



Non-formal Educators for City Development

European Solidarity Corps
Volunteering Program



+ 48 793 46 42 45



Rzeszów, Poland



www.goinpro.org

WHO ARE WE?

In 2014, a group of worldly-minded pals banded together to establish INPRO in the charming city of Rzeszów, the heart of Podkarpackie region of Poland. This initiative was born out of a shared passion for collaboration and a drive to make a global impact.

OUR MISSION is to make people believe that international initiatives bring added value and progress to the development of a community

500 young people each year

benefit from our programs hosted in Rzeszów. We are specialized in Erasmus+ youth exchanges, training courses, vocational traineeship projects, and short and long-term volunteering within the European Solidarity Corps.





RZESZÓW

*where charm
and thrills unite
in a compact city delight*

With an energetic **population of nearly 200k**, Rzeszów pulsates as the beating heart of southeastern Poland. Explore a city where vibrant life thrives just steps away, offering all you need within easy walking distance.

Rzeszów is called the capital of innovation in Poland. It is famous for its Aviation Valley, tech hubs, and research centres driving aerospace, IT, and engineering breakthroughs.

Spend a week here and roam the picturesque streets of Rzeszów's Old Town, discovering charming cafes, historic buildings, and the medieval Rzeszów Castle. Get lost in the captivating blend of old-world charm and modern energy.



Project DESCRIPTION

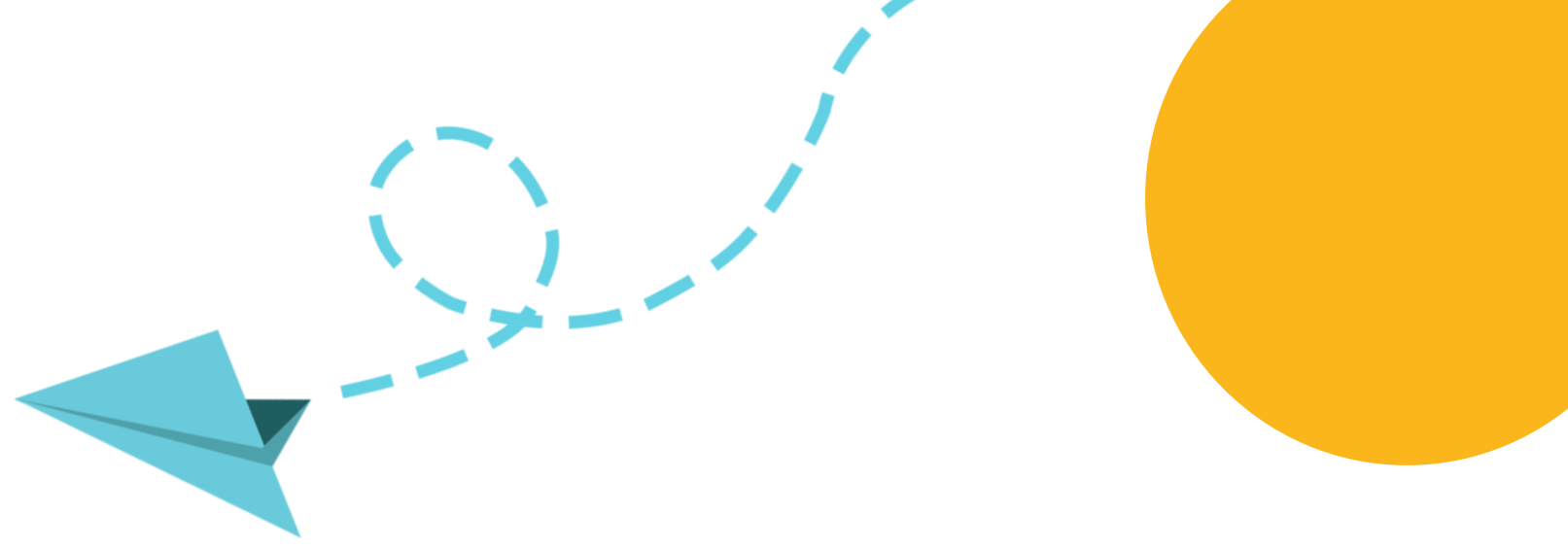


As a volunteer at INPRO, you'll have an important role in helping with workshops and projects, organizing events, promoting activities, assisting with office tasks, and maintaining the office and hostel space. You'll get a chance to experience Polish life up close, get to know the local youth, engage in their education, and make lasting connections. Whether you're interested in organizing events, building communities, or using digital tools to reach out, there's a place for you here.

