

BY
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GUIDE for
VOLUNTEER

name :

Dear Volunteer...

A great adventure is going to Strat! It will be full of ups and downs, but don't forget that every experience is a source of learning.

You are going to feel a lot of different emotions along this project but this will help you to remember the experience and get the very best from it! BE CREATIVE, BE FUN, BE HAPPY and the most important... ENJOY THE EXPERIENCE.

P.S. if are one of the following remember that I am very jealous of you!

Honestly I don't know how is going to be come back home.

During all the project I collect good memories and they will be with me all along my life. I'm happy to be here and I hope you will join this experience as much as me.

The truth is that I feel a little strange now that we have to go back, the last few months have passed very quickly and suddenly, almost bordering on the day back to my country. With my head full of different ideas and without knowing. I never imagined feeling like this when I arrived here on the first day, but it comforts me to think of all had and that I take with me.

time to go HOME



VOLUNTEER"

Welcome TO POLAND

WARSAW

Capital of Poland, in the center of the country. In this city you can visit 5 different neighbourhoods: Old town, MDM, Jewish quarter, German occupation quarter and Prague



	DAY 1	DAY 2
JAN		
FEB		
MAR		
APR		
MAY		
JUN		
JUL		
AUG		
SEP		
OCT		
NOV		
DEC		

* official holiday :

PERSONAL PROJECT.

During your project you have chance to create, develop and practice your ideas in any field. Could be cultural event, a photos exhibition, sport activities, artistic activities... Every things you are interesting in and you want to share with the others. In the office you can find the space to organise your own workshop with the support of the coordinator. Is a great opportunity for you to find out something different from the project you are working at.



KRAKOW

One of the most famous cities in Poland and with good reason. It is incredible to get lost in the city since each corner is unique. Also from this city you can visit the Wieliczka Salt Mines and the Auschwitz-Birkenau Concentration Camp.

GDANSK

On the shores of the Baltic Sea, the world capital of amber and one of the most beautiful cities in Poland with buildings that resemble dollhouses. Also from Gdansk, you can visit the cities of Sopot and Gdynia, essential if you are in this area.

WROCLAW

With numerous bridges and splendid architecture. One of the most famous university cities, full of bars and a good atmosphere where you can spend an unforgettable trip with your friends.

POZNAN

Poznan is another of the places that you cannot miss in Poland. In these cities you can visit from an imperial castle (Zamek Imperial Castle) to the factory of one of the most famous beers in all of Poland (Lech).

LODZ

Far from the common communist style in Poland, this city preserves details of ancient Poland, 70 years ago, that you can feel walking through its streets.

LUBLIN

Despite not being known, it is a small charming town where you can spend a nice weekend.

USEFUL

hello / good morning	DZIEŃ DOBRY
thank you	DZIĘKUJĘ
please	PROSZĘ
excuse me / I'm sorry	PRZEPRASZAM
good bye	DO WIDZENIA
fine / good	DOBRCZE
I don't understand	NIE ROZUMIEM

How to use it

You might feel intimidated in the new space, but you don't need to shut yourself off. You will be glad that even though it was not easy, you choose to carry on with your courage while it requires do much out of you, it also pours something into you: an inflexible strength that grows more durable with time. And you might don't see your success in the moment and you feel to wasted your time. But at the end of the project you'd realise how much goals you achieve.

The Youth Pass is the document where all this skills will be collected, here you can find the competences.

Key Competences and



1. Literacy- the ability to identify, understand, express, create, and interpret concepts, feelings, facts and opinions in both oral and written forms., Using visual, sound/audio and digital materials across disciplines and contexts.



2. Languages- the ability to use different languages appropriately and effectively for communication.



3. Mathematics, science, technology and engineering -the ability and willingness to develop and apply mathematical thinking in order to solve a range of problems in everyday situations and explain the natural world, in order to identify questions and to draw evidence



4. Digital competence- the confident, critical and responsible use of, and engagement with, digital technologies for learning, at work, and for participation in society.



5. Personal, social and learning competence- the ability to reflect upon oneself, effectively manage time and information, work with others in a constructive way, remain resilient and manage one's own learning and career.



