



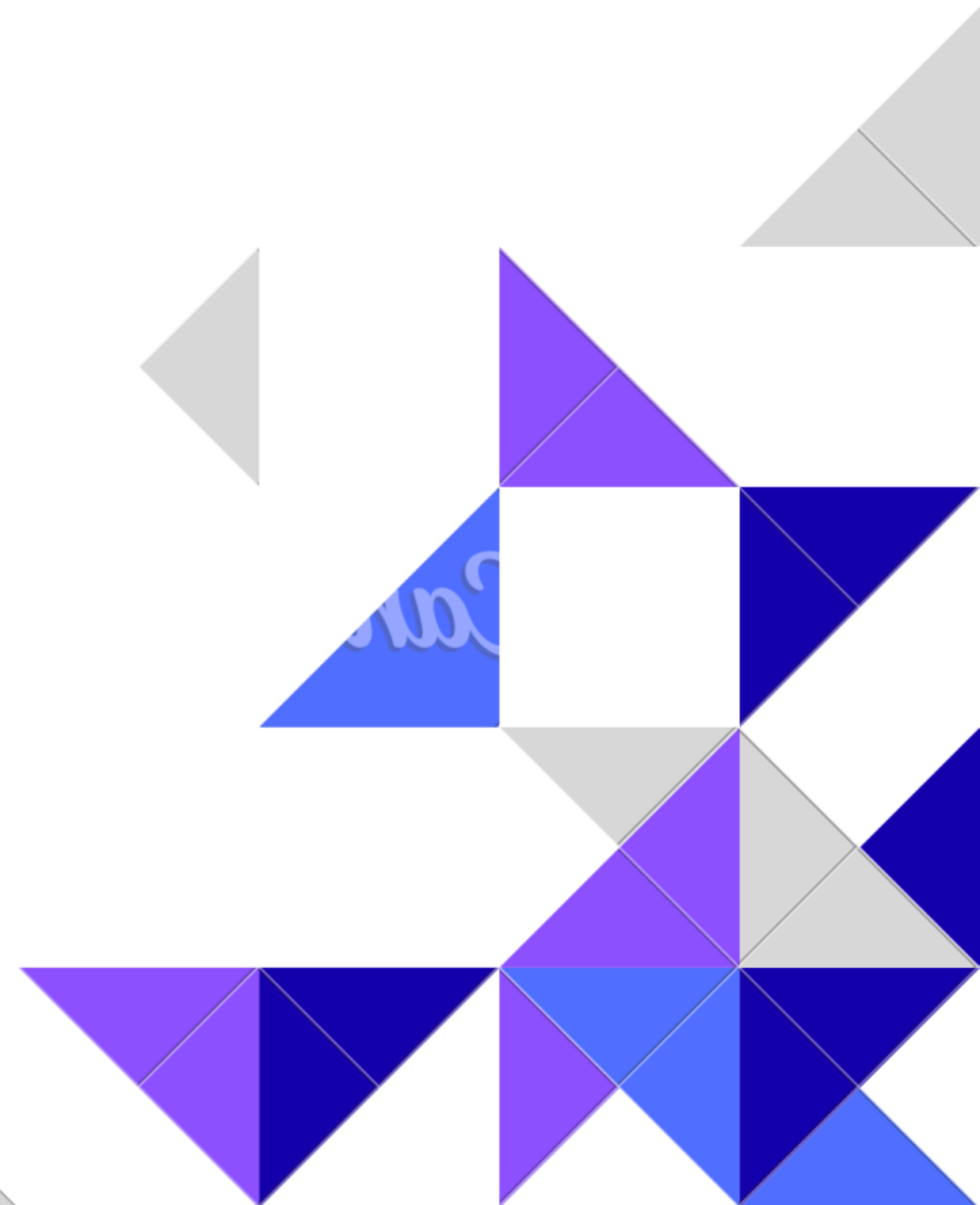
Moving Forward 5.0



**EUROPEAN
SOLIDARITY
CORPS**



BYDGOSZCZ
WSG UNIVERSITY
ENTERPRISE OF KNOWLEDGE



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Introduction

"Volunteering That Moves
You Forward."

Welcome to our Info Pack!

This guide was created by the Moving Forward volunteer team to give you a clear and friendly overview of the European Solidarity Corps volunteering experience at WSG University.

Here, you'll find everything you need to know—from daily life to projects, events, and the vibrant international community waiting for you. Let's get inspired. Let's move forward—together. 🌟



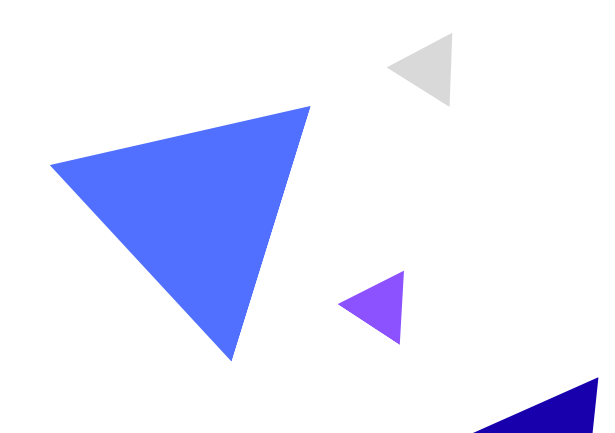
About the project

▶ Moving Forward 5.0



Location:

Bydgoszcz, Poland



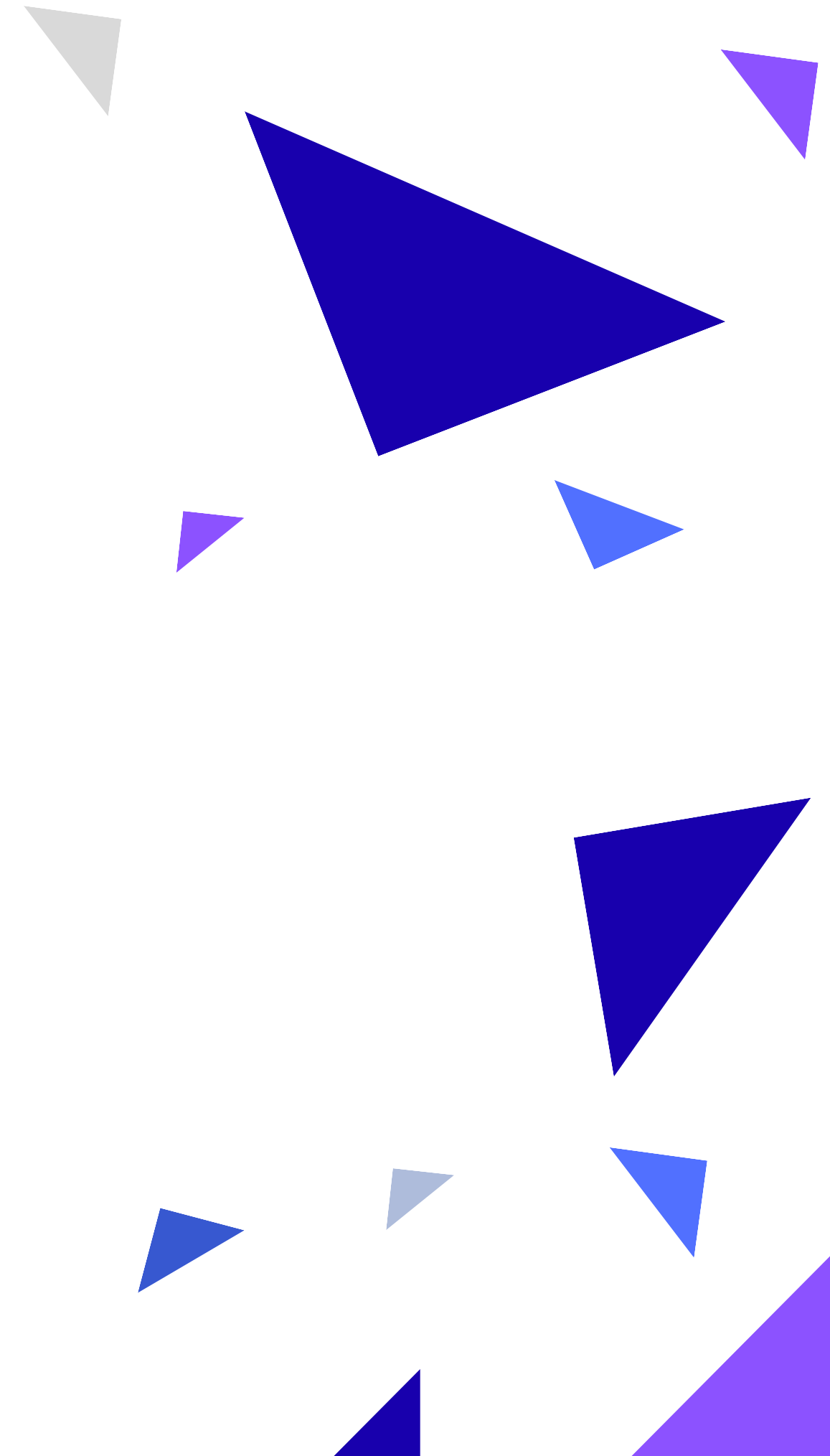


WHO WE ARE?

WSG University in Bydgoszcz

WSG University is built on the idea of an entrepreneurial and innovative university, shaped as a modern learning organization. Our mission reflects years of experience in combining education, research, and entrepreneurship, creating an environment where knowledge meets practice.

We focus on preparing students for the future by encouraging creativity, cooperation, and real-world skills, while staying strongly connected to the local community and the international academic network.



▶ **What We do**

▶ **Education:**

Bachelor's, Master's, Ph.D., MBA, Erasmus+, Visiting Professor Program, Double Degree programmes, University of the Third Age, and Profession-Oriented School for Adults.

▶ **Volunteering & International Cooperation:**

European Solidarity Corps projects, Association of International Students (AIS) and partnership with the Honorary Consulate of Ukraine.

▶ **Social Care:**

Kindergartens, nurseries, and elderly clubs.

▶ **Sports at WSG:**

University Sports Association (AZS), E-sport initiatives.

▶ European Solidarity Corps (ESC)



The European Solidarity Corps (ESC) is a European Union initiative for young people aged 18–30. It offers the chance to take part in meaningful solidarity activities across Europe, supporting communities, tackling social challenges, and fostering intercultural understanding, active citizenship, and personal growth.

Through ESC, participants can join:

- Volunteering projects – individual or group-based
- Traineeships & jobs in community-oriented sectors
- Local solidarity projects designed by young people themselves

What ESC Provides:

- Full funding (travel, accommodation, insurance, daily allowance)
- Youthpass certificate recognizing gained skills and competencies
- Opportunities in areas like environment, culture, youth work, and social inclusion



Benefits & Challenges of Joining ESC

Benefits:

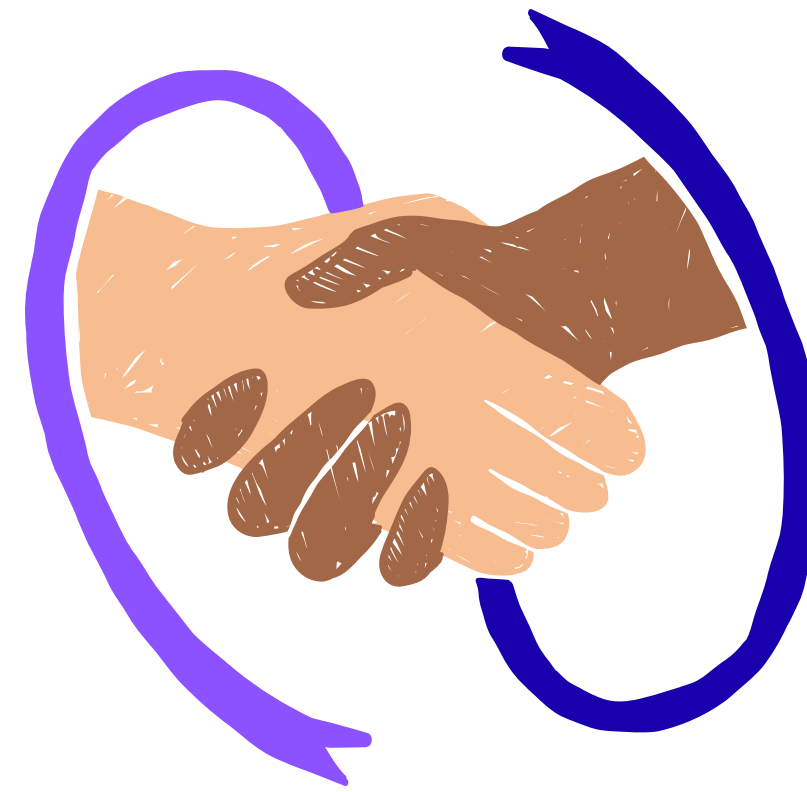
- Participation is free of charge
- Unique travel opportunities across Europe
- Chance to grow personally and discover new skills
- Build lifelong friendships and connections
- Experience multicultural environments and broaden horizons



Challenges:

- Each person can only join a long-term ESC project once
- It's not possible to combine ESC with a full-time job
- Competition is higher for popular projects in big cities
- Adapting to a new culture and lifestyle may take time

