

# **NO PANIC** / 24<sup>th</sup> - 30<sup>th</sup> of July / Krzĕtów, Poland

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a training course for youth workers who want to improve their interactions with participants experiencing crisis or difficult situations throughout the activities

Dear participants!

We are looking forward to see you soon in Poland for our training course. We hope the time we are going to spend together will be full of meaningful conversations, experiencing new methods, and enjoying our company as well as the environment.

For you to prepare for this experience, we introduce the infopack, where you can find information about:

- ✓ aims and programme of the TC
- ✓ how to get to the venue
- ✓ the team of trainers and organisers
- ✓ how to prepare for stay in Poland and in the venue

## **About NO PANIC**

The aim of the project is to prepare you - youth workers, trainers, project coordinators, and mentors to deal with situations and act accordingly, when participants of your activities experience a crisis and find it difficult to continue with the activity.

What to do when participant finds is too challenging to take an active part in the project? Some of them, for example, had to deal with a situation of a psychological crisis, a sudden death of a close relative, disclosure of a mental disease. Others, in long term projects, may experience intercultural shock or find it extremely difficult to establish satisfactory relations in the new environment. Do you as a coordinator, trainer, mentor in this situation feel confusion, anxiety and helplessness? Often we can manage to deal with a concrete solution somehow, but with many difficulties. However, there is always a question of how far does our responsibility as a facilitator or coordinator go? And how to be supportive, yet allowing the responsibility for managing this situation to the participant, at the same time? How to deal with our own frustration coming from my limited position?

This training course anticipates developing competences to communicate with participants of your activities who find themselves in crisis or difficult situations during the activities. The aim is to prepare you to deal with situations when participants experience a crisis and find it difficult to continue with the activity.

#### Objectives:

- ✓ identifying the roles and responsibilities of a youth worker, trainer, mentor, and project coordinator in a crisis situation of a participant
- ✓ raising knowledge about psychological crisis, its possible underlying reasons, how to recognize it and how to address different types of situations
- ✓ sharing experience of being in different challenging situations for peer-supervision
- ✓ equipping participants with open and proactive attitudes towards crisis situations
- ✓ equipping participants with tools of coaching to conduct meaningful and useful conversations in complex situations
- ✓ practicing empathic, focused, constructive communication and conversation
- ✓ creating space for networking and peer support
- ✓ improving professional language skills for inclusive acting in a diverse environment, including linguistic diversity.

**Draft programme (final programme may change depending on the needs of participants)**

<b>DAY 1 24/07</b>	<b>DAY 2 25/07</b>	<b>DAY 3 26/07</b>	<b>DAY 4 27/07</b>	<b>DAY 5 28/07</b>	<b>DAY 6 29/07</b>	<b>DAY 7 30/07</b>
Breakfast						
Arrive	Introducing youthpass, ways of working, programme schedule	Labelling, effects of exclusion and pyramid of hate	Sharing insights from the activity out last evening	Constructive and appreciative feedback to every situation	Coaching in pairs	
	Sharing best hopes about the TC	Learning Solution Focused conversations	"Hard to cooperate" or "difficult" participants	How to ask the right question	Youthpass and evaluation	
	Lunch					
	Exploring already present experience	Listening with a constructive ear	What to do with resistance	Recognizing strengths and addressing resources	Time for topics which participants found especially interesting	
	Setting the stage	Grounding theory: what is "risk situation"	What are exceptions	Ready, steady, cook!	Where are you now?	Closing
Dinner			Self-made dinner	Dinner		
Let's dance		Activity out	Intercultural evening		Farewell party	
Depart						

## Accommodation and food

Venue of this TC will be in **Krzętown** – a village located around 200km from Warsaw, around 100km from Łódź, around 130km from Kraków, and 240km from Wrocław.

How to get there?

All those big cities have airports, you can choose one of them to get to Poland. From the airport you should direct yourself to **Radomsko** – a town near to Krzętown, where we will pick you up with a bus at a certain hour – hour and exact meeting point to be announced.

We will stay in a farm house called „Chata u brata“. You can check their website, although it's in Polish only <http://www.chataubrata.com/>

It's nearby a river, and the farm has animals. Be prepared for mosquitos and ticks!



There will be shared rooms with common bathrooms. Towels and bed linen provided.

All meals (breakfast, lunch, dinner and breath breaks) will be provided. If you have any special need connected to your diet, please mention it in the participants' form.

It is always nice when participants bring some traditional snacks from their countries, and we invite you to do so this time as well. We will share them during the breaks.

There is a free WIFI connection in the house.

## Poland

### Money

Poland's national currency is zloty (zł/PLN). One Euro equals around 4,23 PLN. Foreign currency can be exchanged at the airport, hotels, banks and exchange offices (kantor).

### Weather

Poland has a temperate changeable climate. In July usually is warm, but can be rainy. So far this spring is very cold here and it is hard to tell what it is going to be like in July. So don't underestimate the weather and check it before arriving. You can check the weather in Poland on a website <https://www.meteoprog.pl/pl/weather/Krzetow/>

As you can see in the programme, we do not plan any time for sightseeing. You can come earlier or leave Poland later. All costs linked with this would not be covered by the organisers. On the website below you will find more touristic information: <http://www.staypoland.com>

## Organisers

This activity is organised by association KobieTY from Łódź in Poland, with the financial support from Erasmus+ Youth in Action Programme.

To learn more about KobieTY visit our website: [www.kobiety.lodz.pl](http://www.kobiety.lodz.pl)

Food, accommodation and travels will be covered by the organisers.

Limits for travel reimbursement:

275 EUR – Slovenia/ Romania/ Italy/ Latvia/ Netherlands/ FYROM/ Germany/ Sweden/ Turkey

360 EUR – Portugal/ Spain

## Team of trainers and logistics

### Michaela Mydlová

Before arrival you will be mainly in contact with Michaela, who is our logistic support. She will be collecting tickets, arranging your arrivals and departures, giving you tips how to prepare.



**Any questions? Contact:**  
[projects.kobiety@gmail.com](mailto:projects.kobiety@gmail.com)  
+48 576 203 111



### A. Biba Rebolj

Is a trainer, coach and therapist, passionate about useful conversations. Living in Slovenia and United Kingdom, she works with individuals, couples, families, teams and organisations who find themselves in challenging and complex situations. Using Solution Focused Approach she assists them in building rapid change towards their desired outcome.

### Marta Skorczyńska

As a trainer interested in self-development of individuals inside a group through non-formal education methods. Gathered her experience cooperating with NGOs in Poland and Portugal. Developing her competence in using coaching tools, gamification, and applied drama to support the learning process.

