



Training Course

My Way to Entrepreneurship

What	Training course
Title	My Way to Entrepreneurship
Venue	Częstochowa, Poland
Dates	14 th – 22 th May (including travel days)

Participating countries

- **Poland** – Idea For Life
- **Spain** - Sonrie a Europa
- **Estonia** - MITTETULUNDUSUHING INVOLVED
- **Bulgaria** – Sdruzhenie “Blyan za romantika, cvetya I kosmos”
- **Latvia** – Latvijas jauniesu attisibas centrs



PARTICIPANTS

Young people aged 22-32 years representing partner organizations from Poland, Spain, Estonia, Bulgaria and Latvia. Group size 5 participants: 4 participants per country + 1 team leader (no age limit) from each country. The gender balance between the participants should be respected during the completing of group.



SUMMARY OF THE PROJECT

25 youth from Poland, Spain, Estonia, Bulgaria and Latvia will cooperate through different art workshops to achieve one common goal. Specific project objectives:

- to learn and exchange good practices;
 - exchange of experience between people from the countries participating in the project on economic development, unemployment rate and ways to combat it in Poland, Latvia, Bulgaria, Estonia and Spain;
 - shaping entrepreneurial attitudes among youth;
 - to increase youth workers' knowledge of entrepreneurship, including the creation of business plans based on the Canvas Business Model;
 - improving knowledge of entrepreneurship in rural areas;
 - getting to know the specifics of functioning of a selected enterprise (visit to the place of conducting business activity in Częstochowa), exchange of experience between the entrepreneur/employees and participants of the training;
 - to train participants to develop Erasmus+ youth exchange proposals to transfer the knowledge they have acquired and the skills of young people;
 - facilitating intensive contacts between youth workers from different countries
- The activities will be implemented with non-formal education methods during the exchange such as: group works, video productions, role play games, etc.

The activities will be implemented with non-formal education methods during the exchange such as: group works, video productions, role play games, etc.



ARRIVAL AND DEPARTURE

15th of May is an arrival day and 21st of May is a departure day. The check-out should be performed after the breakfast.

NOTE! You can arrive to Poland 2 days earlier to see around or to travel a bit. However, this should be done at your own expenses. The Hosting organization can help you to find a hostel for extra days, but you should bear those extra costs.



INSURANCE

Each participant must have health insurance. The cost of insurance is not funded. For European countries – there's a possibility to get an European Health Insurance Card.

Please check it in your country.



HOW TO REACH THE VENUE?

It is possible to reach Częstochowa through 4 airports:

- Katowice - Pyrzowice airport – this is the closest one. You can reach Czestochowa by catching a bus from the airport to Katowice and then a train from Katowice to Czestochowa. It'll take approx 1,5h.
- Kraków - Balice airport – the second closest airport. From the airport you should catch a train to the main train station in Krakow. From the main railway station, trains leave to Częstochowa, the journey of which takes about 1.5 hours.
- Warszawa – Chopin airport - the main airport in Poland, from which it is very easy to reach Częstochowa. Trains depart from the airport to the main train stations in Warsaw, and from there, there are several daily connections to Częstochowa. The total journey takes about 3 hours.
- Warszawa – Modlin airport - the airport is located to the north of Warsaw, which accepts mostly low-cost airlines. Both trains and buses run from Modlin to the main train stations in Warsaw.

The participants should reach Częstochowa by themselves.

You can check train timetable here: <https://www.intercity.pl/en/>

NOTE! All the tickets must be given to “ Idea for Life” **in the period** of the project.



ACCOMMODATION

Training Course is organized in Czestochowa
<https://en.wikipedia.org/wiki/Cz%C4%99stochowa>

Participants of the Training Course will stay at the hotel in Czestochowa – the “spiritual capital” of Poland. The participants will be accommodating in the rooms with 2-4 beds, the toilets and showers.

If you want to know more details about the hotel, please check:

https://www.sekwana.pl/?gclid=Cj0KCQiAsvTxBRDkARIsAH4W_j_27spN-m0Q9dxMzeljUZaH9R9k5XrBJlxNSC4_v1WFOfVyDsNsf98aAvqIEALw_wcB

Adress of the hotel:

Hotel Restauracja Sekwana

ul. Wieluńska 24, 42-200 Częstochowa



MEDICAL SAFETY

The project venue will be provided with first-aid kit, so an immediate medical treatment can be provided right away if some medical problems suddenly appear.



FOOD

The breakfast, lunch and dinner will be provided at the hotel. The participants must inform us forward about their dietary (vegetarian, don't eat a pork etc) or any specific needs.



FINANCIAL CONDITIONS

100% of all the travel costs of the participants within the maximum limit per country

will be reimbursed. Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month given by the European Commission.

Participants will receive the travel reimbursement via bank transfer to their sending organizations within 2 months after the end of the Training Course upon receipt of their travel documentation.

Please do not forget to collect your boarding passes, tickets, invoices and any other travel document. In case a document is missing, we will not be able to provide a refund.



REIMBURSEMENT

NOTE! Please check travel budget limits below. If travel costs exceed the amount budgeted in the project, the cost should be covered by the participant. The organizers will only be able to reimburse participants the maximum travel costs indicated in the travel budget.

Before Booking your flights , you must provide details of your travel plans to us for verification and approval.

In order to receive the travel refund, participants need to complete a reimbursement form that will be given during the Training Course. Below you can see the travel cost limits per country per participant:

Country	Travel cost limit
Poland	20 Euro
Latvia	275 Euro
Estonia	275 Euro
Bulgaria	275 Euro
Spain	360 Euro



PREPARATION

About Your NGO and Country: There will be special moments in which **participants should present their sending organizations and countries**. So, you should bring some

materials such as PowerPoint presentations, leaflets, brochures, videos, or any other promotional materials. And of course, don't forget preparation about Intercultural night: food, dances, games, videos and etc.

Bring with you:

- At least one laptop for one national group;
- traditional snacks for intercultural evening;
- and especially → good mood.



CURRENCY IN POLAND

Currency in Poland: Polish Złoty (PLN), 1 Zł = 100 Groszy

Exchange rate is approximately (today): 1 USD = 3,9 PLN 1 EURO = 4,3 PLN

Remember that in Poland, you **can pay by card in practically any place**. We recommend you to set up a Revolut account, which will allow you to pay by card in any place with money in your local currency on your account. When creating an account, please use the referral link, which will allow you to issue a free card: <https://revolut.com/referral/krzysztiu3>



WEATHER

You may check the current weather forecast at the following link:

www.accuweather.com/pl/pl/czstochowa/275785/weather-forecast/275785



CONTACT

In case of any questions do not hesitate to contact us:

Idea for Life: idea4lifepl@gmail.com

Direct contact to PMs:

Krzysztof Włodarczyk – wlodarczyk.k24@gmail.com +48 509 479 596

Katarzyna Rajs - katarzyna.rajs@gmail.com +48 601 384 879

Kamil Dobrowolski – kamildobrowolski01@gmail.com +48 665 464 104

WE ARE LOOKING FORWARD MEETING YOU IN POLAND!