We welcome multitasking people who like getting things done and want to live in a smarter community.

Below, you can find information about our main projects, which will give you a better idea of what INPRO volunteers do on a weekly basis.

MONDAY STORIES



The event revolves around capturing stories and presentations delivered by foreign residents living in the Rzeszów or Podkarpackie area. Every Monday, two volunteers host Monday Stories, ensuring that guests have a good time while listening to presenters provide insider information from their respective countries. Typically, these presentations are the result of collaboration between INPRO volunteers and guest hosts.



OPEN CAFÉ

Open Café is a weekly event that fosters cultural exchange and social dialogue. The meetings promote English proficiency and discussions on local and global issues. INPRO volunteers lead activities, encouraging inclusivity and community engagement. It's a safe space for networking, exploring diverse cultures, and having fun.



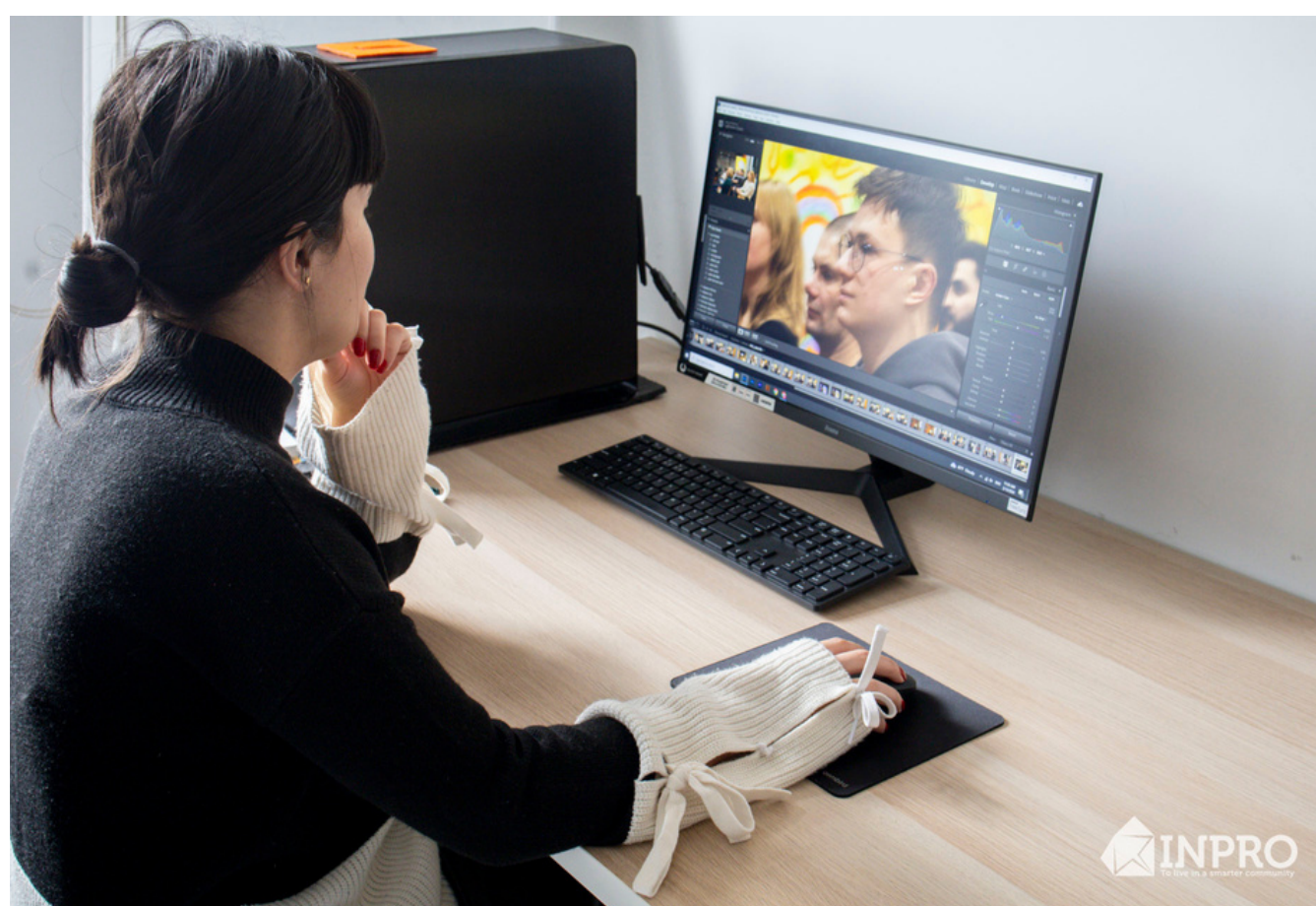
SCHOOL VISITS

INPRO volunteers are consistently enthusiastic about school visits! They diligently prepare workshops and presentations, usually tailored for middle and high school students, aiming to engage them in language learning and cultural exchange. These activities typically last a minimum of 45 minutes and are conducted at various schools in the Podkarpackie area. Additionally, it's worth noting that often it happens that schools from around the Podkarpackie region invite us to do workshops there. So get ready to travel 3-4 hours and sometimes to stay overnight to perform those workshops



MANAGING SOCIAL MEDIA

INPRO volunteers manage our social media platforms, crafting engaging posts, stories, and reels while staying current with trends. We are searching for candidates who are camera-friendly and social media-savvy, and who want to be regularly featured on our social media platforms. The volunteers usually ensure our content remains fresh and trendy, enhancing our presence on Instagram, Facebook, TikTok, and YouTube.



SUPPORTING INCOMING GROUPS

INPRO volunteers support hosted projects by facilitating the programs, organizing activities, and managing logistics. They design games, energizers, and team-buildings, conduct city tours, oversee evening and intercultural programs, etc. Volunteers assist with participant accommodation and check-out from the INPRO hostel, ensuring a seamless experience.



ADDITIONAL INFORMATION

Volunteers typically work from 10:00 to 16:00, five days a week, totalling 30 hours. They also engage in early morning school visits, assist with participant check-ins and outs at the hostel, guide city tours, maintain the space, etc. Despite these variations, INPRO volunteers' workload is consistently managed to ensure they fulfil their weekly commitment of 30 hours.



