

## ERASMUS + TRAINING PROGRAMME

**Sending organization: Srednja škola Stjepana Sulimanca**

Dravska 41, 33405 Pitomača

**Hosting organization: Aviva Poland Vocational Training Sp. z o.o.**

Św. Antoniego street 2/4, Pasaż Pokoyhof, 50-073 Wrocław

Schedule of the training period for group of Agrotourism:

DATA	MAIN ACTIVITIES	ACHIEVED SKILLS	TIME
<b>Day 1</b> Sunday	<p>Travel Day:</p> <ul style="list-style-type: none"> <li>Arrival of project participants from Croatia, accompanied by tutors,</li> <li>Pick up from an airport by a representative of Aviva Poland,</li> <li>Transfer and accommodation.</li> </ul>		6h
<b>Day 2</b> Monday	<p>Introductory Meeting with Aviva Poland host organization:</p> <ul style="list-style-type: none"> <li>Meeting with representatives and group's tutor,</li> <li><u>Presentation of Poland</u>, including short introduction into Polish geography, basic facts and culture, led by AVIVA POLAND,</li> <li>Discussing the program's objectives,</li> <li><u>Orientation tour</u> with tutor from host organization, focusing on practical aspects of moving around the dwelling-place,</li> <li>Participating in <u>Health and Safety training</u>, provided by AVIVA Poland and also within the workplace.</li> </ul>	Having great opportunity to talk in foreign language about achievements and interest in agrotourism, opportunity to ask any question. Furthermore learning about culture and customs of Poland. Project participant gets familiar with occupational health and safety requirements.	6h
<b>Day 3</b> Tuesday	<p>Introduction day in the host company:</p> <ul style="list-style-type: none"> <li>Taking part in Introduction day, accompanied by tutor of the host organization.</li> </ul> <p>The host company ensures an appropriate induction to the work environment. Learning about daily work schedules, organization of the company, scope of duties and meeting the staff.</p>	After training, trainee is aware of health and safety rights and obligations and is able to prepare a workplace in accordance with the regulations.	8h
<b>Day 4</b> Wednesday	<p>Playing an active role in the agricultural activities of the company , such us:</p> <ul style="list-style-type: none"> <li>Working on gardens,</li> <li>Protecting and caring about soil,</li> <li>Sowing plants resistant to ground frost.</li> </ul> <p>Learning about multiculturalism, multinationality of the Lower Silesian region, about local tradition and festivals, such as The Day of Baked Potato.</p> <p>Getting to know the characteristics of veterinary, farming and horticulture in Poland.</p>	Experiencing an international environment. Improving foreign language level and expanding horizons by acquiring knowledge of other countries and cultures.	8h

<b>Day 5</b> Thursday	<p>Playing an active role in the agricultural activities of the company, from product production to completion, such as:</p> <ul style="list-style-type: none"> <li>• assisting with farming task,</li> <li>• planting organic vegetables,</li> <li>• planting herb gardens,</li> <li>• adding kompost.</li> </ul>	Familiarizing yourself with typical plants growing in Poland and learning how to plant, take care of flora and keep soil healthy. Possibility to acquire knowledge of EU regulations, which organic products have to meet.	8h
<b>Day 6</b> Friday	<p>Playing an active role in the agricultural activity of the company, from product production to completion, such as:</p> <ul style="list-style-type: none"> <li>• taking care of orchard, by e.g. watering, cutting trees,</li> <li>• helping with daily tasks in garden,</li> <li>• planting fruit trees.</li> </ul>	Familiarizing yourself with innovative technologies in sustainable and organic production of vegetables, fruit, and gardening products, in accordance with consumers' demands.	8h
<b>Day 7</b> Saturday	<p>Acquainting with Wrocław tourist attractions:</p> <p>* tour around the city center, visiting Old Town Hall, the oldest restaurant in Europe – Piwnica Świdnicka, visiting the Church of St Mary Magdalena and Cathedral of St John the Baptist, Hansel &amp; Gretel houses.</p>		
<b>Day 8</b> Sunday	<p>Acquainting with Wrocław tourist attractions:</p> <p>* visiting Wrocław ZOO and the Africarium and watching special Multimedia Fountain show from the terrace and green areas at the Pergola.</p>		
<b>Day 9</b> Monday	<p>Playing an active role in the agricultural activity of the company, from product production to completion, such as:</p> <ul style="list-style-type: none"> <li>• making jams and preserves from local products,</li> <li>• preparing ingredients (washing, peeling, chopping, slicing),</li> <li>• packing preserves and decorating jars for tourists as a welcome gift,</li> <li>• organizing products by type, weight and data in the warehouse.</li> </ul>	Learning basic tips how to make preserves using in-season fruits and recipes. Trainee acquires knowledge about local products and ways of using them.	8h
<b>Day 10</b> Tuesday	<p>Playing an active role in the agricultural activities of the company, such as:</p> <ul style="list-style-type: none"> <li>• assisting with farming task,</li> <li>• planting and caring plants,</li> <li>• gardening.</li> </ul> <p>Taking part in pro-environmental training. Learning about the ways of promoting sustainable development and coming up with strategies to enhance opportunities for the adoption of pro-environmental behavior among visitors.</p>	Ability to cooperate in a team. The student improves foreign language skills through working in an international group. Learning about forms of promoting and advertising.	8h

