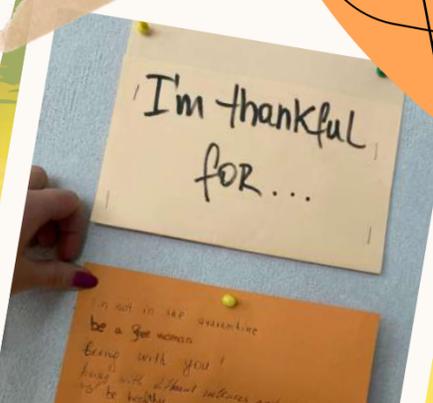


"Be the change you want to see in the world"  
Mahatma Gandhi



# FUNDACJA CENTRUM AKTYWNOŚCI TWÓRCZEJ



# About!

In Poland there is a magical city called **Leszno!** This town has a lot to offer, and is a great place to spend your time with **ESC** volunteering. You will get the chance to live and work with **12 more young people** from all over Europe, and the world.

Learn how to develop and deliver **non-formal** learning activities for **youth and kids** contributing to the local community. Of course, you will have time for walks, travelling, having fun, meeting new people, exploring.

If this sounds interesting, read the **infopack** below. It contains some very useful information about the project.



# Who we are

## FUNDACJA CENTRUM AKTYWNOŚCI TWÓRCZEJSINCE

Is an NGO founded on 30th December 2008 in Leszno. We started our journey over **10 years ago** in Lasocice, Ul. Zachodnia 6, 64-100 Leszno, where we are still registered. The foundation responded to the necessity of **making a difference** in the local environment, and we have already gathered dozens of people between the age of 13 and 30. We also work with younger and older volunteers from kids to seniors.

We have a wealth of experience in terms of cooperation with the business sector, public sector, nongovernmental organizations, polish and international organization networks. We're a member of Euro-Mediterranean Foundation of Anna Lindh. Also, we're cooperating with Youth for Exchange and Understanding Network. Since 2009 we're the only Eurodesk Centre in Greater Poland.

Prosocial

### OUR AIM

is to stimulate the local community and promote the idea of volunteering. We're not afraid of new challenges and we believe that nothing is impossible.

Proactive

Creative

### OUR MOTTO IS

Voluntary service changes the world.  
Voluntary service changes us.



Our ESC host up to 55 candidates a year. As a sending and receiving organisation in ESC we coordinate projects not only in Europe but also in Africa, Asia and Latin America.