Volunteering at WSG



International Relations Department

- Supporting Orientation Days for new international students
- Assisting with International Staff Training Week and other mobility events
- Organizing multicultural and integrative activities: International Volunteer Day, Erasmus+ Fair, Movie Nights, Intercultural Evenings, Coffee Scrub workshops, Yoga sessions, and events connected with International Culture Day
- Contributing to initiatives that promote volunteerism, intercultural dialogue, and community building within the framework of the European Solidarity Corps



Europe Direct in Bydgoszcz

- promoting the idea of volunteering in local institutions and high schools
- supporting the organization of events and workshops on EU-related topics such as ecology, education, and sustainability
- assisting in interactive activities and classes for children during summer camps and educational programs



EUROPE
DIRECT



Library

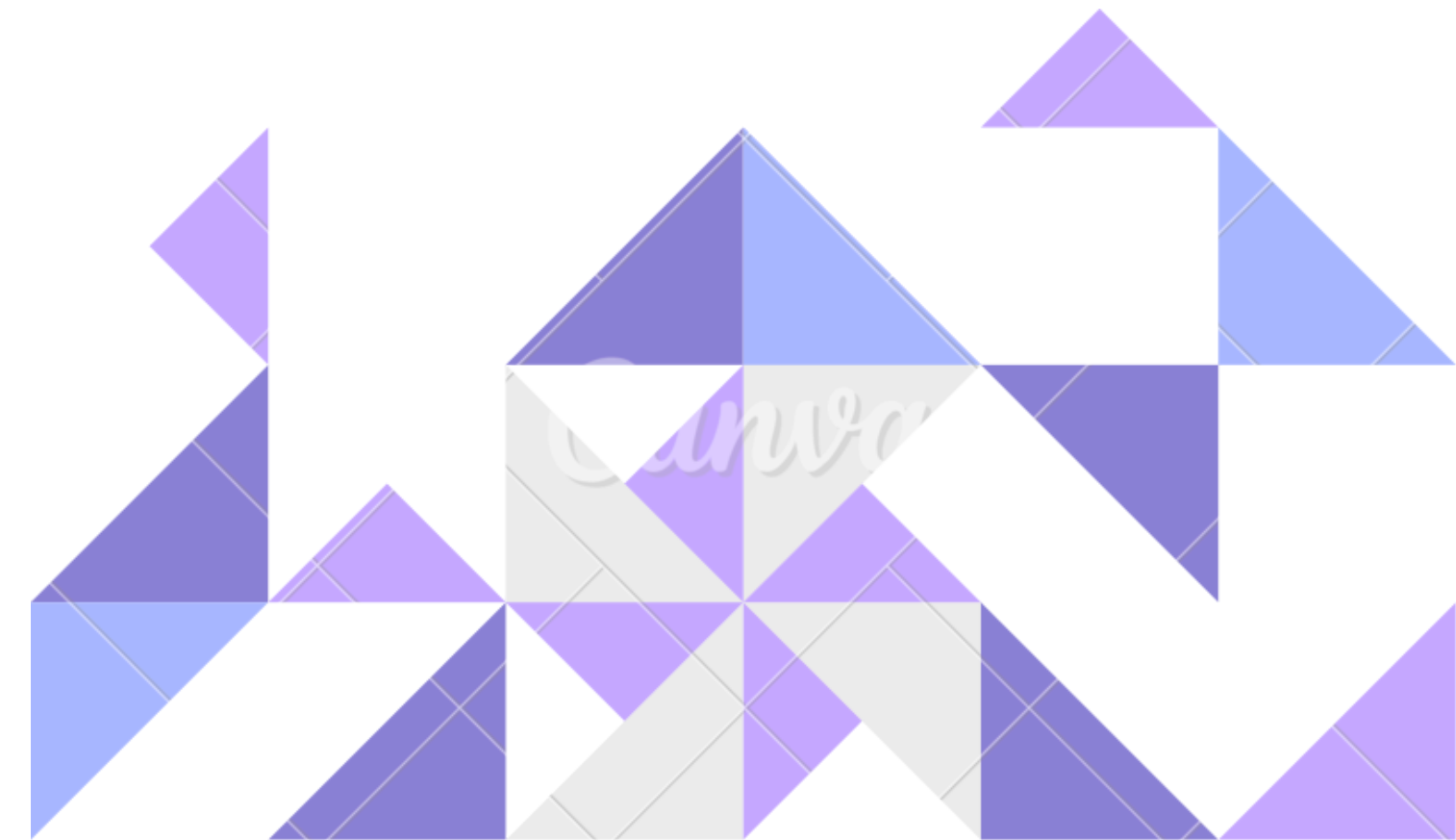


- supporting the organization and digitalization of the book collection
- preparing cultural workshops connected to the volunteer's country of origin
- promoting reading habits and Polish culture
- assisting in events and classes designed for international students

Museum of Photography

The Museum of Photography has been part of WSG University since 2004, making it the only institution of its kind in northern Poland. Located in a beautifully restored 19th-century carriage house, it combines history, education, and culture.

- Collection of over 4,000 items (cameras, photos, books, magazines)
- Rare exhibits: wooden studio camera (19th c.), Leica camera (1933)
- Hosts temporary exhibitions, workshops, museum lessons, and contests
- A creative space where tradition meets modern photography



Design Studio / Marketing Department

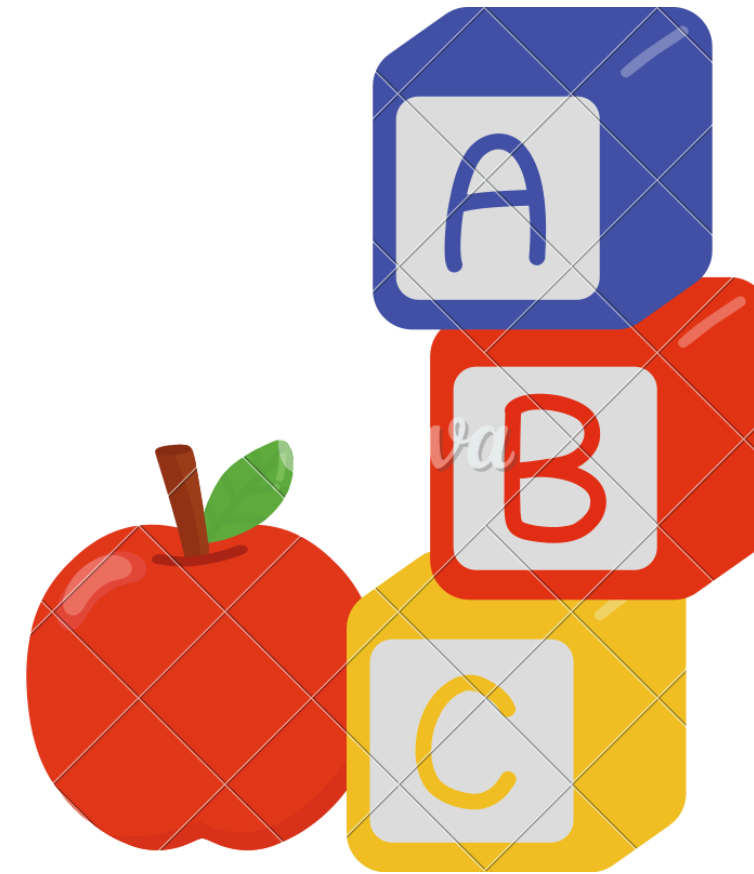
- creating posters, leaflets, publications, and presentations about the ESC Programme, the University, and the volunteer's home country
- managing and contributing to social media channels such as Facebook, TikTok, and Instagram



Nursery/Elderly club

Nursery:

- Assisting instructors and educators in preparing and conducting activities, including English classes and workshop materials.
- Supporting educators during meal times.
- Helping children with their daily routines and activities.



