

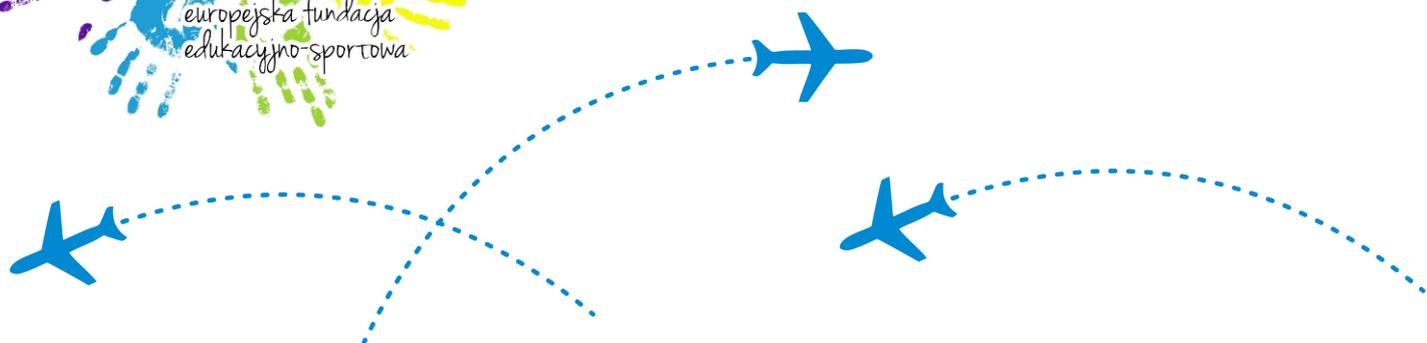
# Open To Europe, Change The World

## Youth exchange

2019.07.20-29



Erasmus+



*Project "Open To Europe, Change The World"*

*Number 2019-1-PL01-KA105-061786 funded by the Erasmus+ programme of the European Union*



# ABOUT THE PROJECT

The project "Open to Europe, Change the World" was created by young people actively working in our Foundation and young people operating at partner organizations. Its main goals are:

- promotion of the Erasmus+ programme among young people
- activation of young people operating in our organization and partner organizations
- instilling in the project participants the idea of citizenship and European society
- creating a professional video promoting the Erasmus+ programme addressed to young people, which will be sent to all our partners.

The objectives of the project and the idea were created on the basis of observation of the youth operating in our organization. They noticed that motivation to work and further development, their peers who took part in various types of activities and projects, drops very quickly. Another observation that drew the attention of the initiators of the project is that, despite the fact that their peers have knowledge about programs and projects under the Erasmus+ programme, they do not show willingness to participate in them. The originators of the project came to the conclusion that the above-mentioned passivity and lack of motivation to take action towards personal development result directly from the lack of a sense of deeper ideas behind such activities. They also came to the conclusion that nowadays young people are experiencing a crisis of authorities and ideals, because of this they are becoming less socially active and passive. The project is designed to instill values that will motivate young people to continue their development in such a way that future activities undertaken by them flow from their internal need.

During the project there will be organized 3 youth exchanges which will take place in Poronin, Murzasichle and Zakopane, Poland. The first exchange will take place in Poronin 20-29.07.2019, in which participants from Poland, Croatia, Greece and Lithuania will take part. There will be 40 young people attending the exchange! They will learn history, tradition, customs and national languages, and the realities of everyday life in individual countries, deepen the knowledge of the project topic through non-formal education and sharing good practice. All workshops will be conducted with the rules of nonformal education, which will additionally support the learning process.

All competences and skills acquired by the participants will be confirmed by the internal certificate of our Foundation and the Youthpass certificate.



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# YOUTH EXCHANGE

## WHERE

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

## WHEN

Between 20 and 29 of July, 2019. You will experience a real Polish summer :)

## PARTICIPATING COUNTRIES

Lithuania, Croatia, Greece and Poland. It's a great opportunity to make friends around the world!

## CONTACT WITH THE ORGANIZERS

Facebook: Juste Dcv

Mail: [juste.dcv@gmail.com](mailto:juste.dcv@gmail.com)

Phone: +48887944424 or +37062766255

Project group on Facebook: <https://www.facebook.com/groups/2443975222488737/>, or type "Open To Europe, Change The World - youth exchange 1" in the search field.

## NATIONAL GROUPS:

9 participants from 18 to 30 years old + 1 leader (18+) from each country.

## THE EXCHANGE IS FOR YOU IF:

- you are between 18 and 30 years old (if you are 30+, please contact your organization, you might be a group leader then);
- you are a resident of Lithuania, Croatia, Greece or Poland;
- interested in such topics as Erasmus+, European citizenship, multiculturalism;
- you are active and willing to learn, eager to participate in the workshops and classes.



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# DRAFT PROGRAM

## 20.07

Arrivals in Poronin  
Introduction  
Fears, Hopes and Expectations session  
Youthpass session  
Free evening

## 21.07

Name games  
Team building activities  
Tasks list, contract  
City game  
Welcome party

## 22.07

NGO's market  
Oxford debates "Let's get to know each other better - European integration"  
Theater play "I am in Europe"  
National evening 1

## 23.07

Energizers  
Workshops "European Union - where from, how and why"  
Creating a board game "EU connects us"  
National evening 2

## 24.07

Energizers  
Familiarization with graphic programs to create an e-book and programs for film editing  
Creating an e-book  
National evening 3

## 25.07

Workshops "Faces of the European Union - the migration crisis and its impact on our society"  
Ideas market "What actions we can take to contribute to the integration of young people in Europe"

## 26.07

Trip to Zakopane  
Meeting local volunteers  
Visiting Tatra National Park Museum  
Brainstorm about creating a movie

## 27.07

Recording a movie  
Editing a movie  
National evening 4

## 28.07

Youthpass certificate ceremony  
Farewell party

## 29.07

Project summary  
End of the exchange





# 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 as 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 this meeting you will be able to get to know each other, organize your national evening and the workshops. Don't forget to take lots and lots of pictures!
- prepare and carry out a survey connected European Union, Erasmus+ and young people's knowledge about these topics.
- prepare 3 energizers and / or team building games which you will run during the workshops.
- prepare the workshops:  
LITHUANIAN TEAM :
  - Oxford debates "Let's get to know each other better - European integration"CROATIAN TEAM:
  - Theater play "I am in Europe"GREEK TEAM:
  - Workshops "European Union - where from, how and why"POLISH TEAM:
  - Workshops "Faces of the European Union - the migration crisis and its impact on our society"

**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](http://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 - 20th 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 - 29th 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 (20-29.07.2019).

## WHAT WILL I NEED IN PORONIN?

### 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;
- 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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