

YRIC II

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HOW IT ALL STARTED?

In 2023, we implemented a project called YRIC, on which young volunteers from Poland, Ukraine, Germany, Hungary and France renovated an old building, which became a Polish-Ukrainian Youth (& Refugee Integration) Center (Called Kefirek) in Rabka-Zdrój, Poland.

Project YRIC wanted to answer the needs for Ukrainian youth to accommodate, integrate, build relations, learn the language and feel “normal” together with their Polish peers, and the project brought outstanding outcomes - the Youth Center functions ever since, and it is being attended by Poles and Ukrainians alike, however, their need for continuous support is still evident.



WHAT IS YRIC II ALL ABOUT?

YRIC II is about continuing where we left off in 2023, by professionalizing and raising relevance of the Youth Center, and its activities, as well as answering to the specific needs of the community - both, Polish and Ukrainian.

Answer to one of those needs is providing relief to young people that are experiencing and processing traumas and anxiety - through psychological aid, but also non-formal and informal learning.



THINGS TO KNOW BEFORE APPLYING

We are accepting 6 volunteers in age of 18-30

The volunteers can be from Italy, France, Spain and Poland.



The information about selection will be sent on your email address given at the registration. Before that please don't buy any tickets, nor make arrangements.

If selected you'll be asked to fill in our registration form and arrange travel with your sending organization.

We have partner organizations that are part of this project,
and we will connect you to them. :)

WHAT CAN YOU EXPECT IF YOU JOIN?

During your first week of volunteering, we will organize a training course on:

- youth work methods,
- event planning & management,
- youth opportunities
- providing mental health support.

We will also instruct you on non-invasive methods of social research and basic methodologies and ethics.

You will also have access to mentoring through the whole duration of your stay in Rabka.

You will be getting pocket money, which is 6 EUR per day. (which comes to around 180 EUR)

Some of your responsibilities will be:

- helping the moderator of the Youth & Integration Center by taking shifts (opening hours are from 12:00 to 18:00)
- organizing events for young people who attend the youth center (topic: language lessons, Clothes Design, Chess, Music, Gaming, Fitness, Art...)
- to help us with promoting the project on social media

WHAT SKILLS WILL YOU BE ABLE TO ACQUIRE?

- Social & interpersonal
- Dealing with people with difficult experiences
- ethics in relation with others
- networking
- Cultural awareness & expression
- Event management & planning
- Facilitation
- Team work
- Leadership
- Creativity
- Problem-solving



VENUE



- You will be accommodated in Training and Education Center of Europe4Youth Association in Rabka-Zdrój, ul. Cicha 12
- It is a cozy and comfortable place, with diverse and healthy meals (3 per day), place to rest, integrate and work.
- Rooms are 2 - 5 persons and all of them have a private bathroom.
- Sheets and towels will be provided. Please take comfortable shoes or slippers with you. In the venue, you can also find a piano, loads of boardgames, chill zone and outside pool.

TRAVEL COSTS

To know which limit applies to you, check your distance from the city of your residence to Rabka-Zdrój in Erasmus+ Distance Calculator. You have 2 travel days on disposal (arrival and departure).

If you travel green (e.g. no planes at all) the travel cost limit raises and you can travel longer (max 3 consecutive days in one way), as long as the travel is connected to the activity.

Distance	Standard	Green
10 - 99 km	EUR 28	EUR 56
100 - 499 km	EUR 211	EUR 285
500 - 1999 km	EUR 309	EUR 417
2000 - 2999 km	EUR 395	EUR 535

Your Supporting Organization will assist you with booking the tickets.

Important - your travel must be connected to the activity. Coming and departing on travel days and from / to your country of residence is a default option. Any other must be consulted with the organizer.

HOW TO TRAVEL?

