

BE CAREFUL ON THE WEB

YOUTH EXCHANGE

2019.07.18-27
PORONIN, POLAND



Erasmus+



Project "Be Careful On The Web"

Number 2019-1-PL01-KA105-062105 funded by the Erasmus+ programme of the European Union

ABOUT THE PROJECT

Today, more than half of the world's population uses the Internet. The idea for this project was born by hearing stories of people being cheated on the net. Youth in particular is vulnerable because young people are "on the web" all the time. To prevent this, we decided to prepare a special project aimed at instilling certain rules that will allow young people to use the Internet in a safe way. We want participants to be aware that every movement in the network leaves a trace and that we are not anonymous. In an easy way, we may not notice when our data, passwords will be stolen and quickly used. The most important thing is to be able to distinguish between safe pages from those that are hacked. The youth participating in this project after the exchange will be aware of the decisions they make on the network, will pay attention to the websites, and above all, understand that the Internet is not only for entertainment, but also teaches many wise things. When discussing issues related to safety and caution in the network, young people will have the opportunity to cooperate in groups, establish new contacts and acquire interpersonal skills that translate into the objectives of the Erasmus + programme.

The main goals of our project are:

- giving young people attitudes and values such as: tolerance, openness to other cultures, respect, a sense of European community;
- raising the language skills of the participants;
- promotion of the Erasmus + program and development opportunities that it offers to young people;
- integration of young people from partner countries and creation of strong partnerships between participating countries through the involvement of young people in all stages;
- creating a guide on how to safely navigate the network;
- creating a spot depicting an example of online fraud;
- raising competences related to computer use.

A total of 64 people from Poland and Lithuania will participate in the prepared project. In the course of the project, two youth exchanges will be organized - Murzasichle - 25.06-04.07.2019 and Poronin 18-27.07.2019. Each exchange will be attended by 32 project participants (15 people +1 leader from each country).





YOUTH EXCHANGE

WHERE

The youth exchange will be held in Murzasichle, a beautiful town near Zakopane, which has one of the greatest views to Tatra mountains.

WHEN

Between 18 and 27 July, 2019. You will experience a real Polish summer :)

PARTICIPATING COUNTRIES

Lithuania and Poland. It's a great opportunity to make friends in the foreign countries!

CONTACT WITH THE ORGANIZERS

Facebook: Juste Dcv

Mail: juste.dcv@gmail.com

Phone: +48887944424 or +37062766255

Project group on Facebook: <https://www.facebook.com/groups/2448671602078064/>, or type "Be Careful On The Web - 2" in the search field.

NATIONAL GROUPS:

15 participants from 18 to 21 years old + 1 leader (18+) from each country.

THE EXCHANGE IS FOR YOU IF:

- you are between 18 and 21 years old (if you are 21+, please contact your organization, you might be a group leader then);
- you are a resident of Lithuania or Poland;
- interested in such topics as Erasmus+, European citizenship, multiculturalism;
- if you are browsing the Internet every day, buying online etc.;
- you are active and willing to learn, eager to participate in the workshops and classes.



DRAFT PROGRAM

- 18.07**
Arrivals in Poronin
Introduction
Leaders meeting
Tasks list, contract
Integrational evening
- 19.07**
Name games
Team building activities
Fears, Hopes and Expectations session
Presenting the regions we come from
City game
- 20.07**
Energizers, ice-breaking games
Workshop "Growing threats of online crimes"
Polish national evening
- 21.07**
Team building activities
Workshops "Stalking - how to avoid and fight with it"
Evaluation survey
Lithuanian national evening
- 22.07**
Energizers
Creating a system against hackers
Creating a movie
- 23.07**
Team building activities
Workshop "How to protect your data in the network?"
How to navigate the network?"
Workshop "Culture online"
- 24.07**
Creating a movie
Movie night
- 25.07**
Workshop "Children online"
Team building game "Marshmallow challenge"
- 26.07**
Youthpass workshops
Creating a guide "Be careful on the web"
- 27.07**
Youthpass certificate ceremony
Farewell party



PREPARATION FOR THE EXCHANGE

EACH NATIONAL GROUP MUST PREPARE THESE THINGS BEFORE ARRIVING TO PORONIN:

- prepare for your national evening. During this evening each national group presents their culture, history, traditions, songs, dances, interesting facts etc. In other words, feel free to share with us anything you like about your country, we are super excited to hear/see/taste that! Don't forget to bring some traditional food for the participants to try :) You can grab some brochures, leaflets etc from your local Tourist Point.
- prepare a presentation about your sending organization (NGO's market). You can make a powerpoint presentation, shoot a video, create a song or a play etc. Feel free to use your imagination :)
- organize and attend 1 preparational meeting with your national group. During the meeting you will be able to get to know each other better, prepare for your NGO's market and national evening as well as the workshops. Don't forget to take lots and lots of pictures!
- prepare 3 energizers and / or team building games which you will run during the workshops.
- prepare the workshops:
LITHUANIAN TEAM:
 - Workshop "Growing threats of online crimes"
 - Workshops "Stalking - how to avoid and fight with it"
 - Workshop "Culture online"POLISH TEAM:
 - Workshops "Stalking - how to avoid and fight with it"
 - Workshop "How to protect your data in the network? How to navigate the network?"
 - Workshop "Children online"

Each workshop must take around 2 hours and be consistent with the non-formal education rules.



