



"BE THE CHANGE YOU
WANT TO SEE IN THE
WORLD" MAHATMA
GHANDI

Fundacja



Centrum
Aktywności
Twórczej



euodesk
Polska



EUROPEJSKI
KORPUS
SOLIDARNOŚCI



About us

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 a group of 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 are we?

FUNDACJA CENTRUM AKTYWNOŚCI TWÓRCZEJ

is an NGO founded on 30th December 2008 in Leszno. We started our journey over 10 years ago. 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

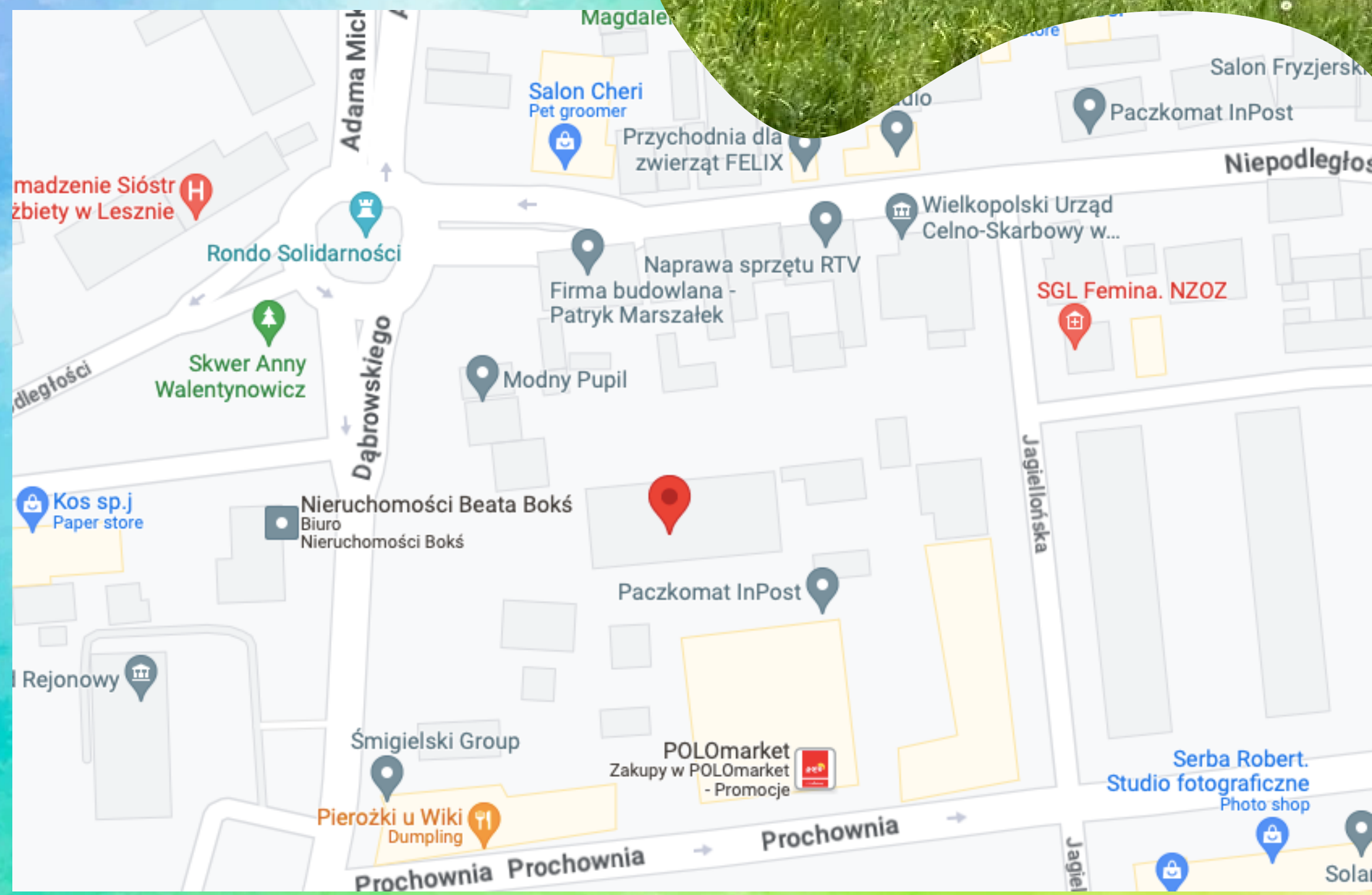


Creative



Proactive

Where is our office?
Our office is located on Dąbrowskiego
3B, 64-100 Leszno, Poland



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.