ACCOMMODATION



Accommodation is provided in a **3-bedroom flat** on Baldachówka St. in the very centre of Rzeszów.

You will be living with 5 other volunteers all together, sharing a room with a person of the same gender. The flat includes a common kitchen, one bathroom, attic, and balcony, and is located just a 10-minute walk from our office.

Each volunteer is obliged to clean regularly and to comply with the regulations. No overnight guests are allowed.

Check the pictures of the flat here



FOOD AND POCKET MONEY



At INPRO, we provide our volunteers with a monthly allowance of **1500 PLN (approximately €345)** for pocket money and food expenses. Additionally, travel expenses within ESC limits will be reimbursed at the project's conclusion.

Rzeszów offers a diverse culinary scene catering to various dietary preferences. Volunteers can explore a wide range of restaurants offering delicious meals at affordable prices, ensuring they can find suitable options to suit their tastes and budget.

Furthermore, volunteers can easily find various malls and shops in Rzeszów offering affordable clothing and other essentials for daily life. Additionally, second-hand stores are prevalent throughout the city, providing budget-friendly options.

Rzeszów boasts numerous attractions suitable for youth, offering opportunities for fun outings together. Whether exploring cultural sites, enjoying outdoor activities, or engaging in community events, volunteers have ample opportunities to enjoy their time in the city.



Weather

Rzeszów has a continental climate with four distinct seasons. Overall, Rzeszów enjoys a pleasant climate with something to offer for everyone.

Spring (March-May): Mild temperatures, with highs in the 10s and 20s°C, and lows around 0°C. Rain is common, with occasional showers and thunderstorms.

Summer (June-August): Warmest time of year, with highs in the 20s and 30s°C, and lows around 10°C. Sunshine is abundant, but there can be heatwaves and occasional thunderstorms.


Autumn (September-November): Temperatures cool down, with highs in the 10s and 20s°C, and lows around 0°C. Rain is more frequent, with showers and occasional fog.

Winter (December-February): Coldest time of year, with highs around 0°C, and lows well below freezing -5°C to -25°C. Snowfall is common, though not heavy.



Currency

The domestic currency in Poland is PLN (Polish Zloty). If you are new here and want to exchange some money for PLN, you might want to search for “Kantor” (exchange office) nearby. You can do it by simply searching on Google Maps.





Electricity

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E.

