



**ACTIVE
KIELCE**

ERASMUS+ NGO



**ERASMUS+ YOUTH
EXCHANGE IN MURZASICHLE,
POLAND
11 - 17.10.2019**

**32 YOUNG PEOPLE FROM POLAND,
LITHUANIA, LATVIA AND
ITALY, 1 WEEK OF INTERCULTURAL EXPERI
ENCE, LEARNING ABOUT SUSTAINABILITY
AND GLOBAL IMPACT,
NON FORMAL METHODOLOGIES**

**Communicate with your
community**

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.

Register with the link below - it is obligatory:

<https://forms.gle/74pncZYU7d5VbUGh6>

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 and Arkadiusz Kalinowski is the project facilitator.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT JACEK: JACEKKUBICKI@OP.PL

Rules

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshop 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 communication, community and personal development.

The aim of the project is to learn more about yourself, your motivation and the way how you handle the group environment.



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

The main flow

In this short project we will try to immerse into the world of simple personal development tools and communication with your internal and external world.

Self awareness and personal development

Learn basic techniques of meditation and yoga, find a time for siesta, get up earlier than usual, DISCONNECT WITH YOUR MOBILE FOR 2 DAYS (if you can't, then please don't come)

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 external world

You will be asked to promote this event in your social channels - what do you want to say, how to frame it, what methods will you use?