



**ACTIVE
KIELCE**

ERASMUS+ NGO



**ERASMUS+ YOUTH
EXCHANGE IN MURZASICHLE,
POLAND
24 - 31.10.2019**

**36 YOUNG PEOPLE FROM POLAND,
LITHUANIA, LATVIA, ROMANIA, HUNGARY
AND
ITALY, 1 WEEK OF INTERCULTURAL EXPERIE
NCE, LEARNING ABOUT HEALTH,
MOTIVATION, SELF-MANAGEMENT AND
GOOD HABITS, ALL WITHIN AND THROUGH
NON FORMAL METHODOLOGIES**

HEALTHY MATTERS
because your mental and
physical health makes all
the difference

ACTIVE KIELCE NGO



Our mission is to bring intercultural experience to marginalized regions of Poland and give a chance to young people living there to experience the beauty of the world, intercultural learning and personal development. We are committed to life-long learning principles always seeking for ways to improve our skills, knowledge and methodologies.

Help us to be more resourceful, sustainable and environmental by contributing your knowledge, passion and expertise in this project.

Help yourself by learning about what's good for your body and mind and how to get there with little steps and some basic life hacks.

Logistics

Our venue

The venue of our project is Murzasichle, a village in Polish Mountain area, 100km away from Krakow.

Basic information about accommodation place - U Toski <http://utoski.pl/>

- 2/3/4/5 people in one room

- Rooms have their own bathrooms

- The restaurant will serve all meals (breakfast, lunch, dinner) and in some days we will have lunch packs;

- The area is very beautiful and surrounded by nature

Project Team

Jacek Kubicki is the project coordinator

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT JACEK: [JACEKKUBICKI@OP.PL](mailto:jacekkubicki@op.pl)

Rules

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops won't be allowed.

Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

This project is for you if...

You are interested in the topics of health and recreation, nature and environment, coaching and change management.

The aim of the project is to learn more about yourself, your internal and external motivators and a sustainable change that will scaffold your mental and physical health.



You will definitely improve certain interpersonal and intercultural skills, you will disconnect and get out of your zone, you will

- team work and peer learn a lot

Together with our partners and participants we will create a learning space full of wonders, positive energy and sustainable outcomes.

The final schedule will be presented upon the selection of participants is closed.



Activities



Your needs and your wants

Learn why what you want is not always good to you neither to your environment. Learn to define needs and follow what you really need.



Self awareness and personal development

Learn basic techniques of meditation and yoga, find a time for siesta, get up earlier than usual,



The group and community

What is the group, what is your place in it, what's your role, how well do you perform, how honest can you be?



The Health Day

You will be asked to organize this event if for a local community - sports, games, social activities and promotion of good habits and health.