

## PARTNER IDENTIFICATION FORM

### PARTNER ORGANISATION

|   |   |
|---|---|
| PIC                                     | 925017318   |
| Full legal name (National Language)     | Fundacja Wspierania Rozwoju MEDEINA   |
| Full legal name (Latin characters)      | <b>MEDEINA FOUNDATION</b>   |
| Address                                 | Poland, Sosnowiec city 41-200, ul. 3 maja 11  |
| Email address                           | medeinafoundation@gmail.com   |
| Facebook Fan Page                       | <a href="https://www.facebook.com/medeinafoundation">https://www.facebook.com/medeinafoundation</a> |
| Registration number KRS                 | 00005444247   |
| VAT number                              | PL6443509792  |
| National Identification number / REGON/ | 360817788   |
| Website                                 | <a href="http://www.medeina.org">www.medeina.org</a> / in construction/                             |
| Twitter                                 | -   |

|  |                                    |
|--|------------------------------------|
| Type of Organisation                       | <b>non-profit organization</b>     |
| Is the partner organisation a public body? | <b>NO</b>                          |
| Is the partner organisation a non-profit?  | <b>Yes</b>                         |
| Total number of staff                      | 11                                 |
| Total number of learners                   | 123                                |
| Number of followers on FB                  | Till 26 April we have at least 500 |

### ACCREDITATION

Has the organisation received any type of accreditation before submitting this application?

| Accreditation Type | Accreditation Reference |
|--------------------|-------------------------|
| No                 |                         |

### LEGAL REPRESENTATIVE

|  |                                   |
|--|-----------------------------------|
| Title  | Miss                              |
| Gender   | Female                            |
| First Name   | Monika                            |
| Family Name  | Sobańska                          |
| Department   | Transnational Cooperation         |
| Position   | President                         |
| Email  | medeinafoundation@gmail.com       |
| Telephone 1  | +602314431                        |
| If the address is different from the one of the organisation, please fill in |                                   |
| Address  | Sosnowiec 41-200, ulica 3 maja 11 |
| Country  | Poland                            |
| Region   | Silesia                           |
| P.O. Box   | -                                 |
| Post Code  | 41-200                            |
| CEDEX  | -                                 |
| City   | Sosnowiec                         |
| Telephone 2  | -                                 |

### CONTACT PERSON

|             |                             |
|-------------|-----------------------------|
| Title       | Miss                        |
| Gender      | Female                      |
| First Name  | Monika                      |
| Family Name | Sobańska                    |
| Department  | Transnational Cooperation   |
| Position    | President                   |
| Email       | medeinafoundation@gmail.com |
| Telephone 1 | +48602314431                |
| Skype:      | monika.sobanskaa            |

|  |    |
|--|----|
| If the address is different from the one of the organisation, please fill in |    |
| Address  | NA |
| Country  |    |
| Region   |    |
| P.O. Box   |    |
| Post Code  |    |
| CEDEX  |    |
| City   |    |
| Telephone 2  |    |

## BACKGROUND AND EXPERIENCE

### *Please briefly present the partner organization*

The aim of the Foundation is to promote a versatile human and community development in the natural environment. It is to be achieved through physical and outdoor educational activities as well as popularizing multicultural relations and diversity in the global village XXI st century.

The goals of the Foundation are reached mostly by the following means:

- a. promoting and encouraging the development of an individual and a society in the natural environment
- b. organizing events and educational projects aiming at sustainable development of the natural environment and communities
- c. popularizing physical activities, sport and tourism
- d. working on improving and maintaining good intercultural relations; promoting the idea of respect for other cultures and traditions
- e. encouraging the development of culture and the arts; preserving cultural heritage
- f. publishing goal- based materials
- g. encouraging community participation in social and volunteering work

The Foundation has been set up as a response to the increasing needs to introduce and mainstream sustainable approach in the development the communities worldwide, personal resilience and connection with nature. The methodology organization elaborates is based on approaches where nature plays an important role and is present as the environment, tool and content.

The main idea of the education promoted by MEDEINA is innovative due to a comprehensive combination of non-formal education methods, outdoor physical activities with a wide range of self-development tools connecting participants with nature:

- nature-awareness methods, wildness therapy and natural awareness , eco-coaching approaches , 4 elements workout, mountain therapy, empowerment trekkings, survival.
- community building practices: circles, way of council, sharing, outward bounds activities, energizers/team games, art of celebration, rites of passage ceremonies, tools of group's empathy&care building
- body work: physical activity, trekking, cycling, other sports, massage, active meditations, sensual/sensory workout, life energy flow/ high vibration states, breathwork
- mindfulness in outdoor
- creativity: natural art/land art, spontaneous dancing, singing, community making music, sketches and drama, live performances, amateur/intuitional painting, body painting, world music&art festivals, networking with worlds famous/grassroot artists

