of clothes :). Summer is usually warm, with temperatures around 25-30 degrees. In winter it's quite opposite, temperatures drop to around -10. In extreme cases it can go below -20, but that's not that usual. You can also expect occasionally heavy rain and lots of snow, so please dress appropriately :) Also it's good to have waterproof shoes, very useful during storms and when the snow starts to melt. About our region: it's known for being windy.



TRANSPORT

Here are some tips to move around the country and city of Kielce :)

AIRPORT TRANSFER

The closest to Kielce are airports in Cracow (KRK) and Warsaw (WAW). If it's possible, you should pick one of those for your flights. From Cracow, you can take a public transport bus to Kraków Główny (train station). In the case of Warsaw a bus to Warszawa Centralna. From there you have plenty of buses and trains to choose from to get to Kielce.

Here you can find the details: Warsaw Chopin Airport: <https://www.lotnisko-chopina.pl/en/public-transport.html>

Cracow Airport: <http://www.krakowairport.pl/en/passenger,c70/transport,c313/how-to-get-to-krakow-airport,c314/public-buses,a2430.html>

In Warsaw, there is a second airport (Warsaw Modlin). However, it's less convenient, cause you need to take a special bus to city centre (Modlin Bus: <https://www.modlinbus.com/en>) and tickets cost around 30 PLN, so it's quite expensive.

Of course there are different airports, but it might take

GETTING AROUND POLAND

Poland is relatively well communicated.

You can check the train schedule here: <http://rozkład-pkp.pl/en> App (Google Play) <https://play.google.com/store/apps/details?id=de.hafas.android.pkp>

Another useful website it e-podróżnik (e-traveller): <https://en.e-podroznik.pl/> It's useful, cause you can check different options on one website (trains and buses). App (Google Play): <https://play.google.com/store/apps/details?id=com.inno.epodroznik.android>

GETTING AROUND KIELCE

Like was written earlier - you will get a monthly pass for all public transport buses in Kielce.

To get around there are two very useful apps you can use:

Jakdojade: you can use the web version: <https://jakdojade.pl/kielce/trasa/?stopsLayer=true> or App: <https://play.google.com/store/apps/details?id=com.citynav.jakdojade.pl.android&hl=pl>

In this app you just entering point A, point B and the app simply plans your trip. Good thing is that it works in most of the bigger cities in Poland, so it's quite universal.

mobileMPK: <https://play.google.com/store/apps/details?id=pl.mobicore.mobilempk> This app is basically a schedule of buses. You can search by line or by bus stop. You can also download schedules for other cities.



SHOPPING

Poland is not an expensive country. You can find out about approximate prices here:
https://www.numbeo.com/cost-of-living/country_result.jsp?country=Poland

You can find cheap chain markets everywhere. The most popular are Biedronka, Tesco, Auchan, Lewiatan, Żabka, Fresh Market,

Remember that recently the new law in Poland was passed about shopping during Sundays, so in some Sundays, most of the shops are closed! But petrol stations are always opened if you really need something on Sunday or in the middle of the night :)

There is a flea market nearby office, where you can buy almost anything. From fruits and vegetables to clothes, books and useful household items.

When you think about buying clothes you have an option to go to the shopping mall or to the second hand a shop. There are many of them and they are extremely cheap. And EVS volunteers love it! :)

Also, you can find many Chinese markets - you can find there many imported, very cheap things. Although be careful, because the quality of items is not always very good.

FOOD

Same as everything else, even the food needs a process of adaptation. But trust me, once you get used to the polish food, there is no coming back. They have great soups, specialties and desserts. Pierogi, pyzy, bigos, gołąbki, naleśniki, makowiec, pączek, piernik and maaaany many others, that at the beginning may seem crazy to you (especially some of the soups), but soon will be your new favourite food.

In Poland you can also find milk bars, where you can eat very cheap lunch, consisting mostly of Polish food.

In Kielce you will find some restaurants that are also pubs. Not only you will eat a nice lunch or dinner, but you can start a party right away :)



SOMETHING ABOUT THE REGION

Kielce lies in the heart of Świętokrzyskie Mountains (oldest mountains in Europe!) and near Świętokrzyski National Park. The centre, the famous Sienkiewicza Street, the Rynek, the Palace of Kraków Bishops, the city park and Kadzielnia is something that you will explore in the first week probably, but that's not all. City and region are full of nature, and historical places. A bit further from the centre of the city, there are a lot of hidden wonders, and the best part about it is the fact that to most of them you can go just using the public city buses, the mini busses for the region, or just by bike. For the free weekends, you can go see Cracow or Warsaw as they're close. You can also enjoy fresh vegetables at the city market, concert in a beautiful amphitheatre of Kadzielnia or go to a miniature park where you can visit the whole world in few hours :) You can check out the city in this video: <https://www.youtube.com/watch?v=dDQ03WxsuxU>



CONTACT

Hosting organisation:

REGIONALNE CENTRUM WOLONTARIATU

**ADRESS: Żeromskiego 36, 25-370 Kielce,
Poland**

PHONE: +48 41 362 14 12

MAIL: evs@centrumwolontaritu.eu

