

Play out Your Addiction

Youth Exchange 20/04-27/04/2023

Murzasichle, Poland

The project:

The aim of the project is to understand the problem and threats arising from network and technology addiction, lack of physical activity and the use of old, traditional, multi-generational games and plays as an alternative to the computer and telephone.

The goals of this project are deeply related to the needs of the participants who created it, and this is primarily the need to face the problem of our addiction mainly to networks, mobile phones, and social media. The group of participants that creates this project is struggling with this problem and wants to learn more about addiction, related consequences and alternative leisure activities. The result of the action will be greater awareness of the participants about the level of their addiction and how they can change it in their environment.

In addition, they will manually create a guide showing these games and activities and use it to promote physical activity, playability, interculturalism and mobility under the Erasmus + program.

Youth exchange "Play out Your Addiction" is a meeting of 32 young people from 4 countries: Poland, Lithuania, Hungary and Malta, which will take place in April 2023 in Poland. The participants of the project are young people aged 18-30 who usually come from culturally, economically and educationally marginalized areas. Each partner complied with the 50/50 gender parity. One month before the main activity, the group leaders will meet for a preparatory visit to discuss in detail all organizational matters.

This youth exchange is created by young people who have shown a desire to create this topic and develop in the subject. Some of them are actively involved in activities at the local level, some cooperate with older people in similar methods addressing problems of physical activity and social exclusion. Nevertheless, we always try to make sure that the people for whom this is a new experience take part. So each group has experienced people (mainly leaders) who support but the majority of people are new to these activities and want to learn and experience something new.

Transport:

The arrival day to Murzasichle must be 20 04 2023(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km).

The departure back will be on 27 10 2022 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 (7+1 leaders) from each of the country. Age limits for the participants are 18-30 years old and 18-35 for leaders.

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!
- Towels and whatever you need for taking shower, washing, etc;

Our currency is the Polish Zloty (PLN): 1 Euro = 4.7 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!