Elderly club:

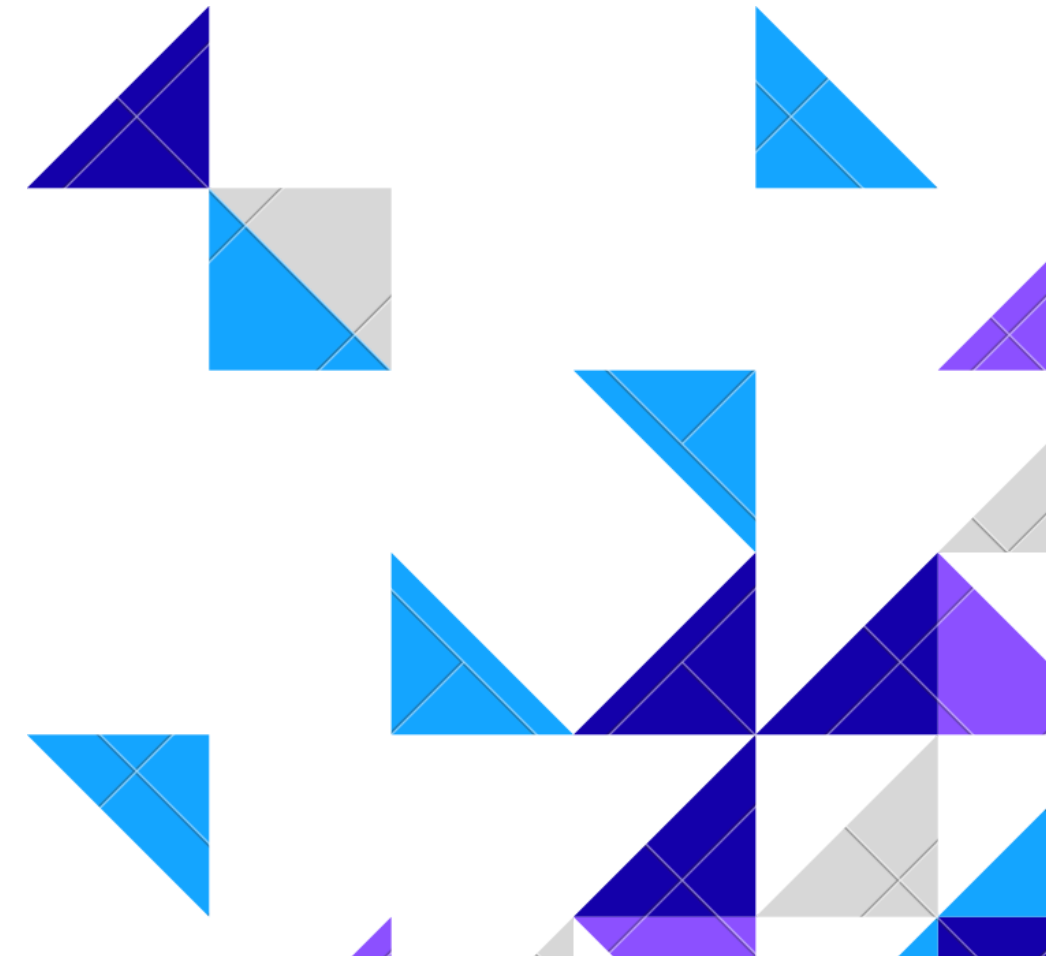
- Assisting instructors in organizing and running occasional events to combat social isolation among older adults.
- Supporting the preparation of special events such as Christmas Eve, Grandparents' Day, Women's Day, and carnival activities.
- Helping elderly participants with daily tasks.
- Organizing leisure and recreational activities for seniors.



Volunteering Opportunities

Projects are available in a variety of areas, including:

- Culture
- International mobility
- Sports
- Social care for the elderly, people with disabilities, and immigrants
- Art
- Leisure activities
- Media and communications
- Environmental protection and education
- Rural development
- Development cooperation



Volunteering is NOT

- occasional, part-time volunteering
- an internship in an enterprise nor in a humanitarian organization or in an NGO
- a recreational or a tourist activity
- a language course abroad
- a paid job



Who is a mentor?

The mentor is a key actor in ESC. His/her role is to provide the volunteer the “ongoing personal support throughout the duration of the activity” which is one of the main responsibilities of organizations participating in ESC. The role of the mentor is like a shadow- invisible but always present, helping to put various pictures together and see bigger and different perspectives, whose role is to support socially, emotionally, culturally, and learning-wise a foreign volunteer; encourage and evaluate the learning process as well as creating a supportive and trust atmosphere in goal seeing of the volunteer.



Why is important the role of a Mentor?

The role of mentors gives a specific quality to ESC, which make different this international long-term voluntary programme from other international voluntary programmes and initiatives: keeping the attention and focus on the learning dimension of the service and the inclusive approach concerning the recruitment of volunteers.



Who is a Coordinator?

Annually recruit volunteers through the European Solidarity Corps program online. This role includes advertising the project, analyzing applications, and selecting suitable volunteers in coordination with the farm producers. Ensure the accreditation of the farm with European Solidarity Corps is up to date.

Make project applications for the necessary grants. Ensure all international and domestic arrangements are made for the volunteers. This includes travel arrangements, accommodation, food, mentoring, training, health, and safety.

Maintain record keeping of expenses and allowance payments.



Practical arrangement



Accommodation and boarding

The project provides volunteers with accommodation and food.

Food and Pocket Money

It provides the volunteers with appropriate individual support depending on the daily rate according to the rules of the European Solidarity Corps. Volunteers are going to receive money for food, also during holidays. It will be their decision, whether they would like to prepare their meals on their own in the flat or to buy them in a student's canteen.



Holidays

Volunteers work 5 days a week.

For every month of work, you can get two extra days free. You can cumulate the days and take longer holidays. Nevertheless, you have to obtain the agreement regarding the dates from the Host Organization.