### *What are the activities and experience of the organisation ?*

In 2015-2018 Medeina has prepared following initiatives/application forms:

- as applicant: project proposal within Erasmus+ Collaborative Partnerships - Not-for-profit European Sport events **"Euro-trek"** with 12 partner countries, combining mountain trekking with eco-coaching, sport activities, wilderness and intercultural activities.
- as partner: project « **Elements of Madeira Island – empowerment trekking** » combining mountain trekking with 4 elements development work in nature. 15 participants.
- as partner: **"Arte-Maroko - women empowerment trekking to the highest peak of North Africa"** /6 editions/: intercultural activities, grass root learning, mindful tourism, African music festival, empowerment trekking for self-development in High Atlas, arttherapy and creativity activities

- as organizer: various local outdoor hikes in nature for adult and youth learners in Silesia combining sport, physical activity, nature awareness, wilderness and yoga laughter practice.
- As partner: Training course within Erasmus+ program **“Wanderfull - Pilgrimage and outdoor guided activities as a tool for personal development, learning and transformation”** with video shooting components
- As partner: Training course within Erasmus+ program **“Game of wellness”** which aims to introduce and explore concept of “wellness” as a state of complete physical, mental, social and spiritual well-being and introduce practical and fun tools and strategies of promoting holistic health and personal development in young people and youth workers. Performed: December 2016.
- As partner: TC **“Power of Circle”** Training Course - Erasmus+, project implemented in July 2017
- as a partner TC **“Smile to life - positive psychology in youth work under the Erasmus+ Programme”** , prepared in 2017, resubmitted in February 2018.
- as applicant TC **“Nature as a teacher 2”** prepared and submitted in 2017, to be re-submitted in April 2018.
- as a partner TC **“Kinesthetic Learning Tools for youth work”**, prepared and submitted in 2017
- as partner TC **“Eat, play and sleep”**, prepared and submitted in 2017.
- as Applicant: **“Re-connect - eco-centric youth non-formal education in Europe”**, KA2 Youth, preparation of the project launched in 2016, resubmitted in February 2018 /6 partners/.
- as partner TC **“Still in movement”**, submitted in February 2018.
- as partner TC **“Road to Wholeness”**, submitted in February 2018.
- as partner Youth Exchange **“ECO vs EGO - Personal and social sustainability via Eco-centric development “**, prepared in 2017, resubmitted in February 2018.
- as Applicant: **“EURO-hike – youth empowerment through sport and nature”**, Action: Small Collaborative Partnership SPORT E+; submitted in April 2018 /4 partners/.
- co-production of documentary movie SISTERS in Capacity Building Project Erasmus+ - 2016/17
- co-production of documentary movie GEPLÉ for the purpose of dissemination of the results in Strategic Partnership Project Erasmus+ - 2018
- long-lasting cooperation with the network of filmmakers Klaster Filmowy in Cracow - 2017-2018

***Please give information on the key staff/persons involved in this application and on the competences and previous experience that they will bring to the project.***

The organization gathers 11 management and education staff: psychotherapists, coaches, eco-trainers, non-formal education trainers, activists, instructors of eco-psychology and physical activities. They regularly acquire new skills and competences on the training, conferences and courses worldwide.

Agnieszka Pietrzak – founder of the organization /here:coordinator assistant/. Since 2010 has been cooperating with NGO sector as project coordinator, financial manager, fundraiser and coach. Currently involved in several projects of European cooperation, works for Private University Humanitas as coordinator of sustainability projects in local community of Sosnowiec. Graduated of Academy of Economy in Silesia; certified life and professional coach; from 2010 - Instructor of Physical Recreation – fitness- psychosomatic exercises and Instructor of Physical Recreation for seniors certified by the Minister of Sport and Tourism in Poland.

Monika Sobańska –founder of the organization /here:coordinator/. Since 2004 project coordinator in 45 local, regional, transnational projects. Fundraiser, trainer and promotion & PR expert. The initiator and coordinator of the transnational trekking empowerment project in Morocco, Indonesia and Danish Islands. Certificate from Trainers Academy for Non-governmental sector (STOP), Holistic Trainers School in Poland; has trained different groups since

2006; 2008-13 regularly run trainings in projects planning at Warsaw University. Youth coach in Youth Initiatives under Youth in Action Program.

Ewa Kowalska-Szkriba – /here: dissemination expert/. Physical activity instructor and teacher, project coordinator and mentor in youth Erasmus+ projects. Runs Nordic walking and other sport activities in local community. Expertise in dissemination campaigns and European Voluntary Service projects, working with many volunteers.

Aneta Baranowska - /here: financial manager/. Economist, financial expert and financial manager with 7 years of experience in European projects /national and transnational/. Graduated from numerous courses and trainings in financial management and accountancy. Expert in developing financial procedures and ICT financial tools.

