



EUROPEJSKIE
FORUM MŁODZIEŻY



EUROPEAN
SOLIDARITY
CORPS

EUROPEAN SOLIDARITY CORPS
RE>ACT
VOLUNTEERING TEAMS IN HIGH PRIORITY AREAS

8 May
28 May

VOLUNTEERS' INFO PACK

THE INFORMATION
YOU NEED TO KNOW
BEFORE YOUR PROJECT
STARTS

BYSTRZYCA KŁODZKA,
POLAND
2023



DEAR VOLUNTEER



THE TIME FOR YOUR VOLUNTEERING PROJECT IS
COMING CLOSER!



BY TAKING PART ON REACT PROJECT YOU WILL BE TRAVELLING TO POLAND, WHERE YOU WILL BE LIVING FOR THE NEXT 3 WEEKS.

DURING YOUR TIME HERE WITH US YOU WILL HAVE THE CHANCE TO DEVELOP YOURSELF AND YOUR SKILLS, SUPPORT LOCAL COMMUNITY AND MEET PEOPLE FROM DIFFERENT PLACES, WHO WILL BECOME YOUR FRIENDS AND YOUR FAMILY ABROAD.

YOU WILL ALSO HAVE THE CHANCE TO KNOW MORE ABOUT POLAND, ITS HISTORY AND CULTURE. THE CUISINE, THE PLACES, THE LANGUAGE... AND THE WEATHER! ;)

FOR THIS REASON, WE ARE PROVIDING YOU THE INFO PACK, WITH ALL THE INFORMATION WE CONSIDER YOU NEED TO KNOW TO BETTER PREPARE YOURSELF BEFORE COMING.

WE ARE ANXIOUS TO MEET YOU AND ACCOMPLISH POSITIVE OUTCOMES TOGETHER.

WHO ARE WE



European Union
European Social Fund



EUROPEJSKIE FORUM MŁODZIEŻY (EFM) IS AN INDEPENDENT, NON-GOVERNMENTAL ORGANIZATION WHICH HAS BEEN ACTIVE SINCE 1995 AT LOCAL, REGIONAL, NATIONAL AND INTERNATIONAL LEVELS. WE ENGAGE WITH YOUNG PEOPLE, PARTICULARLY THOSE FROM LOW INCOME AREAS, LIVING IN SMALL TOWNS AND RURAL VILLAGES, WHO MAY STRUGGLE WITH ASPECTS OF SOCIAL MOBILITY AND EMPLOYABILITY.

OUR ACTIVITIES INCLUDE WORKSHOPS AND TRAINING, INTERNATIONAL YOUTH EXCHANGES, EUROPEAN VOLUNTARY SERVICE, VOCATIONAL EDUCATION TRAINING, NATIONAL AND TRANS-NATIONAL YOUTH INITIATIVES, CONFERENCES AND SEMINARS. EUROPEJSKIE FORUM MŁODZIEŻY IS AN ACCREDITED ORGANIZATION, RECOGNIZED BY THE POLISH NATIONAL AGENCY OF THE "ERASMUS+ PROGRAMME" FOR SENDING, HOSTING AND COORDINATING EVS AS WELL AN EUROPEAN SOLIDARITY CORPS LABEL.

VISIT OUR [WEBSITE](#) AND FIND OUT ALL ABOUT US!





VOLUNTEERING WITH EFN

THE AIM OF VOLUNTEERING WITH OUR NGO IS TO CHALLENGE YOUNGSTERS FROM DIFFERENT BACKGROUNDS TO USE THEIR VOICES, TO DEVELOP THEIR SENSE OF ACTIVE CITIZENSHIP, AND PROMOTE EDUCATION, IN THE MOST DIVERSE WAYS.

REMEMBER THAT, MORE THAN VOLUNTEERING, YOU'LL BE IN AN EDUCATIONAL PROGRAM AND THE PURPOSE IS ALSO THAT YOU DEVELOP YOURSELF AND YOUR SKILLS. AS VOLUNTEER YOU WILL BE EXPECTED TO SUPPORT THE WORK OF AN INTERNATIONAL ORGANIZATION THAT WORKS MAINLY IN THE SCOPE OF NON-FORMAL EDUCATION.

WE ENCOURAGE YOU TO VISIT OUR WEBSITE AND SOCIAL MEDIA SO YOU CAN KNOW MORE ABOUT OUR ORGANISATION, ACTIVITIES AND OURSELVES.