Travel

It ensures the arrival/return of volunteers from their place of residence to their destination. The amount per travel is written in the European Solidarity Corps Guide.

Insurance

Insurance, together with the supporting and host organizations, that each volunteer is covered by a European Health Insurance Card (if applicable) and by compulsory voluntary insurance as provided for by the European Solidarity Corps programs.

Local transport

All the expenses of local transport (tram, bus) covered by the project.

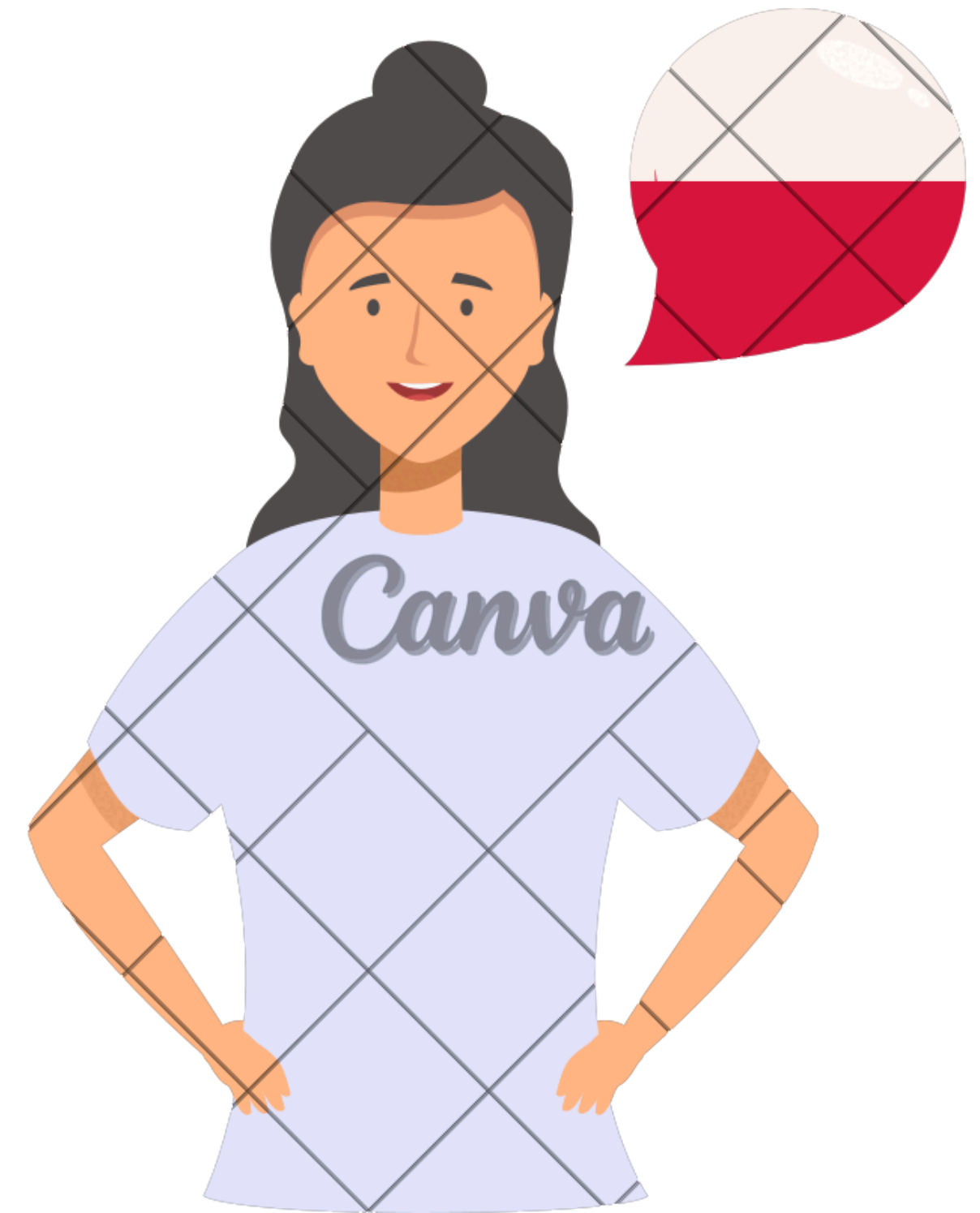


Language support

Online Language Support (OLS) helps participants improve their knowledge of the language they'll be working in.

The platform is available in all official EU languages. In our case, it is Polish.

You should use OLS before your departure for volunteering mobility and during your project.



About Poland

- **Official name:** Republic of Poland (Polska)
- **Capital:** Warsaw (Warszawa)
- **Total area:** 312,700 km²
- **Population:** 37 million
- **Language:** Polish
- **Currency:** Polish złoty (PLN)
- **Religion:** Mainly Roman Catholic
- **Government:** Parliamentary republic, EU & NATO member
- **Borders:** Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, Russia (Kaliningrad)
- **Main cities:** Warsaw, Kraków, Łódź, Wrocław, Gdańsk, Poznań
- **Geography:** Baltic Sea coast, Carpathian & Tatra Mountains, Masurian Lakes
- **Famous for:** Pierogi , Chopin , 17 UNESCO World Heritage Sites

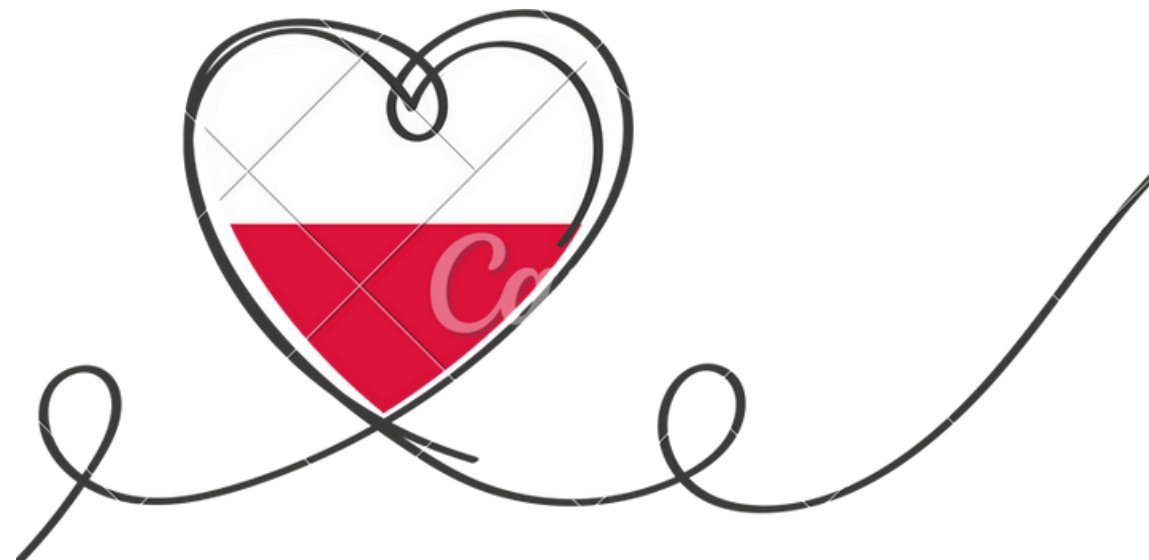


Polish Culture

Polish culture is a mix of old traditions and modern creativity. It is famous for rich literature, world-known composers like Chopin, colorful folk dances, and strong Catholic traditions. Festivals, art, and film show both history and today's Poland. Traditional food, music, and family celebrations remain an important part of daily life.