6. Civic competence- the ability to act as a responsible citizens and to fully participate in civic and social life, based on understanding of social, economic and political concepts as well as global developments and sustainability.



7. Entrepreneurship competence- the capacity to act upon opportunities and ideas, and to transform them into values for others. The ability to act allows to take an initiative and to work collaboratively in order to plan and manage projects that are of cultural, social or commercial value.



8. Cultural awareness and expression- involves having an understanding of, and respect for, how ideas and meaning are creatively expressed and communicated in different cultures and through a range of arts and other cultural forms.

expressions

I don't speak
polish

NIE MÓWIĘ
PO POLSKU

what is it?

CO TO JEST?

where is...?

GDZIE JEST...?

CHEERS NA
ZDROWIE

ONE BEER
JEDEN
PIWO

POLAND

CULTURAL SHOCK

1

TAKE YOUR SHOES OFF IF YOU ENTER IN A POLISH HOME



2
A GUEST IN THE HOUSE IS GOD IN THE HOUSE

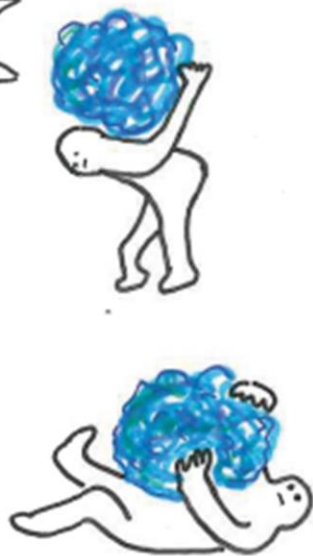
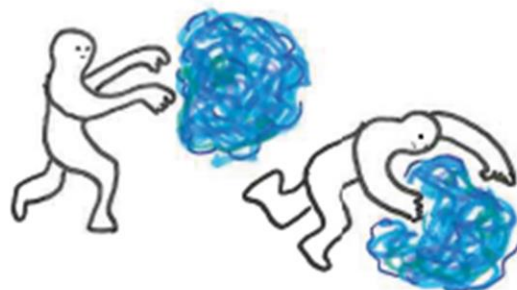
2



3
THEY "HAVE DINNER"
AT 15:00 - 16:00

3

GRAP YOUR FEELING



*In every moment you can count to your coordinator and your mentor, they are here to support you so speak with them every time you need it, and share your feeling.

*Don't wait that the party comes to you! Organise international meeting with the volunteer where you can share your traditional food and know better other culture.

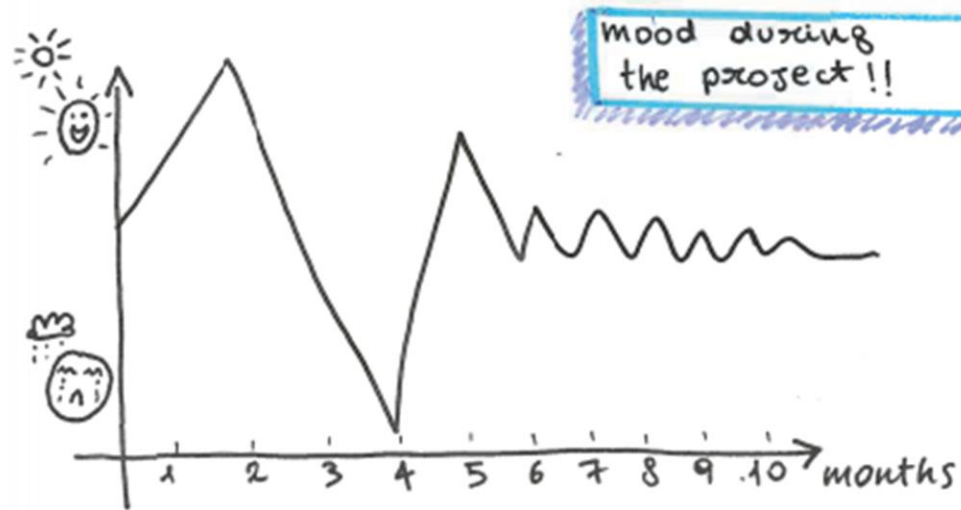
*Try to spend more time with all the volunteer, hang out for drink together or for a walk. The best way to don't feel alone is spend time with people around you :)

*Also your mate is a person who is here for help you, don't be shy to ask also for little things.