Andrew Ritz – outdoor trainer, great experiences in working with people in the nature: 1975-77: Army Youth Team – helping disadvantaged children through Outward Bound. 1979–2001: Part time ski instructor working both on snow and dry ski slopes for local councils and holiday companies. From 1995 - English language trainer and software IT developer, cooperates with NGO sector. Develops innovative methods for empowerment trekking/hike and Apps for NGOs.

Piotr Pruchnik – facilitator, trainer. Graduated in Math and Business in University. For a long time was working in business sector around Europe. Traveled into Siberia and Peru to meet indigents people and get to know traditional rituals. In India has learned traditional medicine Ayurveda, yoga philosophy and get certified in Ashtanga Yoga. Actually leads Man Circles. Organizes outdoor expeditions to the nature – to the forest, in the mountains, rivers, lakes, etc. Dedicated to man and youth to raise primeval masculine energy. His main idea is to support people to restore contact with nature.

Adam Płociński – trainer. Graduate from the Faculty of Law at the Jagiellonian University in Cracow and Clinical Psychology at SWPS University of Social Science and Humanities in Warsaw. Currently studying gestalt at IIPG Institute in Cracow. He completed a one-year GPO program (International Program for Gestalt in Organizations). He has experience in working as managing director in a big institution. Author of publications in the field of law and reportages from the borderland of cultures. Interested in dance and movement as a tools in youth work.

Bartek Płazak – holistic educator, coach, eco-trainer, non-formal education trainer, supervisor, activist of many organizations, instructor of eco-psychology, deep ecology, improvocation, improvisation theatre. As supervisor and trainer has a recommendation of the I and II stage from Polish Psychology Society. Runs Educational Eco-center in Lake Region in Poland that is build from straw and clay.

dr Ryszard Kulik – ecology activist, psychotherapist, holistic educator, coach, eco-trainer, non-formal education trainer, supervisor, university lecturer, instructor of eco-psychology, deep ecology. As supervisor and trainer has a recommendation of the I and II stage from Polish Psychology Society.

**Aneta Zagórska** - film producer. Since 2003 she runs the Barton Film production studio. Since 2012 she presides over the Cracow Film Society, whose goal is the realization of ambitious, artistic documentaries and establishment of film related collaboration with organizations and creators. She is the general director of the Krakow Film Cluster, which she co-established in 2015. As a producer and as executive producer she realized several feature and documentary films.

**Marek Gajczak** - Cinematographer and director of documentary and feature films. Graduate of the Łódź Film School at the cameramen faculty (1998) and the Masterclass for DOP camera operator workshops in Budapest. He received many international awards for his film etudes, including the Silver Tadpole at the Camerimage festival in Poland for his film “Sposób na Morawię” (A Method for Moravia). For the short film titled “Antychryst” (“Antichrist”) (2002) directed by Adam Guziński, he received the award for cinematography at the European Short Film Festival in Stuttgart-Ludwigsburg (2003). In 2006 he debuted as a director and screenwriter with a feature film “Pod powierzchnią” (The Underneath). Currently he primarily works as a cinematographer and director of documentaries.

**Ewa Szkudlarek** - /film manager/ Public relations and marketing manager specialized in creative industries (especially film production and startups). She received her master degree in film production at Silesian University as well as master in economics at University of Economics in Katowice. She also completed postgraduate studies in European Academy of Diplomacy. During 7-years activity in the industry, she was involved in many creative projects connected with feature and documentary films production, events, festivals and IT industry projects.

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**Please, mention 4 entities from your regional network that will help you to disseminate the project results and how many people could be informed from them. Please provide a small description of each organisation.**

MEDEINA (PL) will count for a wide network of youth educational organizations and institutions in Silesia Region, Education and Community Development Commissions in Sosnowiec Municipality, Youth Council in Sosnowiec city and Katowice, Senior City Council in Sosnowiec city. We work with Different municipality units, such as: Promotion City Center, Center of Volunteer Service, NGO center. We use their resources and networks as well / mailing lists, websites, FB/. At international level, around 60 active NGOs from European countries will be contacted /Medeina network via mailing and FB/.

Medeina has important contacts and partnerships with public and private universities in Poland /Silesian University, Warsaw University, Humanitas University – some of the staff works there/, teachers and heads of 10 high schools in Silesia region - Schools of Special Needs Youth, High School of Fine Art. We have strong links with 4 Senior Universities of the III Age in Sosnowiec. Foundation closely cooperates with Academy and Schools for Trainers in Poland /STOP/, School of Holistic Trainers in Silesia. Academy of Holistic Trainers from Poland has committed already with the will to cooperation in the dissemination of the results among their learners /outdoor trainers/. Foundation closely cooperates as well with other organizations with the similar aims in Poland /sustainability, nature, circular economy/ who are very interested in the results of the project. Medeina will disseminate results and info about the project in a very large network of experts, youth trainers, teachers, coaches, educators, activists, facilitators, staff of the youth organizations, politicians.