ACTIVITIES ALSO DEPEND ON THE WORK OCCURRING AT EFM AT THE TIME OF THE VOLUNTEERS' PROJECT; IT IS NOT MANDATORY THAT ALL THE DESCRIBED TASKS WILL BE FULFILLED AS IT IS NOT FORBIDDEN THAT OTHER ACTIVITIES WILL HAPPEN. THE VOLUNTEER MUST HAVE THE INITIATIVE TO PROPOSE AND DISCUSS IDEAS WITH EFM IN ORDER TO TAKE AS MUCH AS POSSIBLE FROM THE PROJECT.



RE>ACT PROJECT

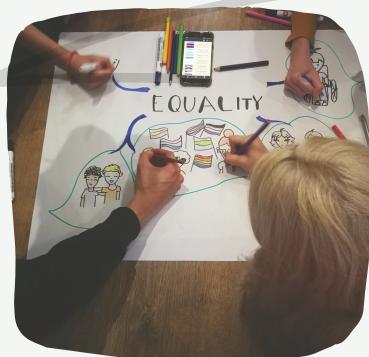
REACT IS A EUROPEAN SOLIDARITY CORPS PROGRAMME APPROVED BY THE EDUCATION, AUDIOVISUAL & CULTURE EXECUTIVE AGENCY.

THE AIM IS TO PROMOTE VOLUNTEERING ACTIVITIES FOR A GROUP OF YOUNG PEOPLE AND ENHANCE SOLIDARITY AMONG CITIZENS IN THE FIELDS OF ENVIRONMENTAL PROTECTION, CRITICAL CONSUMPTION, PREVENTION OF FOOD WASTE, LOCAL PRODUCTIONS, SUSTAINABLE ECO-SYSTEMS, ENVIRONMENTAL EDUCATION, FIRE PREVENTION, TIME BANKING AND EXCHANGE OF COMPETENCES, GEOGRAPHICAL REMOTENESS AND RURAL DEVELOPMENT.



THIS WILL HAPPEN THROUGH 6 ACTIVITIES OF VOLUNTEERING IN 4 COUNTRIES:

- 3 ACTIVITIES IN ITALY - JULY 2021, MAY 2022, MARCH 2023
- 1 ACTIVITY IN GREECE, HOPELAND - JULY-AUGUST 2021
- 1 ACTIVITY IN SPAIN - JUNE 2022
- 1 ACTIVITY IN POLAND - MAY 2023





- SUPPORTING IN EFM OFFICE WITH OFFICE WORK;
- ENHANCE THE IMPORTANCE OF RECYCLING IN THE AREA;
- TAKING CARE OF THE FLOREST, EITHER BY CLEANING IT OR BY PLANTING TREES;
- CLEANING THE MOUNTAINS PATHWAYS (COLLECTING TRASH,...);
- PAINTING WALLS IN DIFFERENT AREAS OF REFUGEES HOSTING PLACE AS WELL AS TAKING CARE OF THE YARD (GRASS CUTTING, CLEANING THE FIELD,...);
- SUPPORTING WITH THE EFM OFFICE MAINTENANCE;
- PERFORM ONLINE/PRESENTIAL PRESENTATIONS ON DIFFERENT TOPICS (COUNTRY/CULTURE, HUMAN RIGHTS, CLIMATE CHANGE, ETC...);

• LEADING ONLINE/PRESENTIAL CAMPAIGNS ON DIFFERENT TOPICS AND SOCIAL AND ENVIRONMENTAL ISSUES (STREET/SCHOOL CAMPAIGN);

• SUPPORTING THE LOCAL COMMUNITY WITH ANY MATTER THAT MAY BE OF SUBSTANTIAL NEED AND THAT CAN BE MADE ACCORDINGLY TO THE ABILITIES AND COMPETENCIES OF THE VOLUNTEERS AND THEIR INITIATIVE;

- SUPPORTING EFM AND/OR THE LOCAL COMMUNITY WITH ACTIVITIES/EVENTS HAPPENING DURING THE VOLUNTEER'S PROJECT.
- DISSEMINATION OF PROJECTS...

YOUR TRAVEL

TRAVEL COSTS ARE COVERED BY THE PROJECT BY THE REAL COST TILL THE LIMIT PROPOSED BY EUROPEAN COMMISSION WITH THE CONDITION OF HAVING FROM THE VOLUNTEER THE ORIGINAL TICKETS AND BOARDING PASSES REGARDING ALL THE MEANS OF TRANSPORT FROM YOUR HOMETOWN TO OUR ORGANISATION.

