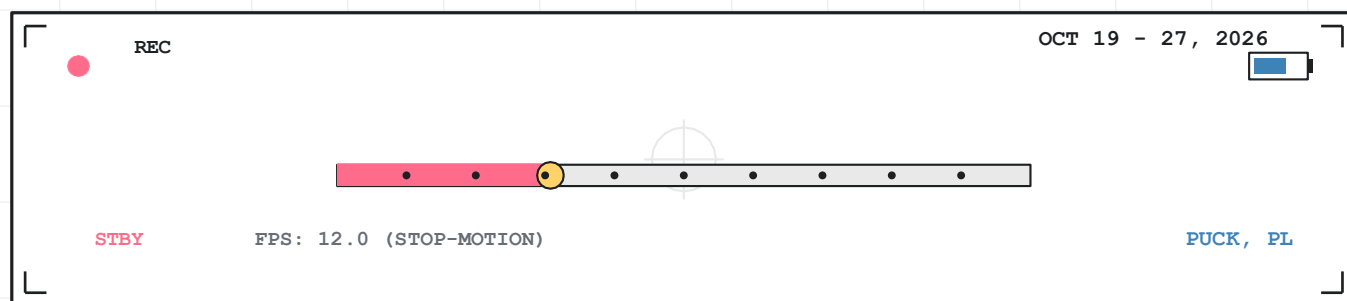


INFO PACK // ERASMUS+ TRAINING COURSE

STOP THE NOISE

STOP-MOTION & DIGITAL WELLBEING TOOLS



DATE & TIMEFRAME	LOCATION & REGION	HOST ORGANISATION
Oct 19th – 27th, 2026 (Travel days included)	Puck, Poland Baltic Sea Coast Venue	Autokreacja Foundation Warsaw-based NGO

All cost of Training are covered by Erasmus+ Programme. Travel cost limit according to Erasmus + calculator distance rates.



01 // THE 'STOP THE NOISE' PHILOSOPHY

In a world dominated by notifications and constant rush, '**STOP THE NOISE**' offers an original, pressure-free sanctuary. Designed specifically for youth workers and creators seeking deeper meaning in their communication, this training course pairs amateur stop-motion animation with deep focus and digital wellbeing. Here, you will find a safe space for visual creation completely free from the fear of the 'blank page' or anxieties regarding academic artistic talent.

02 // CREATIVE METHODOLOGY & DIGITAL WELLBEING

The core aim of this workshop is to discover how basic, accessible tools – including a standard **smartphone**, **natural elements**, and **everyday objects** – can be utilized to craft beautiful miniature visual narratives in a very short timeframe. Under a dedicated '*learning by doing*' approach, participants fully immerse themselves in an incremental, frame-by-frame tactile creation process.

Because stop-motion requires small, physical adjustments, it naturally demands **deliberate slowing down**, **deep patience**, and **intense presence** in the 'here and now'. Under this creative methodology, your smartphone loses its toxic, attention-grabbing character and is instead transformed into a precise instrument of individual and collective expression.

"By focusing on physical matter and accepting incremental movement, we learn to let go of perfectionism and discover digital peace in the present moment."

03 // COOPERATION, SYNERGY & ASSET-BASED APPROACH

Rather than imposing rigid hierarchy or forced leadership roles, we work through an **asset-based approach**, organically discovering the group's natural resources and potentials. Participants cooperate in a spirit of absolute synergy, recognizing and highlighting each other's diverse talents – ranging from structural planning and technical support, to the mindful pacing of tactile material movement. Crucially, we embrace the philosophy of '*controlled mistakes*', fostering creative freedom and mutual support. Following the creation phase, the group engages in structured reflections to analyze how these lessons can be directly adapted to local cultural initiatives and everyday digital wellbeing routines.

04 // WHO ARE WE LOOKING FOR?

