

Moving Forward 3.0

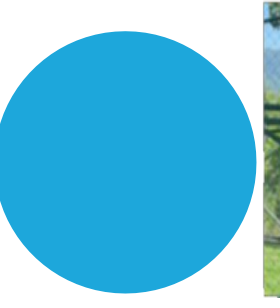
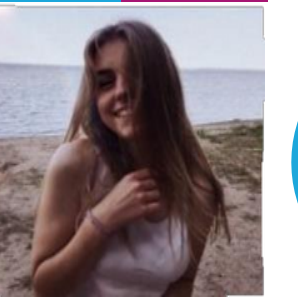
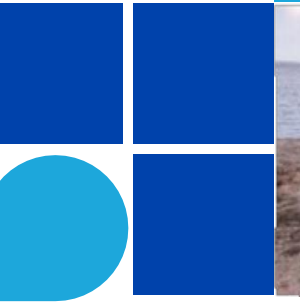
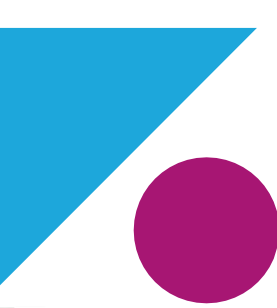
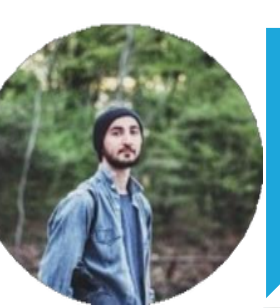
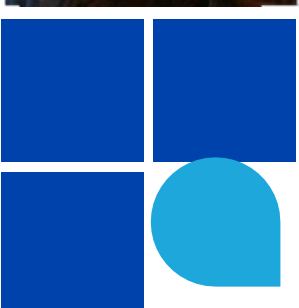


Table Of Content

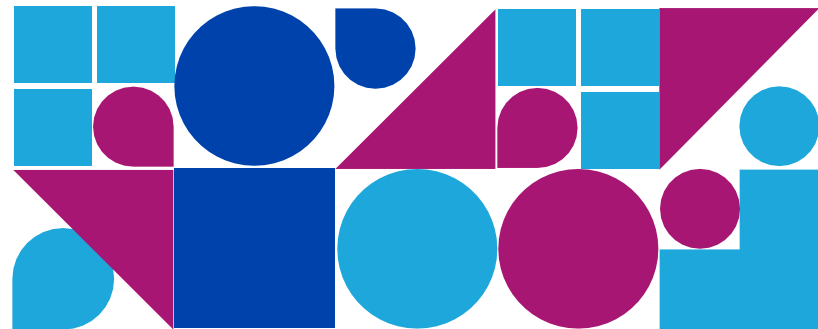
01	Introduction	22	Who is a coordinator
04	Who we are	23	Practical arrangement
05	What makes us unique	27	About Poland
07	European Solidarity Corps	34	Feedback from Volunteers
09	Benefits and challenges	36	Lifhacks from WSG volunteers
10	Volunteering at WSG	37	Contacts
20	Who is a mentor	38	Thank you and see you next time



Introduction

Once a volunteer, Forever a volunteer

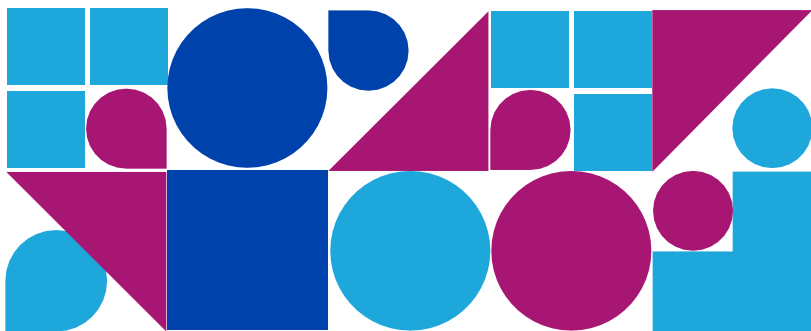
This Info-Kit was prepared by our "Moving Forward" volunteering team to let you know more about European Solidarity Corps volunteering opportunities at WSG University.