We host up to 80
candidates a year. We are
certified LEAD ORGANISATION.
Fundacja CAT coordinates ESC &
KA2 projects



OUR MOTTO IS
Voluntary service
changes the world.
Voluntary service
changes us.

CAT BOARD MEMBERS



BASIA

Foundation president,
Accounting coordinator



ALBERT

Vice-president



WIKTORIA

Coordinator of local and international projects, coordinator of the Language Cafe and "Train to Coolture" summer and winter camps for kids and LCW

Coordinator of international and local projects, volunteer supervisor, consultant of the Eurodesk Poland Information Point



TETYANA

Office Manager
and Board
Assistant



NATALIA

Administrative
assistant
Project Coordinator
Assistant



PATRYCJA

Specialist for
promotion and
dissemination of
results



GRAŻYNA

Project
coordinator
assistant



ANOUAR

Project
coordinator
assistant



WIKTORIA

Animator and
workshop
organizer



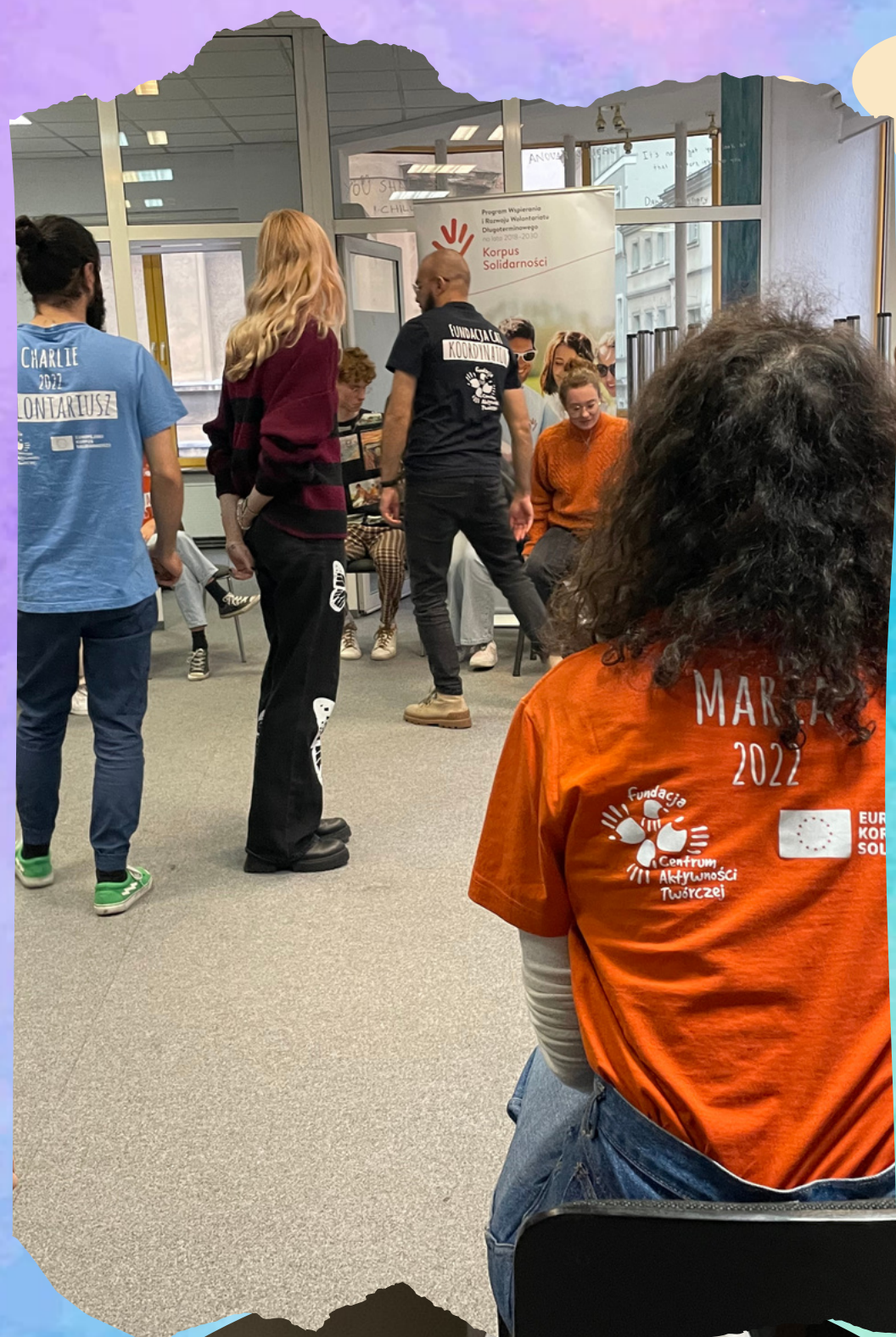
AMELIA

WHAT CAN YOU DO HERE?

- WORKSHOPS
- COUNTRY PRESENTATIONS
- CULTURAL GAMES
- EVENTS
- PAINTING
- ARTS & CRAFTS
- DESIGNING
- WINTER - SUMMER CAMPS
- FOOD - BANK



Youth & Kids WORK WORKSHOPS





CULTURAL PRESENTATION



LANGUAGE CAFE





COME AND HAVE FUN WITH US!



CAT VOLUNTEER PROFILE



- 18-30 years old.
- Legal residents of one of the programme , partner countries of ESC/Erasmus+
- Eager to learn or already have some knowledge on how to give non-formal learning activities.
- Enthusiasm for creating learning activities and social event to promote integration in community.
- Eager to take initiative and create opportunities for other to learn from them.
- Willing to share their message to the world through social and visual media channels
- Have an interest in youth work, social integration, non-formal education or event animation

CAT VOLUNTEER DAILY DUTIES



- Plan activities, work with coordinators, animators, facilitators and a coach to achieve better results
- Evaluate and give feedback on volunteering experience
- Develop initiative campaigns and have a passion for social work
- Promote volunteering to gain the community support, collaboration
- Promote ESC , Erasmus+ and NGO work, local and internationally
- Be open to “Learning to Learn” idea and have patience to teach others
- Be prepared to follow instruction, deadlines and work in group or solo

- Create, facilitate and organise non-formal learning activities
- Implement activities promoting solidarity, ecology, human rights
- Lead youth clubs, implement activities giving alternative spending time
- Organise events and environmental activities
- Look after social media contents (blogging, video making, photography, pop-up events, podcast etc).
- Live in an intercultural environment from 2-12 months.
- Visit and help in food bank and homeless shelter.



How we work: attitude

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**.

TEAMWORK
makes
the dream
work!!

HOW WE WORK



- 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, German, Spanish as secondary and other languages
- You will get a mentor to support you locally
- The working hours; are approximately 30-38hrs a week, usually from Monday to Friday (with lunch break). Weekends off.
- Some weekends will be planned with events like : Christmas fairs, festivals, family picnics, stadium event etc. Those weekends will be discussed in advance and a recovery day arranged after.
- 2 Days of holiday per month
- Evaluation / coaching hours are mandatory and included in the working hours.
- Strategic meetings are mandatory and are planned within working hrs to create a common working plan for the week, or the whole month.
- Free time and informal time are up to the volunteer to plan. Volunteer's houses can facilitate BBQ gatherings, have patio or balcony, backyard.
- However volunteers must live in harmoniously with the neighbours.

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 4 flats 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

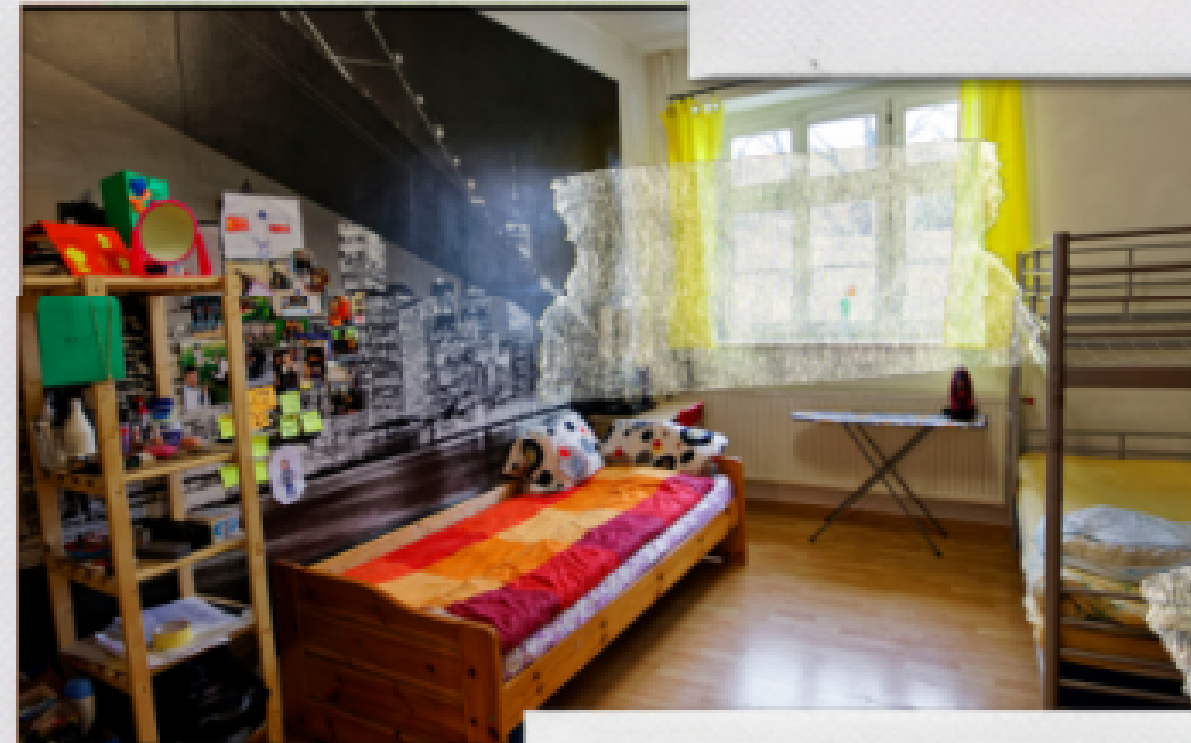
This is the main ESC house in **Sienkiewicza** - **10 minute** walk from the office. It has **two floors** with four bedrooms, two bathrooms, cozy living room and a kitchen. In each room there are two beds, tables, wardrobes. There you will find **everything you need**: oven and stove tops, fridge, washing 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 approximately **400zł per month for food.**



POCKET MONEY

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



TRAVEL REIMBURSEMENT

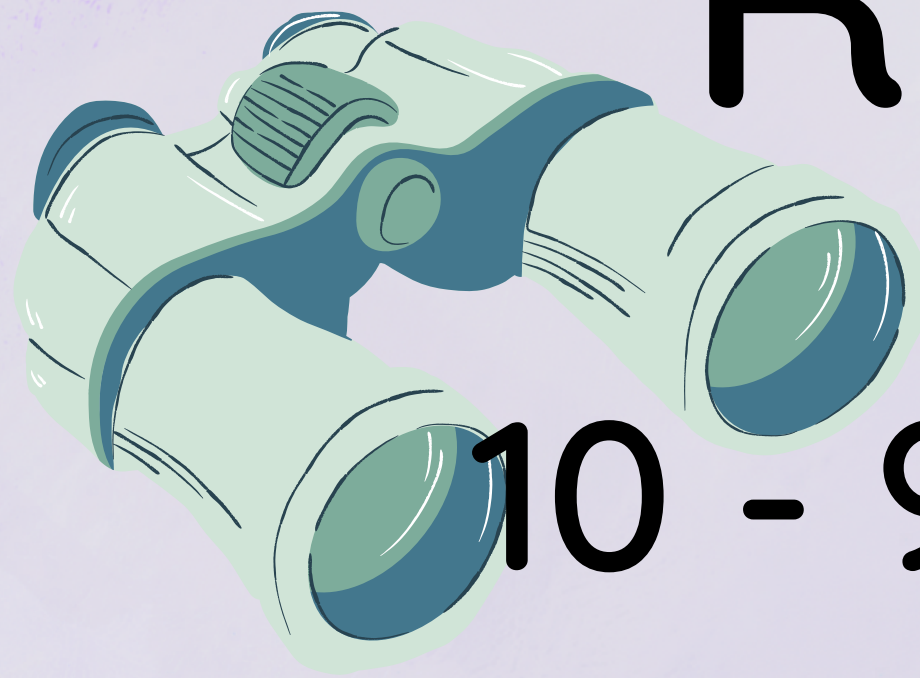
Travel costs from and to Leszno will be reimbursed up to the maximum amount of budget according to the distance defined by ESC regulations. Any traveling within the country that is connected with the project is also reimbursed.



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.

Reimbursement



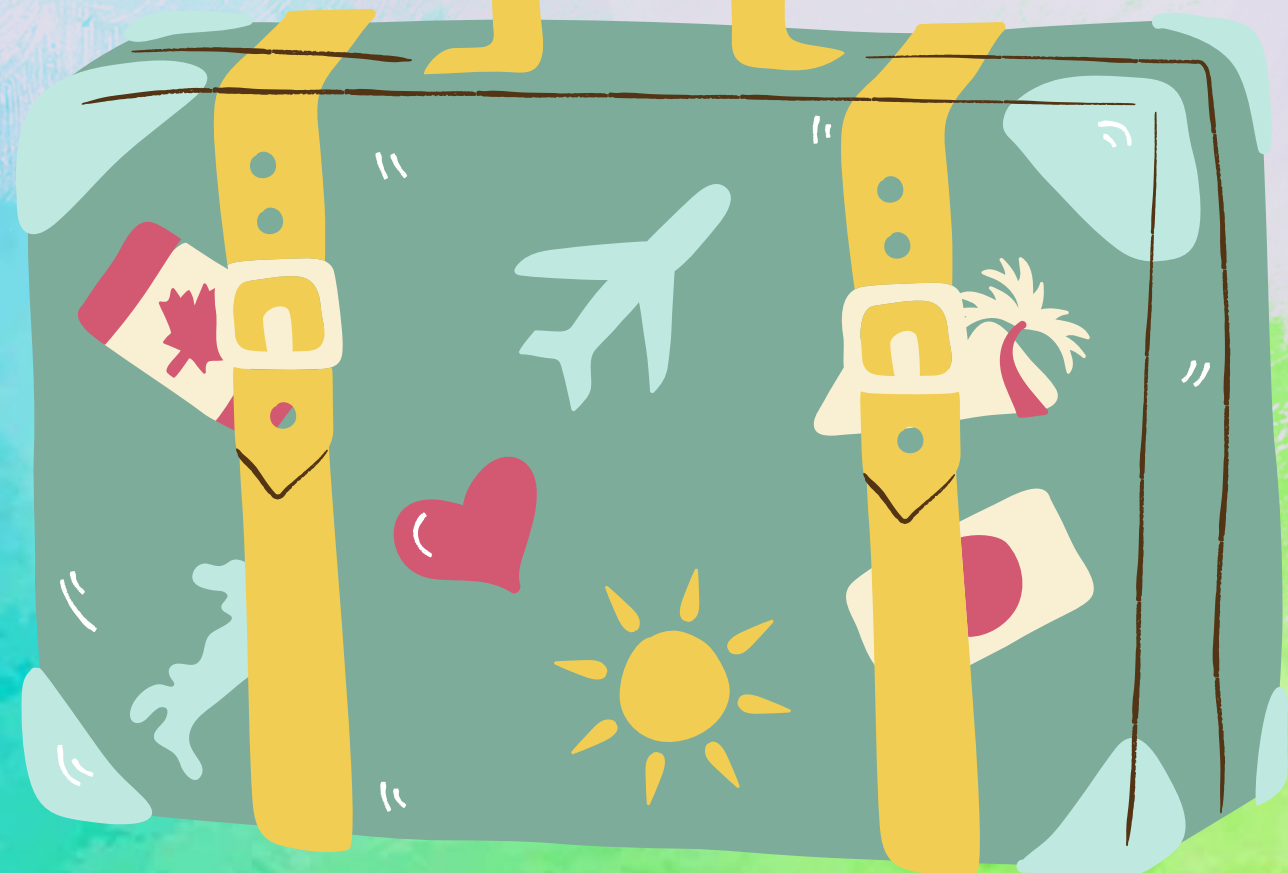
10 - 99 km

100 - 499 km

500 - 1999 km

2000 - 2999 km

3000 - 3999 km



20 euro

180 euro

275 euro

360 euro

530 euro

Green Travel

210 euro

320 euro

410 euro

610 euro



CERTIFICATES

- Certificates promotes individual reflection and awareness about learning
- help to make learning outcomes visible for the learners
- It aims to reinforce reflective practices in youth work and solidarity activities, thereby enhancing their quality and recognition.
- It also supports the continued pathways of young people and youth workers, and...
- raises visibility of the value of European engagement.



PROJECT CONTEXT

EUROPEAN SOLIDARITY CORPS

organisation FUNDACJA CENTRUM

21 to 27/11/2022

t organisation

PROJECT DETAILS

Below are further details about the project in which Ruslan Aliyev volunteered.

Human Rights AOL
Volunteering Team | 01/09/2022–30/09/2022 | in Lezsno, Poland

Main activities: Social inclusion, promoting solidarity.

Main outcomes: Bringing community together.

Hosting organisation: Fundacja-CAT

Group: 11 participants

The working language of the project was English.

FURTHER PARTICIPATION DETAILS

Related training activities
EU training academy



Leszno

The project is taking place mostly in Leszno, a **historic city** in western Poland, within the Greater Poland Voivodeship.

Leszno is located **between Wroctaw and Poznan**. Leszno is really famous for its **Speedway club and Aero club**. The climate is oceanic but be prepared for **unpredictable weather**. Leszno is very **bicycle friendly**.



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!

Fundacja



Centrum
Aktywności
Twórczej