THE LIMIT FOR THE INTERNATIONAL TRAVEL COST IS DETERMINED ACCORDING THE DISTANT CALCULATOR PROVIDED BY EUROPEAN COMMISSION.



ARRIVAL DAY ➤ 8 May

DEPARTURE DAY ➤ 28 May



IT IS MANDATORY TO ARRIVE AND DEPARTURE IN THIS SPECIFIC DAYS.

ARRIVING IN POLAND BEFORE, OR DEPARTURE AFTER THIS DATES MAY LEAD TO THE NON COVERAGE OF YOUR INTERNATIONAL TRAVEL COST.

REGARDLESS OF WHERE YOU ARE TRAVELING FROM AND TO, IT IS LIKELY THAT THE JOURNEY WILL BE TIRING SO PREPARING BEFOREHAND WILL MAKE THE TRIP EASIER. USUALLY, COMING TO THIS REGION, PEOPLE CHOSE THE AIRPORT IN WROCŁAW OR THE AIRPORT IN PRAGUE. EITHER WROCŁAW OR PRAGUE, YOU WILL STILL HAVE TRAIN OR BUS TO ARRIVE AT BYSTRZYCA KŁODZKA OR DOMASZKÓW STATION AND WE WILL SUPPORT YOU WITH THE CONNECTIONS.

KEEP AND BRING TO US ALL ORIGINAL TICKETS, BOARDING PASSES AND PROOFS OF PAYMENT RELATED WITH YOUR TRAVEL.

THE NON DELIVERANCE OF THIS DOCUMENTS WILL RESULT ON THE NON REFUND OF YOUR TRAVEL COST.

CHECK THE BEST TRAVEL CONNECTIONS BUT DON'T BUY ANY TICKETS BEFORE YOU HAVE OUR CONFIRMATION.



EUROPEJSKIE FORUM MŁODZIEŻY

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

ACCOMMODATION



THROUGHOUT THE PROJECT VOLUNTEERS WILL BE ACCOMMODATE IN DŁUGOPOLE GÓRNE, A QUIET VILLAGE APPROXIMATELY 20 MINUTES AWAY FROM BYSTRZYCA KŁODZKA, WHERE THE EFM OFFICE IS LOCATED.

THE HOUSE IN DŁUGOPOLE USED TO BE A SCHOOL WHICH WAS CONVERTED INTO LARGE LIVING QUARTERS, AND NOW IS THE HOUSE WHERE THE EFM VOLUNTEERS LIVE, TOGETHER WITH UKRAINIAN REFUGEES.



THE CLOSEST TRAIN STATION, DOMASZKÓW, IS APPROXIMATELY 20 MINUTES' WALK FROM THE HOUSE AND FROM HERE THE VOLUNTEERS HAVE GOOD TRAVEL LINKS TO THE REST OF POLAND AND CZECH REPUBLIC, & BUS STOPS IS 1 MINUTE FROM THE HOUSE



THE ACCOMMODATION WILL BE IN DOUBLE, TRIPLE AND QUADRUPLE ROOMS. BEDDING WILL BE PROVIDED BUT VOLUNTEERS ARE ASKED TO BRING THEIR OWN TOWELS. THE HOUSE HAS SHARED BATHROOMS ON EACH FLOOR WITH SHOWERS, AND A LARGE EQUIPPED KITCHEN, WITH SHARED UTENSILS. IN THE GROUND FLOOR THERE'S A CONFERENCE ROOM AND OUTSIDE THERE IS A LARGE COMMUNITY SPACE COMPLETE WITH A FIRE PIT FOR BARBECUES AND A SMALL BASKETBALL COURT. THERE IS ALSO A PING PONG TABLE THAT CAN BE USED IN THE FREE TIME.



***THE NEAREST SUPERMARKET IS AROUND 2,5KM AND BYCICLES WILL BE AVAILABLE.



PRACTICAL MATTERS



LOCAL TRANSPORT



IF THE VOLUNTEER HAS TO TRAVEL IN POLAND, REGARDING THE ACTIVITIES THAT WILL TAKE PLACE IN THE PROJECT, THOSE COSTS WILL BE REFUNDED BY EFM UPON SHOWING THE TRANSPORT TICKETS AND AGREED BEFOREHEAD.