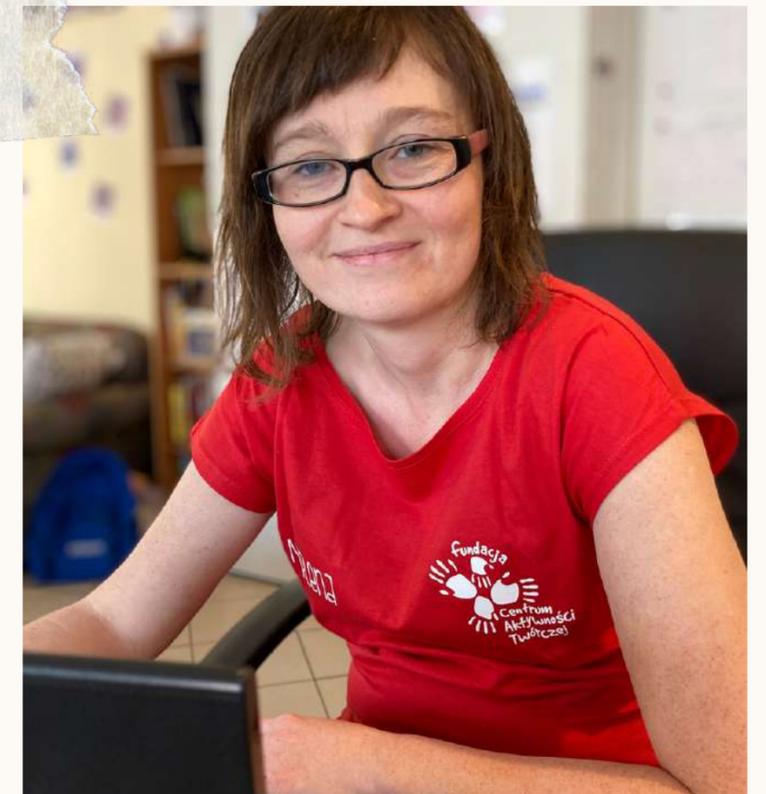
# Fundacja CAT Board Members



**Patricja**  
Office manager



**Basia**  
Vice president, HR,  
accountant



**Marlena**  
Founder, President,  
Project coordinator

*"What you do has far greater  
impact than what you say"*  
Stephen Covey

Our local  
coordinator  
and promoting  
specialist



**Wiktoria**

Language Cafe  
Summer & Winter Camps  
SO ESC volunteers  
KA1 projects



**Natalia**

Promoting Specialist



**Tania**

Short-terms volunteers HO  
KA2 Projects



**Karolina**

Long - term HO  
Leszno's volunteering center  
Mentors, SO ESC volunteers

Our  
international  
coordinators



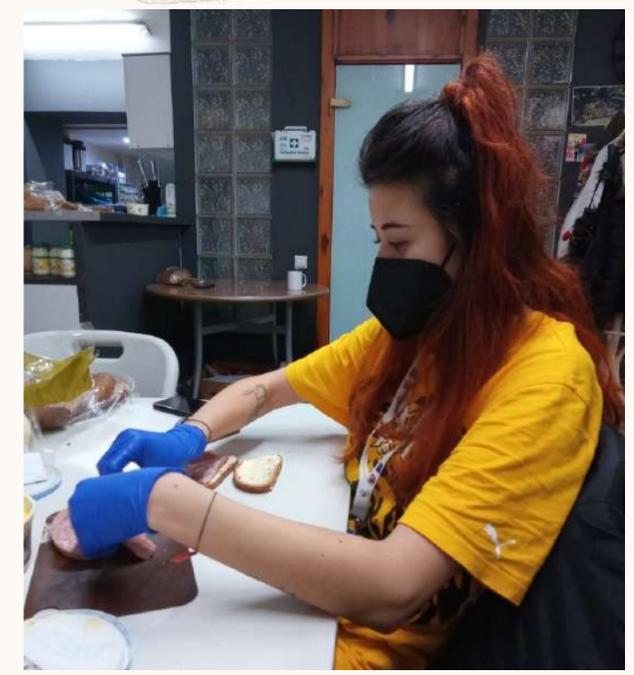
# What can you do



- Workshops/ Eco-Workshops
- Country presentations
- Cultural games
- Events
- Painting, Crafting, Design
- Winter - Summer Camps
- Food - Bank

# Workshops Eco - workshops





# Food - bank



# Presentations



# Other activities



# CAT volunteers profile



- **18-30 years old.**
- Legal residents of one of the Erasmus+ programme countries and they don't require visa to enter Poland.
- Eager to learn or already have some knowledge on how to give **non-formal** learning activities.
- Enthusiasm for **creating** learning activities and social intervention activities.
- Eager to take **initiative** and create opportunities for themselves and the society.
- Willing to share their message to the world through social and **visual media** channels.
- Priority will be given to those that are facing or have faced any kind of troubles in life.

# Duties and responsibilities

- **Plan your own activities**, initiative and schedule
- Evaluate and give weekly **feedback** on your volunteering experience
- Develop a list of materials needed for the **workshop**
- Develop and administer forms and records to **document** your activities
- **Promote** the volunteering program to gain the community support
- Develop and implement **effective strategies** to attract more participants to CAT-Events
- Lead and work in a **team**
- Preparing and leading **presentation** for children



# During your stay you will...

- **Create**, facilitate and organise non-formal learning activities for children and youth in the local community.
- Be trained in aspects of **non-formal education** and gain familiarity with using them in the field.
- Implement activities related to **permaculture**.
- Create host and facilitate non-formal activities and **eco-workshops** for youth visiting the centre every week.
- **Organise events** and environmental activities for the broader public.
- Share rooms, cook, clean, do recycling and maintain your living space.
- **Promote** the actions and activities through several channels (social media, blogging, video making, photography, pop-up events etc).
- Live in an **intercultural environment** for 2 months.
- Visit and help in **food bank** and **homeless shelter**.



