



### **INFO-PACK**

*This file includes important information about the upcoming Youth Exchange “Korfball- the only such a game in the world!” in Belchatow, Poland (03-13 August 2022) organized by Belchatow Land Association with We Go Project – partner organization.*

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#### Contact List:

Youth Exchange - Organizational Groupchat (Messenger)

Exchange “Korfball- the only such a game in the world!- Youth Mobility (Facebook Page)

Emila Pawlica: [emiliapawlica2@gmail.com](mailto:emiliapawlica2@gmail.com), <https://www.facebook.com/emilia.pawlica.7>,

**(Organizational information) Leader of a the group**

Katarzyna Pałucka [kaspalucka@gmail.com](mailto:kaspalucka@gmail.com), <https://www.facebook.com/kalina.kalina.944/>,

(Contact with coordinator from Belchatow Land Association )



## 1. Information about traveling

### a. Lithuan participants

Transport to Poland carried out in agreement with We Go Project organization.

### b. Polish participants

You are expected to arrive in Bełchatów on 03.08.2022 . The exact address of the accommodation you have to arrive at is Czapliniecka 66 street, 97-400 Bełchatów ( Dormitory in Bełchatow)  
Please arrive in the evening hours if possible, if not- contact me.

## COVID:

As all travel restrictions to the Republic of Poland **have been lifted**, there is no longer any requirement to:

- present a vaccination certificate when crossing the border
- quarantine after crossing the border
- possess a negative SARS-CoV-2 diagnostic test result when crossing the Polish border from countries outside of the Schengen/EU zone

## 2. Accommodation

The accommodation you will be staying in is dormitory in Bełchatow (Czapliniecka 66 street, 97-400 Bełchatów) and is located near the center of Bełchatow, and Sport Center, where we will spend time on sports activities. **The entire building is for our use only. No outside people have acces to it.**

There will be up to 2-3 person rooms; You will be assigned to a room according to your sex. Shared toilettes on the corridor, gender divided (M/F). There is free WiFi access. Three meals will be provided to you for free at agreed times. We will have available in any time: conference room, fully equipped kitchen, laundry, outdoor area (volleyball court, football pitch, barbecue area).

## 3. What to bring?

We expect an average temperature of 20-25°C and sunny days. In the long-term weather forecast, however, there is always the possibility of rain.



Program that we will follow during the exchange will include sports activities. You should bring:

- Swimsuit (any other swimming accessory like swimming goggles and swimming cap will be a great addition)
- Sports comfortable clothes
- Comfortable shoes
- A backpack / bag
- Sunscreen
- Towels
- EHIC - European health insurance card

You will be provided three meals a day- breakfast, dinner and supper, in the form of a buffet. You will also be insured\* in case of the need for medical attention.

\*Group's leader will have access to all participants' insurance documents

Bringing money for your own expenses is advised. You can exchange money in Belchatow or before arriving in Poland, if you wish.

**NOTE:** Each participant is required to complete a questionnaire about their diet requirements, health conditions, and other information useful for the purpose of insurance and project organizers.

## EXCHANGE PROGRAM

The program of activities is flexible and might change. Detailed program will be discussed on 03.08.2022 during integration day. Most of the activities will be organised at the Sport Center <https://www.pcs-belchatow.pl/>. The entire facility will be available to us ( gym, swimming pool, fitness room, athletic stadium, tennis courts)

03.08.2022	<ul style="list-style-type: none"><li>● Polish and Lithuan participants arriving</li><li>● Introduction and integration day</li><li>● Getting to know the surroundings</li></ul>
04.08.2022	<ul style="list-style-type: none"><li>● Introduction to the rules of Korftball- theory and trening</li><li>● Youthpass workshops</li></ul>
05.08.2022	<ul style="list-style-type: none"><li>● Mindfulness workshops- part I</li></ul>



	<ul style="list-style-type: none"><li>● Ewaluation meeting</li></ul>
06.08.2022	<ul style="list-style-type: none"><li>● Korftball trening</li><li>● Lithuan evening</li></ul>
07.08.2022	<ul style="list-style-type: none"><li>● Visit at the PGE Giganty Mocy museum</li><li>● Mindfulness workshops- part II</li></ul>
08.08.2022	<ul style="list-style-type: none"><li>● Meeting with Korftball team and joint training</li><li>● Swimming and lifeguarding lesson at the swimming pool</li></ul>
09.08.2022	<ul style="list-style-type: none"><li>● Korftball trening</li><li>● Polish evening</li></ul>
10.08.2022	<ul style="list-style-type: none"><li>● Day at the beach (Słok reservoir near Belchatow city)- pedal boats, boats will be available to us</li><li>● Swimming and lifeguarding lesson in the water</li></ul>
11.08.2022	<ul style="list-style-type: none"><li>● Kortftball trening</li><li>● Ewaluation meeting</li><li>● campfire</li></ul>
12.08.2022	<ul style="list-style-type: none"><li>● Sightseeing in Belchatów using a digital guide</li><li>● Creating Youthpass documents and project ewaluation</li></ul>
13.08.2022	<ul style="list-style-type: none"><li>● Departure from Belchatów</li></ul>