

VOLUNTEERS

NEEDED



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H.O.P.E. – THE PROJECT

From 13th of April to 14th of May 2025

POLAND - GDYNIA

Volunteering Teams in High Priority Areas - European Solidarity Corps

OPEN TO: ITALY, FRANCE, UKRAINE, POLAND, ARMENIA



ABOUT THE PROJECT



In Poland, where Amaita Intercultura will cooperate with the local partner Centrum Współpracy Młodzieży to support young Ukrainians who arrived in the country after leaving everything behind, together with their families or unaccompanied, due to the start of the Russian invasion of Ukraine. The war in Ukraine has indeed led to one of the largest refugee crisis in Europe since the Second World War. In fact, civilians fleeing from areas of active combat initially moved to other areas of the country that were considered safe, but then decided to take refugee abroad, flocking to neighboring countries.

Most of the civilians travelled to Poland and Romania: in Poland, they were assisted by international organisations, UN agencies and small local civil society organizations in the early moments of the emergency. However, after receiving the first humanitarian aid, it was necessary to implement a longerterm integration plan, as an imminent end to the conflict was not foreseen. Many Ukrainian refugees have decided to return to Ukraine settling in areas different from those of origin although considered safer because far from active combat areas. However, the majority decided to settle in the countries that had welcomed them, permanently. The arrival of such a large number of people has put the Polish communities that welcomed them to the test: the linguistic and cultural barrier, the economic difficulties and the emergency context have proven to be problematic for the insertion and integration of refugees into the local social fabric.

The project activities will be carried out by a volunteering team composed of 20 participants deployed for a 30-days (+2 travel days) stay in spring 2025: the team will support the organization in implementing educational activities for children and young people in youth centers, promoting the development of skills useful for personal growth. The group will also organize recreational activities with the aim of promoting social exchange and the mental well-being of children and young people, through games, sport and cultural initiatives in the Neighborhood centers, Community center for children, Kindergarten's and schools around the city. The team efforts will focus on the Ukrainian kids and youth who settled in the area and that the hosting organization already supports.



ABOUT THE HOSTING ORGANIZATION

Established in 2000 in Poland, Centrum Współpracy Młodzieży's activities are aimed mainly at young people and youth groups, to shape young leaders into active, responsible, wise, tolerant and open minded citizens. It implements activities to exchange experiences related to the processes of political transition, dealing with social problems between the youth of European countries. and work for rapprochement between East and West and oppose the emergence of a new "Iron Curtain" on the eastern border of Poland. The recipients of CWM's activities are leaders of youth organizations, locally active young people and leaders of organizations and informal youth groups, youth workers from European countries, young people with fewer opportunities, including refugees and young people with disabilities.



THE ACTIVITIES

From **April 14th to May 13th 2025**, a group of 20 volunteers from Armenia, Italy, Ukraine, France and Poland will be staying in Gdynia. During the first days of your stay, you will work in 3-5 person groups to prepare workshops tailored to your interests, skills, and the needs of the children/youth groups. These workshops may include:

- Artistic activities (e.g. art, music, crafts)
- Cultural sessions (e.g. language, cultural presentations)
- Culinary workshops
- Sport activities
- Other

The main target audience will be children and youth from Ukraine, though mixed groups are also welcome.



PROJECT IDEAS

Workshops for Children and Youth

- Held in facilities provided by the City of Gdynia, such as SPILNO the support centre for Ukrainians in Gdynia, Community center for children, the Youth Center for Social Innovation and Design, kindergartens and schools
- Target groups: children and youth from Ukraine that are engaged in activities at the aforementioned facilities.
- Group size: 15-25 participants per day in age groups 3-6, 7-10, 11-14 years old.
- Tasks: you will support the coordinators sharing your culture and hobbies, make country presentations and workshops of your own idea.

Europe Day Event (May 9th, 2025)

- Aimed at 50-100 participants aged 13-20 from Middle School and High School
- Activities include promoting EU programs such as Erasmus+ and the European Solidarity Corps
- Interactive sessions and workshops led by you in smaller groups e.g. 5 volunteers in few sections at the same time
- Workshops may include:
 - Cultural presentations about your home countries.
 - Language games.
 - Eco-focused workshops
 - Arts and crafts sessions
- Duration: approximately 2-4 hours.



PARTICIPANT PROFILE

We are looking for **4 volunteers** from each country to participate in the activities organized by CWM in Poland. The project will last **30 days** (30 days of activities + 2 travel days*) and the activities will be hosted in Gdynia, Poland.

Here is some information about **eligibility and requirements** that will help you understand if this project is right for you:

- Participants must be **between 18 and 30 years old**.
- Participation is open to young people from: **Italy, France, Ukraine, Armenia and Poland**.
- Participants must be flexible and with a **great spirit of adaptation** to new contexts with deep cultural differences.
- Participants must be able to **work in a team**.

All participants from Armenia must own a valid **passport and visa** that respects the conditions for traveling to Poland.

All Ukrainians must own valid passport that respects the conditions for traveling to Poland.

All participants must submit a **clean criminal record** certificate.

Here is some information about **who we are looking for**. Someone:

- Eager to support the **integration** of Ukrainian children in Poland
- Likes working with **children**
- Enjoys **sharing their culture**
- Is **open-minded** and interested in others
- Is **active** and **passionate**
- Understands the value of civic engagement and **informal education**
- Is **creative** and **enthusiastic**



THE ACCOMMODATION

You will be accommodated in the Sleep3city Apartments: [link](#).