PRACTICAL INFORMATION

ACCOMMODATION

Ośrodek Gastronomiczno-Wypoczynkowy BACA, Poronin, Poland

www.bacaporonin.pl

The location of the hotel: <https://goo.gl/maps/x6CSurb8Tcr>

You will be accommodated in a hotel, sharing a room with 2-4 beds. Every room has a shower, hot water and Wi-Fi. The canteen and the workshop room is in a nearby building 50m away from our hotel. **Bring your own towels!** Please make sure that you write your food preferences in the application form.

TRANSPORT

Travel day to Poronin - 18th of July, 2019. If you are planning to arrive in the evening, please keep in mind that dinner is at 8 PM. If you come later, we will get you some cold snacks.

Travel day from Poronin - 27th of July, 2019.

If you are travelling by plane, the nearest airport is in Kraków (Balice). You have to get from the airport to the bus station and catch a bus to Zakopane. It costs about 15/30 zł (4/8 EU). The first bus Kraków - Zakopane/Poronin is at 4:40 AM. The last bus leaves 22:25 PM. Another option is to fly to Warsaw (Chopin or Modlin) and to get a bus to Zakopane (the trip takes about 7 hours one way). If your bus does not stop in Poronin (local buses from Kraków usually stop, but Flixbus from Warsaw goes directly to Zakopane), you will have to catch a bus which goes from Zakopane to Poronin (it costs about 10zł and takes 15-20min). If you have any problems traveling, don't hesitate to call us +48887944424. We can help you with the details including talking to the bus drivers :)

TRAVEL COSTS

Important!!! Before buying the tickets, please contact us via facebook, email, phone, pigeon post etc and consult your way of traveling and the cost of the tickets.

According to the rules of Erasmus+, the organizers will reimburse 100% of participants' travel costs (as long as you use the cheapest ways of traveling; no business class flights or taxi) within the limits set by Erasmus+ programme upon presenting of the original tickets, invoices, boarding passes as well as confirmations from the credit card / bank account.



TRAVEL INSURANCE

Every participant must have European Health Insurance Card. Usually you get it free of charge and it is valid in the whole European Union.

The organizers will additionally provide the accidents insurance for all participants and leaders during the youth exchange (18-27.07.2019).

WHAT WILL I NEED IN MURZASICHLE?

Everybody:

- we suggest to take a warmer jacket because the temperature during the night might be around 10 degrees;
- a digital camera (if you have one);
- a laptop (you will need it to edit pictures, videos etc.);
- personal stuff (including a toothbrush and a towel);
- outdoor sport clothes;
- sturdy shoes that are comfortable during a longer walk;
- medicines (if you need them)
- all the original tickets, invoices, receipts, boarding passes, confirmations from the credit card / bank account;
- European health insurance card;
- smile, creativity, good mood and energy to work and learn :)

Per each group:

- a pendrive with your national music and favorite songs (we will listen to them between workshops);
- materials for your national evening;
- prepared activities, workshops and presentations.

TO DO LIST

- Read the infopack carefully. In case you have any questions, don't hesitate to ask us!
- Plan your travel, inform as and wait to be confirmed before buying the tickets.
- Prepare for your national evening. You can make a presentation, a funny quiz, show videos, teach a national dance or a song, bring some food and drinks.
- Be active before the exchange. We will be posting some information in our Facebook group. Please read it carefully and do all the preparatory activities connected to them.



HOW TO SURVIVE IN POLAND

SAFETY

Poland is as safe as any other European country. It is not dangerous for tourists. Economic situation is stable and the country is not a target for worldwide terrorism. In general, people are friendly and welcoming. The really basic rule to be applied when travelling is to obey general regulations and use a certain amount of common sense. Special care should be taken of your belongings in crowded places as pick-pocketing occurs in popular tourist destinations, train stations, buses, museums, etc. Don't leave your belongings unattended while travelling by bus, train or tram.

MONEY

Our currency is Polish zloty (zl, PLN). In most places it is impossible to pay with euro or US dollars. Only some hotels and few shopping malls would accept euro. There are numerous ATM's in larger towns (there is one in Poronin) so you won't have any problems with finding one and drawing Polish money. The other option is to use exchange offices. Majority of shops and restaurants accept credit cards. The most popular are VISA, MasterCard and Maestro. American Express and Diners may not be accepted. Do not bring traveller's cheques as they are not accepted.

ENGLISH LANGUAGE

English language has been commonly taught in Polish schools for many years and majority of people, especially in tourist sites, speak English better or worse. You should have no problems with communicating in English, especially with young people. Our guides speak fluent English and drivers have at least basic knowledge of the language.

WHAT TO BRING

You should be aware that most of our tours involve quite a lot of walking so bringing a pair of comfortable shoes will be strongly recommended. The type of clothes to take depends on the time of your travel. Anyway, the weather in Poland can be a bit fitful so you should also bring some warmer clothes as well as a raincoat.





**IF YOU HAVE ANY
QUESTIONS, THOUGHTS
TO SHARE OR NEED ANY
HELP, CONTACT US :)**



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