# How we work: attitude

**TEAMWORK**  
makes  
the dream  
work!!

With your **active participation**, we consider you as part of the family of CAT Fundacja. As a result, we expect from you a **professional attitude**, we seek for your **creativity** and development, we welcome mistakes as learning opportunities, we encourage **initiatives** and **accountability**.

Our **team** consists of a dynamic cluster of employees, associates, and volunteers engaged in non-formal learning. The **working style** you should adopt by joining the team is the working style of the non-formal activities facilitator. Practically, this means that you have to act like a **professional performer**, arranging rehearsals, meetings, being flexible in workplaces, timetables, roles, priorities around the teams of **your interest**.

# How we work: practicals

During the project there are working hours, training hours, free time and informal time.

The working language is **English**, however staff members speak also Polish. Additionally, **mentors** will support you with Polish and you will have some basic Polish courses.

The working hours are approximately 35h a week, usually from **Monday to Friday 10am to 5pm** (with lunch break). Weekends are free and you can spend them the way you want. In total you have 4 extra days for vacations. **Evaluation** and **coaching hours** are mandatory and included in the working hours.

**Free time** and informal time are up to you how you are going to divide them. However, it has to be in a coordinated way since, besides work, you have a house to maintain, food to cook and **house mates** to live harmoniously with.

# Competencies and values that you will develop...

- Foreign communication skills.
- Flexibility.
- Good time management.
- The ability to lead, animate or manage people.
- Problem-solving skills.
- Creativity.
- Being able to work well under pressure.
- Working with deadlines
- Decision making.
- Being a good team player
- Develop professional relationships.
- Knowledge of sustainability



CAT-  
Volunteer  
should  
demonstrate...



- Ability to work with a variety of managers.
- Respect for difference, diversity and work ethic .
- Sense of Initiative.
- Intercultural Sensitivity
- Learning to learn
- Motivating Others
- Creative Imaging
- Commitment
- Active Participation
- Empathy
- Conducting Research
- Following Instructions

# Accommodation

You will be hosted in one of our 3 flats located in Leszno. All of them are within walking distance from our two working offices. They are fully equipped and ready to host you for your volunteering project.

**Take a glimpse to see how it looks like!**



# Sienkiewicza House

This is the main ESC house in **Sienkiewicza** - **10 minute** walk from the office. It has **two floors** with four bedrooms, two bathrooms, cozy living room and a kitchen. In each room there are two beds, tables, wardrobes. There you will find **everything you need**: oven and stove tops, fridge, washing machine, hair dryer, iron, bedsheets, towels etc.

The house has also balcony, yard and parking space. The property is next to **Leszno's local radio station** and close to super markets and pharmacies.



# Wałowa Flat

Two bedrooms flat in the city center, located next to the office. The flat has a large kitchen and dining area, a bathroom with shower and a corridor. The flat is fully equipped - with oven and stoves top, fridge, hairdryer and everyday equipment. Volunteers share rooms (2 people in each room)



# Niepodległości Flat

3 bedrooms flats with a spacious, sunny living room and a fully equipped open kitchen with bar. The flat has a toilet with sink and a bathroom with bath, shower and washing machine. The flat is located in the city centre, 10 minutes walking distance from the office. Volunteers share rooms (2 people each)



# Finances

European Solidarity Corps Program is funded by European Union.



## FOOD ALLOWANCE

Each volunteer will receive 400 zł per month for food



## POCKET MONEY

Each volunteer are entitled to 120 € per month as pocket money.



## TRAVEL REIMBURSEMENT

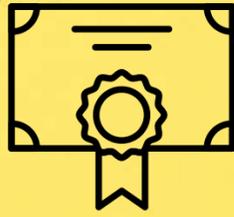
Travel costs from and to Leszno will be reimbursed up to the maximum amount of budget according to the distance defined by ESC regulations. Any traveling within the country that is connected with the project is also reimbursed.



