



Youth exchange

”Creative recycling” 10.01-20.01.2022

Key Action 1 – Learning mobility of individuals

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Youth exchange: 10.01-20.01.2022

Miłków, Poland



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Project summary:

“Just do it”, the youth organization from Poland, invites you to join us in the 9-day youth exchange ”Creative recycling” 10th is arrival day and 20th is departure day. We want to get knowledge about ecology and recycling. The project will be hosted in Miłków. It’s a beautiful village near Karpacz city. The activity is funded by Erasmus+ Programme.

We will bring together young people from 5 countries, 8 people per country (7+ 1 leader), for APV 1 person per country (leader):

- Romania
- Poland
- Hungary
- North Macedonia
- Lithuania



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Objectives:

- to raise awareness among young people in area of ecology and protection of nature;
- to encourage young people to become green ambassadors, take part in various local, international projects and bring change to their countries and communities;
- to develop knowledge of the participants and participating organization on Erasmus + Programme and its Key Actions, support development of new project ideas and establishing new partnerships;
- to provide young people an opportunity to gain new competencies in areas such as communication, intercultural learning, teamwork, leadership and creativity that they can apply at their daily life while studying or looking for new job opportunities
- learning social activity.
- forming of the personality, developing interpersonal abilities,
- supporting the development of the young man, intensifying self-esteem,
- promoting the idea of the Erasmus+ program,



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- learning of the intercultural dialogue and the active citizenship,
- using methods of the nonformal education.

All of the above will be reached through means of non-formal education. We will not be giving lectures, we will guide and motivate participants to work in groups, find their own conclusions and develop communication and group working skills.

Participants should satisfy the following requirements:

- at least Intermediate level of English Language;
- willingness to participate in the Erasmus plus project.
- creativity and help during the preparation for the project
- ability to work in a group or willingness to learn,
- feeling of responsibility,
- willingness to establish intercultural dialogue,
- interest in non-formal education methods.



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- be able to participate for the whole exchange fully
- all of the participants commit themselves for disseminates the outcomes of our exchange in multiple ways.



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Accommodation:

- We will be staying in a beautiful village Miłków close to Karkonosze mountains, 3 km from Karpacz and 120 km from Wrocław.
- the participants will be accommodated in rooms (2,3,4) equipped with all comforts in a "Anna. Ośrodek wypoczynkowy" (<http://www.anna-osrodek.pl/>) in Miłków. Both the conference room and meals are provided by the "Anna. Ośrodek wypoczynkowy", so there will be no moving included. The Anna. Ośrodek wypoczynkowy will offer full board (breakfast + lunch + dinner). They will serve typical polish meals. Cuisine is part of our culture and we would like to share it. During the day, there will be two coffee breaks included.
- There is free wi-fi. **You need to take a towel because you will not find it in your room.**





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How to reach to Miłków:

Two nearest airports are situated in Wrocław (WRO) and Katowice (KTW). We suggest you to travel to Wrocław Airport. The airport is connected with the city center by buses. When you reach the main bus/train station there are buses to Jelenia Góra and then to Miłków (direction to Karpacz) (keep in mind that last one is at 16:30- 4:30p.m. - from Wrocław bcz of COVID19). From bus station in Miłków to accommodation is around 2 km. (Keep in mind that we are going to be in beautiful Karkonosze mountains).

Participation conditions:

- food and accommodation is fully covered by the organizers with the support of the European Commission's Erasmus+ Programme;
- we don't cover insurance, please make it as your commitment to the exchange;



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Weather:

January in Poland is the winter month. 😊 We have to keep in mind that we will be in the mountains where the temperature is usually lower than in the rest of the country. On January it averages around: **-5° C in day and – 15° C at night**. However, it is amplitude, so the temperature may be lower. **Remember to take warm clothes!!!**



Dissemination:

- every involved organization will be asked to write, together with participants, after their return, an article about the project and present it on their websites: the activities we've had, impressions they've got and what impact they are expecting after this;
- within a month after the youth exchange, every partner organization expected to organize follow up workshops on the topic of the training with their organization members and also within local communities;
- at the project, we will be writing short summary of the day with pictures and every organization will be able to share this information amongst their youngsters through social media and websites.

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What to bring:

- WE STRONGLY ADVISE YOU TO TAKE OUT A FULL TRAVEL INSURANCE POLICY FOR THE DURATION OF YOUR STAY IN POLAND! PLEASE NOTE INSURANCE COSTS OF ANY KIND WILL NOT BE COVERED. The organization will not be able to reimburse you for any losses.
- Please do not forget to bring with you some food and drinks, specialities of your countries for our intercultural evening. We would like to organize Intercultural evenings on the Youth cultural centre.
- If you have special dietary or other requirements, be sure to specify them in the application form.
- Please find a nice mug from your city/town/country and bring it to the training course. On the first day we will make a lottery and you will get a cup that you can use the whole week (coffee break) and later bring home with you as a memory.

Less plastic, more beauty!

- Good mood 😊





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Contacts:

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