About the project

Moving Forward 3.0

- start: 1st February, 2024
- duration of the project: 12 months
- location: Bydgoszcz, Poland



Who We Are

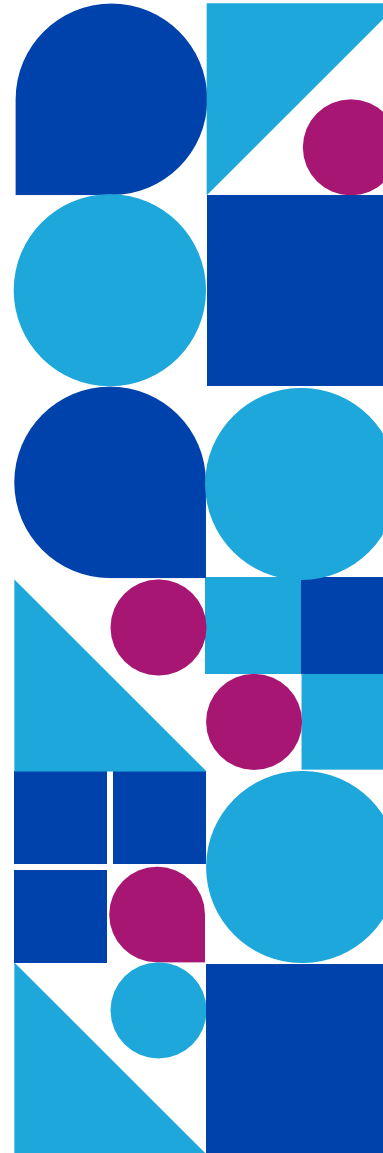
WSG University in Bydgoszcz

The university operates on the basis of the entrepreneurial university concept, in the model of a learning organization. The mission of the WSG University has been developed as a result of many years of gathering and developing the experience of combining education with science and entrepreneurship.



What We Do

- **EDUCATION SECTOR:** Bachelor's and Master's degrees, Ph.D., MBA, Erasmus+, Visiting Professor Program, Double Degree Programmes, the University of the Third Age, the Profession-Oriented School for Adults and etc.
- **SOCIAL CARE SECTOR:** Kindergartens, Nurseries, and Elderly Clubs
- **VOLUNTEERING:** European Solidarity Corps projects, The Honorary Consulate of Ukraine
- UNIVERSITY SPORTS ASSOCIATION (AZS)
- **E-SPORT**
- **BE ECO with WSG University**



What makes us unique?

Beehives

The WSG beekeeping house is the first apiary in Bydgoszcz located on the roof of a building in the city center. The project of creating an urban apiary was created to draw attention to the growing problem of the disappearance of bees and to protect the ecosystem in our immediate vicinity.



Foodsharing

Foodsharing (Jadłodzielnia in Polish) is a place to share food and reduce its waste. Anyone is able to use Foodsharing places without any restrictions. Currently, there are two WSG Foodsharing places at 11 Naruszewicza Street and 1 Obronców Bydgoszczy Street.

Museum of photography

The Museum of Photography in Bydgoszcz has been operating at WSG University since November 2004. Its collection includes many interesting exhibits related to old and present photography.



University Sports Association- Akademicki Zwi zek Sportowy

The sports clubs at the university succeed in sports competitions at regional, nationwide and international levels. Eight students from our university took part in the London 2012 Olympics and three of them: Beata Mikołajczyk, Magdalena Fularczyk, and Adrian Zieliński won medals. In addition, UoE students are winners of many other international sports competitions.



European Solidarity Corps

The European Solidarity Corps is the new European Union initiative that creates opportunities for young people to volunteer or works on projects in their own country or abroad those benefit communities and people around Europe. **Eurodesk** welcomes this initiative as it has the potential to provide new mobility opportunities to young people and to reinforce solidarity, a European core value.



About

If you are between **18** and **30** and looking for an opportunity to help the wider community, in Europe and beyond, you are more than welcome to participate in the ESC programme.

You could do this with funding and support from the European Solidarity Corps, which helps young people take part in projects that benefit communities, either abroad or in their own country. These projects offer an inspiring and empowering experience, as well as the chance to bring change while developing your skills and competencies.



Benefits and challenges of joining the ESC

Benefits

- free of charge
- anyone is free to participate in an ESC project
- many opportunities
- multiculturality

Challenges

- you can only participate once
- you cannot work at the same time as volunteering
- quite hard to get into a big project, especially in a big city



Volunteering at WSG



International Relations Department

- helping to organize the orientation days for international students
- helping to organize and coordinate International Staff Training Week
- organize integrative events and cross-cultural activities for international students: International Volunteer Day, an Erasmus+ Fair, a Movie Night, an Intercultural Evening, a Coffee Scrub Class, and a Yoga session as well as the events that are planned in conjunction with International Culture Day
- helping to plan events to highlight the central notion of volunteerism within the context of the European Solidarity Corps.





Europe Direct in Bydgoszcz

- spreading the idea of volunteering in the local institutions (meeting young people at high schools as well)
- helping with organizing events and workshops concerning EU topics on ecology and education assisting in organizing classes for the children
- participating in the summer camp.

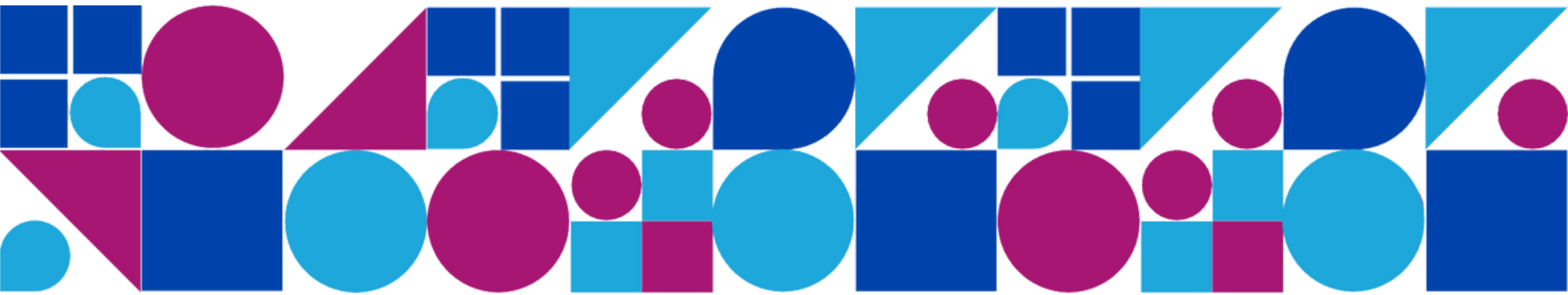




Library

- helping with the organization and digitalization of existing book system
- organizing cultural workshops of the volunteer's origin
- spreading the idea of reading books, and Polish culture, and helping to organize events and classes for foreign students





DesignStudio/ Marketing Department

- preparation of posters, leaflets, publications, presentations on the ESC Programme, the University, volunteer's country of origin
- running social media - Facebook, TikTok, Instagram





Nursery

- helping instructors and educators with preparing and carrying out various activities (English classes, preparing materials for workshops)
- helping instructors and educators with serving meals
- helping children with their daily activities

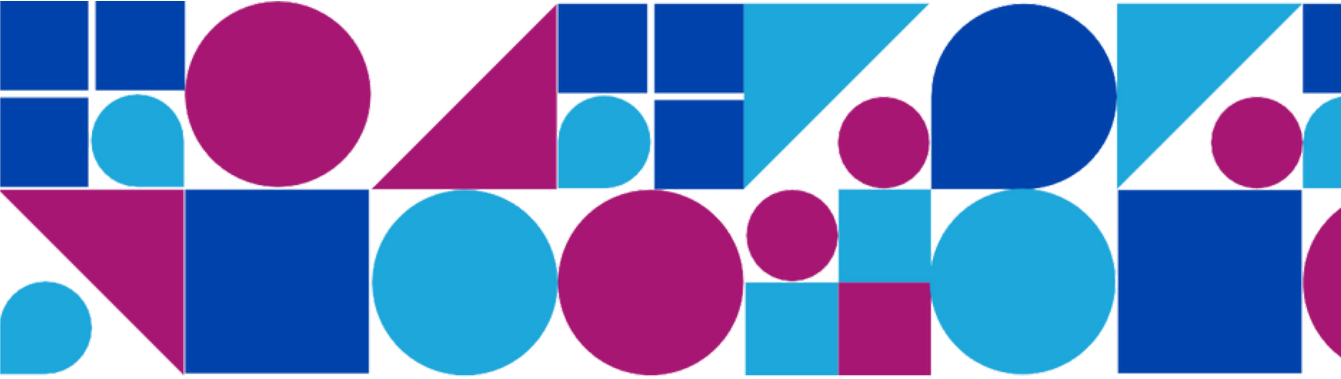




Elderly Club

- helping instructors with preparing and carrying out such occasional meetings in order to counteract the social seclusion of elder people like
- helping instructors with preparing various occasional meetings (Christmas Eve, Grandparents Day, Women's Day, carnival play)
- helping elderly people with their daily activities
- organizing free time for elderly people

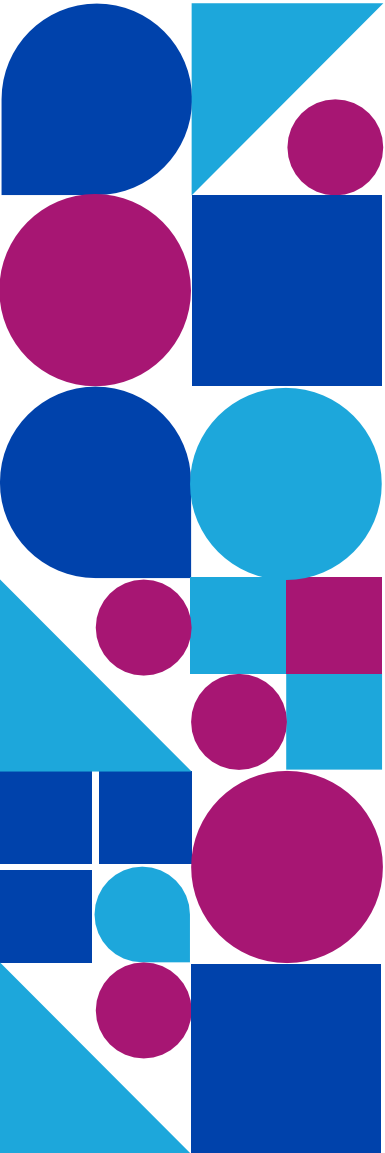




Museum of Photography

- helping in organizing artistic and photographic exhibitions, painting, drawing, graphics, sculptures, photography, performance, multimedia, and architecture workshops
- supporting in the field of a tour of the photography museum helping and the opportunity to participate in photo workshops
-

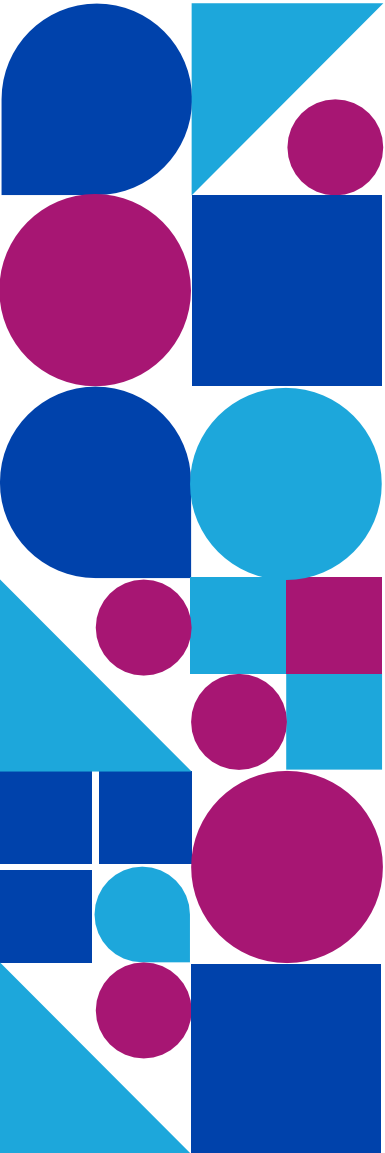




Volunteeringproposes projects indifferent areas

- culture
- internationalMobility
- sports
- social care forthe elderly,thedisabled, and the immigrants
- art
- leisure
- mediaandcommunications
- environmentalprotectionandeducation
- rural development and
- development cooperation





Volunteering is NOT

- occasional, part-time volunteering
- an internship in an enterprise nor in a humanitarian organization nor in an NGO
- a recreational or 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?

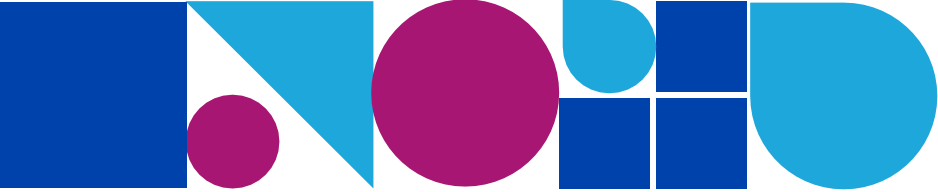
The role of mentors gives a specific quality to ESC, which make different this international long-term voluntary programme from other international voluntary programmes and initiatives: keeping the attention and focus on the learning dimension of the service and the inclusive approach concerning the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





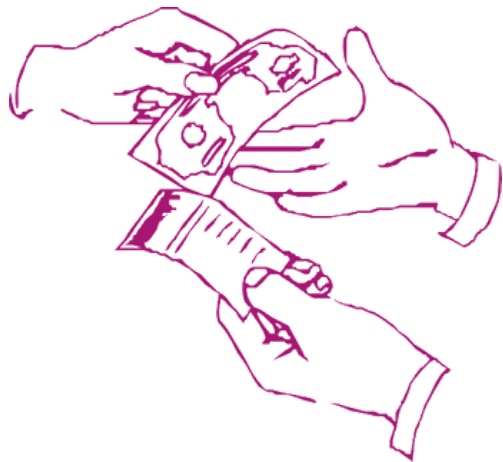
Practical arrangement

Accommodation and boarding

The project provides volunteers with adequate 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.

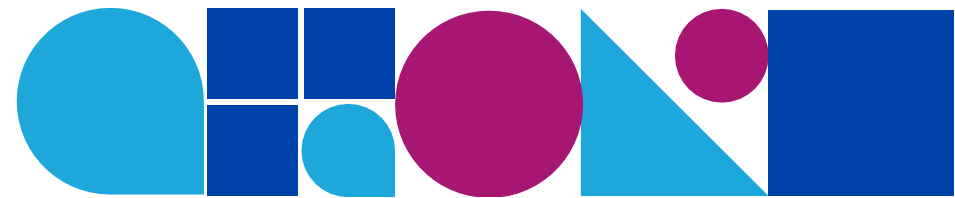




Holidays

Volunteers work **5 days** a week (Monday to Friday).

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

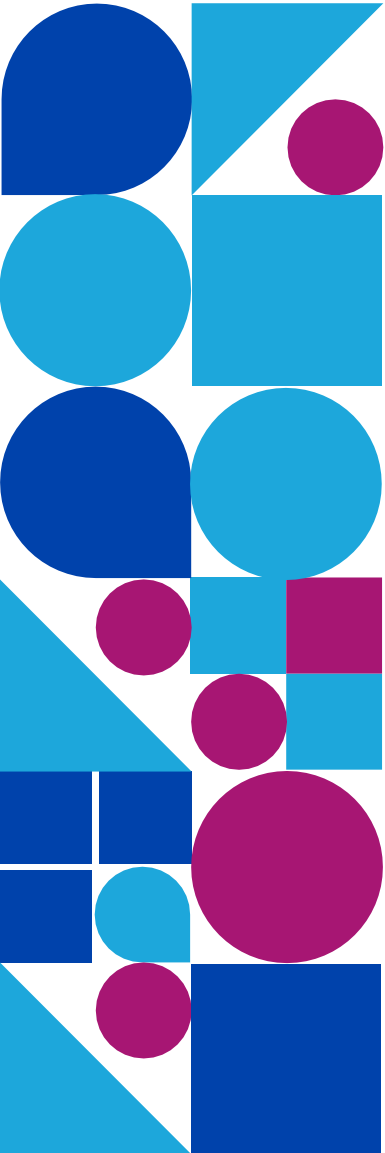
Insurance, together with the supporting and host organizations, that each volunteer is covered by a European Health Insurance Card (if applicable) and by compulsory voluntary insurance as provided for by the European Solidarity Corps programs.



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.

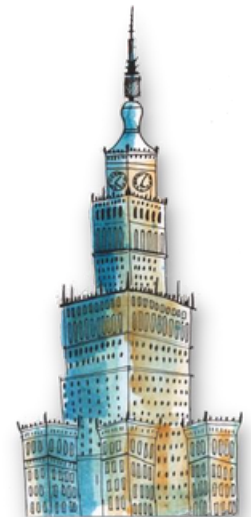
The platform is available in all official EU languages. In our case, it is Polish.

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



About Poland

- Total area: **312,696 km²**
- Population: **37.97 million**
- Area code: **(+48)**
- Main religion: **Roman Catholic**
- Government: **Unitary semi-presidential constitutional republic**
- Currency: **Polish złoty (PLN)**
- The national language is **Polish**
- Capital: **Warsaw (Warszawa)**
- Main cities: **Warsaw, Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Białystok, Katowice**



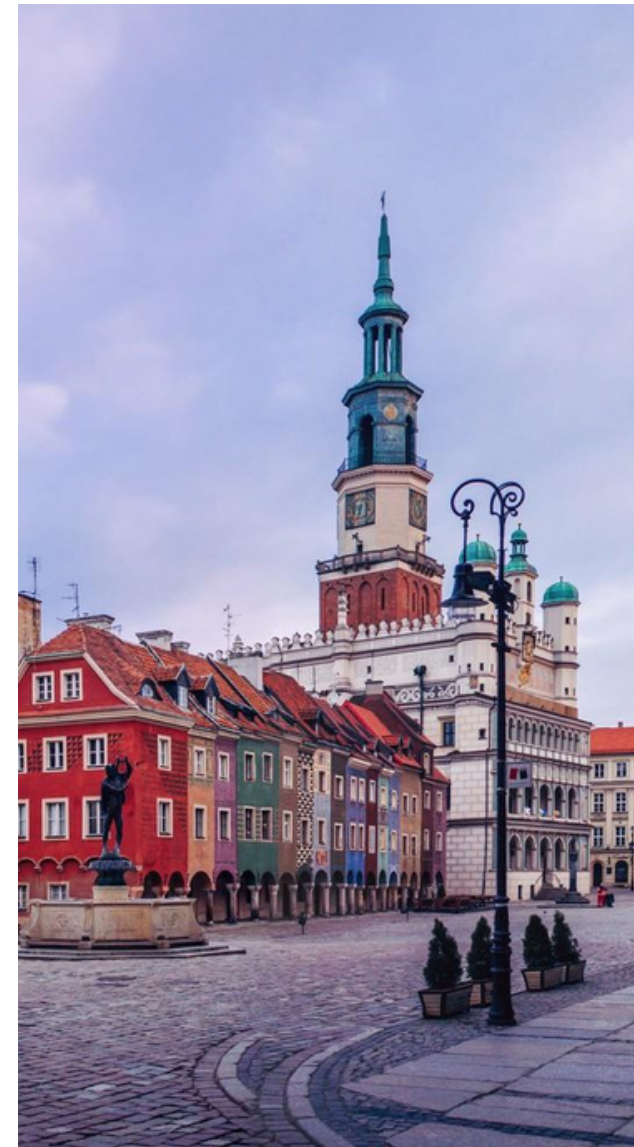


Polish culture

Polish culture is vibrant and old.

Slavic identity is multifaceted and stems from a history rich in events, as well as the influence of other cultures and significant individuals.

Poles are very proud of their country, so it is essential that you respect the place you will be living in for the coming months or years. While you are in Poland, visit various places – such as museums, castles or historical tenements – and become acquainted with the place you will be living in.

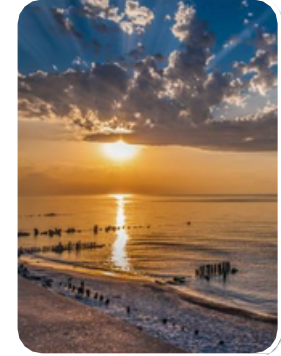


scan me if you want to learn more!

Weather in Poland

Summer

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



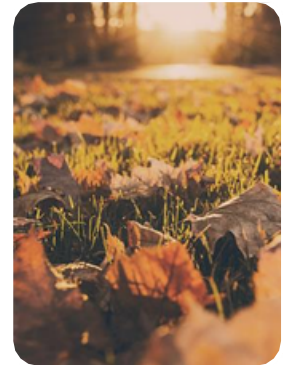
Winter



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

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

Fall



Spring



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 roads. 29

Timechanges

EndofOctober-DaylightSaving

TimeEnds

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

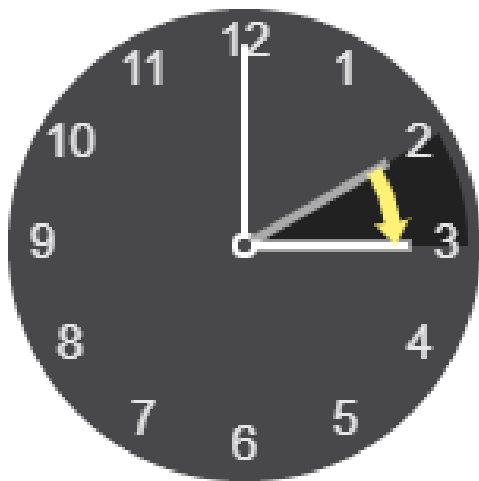
Sunrise and sunset will be about 1 hour earlier than the day before. There will be more light in the morning.

EndofOctober-DaylightSaving

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.

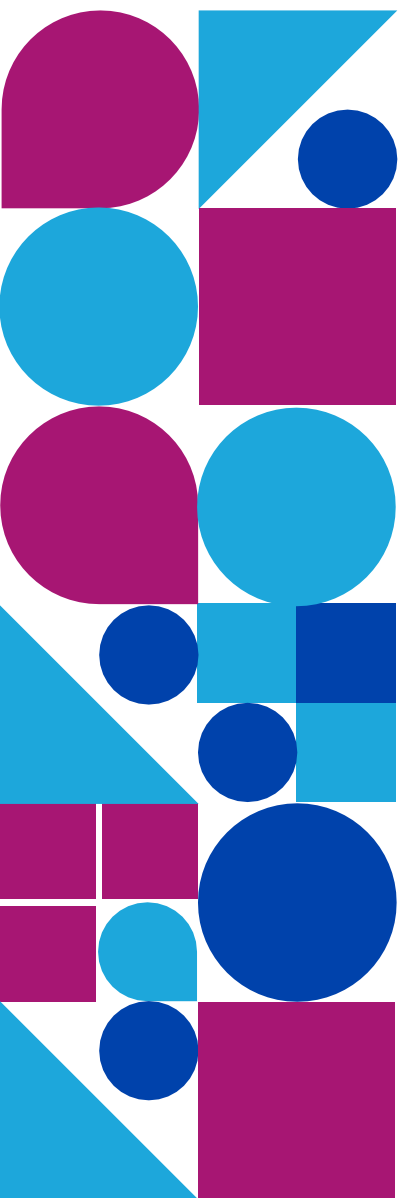


About Bydgoszcz

- Metropolis of 400 thousand inhabitants, capital of the voivodeship of Kuyavia and Pomerania
- **One of the biggest economic centers** in Poland; the seat of numerous well-known international companies
- Mainly representing the industry of **advanced technologies**
- Approximately **50 000 students** from 15 higher educational institutions
- Has an international **airport**.



scan me if you want to learn more!



Wheretoeatin Bydgoszcz

- [Manekin](#)
- [Fanaberia](#)
- [Pierogarnia Stary Młyn](#)
- [Naleśnikarnia Gramofon](#)
- [Strefa Cafe & Yoga](#)
- [Cukiernia Restauracja Winiarnia Sowa](#)
- [Bulwar Bistro](#)
- [Kawiarnia Staropolska](#)
- [Może Ryba - Fish & Chips](#)
- [FALLA Bydgoszcz](#)
- [Apteka Restauracja & Koktajlbar](#)
- [ZaPałkacoffee](#)
- [Mama Restauracja](#)
- [Tako Sushi](#)



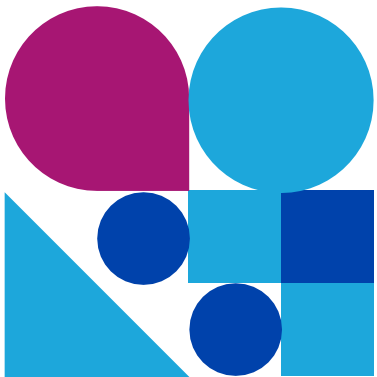


Feedback from volunteers

David from Armenia, "3-4-adventures" 2018/2019

"Skills are never too much. Skills provided by international experience are never enough. Once you did your first step in the intercultural environment then you want more and more! I did my first EVS step in September 2018. It was time to challenge myself in a new country and forget a little bit about my comfort zone.

This project gave us chance to be part of a world without limits and stereotypes, a world of friendship and adventures where you can just grow and learn a lot, every day."



Katya from Belarus, "Never be the same" 2019/2020

"Exactly four months ago, my ESC project began. How can I describe it? Of course, It is a lot of new impressions, excellent language practice, a large number of pleasant acquaintances, and a unique experience of living abroad".

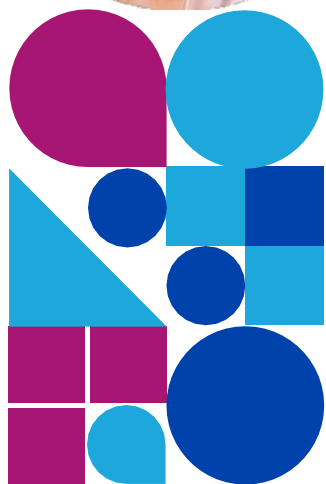




Feedback from volunteers

Levani from Georgia, "Never be the same" 2019/2020

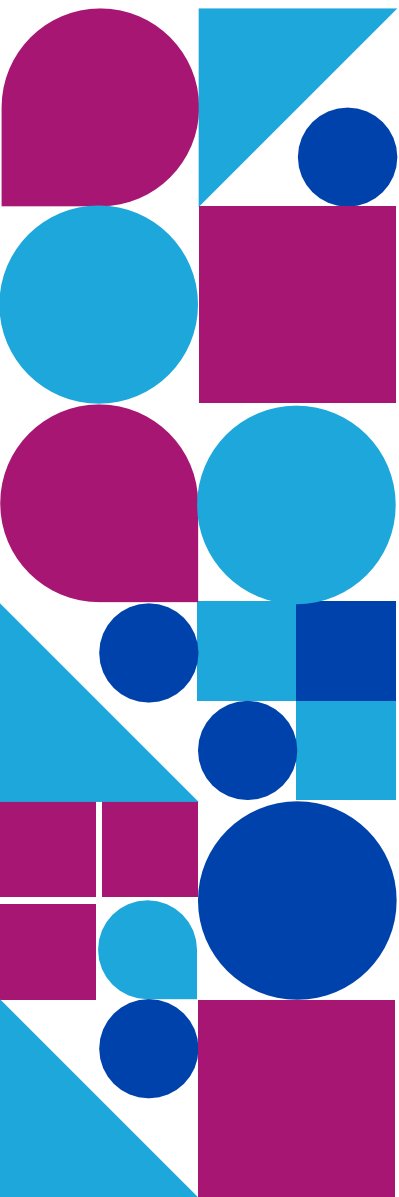
"Hello. I'm so glad that I'm here. This project has radically changed my life and made it better. It gave me the opportunity to work in a variety of interesting places such as kindergarten, the elderly club, the Design Studio, and the Museum of Photography. It has given me the opportunity to learn the Polish language to be able to get in touch with locals. I live in a small beautiful town in Bydgoszcz. I work with good and friendly people. They are always ready to help me if I need it. I think I'm a lucky person. Thanks for this opportunity".



Edona from Albania, "Enjoy the Diversity" 2020/2021

"I'm happy for the decision I made to take part in a ESC project and that today I am here in Poland. I am so independent and all these experiences will be helpful on my coming days"





Scanmeifyouwanttolearnmore
about the former volunteers' life!



"3-4-Adventure" project



"Never Bethe Same" project



"Enjoy the Diversity" project



"Moving Forward" project



Culinary book



WSG Speaking Club

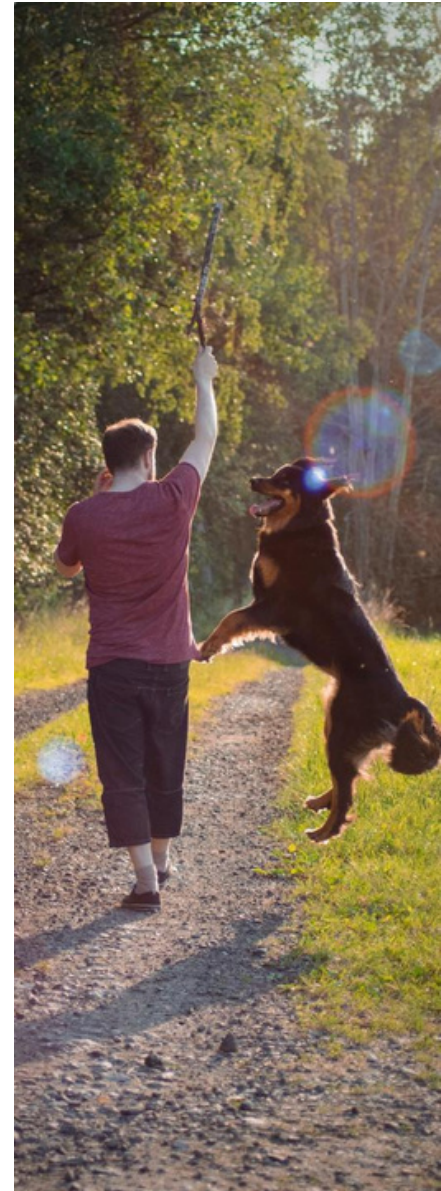
Lifehacksfrom WSG volunteers

Usefull apps:

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

To not be bored:

- searchforFacebookeventsinBydgoszcz, follow Strefa and Mózg pages
- spendaweekendinMyślęcinekpark-thebiggest green zone in Bydgoszcz
- visitBydgoszczinformationalcenteronStary Rynek to learn more about curent activities
- exploreBydgoszcznightlifewithvariousnightclubs
- try climbing in Climbing Center SPIDER
- gotoaChristmasmarketthatstartsatttheendof November



Contacts

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- Maciej Brząkała - maciej.brzakala@byd.pl





Thank You!

See You Next Time :)

Sincerely yours,
"Moving Forward" Team



**EUROPEAN
SOLIDARITY
CORPS**