



Youth exchange

”From oppression to solution” 02-10.06.2019

**Key Action 1 – Learning mobility of individuals**

**Youth exchange**

”From oppression to solution”

**APV: 25-27.04.2019**

**Youth exchange: 02 – 10 June 2019**

**Sosnówka, Poland**



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### Project summary:

“Just do it”, the youth organization from Poland, invites you to join us in the 7-day youth exchange ”From oppression to solution” 02<sup>th</sup> is arrival day and 10<sup>th</sup> is departure day. The youth exchange will focus on integration through art. The project will be hosted in Sosnówka. It’s a beautiful village near Karpacz city. The activity is funded by Erasmus+ Programme.

We will bring together young people from 4 countries, 9 people per country (8+ 1 leader), for APV 1 person per country (leader):

- Spain ( Asociación Juvenil Albolut)
- Lithuania (Tarptautinis bendradarbiavimo centras)
- Romania (ASOCIATIA TINERII 3 D)
- Poland (Just do it)



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### Objectives:

- creating a safe space to look for a way to solve social problems;
- providing tools for constructive expression and dealing with oppression;
- creating an unique situation in which the viewer gets permission to enter the stage and act;
- acquisition of tools by the participants to carry out changes in their environment;
- counteracting discrimination and exclusion;
- exchange of experiences, different views on a given topic, learning from each other;
- development of active creativity, cooperation in the group, careful perception;
- development of a sense of community through creative action,
- learning assertive expressing needs;

**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 groupworking skills.**



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### Participants should satisfy the following requirements:

- at least Intermediate level of English Language;
- has artistic awareness,
- interested in the relation exclude-ing integration
- motivation in attending the youth exchange and participate actively;
- is interested in creative ways of spending free time
- have a great interest in developing their skills and motivated to work with youngsters
- 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 city village Sosnówka close to Karkonosze mountains, 3 km from Karpacz and 120 km from Wrocław.
- the participants will be accommodated in rooms (double or triple) equipped with all comforts in a "LUBUSZANIN" (<http://www.lubuszanin.ig.pl/3388,Start.html>) in Sosnówka. Both the conference room and meals are provided by the "LUBUSZANIN", so there will be no moving included. The Lubuszanin will offer full board (breakfast + lunch + dinner -only mineral water included, you can order some extra drinks). 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 in rooms. **You need to take a towel because you will not find it in your room.**





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## How to reach to Sosnówka:

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 Karpacz (keep in mind that last one is at 18:00- 6p.m.). From main bus station in Karpacz we will pick up you :) .

## 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;
- travel costs will be reimbursed, up to travel cost limit (listed below) according to Erasmus + programme rules listed below. Before purchasing tickets, you have to get a confirmation from organizers (send the tickets you want to buy on e-mail written in contacts);
- we will NOT reimburse you travel costs, if you don’t attend all sessions/arrive later/leave earlier;
- **important: KEEP YOUR BOARDING PASSES, DON’T THROW THEM AWAY, or we won’t be able to reimburse you;**
- collect e-ticket, invoice, proof of payment. For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. We can’t reimburse money if you take taxi.



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### We need invoice for your tickets:

Just do it

Stara Kamienica 51c/6

58-512 Stara Kamienica

Tax number 611-27-68-695

### Reimbursement limit for travel costs:

Country (number of participants)	Max amount per participant
Romania (9)	275 Euro
Spain (9)	360 Euro
Poland (9)	0 Euro
Lithuania (9)	275 Euro



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### Weather:

June in Poland is the spring month. ☺ Its mean will be not so warm ☺

We have to keep in mind that we will be in the mountains region where the temperature is usually lower than in the rest of the country. On June it averages around:

**17° C in day and 8° C at night.** However, it is amplitude, so the temperature may be lower.



### 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:

Feel free to contact us in any way listed below:

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