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Erasmus+
Training Course

REFUGENIOUS

Navigating the Journey

Poland, warsaw
16-23 January 2027



ABOUT THE PROJECT

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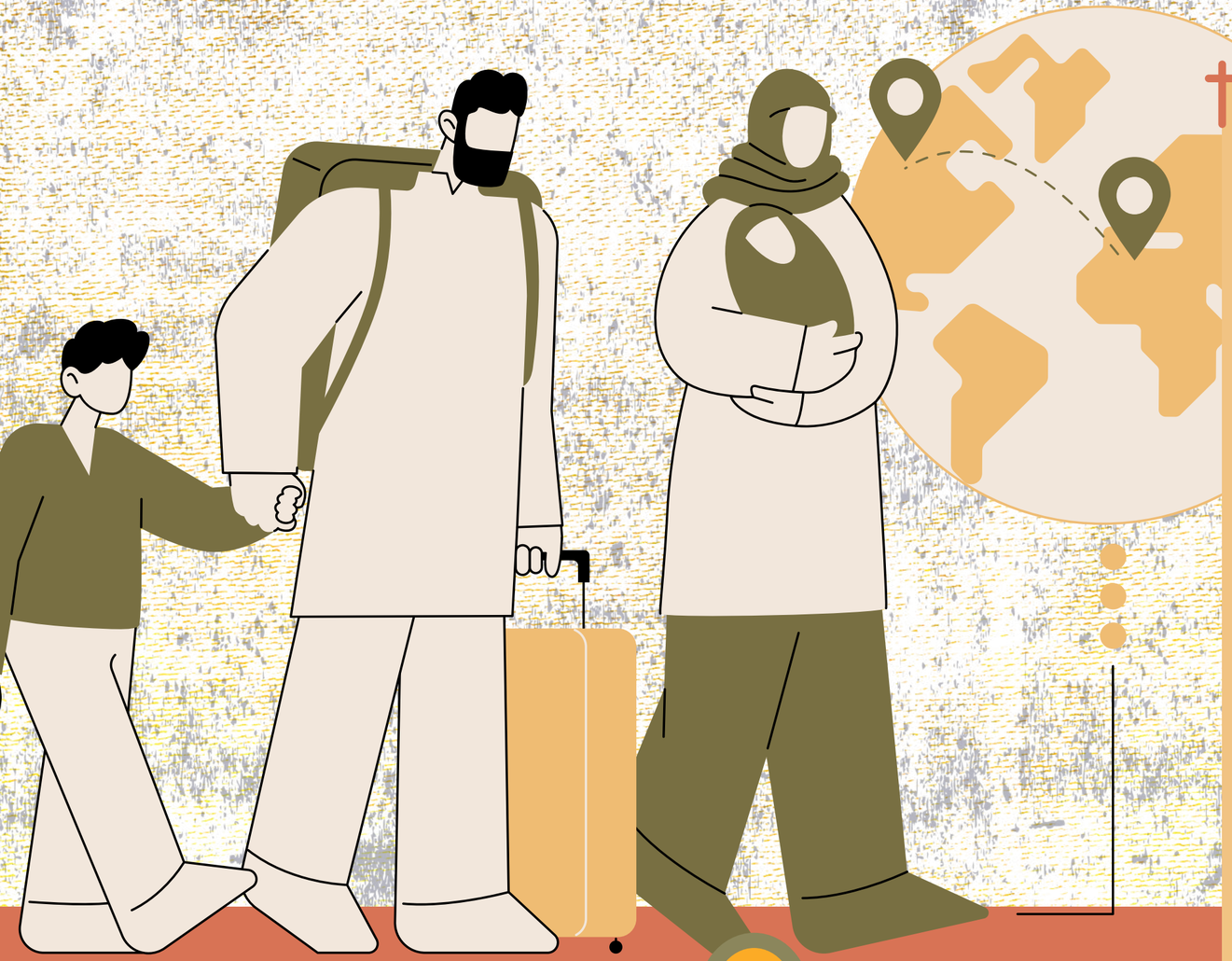
For many young refugees, the journey does not end when they reach safety – it continues in classrooms, youth centres, friendships, and communities where trust, confidence, and belonging must be rebuilt.

RefuGENIOUS: Navigating the Journey brings together youth workers from 9 countries to explore how non-formal education can support inclusion, emotional safety, and meaningful participation for young refugees and local youth. Through intercultural dialogue, trauma-sensitive approaches, creative methods, and shared stories, the project empowers youth workers to become bridges between displacement and community, turning empathy into action and solidarity into long-term change.



PARTICIPANT PROFILE

- Youth workers, facilitators, mentors, educators, volunteers, or project coordinators active in youth work;
- 18 years old or older;
- Interested in working with young refugees, displaced young people, migrants, newcomers, or mixed groups of local and refugee youth;
- Motivated to learn and apply non-formal education methods in their local communities;
- Open to intercultural learning, teamwork, and sharing personal and professional experiences;
- Good command of English;
- Ready to actively participate in all phases of the project.



- Strengthen youth workers' skills in supporting young refugees, displaced youth, and mixed youth groups;
- Explore practical non-formal methods for inclusion, participation, and intercultural dialogue;
- Build understanding of trauma-sensitive youth work, emotional safety, and active listening;
- Increase confidence in addressing discrimination, stereotypes, identity, and belonging;
- Support participants in creating local follow-up actions after the training;
- Build an international network of youth workers committed to inclusion and solidarity.