Poland is also home to 17 UNESCO World Heritage sites, from Kraków's Old Town to the Wieliczka Salt Mine. Modern culture is growing fast too – Polish movies, design, and music are gaining recognition worldwide.

Scan the QR code to explore more



Weather in Poland

In the elevated regions of the country on the "equator" of the season only begins melting snow, so instead of a riot of bright colors here bleak landscape in the form of floods and impassable



Summer in Poland is moderately warm weather, which is characterized by periodic precipitation. Although it is possible to hot periods with strong winds.



The beginning of autumn in Poland – a great time. In September, another lot of warm days by the soft rays of a clear sun.



Winter in Poland is cold and snowy. Variation in diurnal temperature ranges from -10 degrees (night) to 0 degrees (during the day).

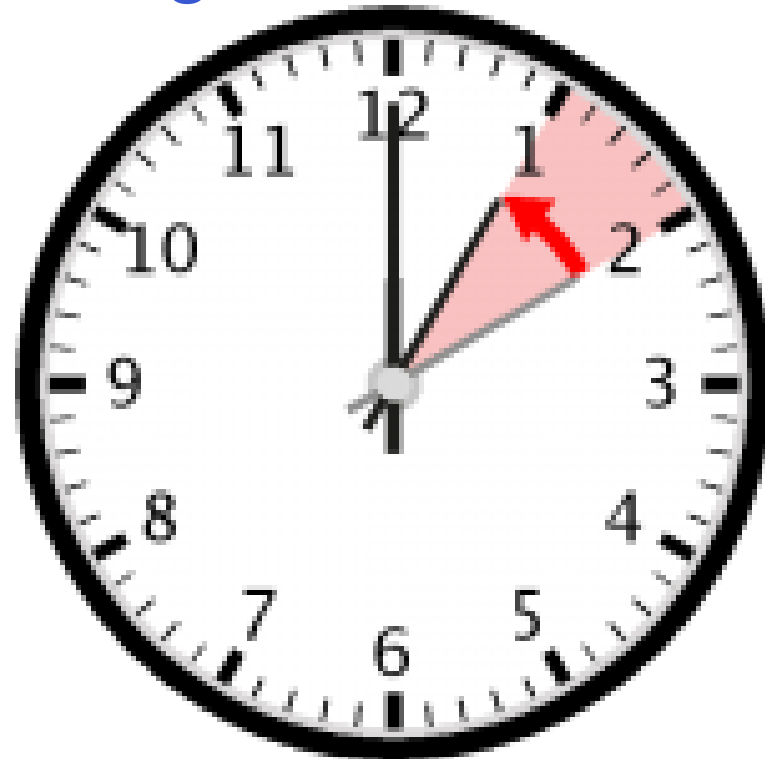


Time changes

End of October - Daylight Saving Time Ends

When local daylight time is about to reach 03:00:00 clocks are turned backward 1 hour, to 02:00:00 local standard time instead.

Sunrise and sunset will be about 1 hour earlier than the day before. There will be more light in the morning.



End of October- Daylight Saving Time Started

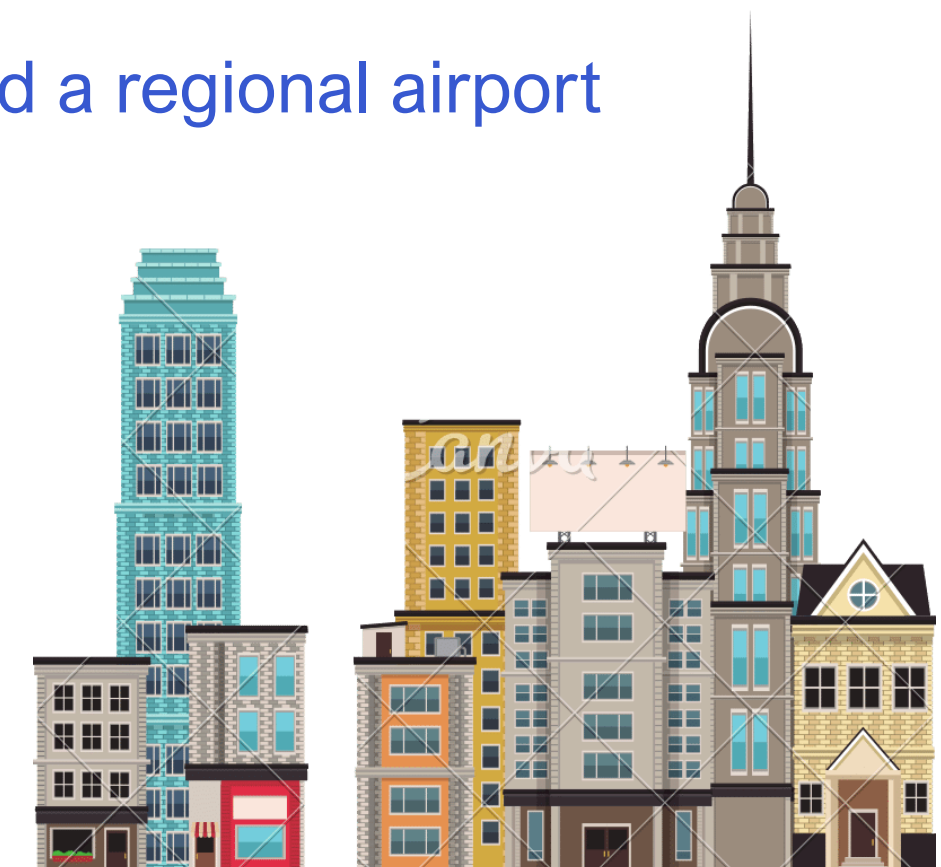
When local standard time was about to reach 02:00:00 clocks were turned forward 1 hour to 03:00:00 local daylight time instead.

Sunrise and sunset were about 1 hour later than the day before. There was more light in the evening.



