



UNESCO Initiatives Centre  
Nowowiejska 38,  
50-315 Wrocław, Poland  
phone: +48 71 716 48 40

info@unescocentre.pl  
www.unescocentre.pl

YOUTH IN ACTION PROGRAMME  
ACTION 4.3  
TRAINING COURSE

# *Infopack:*

## *Rise to the heights*

*training course on coaching  
as a method in youth work*

### **Dates and Place**

**MAY 05th - 14th 2013**

**Szklarska Poręba, Poland**

### **Venue:**

We will be working and living in pension Chatka Robaczka.

You can check the place here: <http://www.chatkarobaczka.pl/>, unfortunately the website is available only in Polish, but you can have a look at least at the photo gallery :)

The place is located in the mountains. You suppose to have **your own sleeping bag** with you! Owner kindly ask also to have slippers with you or any other shoes to wear inside the house. There is wifi inside the building.

### **Description:**

“Rise to the heights” project is created especially for youth workers to develop skills, knowledge and attitudes necessary in their work. “Rise to the heights” will take place in Izerskie Mountains in south-west of Poland, where through wandering, climbing and hiking in the mountains participants will have an opportunity to take advantages, accept challenges, deepen strengths and fight with their weaknesses. During this project trainers will help them to define ambitious goals connected with leadership and move toward them through coaching . Participants will learn how to maximize their potential and how to keep balance between work and privacy for more effective youth work.

### **Aim:**

-to support and develop talent, potential and engagement of youth leaders and youth workers toward more effective youth work



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### Objectives:

- to develop skills, knowledge and attitudes necessary in youth work
- to spread coaching as a method of youth work
- to use outdoor activities as a tool strengthening process of self-development

### Preliminary programme:

- Day 0 - Arrival day – welcoming evening
- Day 1 - Getting to know each other, teambuilding, program, intro into the topic
- Day 2 - Diversity icebreaker, self development tools
- Day 3 - Coaching, tutoring
- Day 4 - Mountains (coaching/tutoring in practice)
- Day 5 - Mountains (coaching/tutoring in practice)
- Day 6 - Reflection on the experience in the mountains
- Day 7 - Open space, Future cooperation and networking: setting up and maintaining effective cooperation with other NGOs,
- Day 8 - Youthpass, Evaluation
- Day 9 - Departure day

### Financial aspects:

Accommodation and lodging covered by 100% by the Youth in Action programme. 70% of the travel expenses will be reimbursed.

Reimbursement of the relevant amount will be made either via bank transfer (participants coming from EU countries).

**Please keep in mind documents we need in order to reimburse your travel: tickets, boarding passes, and all the necessary invoices. Please note, that in order to receive reimbursement we will need originals of the mentioned above documents. All of them must have date of purchase, date of travel and price. Plane tickets must also have travelers' name.**

The financial limits for your travel are shown in the attached document - please keep them in mind. Also it important not to arrive/leave more than 1 day before/after the project (earliest possible arrival 3.03, latest possible departure 15.03). If you want to come/leave earlier or later than 1 day before/after the project please contact us, and we will consult your case with National Agency to make it possible.

### Other expenses:

The project will provide with board, lodging, transportation and program's related events costs.

Expenses will be covered only from the date of arrival (4th of May) till the departure date (14th of May).

Organizer will provide insurance which is needed for hiking/climbing/wandering activities in the mountains!

### Weather:

Szklarska Poręba is located in the mountains and weather can be really diverse, so the best what you can do is to check it upon your arrival: <http://www.weather-forecast.com/locations/Szklarska-Poreba/forecasts/latest>.



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### Equipment:

You should have your own sleeping bag. Remember that in this project coaching and individual development is connected with activities in mountains. Prepare comfortable clothes and shoes and waterproof jacket (in case of rain).

### Local currency:

Please note that currency of Poland is Polish Złoty (PLN). The average exchange rate is 1EUR=4,2 PLN. You can easily find exchange offices to exchange EURO or Dollars. In general it is not recommended to exchange money at the airports, as the exchange rate is rather bad. In order to get local money you can also easily use ATM's.

Remember: we will be in the middle of mountains, so you won't need too much of money:-)

### How to reach Szklarska Poręba:

As a destination airport we suggest you to fly to Wrocław (you can also choose airport in Warsaw or Prague), from where you can easily travel to Jelenia Góra by bus or train (it is 2 hours by the bus and 3 by train). From the Copernicus Airport in Wrocław you need to go to the city centre. You can do it by bus 406 or bus 249 (night bus). Cost of the bus is 3-3,60 PLN, you can buy a ticket in the ticket machine inside the bus. Both are going to the train station and bus station (which are really close to each other) and from there you can catch bus or train to Jelenia Góra. We suggest you to choose the bus – it's much faster. Cost of the bus is around 25 zloty (6-7 euro), you can buy a ticket in the bus station or in the bus (ask driver). You can also go by train – it's around 3 hours. You can buy ticket in the train station. In each case – contact us, we will help you to find the most appropriate connections from Jelenia Góra to Szklarska Poręba.

### Travel times:

Bus 406 or 249 – travel from airport to Wrocław city centre takes approx. 30-40 minutes. Bus from Wrocław to Jelenia Góra takes approx. 2 hours. Train from Wrocław to Jelenia Góra takes approx. 3 hours. From there additional 40 minutes to Szklarska Poręba.

### Organizer:

Centrum Inicjatyw UNESCO  
Al. Wiśniowa 33  
53-137 Wrocław

[www.unescocentre.pl](http://www.unescocentre.pl)

### Contact:

[magda.kudelska@unescocentre.pl](mailto:magda.kudelska@unescocentre.pl) tel. +48 697 914 107

[piotrek.dobrosz@unescocentre.pl](mailto:piotrek.dobrosz@unescocentre.pl) tel. +48 608 634 054