WORKING HOURS



ACCORDING TO THE ACTIVITY AGREEMENT THAT YOU WILL RECEIVE, IT'S EXPECTED THAT YOU WILL WORK AROUND SIX HOURS PER DAY. EACH WEEK YOU WILL HAVE TWO FREE DAYS, USUALLY THE WEEKEND. IF THERE WILL BE THE CASE THAT YOU WILL WORK DURING THE WEEKEND, YOU WILL GET A FREE WEEKDAY IN RETURN FOR EACH WEEKEND-DAY YOU'VE WORKED. NATIONAL HOLIDAYS ARE FREE.



MONEY SUPPORT



IN THE BEGINNING OF EACH MONTH VOLUNTEERS RECEIVE 300 PLN (PAID IN CASH), WHICH IS THE MONTHLY AMOUNT FOR THE FOOD EXPENSES.

ADDING TO THIS, EACH VOLUNTEER RECEIVES 4 EUR/DAY FOR POCKET MONEY, ALSO IN THE BEGINNING OF THE ACTIVITY TIME, WHICH WILL BE PAID IN CASH IN THE POLISH CURRENCY, ACCORDING TO THE RATE OF THE PROJECT.



CIGNA IS THE INTERNATIONAL INSURANCE WHICH WILL COVER YOU THROUGHOUT THE DURATION OF YOUR STAY, SHOULD YOU NEED HEALTH ASSISTANCE. ANYHOW, KEEP ALWAYS WITH YOU YOUR EUROPEAN HEALTH CARD. CHECK BEFOREHEAD THE EXPIRING DATE AND IF NECESSARY, REQUEST A NEW ONE.



DON'T FORGET TO BRING/ TO CHECK:



COVID-19 REGULATIONS. PLEASE DON'T FORGET TO CHECK THE RECOMMENDATIONS OF YOUR/OUR COUNTRY REGARDING THE PANDEMIC SITUATION AS WELL AS WHO (WORLD HEALTH ORGANISATION).



YOUR LAPTOP. NOT ONLY THIS WILL HELP YOU IN THE PREPARATION OF ACTIVITIES YOU MAY PLAN TO ORGANISE, BUT ALSO WILL GUARANTEE THAT YOU CAN DO SO IN CASE A LOCKDOWN WILL HAPPEN AGAIN AND WE ALL WILL WORK FROM HOME.



VALID ID AND/OR PASSPORT. THIS MAY SEEM BASIC, BUT DON'T FORGET TO CHECK THE VALIDATION OF YOUR DOCUMENTS BEFORE TRAVEL.



IMPORTANT MEDICATION THAT YOU THINK YOU'LL NEED DURING THESE MONTHS ABROAD. DON'T FORGET TO INFORM US ABOUT YOUR HEALTH AND THE NEED OF MEDICAL SUPPORT OR SPECIFIC DOCTOR APPOINTMENTS. ADDING TO THIS, PLEASE CHECK YOUR VACCINATION BEFORE COMING AND IF NEEDED, BRING YOUR VACCINES DOCUMENTATION WITH YOU.



APPROPRIATE CLOTHES FOR THE POLISH WEATHER. TAKE IN SPECIAL ATTENTION TO WINTER COATS AND COMFORTABLE AND WINTER SUITED SHOES.



YOUR COSMETICS AND TOILETRY AS WELL AS SHOWER TOWELS.



SOMETHING TRADITIONAL OF YOUR CULTURE THAT YOU WOULD LIKE TO SHARE AND/OR SHOW TO OTHER VOLUNTEERS OR IN THE ACTIVITIES. THIS CAN BE SOME SMALL GARMENT, FLAG, OR OTHER THAT YOU MAY SEE FITTING.



IMPORTANT THINGS THAT YOU USUALLY USE IN YOUR FREE TIME: BOOK, MUSIC, GAME, ETC...



HAVE IN ATTENTION THAT SAFETY AND HEALTH ARE THE MOST IMPORTANT ASPECTS. BE CAREFUL WHILE TRAVELING AND MAKE SURE TO CHECK YOUR COUNTRY'S OFFICIAL RECOMMENDATIONS BUT MOST OF ALL EUROPEAN UNION ONES AND WORLD HEALTH ORGANISATION'S. YOU CAN FIND THE INFORMATION [HERE](#) AND [HERE](#)



EUROPEJSKIE FORUM MŁODZIEŻY



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



BRIEF DESCRIPTION OF POLAND

POLAND IS ONE OF THE BIGGEST COUNTRIES IN CENTRAL EUROPE WITH AN AREA OF 312,679 SQUARE KM. THIS MAKES IT THE 9TH LARGEST COUNTRY IN EUROPE AND THE 63RD LARGEST IN THE WORLD.