About Bydgoszcz

- Region: Kuyavian-Pomeranian Voivodeship
- Population: Around 350,000
- Rivers: Located on the Brda and Vistula rivers
- Famous for: Beautiful canals and riverside architecture, sometimes called “Little Venice” of Poland
- Culture & Education: Home to theaters, museums, music festivals, and several universities including the Kazimierz Wielki University
- Industry & Economy: Important economic center with industries like IT, chemical, and banking
- Transport: Well-connected by trains, buses, and a regional airport





Where to eat in Bydgoszcz

1. Scoria

2. Kuchnia by Marcin Szukaj

3. Restauracja i Kawiarnia Weranda

4. Czosnek i Oliwa

5. Pierogarnia Stary Młyn

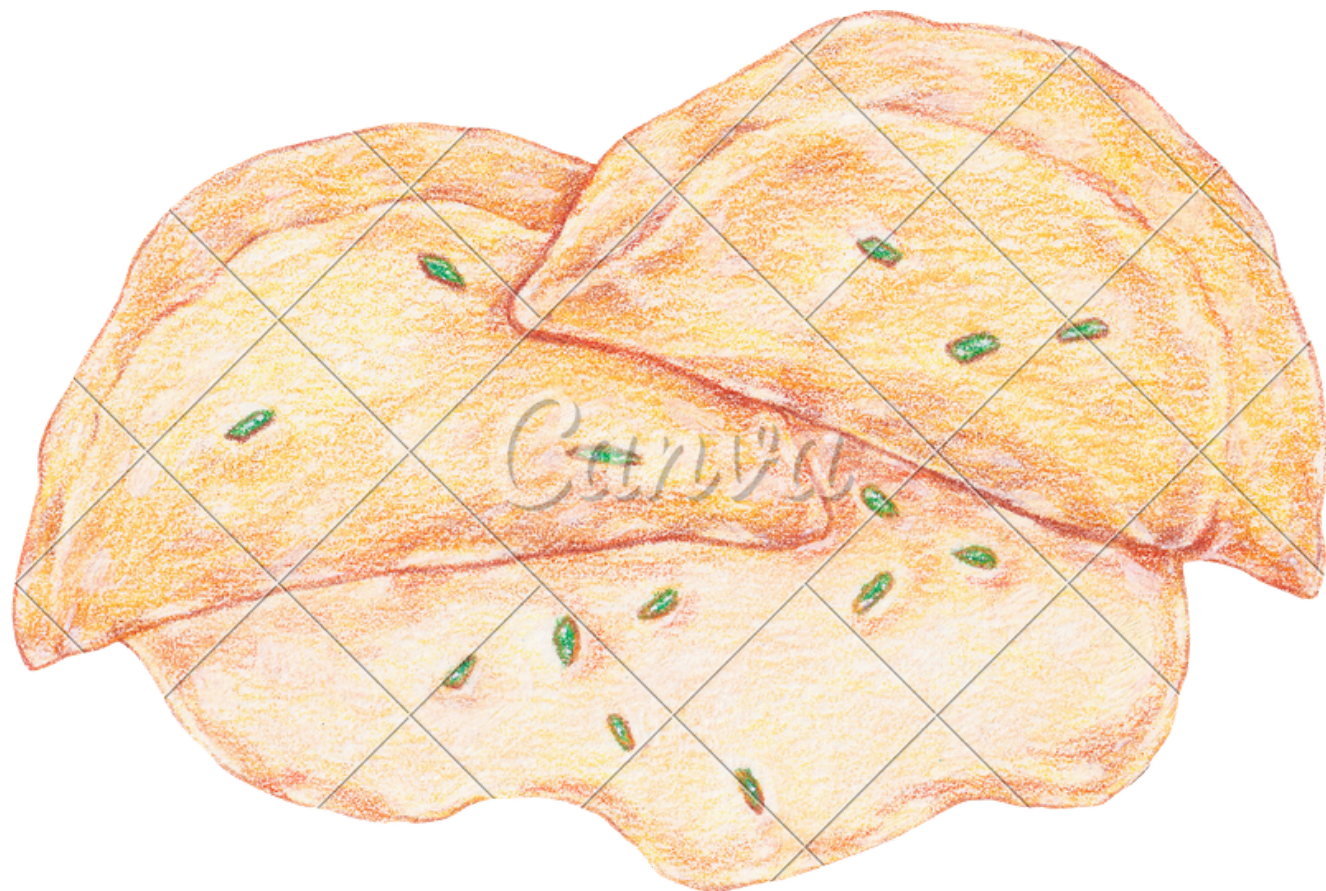
6. Karramba

7. Meluzyna

8. Karczma Młyńska

9. Karafka Winebar & Restaurant

10. Bar Akademicki



Feedback from volunteers

Hi there, I'm Maks.

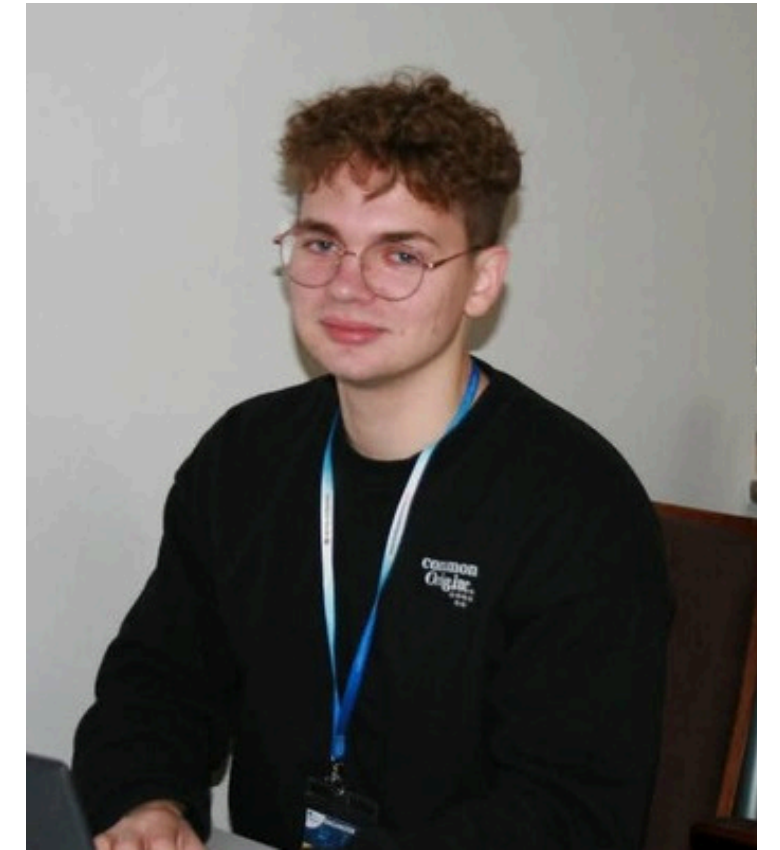
I'm a volunteer with the European Solidarity Corps at WSG University.