PROJECT OBJECTIVES

HOSTING ORGANISATION

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- Who we are: A youth-led NGO founded in 2025, based in Warsaw, Poland.
- Our mission: To empower young people through non-formal education, intercultural learning, and meaningful connections.
- What we do: We organise Erasmus+ projects, youth exchanges, training courses, and creative activities.
- What we believe in: Inclusion, diversity, creativity, and equal opportunities. We are proudly committed to creating a safe, welcoming space where everyone can be themselves.









PARTNER COUNTRIES

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Armenia
CODE Social
Entrepreneurship Hub



Denmark
The Nordic Crew



Greece
Reflexia



Ireland
Love and Care for
People



Italy
BUBBURRIGA



Lithuania
Innovativi Karta



Moldova
NORDA



Ukraine
The Oriental Studies
Circle

TRAVEL REIMBURSEMENT

To make sure your travel reimbursement goes smoothly, please follow these guidelines:

🎫 Keep all your travel documents, including tickets, boarding passes, and invoices.

🌱 Travel green whenever possible.

⚠️ Do not book or purchase any tickets before receiving confirmation from the organisers via email.

💶Travel costs will be reimbursed up to the maximum amount allocated to your country, according to Erasmus+ guidelines.



- **Ukraine: up to 417.00 € (green travel)**
- **Moldova: up to 417.00 € (green travel)**
- **Lithuania: up to 285.00 € (green travel)**
- **Ireland: up to 309.00 €**
- **Armenia: up to 395.00 €**
- **Italy: up to 309.00 €**
- **Greece: up to 309.00 €**
- **Denmark: up to 309.00 €**

OUR VENUE

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AMW Rewita Rynia

ul. Wczasowa 59, 05-127 Białobrzegi, Poland

🌐 https://www.rewita.pl/obiekty/rewita-rynia



Our project will take place at **Rewita Rynia**, a lovely lakeside venue surrounded by beautiful nature and pine forests, located just outside Warsaw, on the shores of Zegrze Lake. Participants will stay in shared 2–3 person rooms, with towels provided. All meals (breakfast, lunch and dinner) will be served on-site, and we will have a dedicated conference room for our workshops and activities.

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HOW TO GET THERE

The venue is accessible by **public transport** from Warsaw Chopin Airport, Warsaw Modlin Airport, Warsaw city centre, and major train and bus stations. **We strongly encourage green travel options, such as trains and buses, whenever possible!** 🌱

From Warsaw city centre:

1. Take metro M1 towards Młociny and get off at Metro Marymont.
2. From Metro Marymont, take bus 705 towards Rynia / Nowe Załubice.
3. Get off at Białobrzegi AMW Rewita – the bus stop is directly outside the entrance gate to our accommodation!

Important: The nearest shop is approximately a 30-minute walk from the venue, so we recommend buying any personal essentials, snacks or other items you may need before arriving.



WEATHER IN POLAND – JANUARY

Welcome to the Polish winter!

January is one of the coldest months in Poland, with temperatures typically ranging from –5°C to +3°C, although it can sometimes get much colder!

Snow, rain, icy roads and freezing winds are all possible, so please come prepared!

What to pack:

- **A warm winter jacket, preferably waterproof**
- **Warm sweaters and thermal layers**
- **Comfortable, waterproof winter shoes**
- **Gloves, a scarf and a winter hat**
- **Warm socks and clothes suitable for outdoor activities**



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LOCAL CURRENCY & PAYMENTS

The currency in Poland is the Polish Złoty (PLN / zł)

Card payments: Debit and credit cards (Visa and Mastercard) are widely accepted in shops, restaurants and public transport. Contactless payments, Apple Pay and Google Pay are also commonly used.

Cash: You won't need much cash, but we recommend having a small amount of PLN for emergencies or smaller purchases.

Currency exchange: You can exchange money at currency exchange offices (kantor) or withdraw PLN from ATMs. Always check exchange rates and fees before making a transaction.

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WHAT TO BRING



Before travelling to Poland, make sure you pack:

- Valid passport & visa (if required)
- European Health Insurance Card (EHIC) or valid travel health insurance covering your stay in Poland
- Personal medication and any essentials you may need
- Warm winter clothes
- Reusable water bottle – let's reduce plastic waste!
- Laptop – at least one per national group would be great for group activities
- Traditional clothes and sweets for Intercultural night

INTERCULTURAL NIGHT

One of our favourite Erasmus+ traditions!

Each national group will have a chance to introduce their country, culture and traditions in a fun and creative way.

Feel free to bring traditional sweets, snacks, drinks or small cultural items to share with others. You can also prepare music, dances or other fun surprises!

✨ Let's celebrate our differences, discover new cultures and create unforgettable memories together!



USEFUL APPS & PRACTICAL INFORMATION

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Getting Around Warsaw

- Google Maps – works well in Warsaw and is useful for checking public transport routes, stops, and estimated travel times.
- Jakdojade – a popular Polish app for planning journeys, checking public transport schedules, and buying tickets.

Public Transport Tickets

You can purchase tickets:

- Through the Jakdojade app (remember to activate/validate your ticket as required).
- From ticket machines available on many buses.
- From ticket machines at selected bus stops and metro stations.

Important: Warsaw public transport tickets are time-based. Make sure your ticket is valid for your entire journey and the zones you're travelling through. Remember to validate paper tickets when required!

Electricity & Charging

Poland uses Type C and E power sockets (230V, 50Hz).
If your country uses different plugs, remember to bring a suitable adapter!

Internet & Mobile Data

Wi-Fi will be available at the accommodation. Check your mobile roaming conditions before travelling, especially if you're coming from outside the EU.



If you have any questions, feel free to contact us at:
vividvoiceseu@gmail.com