THE CAPITAL OF POLAND IS ALSO ITS BIGGEST CITY, WARSAW.

THE OFFICIAL LANGUAGE IN THE COUNTRY IS POLISH, SAID TO BE ONE OF THE HARDEST LANGUAGES TO LEARN.

THE COUNTRY HAS BORDERS WITH GERMANY TO THE WEST, CZECH REPUBLIC AND SLOVAKIA TO THE SOUTH, UKRAINE AND BELARUS TO THE EAST, AND LITHUANIA AND THE RUSSIAN ENCLAVE OF KALININGRAD TO THE NORTHEAST. ITS NORTHERN FRONTIER CONSTITUTES THE BALTIC SEA.

POLAND IS FAMOUS FOR ITS CUISINE (PIEROGI), ITS VODKA, THE BEAUTIFUL LANDSCAPES - YOU HAVE SEA IN THE NORTH, THE MOUNTAINS AT THE SOUTHERN PART (LIKE THE ONES AROUND BYSTRZYCA!).

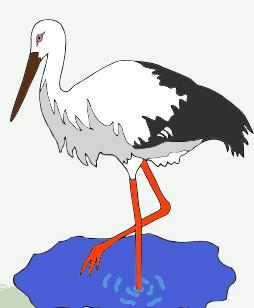
THE COUNTRY ALSO HAS THE ONLY PRIMEVAL FORESTS REMAINING IN EUROPE.

POLAND IS, IN ITS MAJORITY, A CATHOLIC COUNTRY, SO, EVEN IF YOU ARE NOT INTO RELIGION, ITS CHURCHES ARE PLACES YOU MUST SEE!



SOME BASIC POLISH WORDS TO START PRACTICING!

HELLO	CZEŚĆ / DZIENЬ DOBRY
HOW ARE YOU?	JAK SIĘ MASZ?
PLEASE / YOU ARE WELCOME	PROSZE
SORRY / EXCUSE ME	PRZEPRASZAM
THANK YOU	DZIĘKUJĘ
I DON'T UNDERSTAND	NIE ROZUMIEM
GOOD BYE	DO WIDZENIA
YES / NO	TAK / NIE



LAST RECOMMENDATIONS



KEEP IN MIND THAT THE CURRENCY IN POLAND IS DIFFERENT FROM THE ONE IN YOUR COUNTRY. ARRIVING HERE YOU WILL FIND POLISH ZŁOTY (PLN). DON'T WORRY THOUGH :) IN THE REGION AROUND YOU WILL FIND "KANTOR" (OFFICES TO EXCHANGE MONEY) OR BANK BRANCHES AND THERE ARE ALSO CASH MACHINES YOU CAN USE, BESIDES, ALMOST ALL SHOPS AND RESTAURANTS ACCEPT VISA, VISA ELECTRON AND MASTERCARD.



AS POLAND IS AN EU MEMBER STATE, VISITORS COMING FROM OTHER EU MEMBER COUNTRIES DO NOT NEED ANY **VISA** TO ENTER. PARTICIPANTS FROM COUNTRIES OUTSIDE EU MAY NEED A VISA TO ENTER. PLEASE CHECK THE OFFICIAL SOURCES RELATED TO THE EMISSION OF VISA TO KNOW MORE ABOUT THE SUBJECT.

VISA COSTS ARE COVERED BY THE PROJECT AS LONG AS VALID DOCUMENTATION WILL BE PROVIDED.



POLAND IS KNOWN FOR ITS UNPREDICTABLE WEATHER — WHICH MEANS SUDDEN CHANGES CAN HAPPEN... SO EXPECT THE UNEXPECTED! DESPITE THIS SUMMERS ARE QUITE WARM, SPRING AND AUTUMN VERY PLEASANT AND WINTERS QUITE SNOWY AND WITH A BIG DROP IN THE TEMPERATURES.

THE BEST ADVICE IS TO CHECK THE FORECAST BEFORE LEAVING. REMEMBER TO BRING SUITABLE CLOTHES AND SHOES FOR THIS WEATHER.



You can check this [here](#).



**IN CASE OF ANY QUESTION OR DOUBT,
LET US KNOW.**



SEE YOU SOON 

Contacts:   

Marzena Pitus
efm@efm.org.pl / +48 724 930 033

**EFM
TEAM!**

Cristiana Milhões
office@efm.org.pl / +351 937 544 306

Ana Catarina Ferreira
biuro@efm.org.pl / +48 576 659 515

★ EFM ★
★ ★ ★ ★ ★

Find out more about EFM:

