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INFOPACK

Inclusive Pathways in Youth Work

Training Course: 1-7th June 2026 (1st and 7th June - travel days)
Piotrków Trybunalski, Poland

APV: 11-13th May 2026 (11th and 13th May - travel days)
Łódź, Poland





COORDINATING ORGANIZATION

LEVEL UP Association (POLAND)



The LEVEL UP was founded in 2019, on the initiative of young people who, through social projects, want to improve the quality of life of the local community, build a new model of non-formal education, and support young people in becoming socially and professionally active. The mission of our non-profit organization is to infect people with good energy every day and encourage them to take social initiatives in their surroundings. We focus on continuous development and unusual methods of work. We believe that through cooperation and trust, we can change many lives and ensure that one day we wake up in a better world where no one feels excluded.





ABOUT THE TRAINING COURSE

If you've been working directly with young people facing social or personal barriers, this training offers the space to ground your daily work in solid inclusive principles.

Designed specifically for those new to Diversity, Equity, and Inclusion (DEI) theory, the program starts by building a shared language. Together, we will align on key definitions and explore the psychological mechanisms behind social perception, ensuring everyone is on the same page before moving into the next phase.

As the workshop progresses, the focus shifts toward making youth work more accessible and mastering inclusive communication tools. These stages of the journey are dedicated to exploring how to remove barriers and fostering a deeper sense of belonging. We conclude the process by integrating these insights and reflecting on how to apply this new perspective to your future activities.

PARTICIPANT'S PROFILE

- 18+ years old
- Youth workers: youth leaders, educators, facilitators, mentors, volunteers, NGO staff (or other roles involving youth work)
(Important) With first-hand experience in working with young people with fewer opportunities, facing barriers or exclusion - prior practical experience is needed to reflect on during the training
- No prior knowledge on Diversity & Inclusion theory required
- Open to sharing experiences, challenges, and lessons learned
- Motivated to make their youth work more inclusive and accessible
- APV: 1 participant per country
- Training Course: 3-4 participants per country, including 2 with fewer opportunities:
 - Greece, Serbia - 4 participants, 2 with fewer opportunities
 - Lithuania, Armenia, Egypt - 3 participants, 2 with fewer opportunities



BENEFITS OF ATTENDING

Broadened Social Perspective

- Gain a deeper understanding of the diverse life experiences of young people with fewer opportunities, including the social and structural factors that shape their realities and access to resources.

Enhanced Self-Awareness

- Reflect on your own personal resources, biases, and social positioning to build more trustful, respectful, and empowering relationships with youth facing barriers.

Understanding Social Mechanisms

- Learn how perceptions, stereotypes, and systemic inequalities influence the behavior, choices, and opportunities of young people with fewer opportunities.

Practical Skills for Inclusion

- Develop versatile communication and action-oriented tools to foster more inclusive and equitable environments.



FORMAT

Interactive, 5-day workshop combining a variety of individual and group-based activities:

- Facilitated discussions to reflect on insights and connect them to youth work practice
- Space for participants to share experiences, challenges, and good practices
- Collaborative learning environment encouraging peer exchange and mutual support





LOCATION for Training Course

Hotel Altamira

Romana Dmowskiego 38c, Piotrków Trybunalski, Poland

You will have a single or twin room to share with another participant. All activities will take place at the hotel.



Travel to Training Course

1-7th June 2026 (1st and 7th June - travel days)

There's a 30 min walk to the hotel from Piotrków Trybunalski bus/train station. You could also take a local bus from the station (ticket to be bought from the driver, cash only). Alternatively, you could order a ride with Bolt app, but we'll be able to reimburse this only if it's a group ride and you'll notify us in advance.

If you travel from Lithuania, please consider direct Flixbus options from Vilnius/Kaunas to Warsaw/Łódź. If travelling from more distant countries, the best option could be to land at Warsaw Chopin airport (WAW).

Once in Warsaw or Łódź, take a bus or train to Piotrków Trybunalski from there - there are direct connections from the airport or other stations: Warszawa Zachodnia, Warszawa Centralna, Łódź Fabryczna, Łódź Widzew.

You might consider other cities (Poznań, Kraków, Katowice) for landing, but getting to Piotrków Trybunalski from there might be trickier.

Use [Koleo](#) to look for trains or [Flixbus](#) or [e-podróżnik](#) for buses.

Before booking your travel, confirm the details with the coordinator: tomasz.kotarski@levelupngo.com

LOCATION for APV

11-13th May 2026 (11th and 13th May - travel days)

Boutique Hotel's ŁÓDŹ Rewolucji

Rewolucji 1905r. 8, Łódź, Poland

You will have a single or twin room to share with another participant.