	Making a presentation about interesting facts and attractions of the region and a poster to encourage people to visit houses of rural tourism.		
<b>Day 11</b> Wednesday	<p>Assisting with animal husbandry duties in conjunction with other farm Staff, such as:</p> <ul style="list-style-type: none"> <li>• feeding and taking care of traditional farm animals: rabbits, chickens, goats, horses and cows,</li> <li>• grooming horses.</li> <li>• cleaning the stable,</li> <li>• collecting chicken eggs.</li> </ul>	Participating in various farm working processes.	8h
<b>Day 12</b> Thursday	<p>Assisting with daily chores around the animal farm, such as:</p> <ul style="list-style-type: none"> <li>• watering and feeding calves,</li> <li>• milking cows,</li> <li>• cleaning the barn and hay turning,</li> <li>• cleaning cattle.</li> </ul>	Learning how to target empathy development and enhancing our capacity to care about others and to be responsible for own actions and animals' life.	8h
<b>Day 13</b> Friday	Introduction to specificity and proper organization of office-works. Helping with daily tasks and support cleaning in houses of rural tourism, responding to public inquiries and helping customers. Preparing the reception of tourists.	Improving professional and interpersonal skills – necessary for running the agrotourism farm.	8h
<b>Day 14</b> Saturday	<p>Acquainting with Wrocław tourist attractions:</p> <p>* visiting observation deck of the tallest building in Poland: SkyTower, Taking a walk around the oldest part of the city, Ostrów Tumski and visiting Wrocław Botanical Garden</p>		
<b>Day 15</b> Sunday	A one-day trip to Topacz Castle and visiting Topacz Automobile Museum.		
<b>Day 16</b> Monday	<p>Performing receptionist-related and clerical tasks, such as:</p> <ul style="list-style-type: none"> <li>• answering the phones,</li> <li>• registering guests,</li> <li>• entering data into spreadsheets,</li> <li>• formally receiving tourists,</li> <li>• helping and answering customers queries,</li> <li>• other tasks assigned by the supervisor.</li> </ul>	Developing computer skills. Interacting with visitors, improving multitasking capability and interpersonal and social skills	8h
<b>Day 17</b> Tuesday	<p>Performing receptionist-related and clerical tasks, such as:</p> <ul style="list-style-type: none"> <li>• promoting company in social media such as facebook, rural houses website,</li> <li>• preparing visitors information,</li> <li>• managing the Guest Book,</li> <li>• performing other tasks assigned by the supervisor.</li> </ul>	Getting more experienced in giving information to visitors and answering their questions. Developing work habits, entrepreneurship and sense of professional responsibility.	8h

<b>Day 18</b> Wednesday	Preparation and planning of itineraries and activities for tourists. Planning kayaking workshop for visitors' children and upcoming Easter market. Preparing information and posting on the Internet about it.	Improving of work-related skills and forming professional relationship with group.	8h
<b>Day 19</b> Thursday	Baking sourdough bread in a traditional oven according to Polish tradition and recipe. Performing other tasks assigned by the supervisor. Helping with daily tasks and support cleaning in houses of rural tourism.	Acquiring knowledge in the field of bread preparation and learning about Polish history and rural traditions.	8h
<b>Day 20</b> Friday	<b>Meeting in Aviva Poland office:</b> <ul style="list-style-type: none"> <li>• final evaluation and conclusion of the training period,</li> <li>• sharing experiences and opinions regarding the stay in Poland,</li> <li>• completing a evaluation survey by project participant,</li> <li>• handing of the documents pertaining to the project and "Certificates of Attendance"</li> </ul>		4h
<b>Day 21</b> Saturday	Transfer of the project participant to the airport. Departure.		