- ◆ **Active Youth Workers.** Individuals who are actively involved in daily youth work initiatives.
- ◆ **Empathetic Mentors.** Experienced in working directly with youth at risk of exclusion or marginalization.
- ◆ **Open Minds.** Enthusiastic about learning basic animation techniques (absolutely no previous skill is required).
- ◆ **Committed Organisers.** Willing to run dissemination events and maintain active project visibility post-training.
- ◆ **English Communicators.** Fully capable of communicating freely in English (both written and spoken).
- ◆ **Eligible Residents.** Holding legal residency in one of the active Erasmus+ Programme countries.

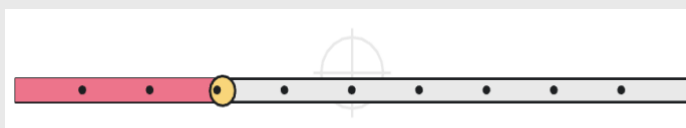


05 // THE ORGANISER

The **Autokreacja Foundation** aims at fostering active participation in a civil society through various initiatives in the field of social economy, contributing directly to the civilizational, cultural, and economic development of Poland. Autokreacja places a deliberate spotlight on the challenges faced by diverse, often marginalized social groups – including the long-term unemployed, underprivileged youth, unemployed women, senior citizens, immigrants, and refugees. Our key project designs actively support multiculturalism and rich intercultural exchange, bringing together disparate lifestyles, viewpoints, and philosophical outlooks to learn from one another.

website: www.autokreacja.org
 facebook: [FundacjaAutokreacja](https://www.facebook.com/FundacjaAutokreacja)
 instagram: [autokreacja_ngo](https://www.instagram.com/autokreacja_ngo)
 mail: autokreacja@autokreacja.org

APPLY [HERE](#)



06 ACCOMMODATION DETAILS

The entire training is situated in the charming seaside town of **Puck, Poland**, right along the scenic Baltic Sea coast. The nearest airport is **GDANSK (GDN) L.Wałęsa Airport**.

The host venue is located a mere 10 meters from the shoreline. This venue provides both comfortable lodging and a spacious training hall, complete with specialized break-out areas to support group dynamics and quiet visual editing sessions. All participants are provided with 3 wholesome meals and 2 dedicated coffee breaks daily. Rooming is organized in comfortable, shared quarters alongside participants of the same gender.

Please note that there is **absolutely no possibility** to request or stay in a private single room.

07// Travel

The detailed travel info will be sent to selected participants.

The travel cost will be discussed individually with participants and sending organization. The travel, accommodation, food, and training materials are fully covered, and funded by the EU.

Do not buy any tickets without our consent, as they will not be reimbursed.

07 // PRACTICAL CHEAT SHEET

TOPIC	KEY LOGISTICAL ARRANGEMENTS & INSTRUCTIONS
WEATHER	October in Puck can be chilly, windy, and rainy. Bring warm layers, a reliable waterproof jacket, and sturdy, water-resistant shoes.
FOOD & WATER	Three meals and two coffee breaks provided daily. Tap water is fully safe to drink. INFORM ORGANISERS of vegetarian diets by 1 week before arrival at the latest.
ELECTRICITY	220V at 50Hz. Standard European round double-pin plugs are fully compatible.
CURRENCY / MONEY	Official currency is Polish Zloty (PLN). Major cards are widely accepted. ATMs (Bankomats) are central; currency offices (Kantors) offer good rates.
ROAMING & WIFI	International calling access code for PL is +48. High-speed Wi-Fi is available throughout the accommodation and most regional establishments.

08 // EMERGENCY COORDINATION & SUPPORT

We will also establish a dedicated group chat at the beginning of the training to distribute live announcements and schedules.

KASIA (Coordinator) Phone:
(+48) 502 096 593

KARINA (Logistics Coordinator)
Phone: (+48) 733 065 545

EMAIL HELPLINE
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09 // APPLY [HERE](#)



**Funded by
the European Union**