Details here:

<http://www.worldstandards.eu/electricity/plug-voltage-bycountry/>



Phone and Internet

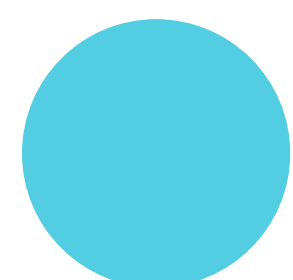
There is **free, unlimited Wi-Fi** available in the flat and in the office. You can buy a sim card at the airport or any kiosk/shop, and it will have a starter internet pack with lots of GB. Later you can purchase a monthly package for internet and unlimited calls. In Poland, we usually use the following carrier providers: Play 24, Plus, Orange, T-Mobile, etc.



Banking and Card Payments

In Poland, most places accept Visa and Master Card debit and credit cards. You can also withdraw cash from ATMs everywhere, but please check with your bank to confirm if you can do that.

As a volunteer at INPRO, you will get your monthly food and pocket money transferred to a bank account (credit card), which you'll open here in Rzeszów, with the help of your coordinator.





Moving around Rzeszów

Rzeszów's compactness and charm make it easy to get around on foot without needing buses or taxis for daily commutes. In fact, volunteers rarely use public transportation unless visiting schools, where bus tickets or travel reimbursements are provided.

If you do choose to use transportation, consider sharing a taxi with 2-3 others. This will be more affordable than taking a regular bus. Popular ride-hailing apps like Bolt, Uber, and Free Now are readily available in Rzeszów. Alternatively, explore the city on two wheels by renting a Bolt scooter!



Holidays in Poland 2024-2025

Here you can find the public holidays that will occur during the project dates. These dates may be modified as official changes are announced.

2024:

15 Aug - Thu - Assumption Day

1 Nov - Fri - All Saints' Day

11 Nov - Mon - Independence Day

25 Dec - Wed - Christmas Day

26 Dec - Thu - 2nd Day of Christmas

2025:

1 Jan - Wed - New Year's Day

6 Jan - Mon - Epiphany

20 Apr - Sun - Easter Sunday

21 Apr - Mon - Easter Monday

1 May - Thu - Labour Day

3 May - Sat - Constitution Day

8 Jun - Sun - Whit Sunday

19 Jun - Thu - Corpus Christi



FIND US ON SOCIAL MEDIA

Website

www.goinpro.org

Instagram

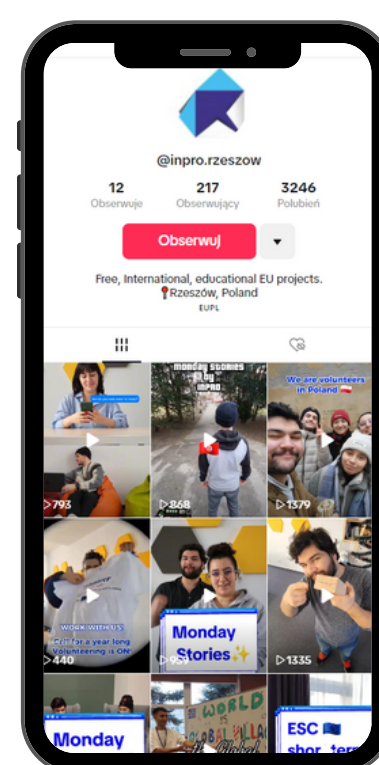
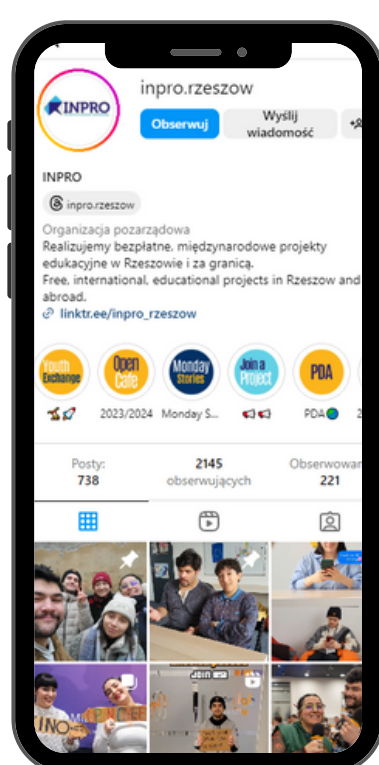
@inpro.rzeszow

Facebook

@goinpro.org

Tiktok

@inpro.rzeszow



CONTACT US

Stowarzyszenie Projektów Międzynarodowych "INPRO"