RULES FOR TRAVELING

- economic options only (2nd class, economy class);
- public transportation only (no taxis, Ubers, Bolts etc.);
- please collect all tickets, reservations, boarding passes;
- accommodation isn't covered even if you travel green (no hostels, airbnbs, hotels);
- if there are justified and consulted reasons, you can come to Poland max 1 day earlier and depart max 1 day later (or have 2 days before or after in Poland). Remember that accommodation on the extra days you have to provide for yourself, we can host you only on the dates of the project;
- even if you don't travel green, but your journey is complicated, you can start your travel 1 day earlier than arrival day and get home 1 day after departure day, as long as you arrive to Rabka to the venue on arrival day and depart on departure day;
- **you cannot arrive later than the arrival day or depart before the departure day!**

**Please consult your travel plans with Tom:
t.varzic@europe4youth.eu
and your Supporting Organization.**

More details will be presented in the Agreement with (selected) Participants and Partners.

Please collect all tickets, reservations, boarding passes, digital or printed on paper and issued to you.

We need the originals!

Scan any tickets you have, and keep a digital backup of all of them. You might be asked to give them to us or the sending organization at any time!

HOW TO GET TO RABKA?

By plane



When you land in Kraków Airport, take the direct Flixbus (www.flixbus.pl) from the Airport to Rabka-Zdrój, or direct yourself to the city center for more transportation options. To get to the city center, take the city train (you can buy the tickets in vending machines, or even inside the train) and leave it on “Kraków Główny” station (it takes 17 minutes). The trains depart every 30 min.

By train/bus

The train and bus stations are located just next to each other. The train station (PKP Kraków Główny) is connected with the bus station (Małopolski Dworzec Autobusowy) by a tunnel. Here are your options:

1) Catch a Flixbus from the upper platform of the bus station – don't forget to buy the tickets in advance online! It takes a little more than 1 hour and gets you to the Rabka-Zdrój main station („Dworzec Busów”, address: Jana Pawła II street 32).



2) Check out the lower platform and find „RAB-BUS” minibus that goes to Rabka-Zdroj main station. It takes approximately 2 hours from Krakow – you can pay in the bus only by cash in PLN! Check out the schedule here: www.pks.pl or at the station.

3) You can also choose a train: you can book it in advance through <https://koleo.pl>. It takes 2,5 hours and gets you to Rabka-Zdrój Train Station (address: Orkana street 27).



Please arrange your travel to get to Kraków city center before 18:00, so you can catch a convenient transportation to Rabka-Zdrój, and not miss the dinner. If you take the latest possible transportation there is a risk of missing the dinner and the check-in time. Please keep us informed through Discord about your progress.

HOW TO GET TO TRAINING AND EDUCATIONAL CENTER?



From the main bus station to the accommodation there is 1200 meters distance - 20 minutes' walk. From the train station there is very similar distance - both can lead you through the nice path of a city park. Use your maps application to get there the fastest way. Once you walk up the Cicha street get to the white gate on the left with number 12. Ring the bell and go straight to the house. The reception is on the left. Somebody will wait for you there until 22:00.

**The address of our venue is Cicha 12,
34-700 Rabka-Zdroj.**

Taxi companies in Rabka-Zdrój in case of emergency (just remember that those costs are not refundable):

NeoTaxi: +48694682555

Taxi24h: +48516700485

Most probably a driver won't speak English.

When you call them you can say (phonetically) proshe taxoovke na adres (here you give the address where you are).

When the taxi arrives, show to the driver this sentence: „Poproszę na ulicę Cichą 12”. It should cost 25-30 PLN depending on the time of the day/night. Not all taxis accept debit cards!



OTHER REMARKS

What to expect when you arrive:

Polish food:

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

The venue:

- you will be accommodated in 2-3 people's rooms with randomly selected people from other countries,
- the house is on the group's exclusive disposal (no-one else will be there besides the staff),
- for the time of your stay the venue is under shared responsibility of the group - take care of the tidiness of your surroundings, especially the common spaces,
- towels and bed-linen are provided,
- 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,
- there is a guest kitchen to use if you need to prepare something for the intercultural evening - there is no oven though, no baking is possible,
- if you are planning to cook, bring all ingredients you may need.

The town:

- it has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities, or rest,
- closest pharmacy is 30 min walking - ask for a map or address at the reception,
- closest shop - Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.



HOSTING ORGANIZATION:

Europe4Youth
@Europe4Youth



CONTACT PERSON:

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