Along with other volunteers from different countries, I've recently arrived, and now we all live together. We're having a great time at our flat, sharing our experiences, cultures, and happiness.

One of our main responsibilities here is working with Erasmus+ students.

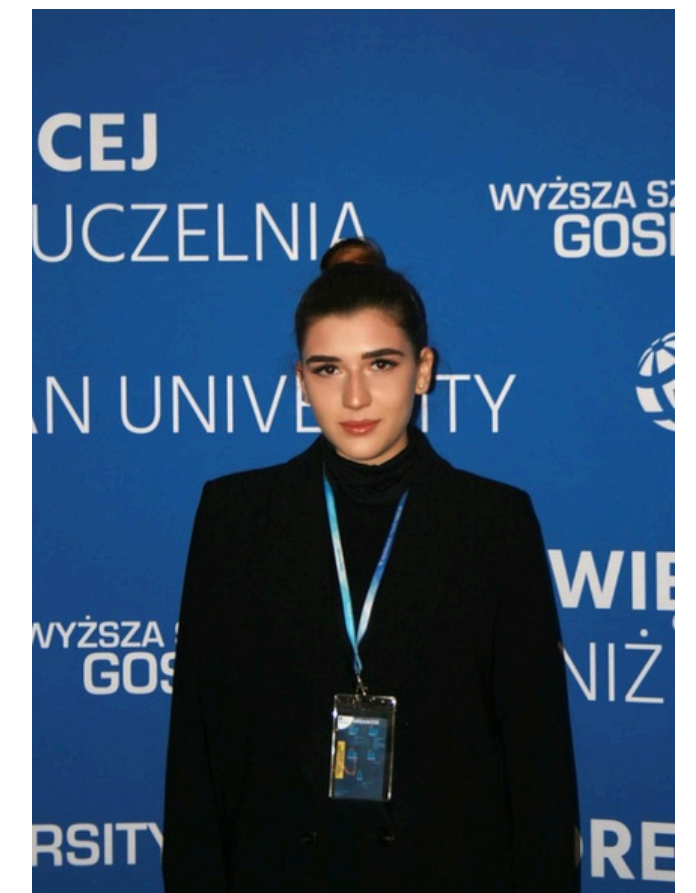
We organize events for them, such as orientation week, special celebrations, parties, games, and much more. The thing I value the most here is our environment.

It's the people I work with, live with, meet at the university, and the students. All these bright, inspiring people gathered in one place. Maybe not every day, but often, I find myself facing new challenges, gaining experiences, and learning something new—and I'm really grateful for that. I feel my skills growing, and I'm truly glad to be here.



Dzień Dobry. My name is Nini and I am a volunteer of European Solidarity Corps at WSG university. What is volunteering? Volunteers engage in projects that address societal challenges. I moved to Poland for several months to improve myself and contribute to the society. I have many responsibilities here but at the same time, I am having a lot of fun. My daily tasks differ from day to day. We are planning events, participating in festivals, doing workshops. Few times a month I volunteer in elderly club and the nursery, to spend more time with elderly and younger people, get to know them, help them in daily activities and so on. This volunteering project is a perfect opportunity to get to know new people from different countries. I do not speak Polish but people here help me a lot to improve my skills and be able to communicate with them better as the time passes.

If I had to describe my volunteering experience in one word, it would be - fun. I am grateful that I decided to come and join this amazing environment. I gain a lot of knowledge while also having fun, which is rare nowadays. Grateful to be part of this team!



Feedback from volunteers

Hi, this is Burak, i am a volunteer at WSG University. I was also an Erasmus student in WSG university and it was also the reason for me to decide to be a volunteer. There are many interesting topics in my volunteer work which i can not do easily in my normal daily life because i feel responsible during my work here specially when i am planning activities for Erasmus students. As i told i was Erasmus student before and now i am planning activities for them. This makes me feel really good because i feel like i am in the next level and i know what are they really expecting from us. Trying to organize activities for them increases my creativity skills, i have to think more and deep. This is something which we can not buy with money, that called EXPERIENCE no money in the world can buy this. As a summary my volunteer life at WSG University is an Extraordinary development for my career and my life. Burak Kula



Cześć i pozdrowienia z Bydgoszczy, Polska

I'm Vlad, and I come from Shinuhayr, a small but beautiful village in Armenia. I'm volunteering at WSG University, and I'd like to share a bit about my experience so far.

At WSG, I'm involved in several exciting projects. My main focus is preparing activities for students, especially those in the international department. It's amazing to create opportunities for students from all over the world to connect, share cultures, and feel more at home. I'm also part of the marketing department, where I get to work on creative ideas that help promote the university. It's been such a valuable learning experience, and I've gained skills I know I'll carry with me in the future. Living in Poland, in a city like Bydgoszcz, has been a cultural adventure on its own. I've met people from different parts of the world, exchanged ideas and traditions, and learned so much about diversity and connection. It's been incredibly fulfilling to be part of a community that values collaboration and supports one another.

Every day here brings something new, and I'm grateful for the chance to grow personally and professionally through this experience. Volunteering abroad has been eye-opening, and I'm excited for all the opportunities and challenges still ahead. I'll continue sharing my journey and everything I'm learning along the way, so stay tuned!



Lifehacks from WSG volunteers

Usefull apps:

- **Kiwi app** - cheap tickets
- **Koleo** - train tickets
- **Jakdojade** - navigation and tickets
- **Gazetka app** - all promotions at stores



To not be bored:

1. **Explore the Waterways** – Take an evening walk or rent a kayak on the Brda River.
2. **Hit Cafés & Bookstores** – Chill with a book or coffee at Cafe Relaks.
3. **Hunt for Street Art** – Go on a self-guided tour to find murals around the city.
4. **Visit Parks & Green Spaces** – Bike, picnic, or play mini-golf in Myślęcinek Park.
5. **Check Out Local Markets** – Taste local snacks at Bydgoszcz Market Hall.
6. **Experience Culture** – Watch a concert at Opera Nova.
7. **Join Workshops** – Take a cooking or art class at the university kitchen or local studios.
8. **Nightlife & Social Hangouts** – Try wine and tapas at Karafka Winebar.
9. **Do a Photo Challenge** – Pick a theme like “doors of Bydgoszcz” and explore the city capturing it.
10. **Try Something Random** – Grab artisanal ice cream from a local shop like Cukiernia Sowa.

Contacts

 **+48 52 567 00 78**

 **www.wsg.byd.pl**

 **international@byd.pl**

 **Garbary 2 Street, Bydgoszcz, Poland**

Coordinators:

Lela Lomidze – Lela.lomidze@byd.pl

Maciej Brząkała – maciej.brzakala@byd.pl



Thank You!

Now it is your turn for your new volunteering
experience!

Sincerely yours,
"Moving Forward" Team



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SOLIDARITY
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