

**„ Youth in touch! ”**

**Youth Exchange**

**Murzasichle, Poland**

**22 02 – 28 02 2020**

**The organizers:**

Stowarzyszenie Inicjatyw Europejskich "ACTIVE" (European Initiatives Association "ACTIVE") is a non-profit NGO organisation. It was founded in June 2010 in Kielce. It is composed of young people, mostly students from various parts of central Poland, which is the main area of organisation's activities. At the moment there are about 15 active, registered members and many supporters. The main goals of the association are: organizing european youth exchanges, improving co-operation of young Europeans and their organizations, creating and carrying out various local and regional initiatives, assisting in the process of European integration, working with youth from poor, defavourised regions, co-operating with cultural and scientific institutions in Poland and abroad, promoting: democracy and citizenship development, tolerance, free market economy, cultural heritage, sports, healthy lifestyle and ecology. During regular meetings the members discuss current domestic and foreign issues concerning politics, economy, social matters, youth problems, etc.

**The project:**

The project will be attended by 32 young people including youth leaders aged 18 to 30 from Poland, Lithuania, Latvia, Hungary at February 2020 in Murzasichle in Poland. The participants of this project are primarily young people operating in partner organizations and young people from local communities who were interested in the subject of the project and took up the challenge of preparing such an exchange. Therefore, we do not plan any selection of participants. All persons involved in the project will be its participants. The group consists of 32 young people including 4 youth leaders, one from each country. Each of these people is interested in the subject of the project and wants to develop communication skills that will later be used and shared in their work in a non-governmental organization and in local communities. Young people want to start to influence their education, which is why they care about personal and professional development. Participants with fewer opportunities are people from socially and educationally undeveloped areas, and they come from broken families as well as unemployed people. In addition, young people are struggling with economic problems with the largest unemployment rate among young people in the European Union.

Women and men are involved in the project to varying degrees. Everyone had the opportunity to join our project group. Our group consists of almost half of men and women.

Communication leads to community, understanding, intimacy and mutual appreciation. Communication skills are the first skill that we acquire right after birth. Communication skills are necessary to find the right job, meet new people, acquire new knowledge and develop our professional and personal life. That is why the "Youth in touch!" Project was created, which is a 7 day Youth Exchange, which aims to increase their communication skills within the Erasmus Plus Program. This project will focus on improving the communication skills of participants. The young people will understand how to communicate using video in social media. We want to create a safe environment for mutual

understanding and integration of participants from different cultures not only to build a spirit of tolerance among them, but also to promote the Youthpass certificate as a tool for recognizing the acquired competences of the project duration All activities in this project will be based on non-formal education tools and methods, such as integration games, simulations, role plays, storm m zgów, The result of this project will be developed by the participants in the promoted video showing the power of social media and the importance of communication skills in today's life.

### **Transport:**

APV

The arrival day to Murzasichle must be 25 01 2020(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km). We can arrange bus to Murzasichle from Kraków or your city as it is most efficient to get to the hotel.

The departure back will be on 26 01 2020.

Exchange:

The arrival day to Murzasichle must be 22 02 2020(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km). We can arrange bus to Murzasichle from Kraków or your city as it is most efficient to get to the hotel.

The departure back will be on 28 02 2020 in the morning,

If you need any help with tickets or transfers please let us know we can arrange it so before you will buy ticket please contact us to be sure that this is best option.

We will reimburse your travel expenses in the last days of the project, in cash (euro). Please bring with you all original receipts, invoices, e-tickets, proof of payment and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without having to send it`s to us by post when you return home! Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project.

It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible.

**We can arrange all the travel for you as buses, planes etc. for that please ask your team leader.**

## **The group:**

We need 8 participants (one group 7 + 1 leader) from each of the country. Age limits for the participants are 18-30 years old. We will be a total of 32.

## **Rules:**

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation.

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

## **The location:**

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

## **What to bring:**

- All your travel documents and financial statements/proofs of payment;
- Typical food and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing. Try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on!

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!

- Clothes: going to have some swimming session, so prepare your swimsuit!
- Whatever you need for taking shower, washing, etc; Towels are in the hotel.

Our currency is the Polish Zloty (PLN): 1 Euro = 4.30 PLN

If you have any questions for us please contact Jacek Kubicki (jacekkubicki@op.pl), Project Manager.

We are looking forward to see you in Poland!

Regards from Stowarzyszenie Inicjatyw Europejskich ACTIVE!