(+48) 789 338 881

office@goinpro.org

Monday to Friday / 9:00 – 17:00

Plac Dworcowy 1, 35-205 Rzeszów

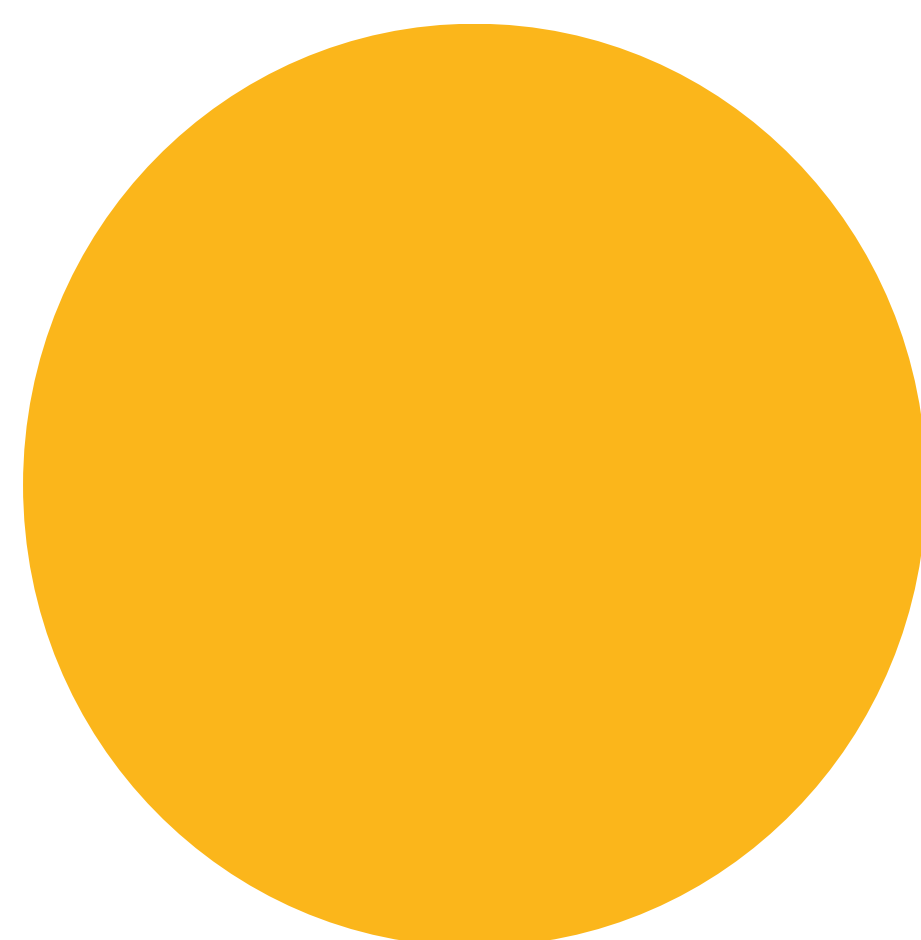
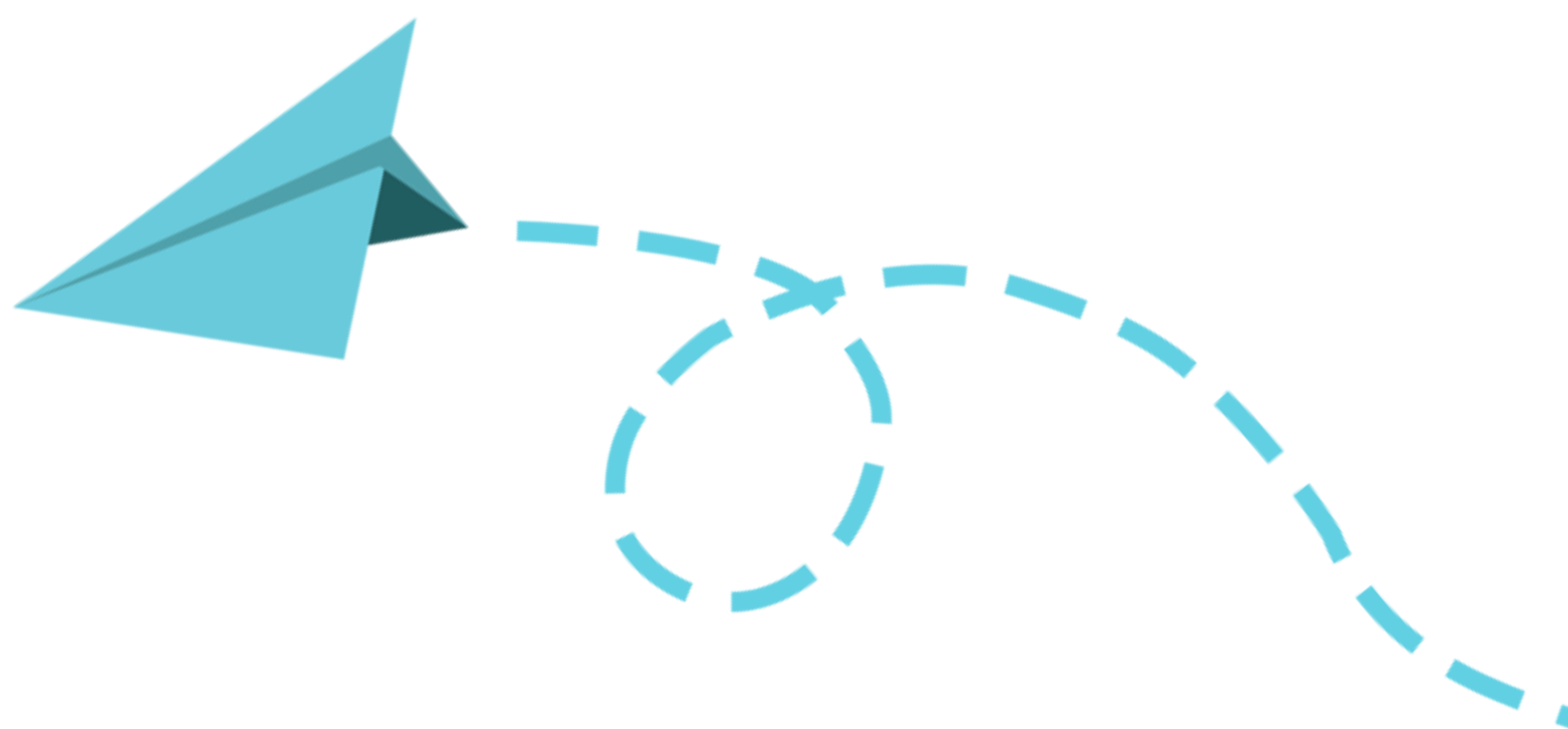