## INSURANCE

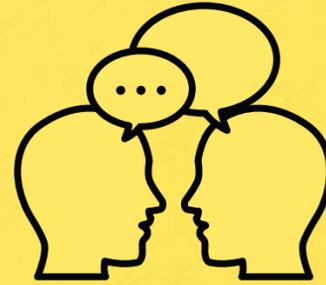
CIGNA Health insurance is provided to you for the whole duration of the project. This insurance covers all the medical costs planned or occurred during the service. We ask the participants to arrange the European health card prior to their arrival in Poland.

# Extras



## CERTIFICATES

After successfully fulfilling the project you are going to receive the Youthpass certificate, the official recognition tool for non-formal & informal learning in youth projects. It is a self-assessment certificate that is well recognised Europe-wide.



## LANGUAGE COURSE

You will have language support for learning Polish also polish volunteers translate everything during the camps and activities



## COVID19 REGULATIONS

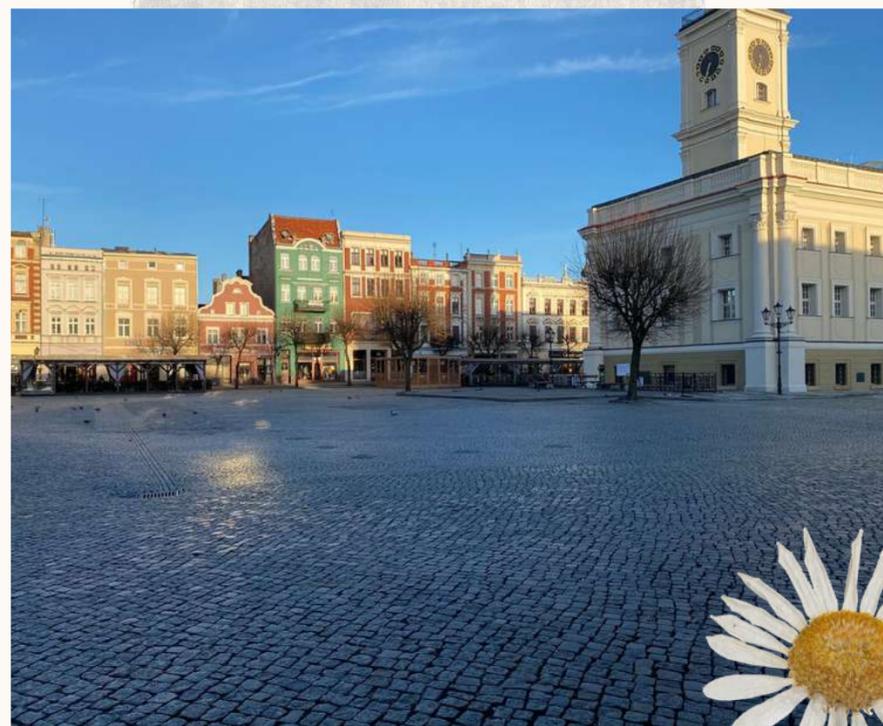
We are going to follow all the current legislation for the measures required in order to prevent the spread of the virus.



# Leszno

The project is taking place mostly in Leszno, a **historic city** in western Poland, within the Greater Poland Voivodeship. Leszno is located **between Wrocław and Poznań**. Leszno is really famous for its **Speedway club** and **Aero club**.

The climate is oceanic but be prepared for **unpredictable weather**. During your stay the organization will provide **bicycles** to move around the city.



*It feels good to be lost  
in the right direction!*



# Useful information about Poland



Aa Aą Bb Cc **Ćć** Dd  
Ee Eę Ff Gg Hh Ii  
Jj Kk Ll **Łł** Mm Nn  
**Ńń** Oo **Óó** Pp Qq Rr  
Ss **Śś** Tt Uu Vv Ww  
Xx Yy Zz **Żż** **źź**

In Poland euro is not accepted in shops. The official currency is **złoty (PLN)**. You can use ATM to take money from your credit card (VISA, MASTERCARD) If you want to exchange money you can go to the place called Kantor (Exchange in Polish)

The only official language of Poland, according to the Constitution, is **Polish**. The overwhelming majority of the country's population speaks it as a native language or as the language of home communication



72411  
*It's a  
Beautiful  
Life*  
72411



Alone we can do so little;  
together we can do so much  
Helen Keller





See you soon!