It's 20 minutes by foot from our office where activities will take place.



Travel to APV

11-13th May 2026 (11th and 13th May - travel days)

There's a 20 min walk to the hotel from Łódź Fabryczna bus/train station. There're a few other stations in Łódź, but you'll need to use public transport to get to the hotel (ticket machines are available in most buses or trams, card only).

If you travel from Lithuania, please consider direct Flixbus options from Vilnius/Kaunas to Warsaw/Łódź. If travelling from more distant countries, the best option could be to land at Warsaw Chopin airport (WAW).

There are direct connections to Łódź from the Warsaw airport or other stations: Warszawa Zachodnia, Warszawa Centralna.

You might consider other cities (Poznań, Kraków, Katowice) for landing, but getting to Łódź from there might be trickier.

Use Koleo to look for trains or Flixbus or e-podróżnik for buses.

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DISTANCE

DISTANCE	TRAVEL BUDGET - NON-GREEN (MAX AVAILABLE)	TRAVEL BUDGET - GREEN (MAX AVAILABLE)
10-99 km	28 euro	56 euro
100-499 km	211 euro	285 euro
500-1999 km	309 euro	417 euro
2000-2999 km	395 euro	535 euro
3000-3999 km	580 euro	785 euro
4000-7999 km	1188 euro	1188 euro



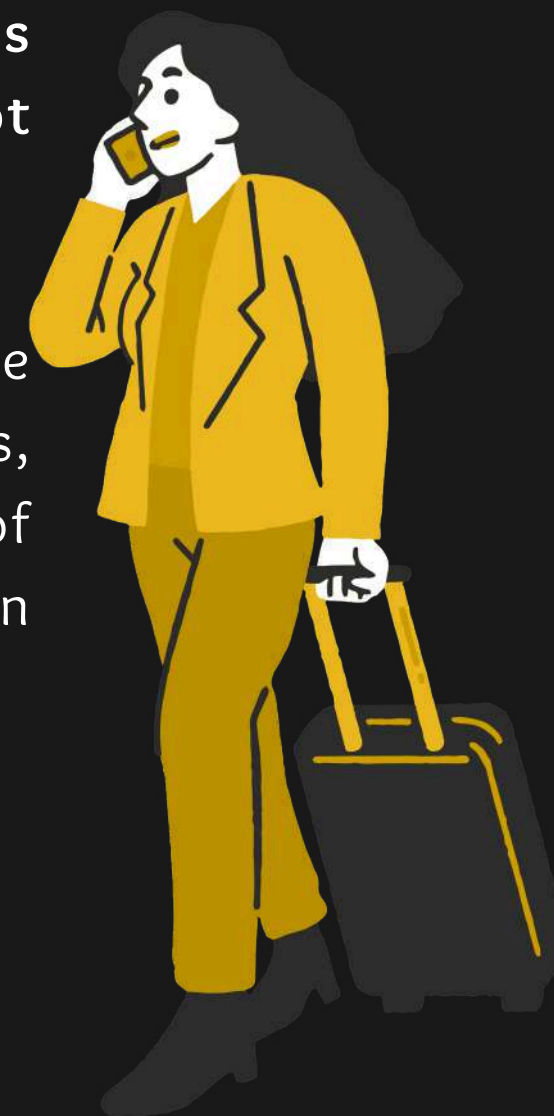
TRAVEL COSTS

Participants will be obligated to buy tickets before 8.04.2026 (APV) and 21.04.2026 (TC). Because of increasing the prices, it is highly recommended doing it sooner.

Money will be reimbursed by the LEVEL UP Association once TC is completed and dissemination activities implemented, based on the invoice and ticket proof sent by post or via email (only electronic tickets, not scan).

Remember to keep all the tickets and boarding passes! They may be paper or electronic. If you don't provide original tickets, LEVEL UP has a right to refuse to give you full reimbursement. We don't accept screenshots, only original electronic tickets in PDF or good-quality scans. Allowed is using most economical means of transport (2nd class) you will find. In terms of boarding passes, you should download it BEFORE the flights. In some airlines, after the flight it's not possible.

Before you buy the ticket, please contact the LEVEL UP association to confirm the travel plan and costs.



DON'T FORGET TO TAKE

- passport/ID card,
- private insurance or EHIC card
- visa (if required),
- medicines, pills,
- cosmetics
- original boarding passes, tickets, invoices,
- comfortable shoes and clothes,
- great ideas,



Emergency numbers

112 – Emergency Call Centre (European emergency number)

999 – State Emergency Medical Services

998 – State Fire Service

997 – Police

Contact Us!



Project Coordinator in Lithuania

Austeja Amankaviciute

austeja@tavo-europa.eu



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Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



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**Can't wait
to collaborate!**