### **Agenda proposal for participatory visits**

**Please complete the following template for the agenda of the 3 days we will spend in your country, Please consider we need to visit other organisations with experience in sustainability that are relevant for the project and carry out round tables with them (it can be the same as the ones who can help us to disseminate the project).**

Schedule:

#### Day 1

|               |  |
|---------------|--|
| 8.30          | Breakfast  |
| 9.30 - 11.00  | Welcome of the participants, introducing hosting organization and all participants / introductory round/   |
| 11:00 - 11:30 | Coffee Break   |
| 11.30 - 13.00 | Presentation of the project to newcomers, updates on the implementation  |
| 13:00 - 15:00 | Lunch  |
| 15.00 - 16.30 | Presentation of the Medeina activities in the field of sustainability<br>- projects, outcomes, results, initiatives  |
| 16:30 -17:00  | Coffee Break   |
| 17:00 - 18.30 | Presentation of the sustainability issues in Silesia Region - discussion among partners, guest speakers and participants: Phd Ryszard Kulik, Bartosz Płazak. |
| 18:30 - 19:00 | Evaluation   |
| 19:30 -21:30  | Dinner   |
| 22:00         | Music concert in MUZA hall.  |

#### Day 2

|               |   |
|---------------|---|
| 8.30          | Breakfast   |
| 9.30 - 11.00  | Study visit in Pracownia Edukacji Żywej organization in Tychy city, meeting with staff and experts  |
| 11:00 - 11:30 | Coffee Break  |
| 11.30 - 13.00 | Study visit in Democratic and Forest School run by Pracownia Edukacji Żywej organization in Tychy city; meeting with educators – learning about initiative  |
| 13:00 - 15:00 | Lunch   |
| 15.00 - 16.30 | Discussion meeting with the staff and experts from Meritum organization and Pracownia na Rzecz Wszystkich Istot organization in Katowice city – exchange of ideas and discussion among staff and experts in sustainability, ecology and development |
| 16:30 -17:00  | Coffee Break  |
| 17:00 - 18.30 | Meeting and discussion with the members and activists from GREEN PARTY in Silesia region; presentation of the initiatives and the sustainability issues in Poland   |
| 18:30 - 19:00 | Evaluation  |
| 19:30 -21:30  | Dinner  |
| 22:00         | Informal party and socializing at the local pub.  |

|               |   |
|---------------|---|
| Day 3         |   |
| 8.30          | Breakfast   |
| 9.30 - 11.00  | Meeting with the representatives of the Sustainability Commission representatives and members in Sosnowiec Municipality   |
| 11.00 - 11.30 | Coffee Break  |
| 11.30 - 13.00 | Meeting with President of Sosnowiec City and members of Youth and Senior Councils in the municipality; panel discussion about sustainability activities in the city |
| 13:00 - 15:00 | Lunch   |
| 15.00 - 16.30 | Press conference with regional, local journalist  |
| 16:30 -17:00  | Coffee Break  |
| 17:00 - 18.30 | Final Evaluation and closing  |
| 18:30 - 20:30 | Dinner  |
| 21.00         | Music concert in The Polish National Radio Symphony Orchestra in Katowice   |

Write the number of disadvantaged people among your staff: 5

Mark with a cross the situations these people are facing:

Economic obstacles  
Geographical obstacles  
 Cultural differences  
 Disability  
Educational difficulties  
 Health problems  
 Refugees  
Social obstacles

### **How will you support these participants so that they will fully engage in the planned activities?**

We will work together to encourage the participation of disadvantaged staff and volunteers of the organization in the project activities, so as to reduce economical, social, geographical and educational barriers as much as possible.

As for participants with economical obstacles who will be involved in the project activities, we also address the target of those who are without a job position /no full time job contract/, with no regular income. Free access to the knowledge and skills is for this group the only way to gain paid-work and better professional opportunities. There will be full reimbursement of the costs of the travel and accommodation so as none of the participant will have to pay on his own for learning process.

Among the staff of the organization there are as well self-sufficient mothers/single parents working. They will be offered participation as well, with some extra support from the human resources of the organization.

Educational Obstacles - among youth volunteers of the organization there are persons coming from the NEET group - they left educational formal system some time ago without graduation. We address as well the target of those who left the educational or professional fields, and by definition they are often people without a regular job position, with no regular income and in some cases without academic or professional qualifications. Participation in this project will raise their competences, life and professional opportunities significantly.

In the project we will include participants who not work in urban areas or near large cities. The disadvantage for these participants is geographical. We will work to encourage the participation of all in the process and to reduce the barriers to entry as much as possible. For example: for the courses or of transnational activities, it is always dedicated a whole day to travel.