Erasmus+



Accommodation

Rules






General Rules

Living Conditions:

We want to remind you that while you'll be staying in the apartment during your time in Rzeszow, it is the property of INPRO. We respect your privacy and personal space, but we kindly ask for your understanding that the organization is responsible for the apartment.

Apartment Cleaning:

You'll need to develop a cleaning procedure and schedule together with your flatmates that works for everyone. It is essential to maintain proper hygiene, paying particular attention to the bathroom and kitchen. We recommend washing these areas at least twice a week. Additionally, please ensure the cleanliness of the staircase between the 2nd and 3rd floors, as well as your balcony. By working together, we can create a comfortable and inviting atmosphere for all.





Sustainable Living:

Conserve resources! Please use water, electricity, and air conditioning responsibly. During winter, the heating is set to 22 degrees Celsius, and it is not permitted to manipulate the temperature. On hot days exceeding 30 degrees, the air conditioning should be set to 22 degrees. Avoid setting the temperature too low, as it reduces efficiency and increases energy consumption. During summer, please remember to turn off the air conditioning when the windows are open or when you leave the flat. Let's work together to create a greener living space.

Remember to switch off the lights and unplug the chargers and any other devices before leaving.

Respecting Building Rules:

Smoking is strictly prohibited inside the apartment. Please only smoke on the balcony while keeping the windows closed to prevent smoke from entering the apartment. Use a closed jar to dispose of ash and cigarette butts.

Regular Check-ups:

To keep things running smoothly, the coordinator will visit the apartment periodically with prior notice. These visits are meant to ensure everyone's well-being and address any concerns or repairs that may arise.



Bills:

To ensure fairness, there is a maximum budget for bills per volunteer. The limit is 150 PLN per month, totaling 900 PLN per month or 10,800 PLN per year. If the total costs exceed this budget at the end of the year, we will evenly distribute the excess amount among the residents.

Visitors and Overnight Stays:

While we value connections and friendships, we inform you that external visitors are not allowed to stay overnight in the apartment under any circumstances. If you have friends or family visiting, we suggest making alternative accommodation arrangements for them. This ensures the comfort and privacy of all residents in the apartment.

Pet Policy:

Unfortunately, pets are not allowed in the flat.