It's located in the City Center of Gdynia. The main railway station is 4 min by foot from the building and bus stop is in front of the building with buses running every 5 min. There will be 3 flats available for you all in the same building. Apartments are divided for 2-4 rooms, have a 1-2 bathroom/s and the kitchen is fully equipped with induction hobs, oven, microwave, fridge/es, pots, pans, plates and cutlery. The biggest room is dedicated for 5 people, the rest for 2 or 3 people. Bedsheets and towels will be provided. Also in each of the apartments there is laundry machine. After two weeks there will be possibility to change bed linen and towels. Also, next to the building there is a reception where you can always borrow Hoover, broom etc. In all apartments you will have a possibility to use Wi-Fi Internet.



INSURANCE

Cross-border participants will be registered in the HENNER insurance scheme which will become their primary insurance during the stay. Registration of participant to the insurance is made by the coordinating organization Amaita Intercultura.

Local volunteers will be registered also but will only receive complementary coverage as they already have access to the national healthcare system.

POCKET MONEY POLICY

You will get 6 EUR per day of the project for pocket money and 5 EUR per day for food allowance.

LOCAL TRANSPORTATION

Additional to part of your pocket money, you'll receive 115 zloty (26 euros) to cover transportation costs for commuting to and from work. This means CWM won't be providing monthly tickets, but you have the option to purchase one if you'd like. You can buy the monthly ticket on the "Jak Dojadę" application.

TRAVEL BUDGET

All participants will have a travel budget of **€500** to reach the project location.

The travel budget can include all the means of transport necessary to reach the destination (planes, trains, buses). Airplane tickets must be booked for the roundtrip.

Participants are responsible for booking their own tickets (with the support of sending organizations if necessary) and will be reimbursed only after providing all travel documents to their sending organizations (booking confirmation emails, boarding passes, train or train tickets). bus). Participants must send all digital travel documents via email and retain all original paper documents that must be sent by post. If the participant does not provide all travel documents, he/she/they will be reimbursed only up to the amount confirmed by the travel documents in his/her/their possession.

In case the tickets are booked by the sending organization, the participant will have to sign a declaration in which he/she/they takes/take responsibility for reimbursing the sending organization in the event that the tickets have already been purchased and the participant is no longer available to travel and join the project for unjustifiable reasons.



TRAVELING TO POLAND

The nearest airport to Gdynia is Gdańsk (Lech Walesa Airport). From there you can catch a train to Gdynia city center ("Gdynia Główna" Station), the platform is situated in front of the airport. You can buy tickets on the platform or from the conductor in the train. One way ticket costs around 8 PLN. The trip will take around 30 minutes. Those trains are running till 5:00 AM to 22:00 PM.

The next two most popular airports are in Warsaw (Chopin Airport) and in Modlin near Warsaw (Modlin Airport). When you land at Chopin Airport use the directions on their website to get to one of stations in Warsaw: "Warszawa Zachodnia", "Warszawa Wschodnia" or "Warszawa Centralna": [link](#).

When you land at Modlin Airport use the directions on their website to get to one of stations in Warsaw: "Warszawa Zachodnia", "Warszawa Wschodnia" or "Warszawa Centralna": [link](#) (train), [link](#) (bus). From Modlin you can also go straight to Gdynia, but not every train stops there, so it would be best to go to Warsaw and from there to Gdynia.

From one of these 3 stations you can take a direct train to Gdynia ("Gdynia Główna" Station). You can buy tickets online ([polish trains link](#)). If you want to buy a ticket earlier, consider taking more time to catch the train - the bus or other previous means of transport may be delayed. When buying a ticket, also pay attention to the type of train. Trains leave for Gdynia every 1 - 2 hours or so. They all go to Gdynia in about 2.5 - 4 hours, but they differ significantly in price. TLK and IC trains are the cheapest (ticket prices starting at about 50 PLN), EIC and EIP trains are more expensive (prices start at about 130 PLN).



PRACTICAL INFORMATION

- **Bring all the medicines and personal hygiene items you need** and promptly **notify your sending organization if you have any particular problems** that require attention.
- During your stay, the following **holidays** will be celebrated: **Easter Monday** on the 21st of April (you will not work), **Labour Day** on the 1st of May, and **Constitution Day** in Poland on the 3rd of May.
- **The weather in Poland, especially in Tricity, changes very quickly.** Be sure to bring a raincoat, umbrella, and some warm clothes with you.
- If you need to buy a Polish **SIM card**, you can purchase it at the Play Store (Salon Play) on Świętojańska 14, 81-368 Gdynia. The SIM card costs **5 PLN**, and to buy it, you will need your **passport or your ID** if you are from an EU country. After inserting the SIM card, you need to download the **Play24 application**, where you can choose a package with the data/minutes you need. There are different types of packages available, ranging **from 30 PLN** for the smallest one to 50 PLN for the largest one.



- The shops are closed on **Sundays!** The major supermarket retail chains in Poland include: Biedronka (considered the best hypermarket in the country in terms of price-to-quality ratio), Lidl (a grocery store offering customers a selection of over 500 different products) and Żabka (you can find one in every corner and it's the only one that is open on Sunday). Local market "Hale targowe w Gdyni " where you can buy fresh vegetables and fruits.
- In Poland, you can usually pay by card almost everywhere, but if you need to change some money in Gdynia there are currency exchange offices (kantór). If you want to exchange currency in the exchange office, it would be prudent to ask about the final sum in advance, and only then make the operation. The current exchange rate of **PLN: 1 EUR = 4.2 PLN**
- In the event of an emergency you should call the **free emergency number 112**. Moreover, in Poland the following emergency telephone numbers are also available: **Ambulance 999, Police 997, Fire Department 998**.



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POLAND