*Every month, thanks to the International Party you can know more and new people!

All is up to you! You can change everything with your smile positive approach and energy.

BE VOLUNTEERS



A LONG TERM PROJECT IS NOT ONLY A FUNNY AND EASY EXPERIENCE, IS A WAY TO ENRICH YOUR KNOWLEDGE, DISCOVER DIFFERENT CULTURE AND IMPROVE YOURSELF IN THE BEST WAY YOU CAN. AND LIKE IN EVERY EXPERIENCE THAT LET YOU GROW UP, IS FULL OF UP AND DOWN! IS NORMAL THAT DURING THE PROJECT YOU FEEL HOMESICK, YOU MISS SPEAK IN YOUR MOTHER LANGUAGE, EVERY PEOPLE AROUND YOU LOOK CRAZY OR YOU FEEL INAPPROPRIATE. BUT REMEMBER THAT YOU ARE NOT ALONE IN THIS EXPERIENCE, SO DON'T LOSE YOUR MOTIVATION. YOU CAN DO IT!

TYPICAL FOOD

PIEROGI

z mieson (with meat)
ruskie (potato and cheese)
Szpinak (spinach)



ZAPIEKANKA

Half baguette with cheese and different toppings (ham, mushrooms, tomato...)



BIGOS

Cabbage with fresh meat, dry mushrooms and plum.



SOUP

Zupa pomidorowa (tomato soup)
Zurek (eggs, sausage and onions)
Barszcz czerwony (beetroot soup)



WELCOME

to

KIELCE

"świętokrzyskie"



Night Club

Ultra Violet

MASKA

METRO



Cofeina

CHILL OUT
AND GOOD MUSIC

CKM

BIG PLACE TO DRINK
BEER AND WATCH
SPORTS

Tapas

THE MOST
CHEAP BEER

CRAFT BEER

PERFECT PLACE
TO TASTE DIFFERENT
BEER

OUR FIRST IMPRESSION

I've seen pretty clean and fairly regular lifestyle in that city. People are not used to foreigners but I always did remember that's one of my aims that I came here for. Cold, dark, unfriendly. But it just need time to be discovered. Is a little city but with a lot of things to do and amazing place to visit!

KRZYSZŹ TOPÓR

Castel situated in Ujędzia, bult around XII sec, is a magic place to visit.

JASKINIA RAJ

a limestone karst cave located near Chęciny. It is distinguished by an exceptionally rich, diverse and well-preserved stalactite ; next to the Bear Cave in the Sudetes is one of the unique karst objects in Poland *only previous reservation guarantee the access to the cave (1,2 days)

ROYAL CASTEL

Polish castel situated in Chęciny in gothic style. Built in 13th century It has a long story and (discendenti).

CEDZYNA

An amazing lake perfect for a walk, a picnic or for swim (just for brave one). Perfect for relax and chill out.

KADZIELNIA

Natural reserved in the middle of the city. A lot of possible activities to do... The best one? ZIP LINE!!

how to survive ??

TRANSPORT APPS

FLIX BUS Buses for long-distance around Poland and Europe (quiet cheap if book in advance)

BOLT Kind of taxi very cheap and fast (useful in late night)

OMIO For buses around Poland (fixed price)

KOLEO For train around Poland

JAKDOJADE Urban transports (bus/tram/train) for check urban bus in the city. It works in every city of Poland

Supermarket

BIEDRONKA The cheapest one.

LEWIATAN Nice price and different products to choose

GAMA Nice price too less variety of products

ŻABKA Open till late. Is the most expensive but good for eat something: they sell hot sandwich, hot dog..

Restaurant

Pizza: Plejada, Azzurro, CKM, Rozmaryn

Burger: Burger&Co., Boo,

Sushi: Kusa Sushi, Nigiri, Master sushi, Sushiya.

Order food with delivery: website pisane.pl