



**RE(ME)MBER  
NOT TO  
FOR(GET)**



**Erasmus+**  
Enriching lives, opening minds.

**Fundacja Explicatio – Poland**

**Asociatia Tinerii 3D (The  
Association of 3D Youngsters) –  
Romania**

**Youth Line – Greece**

**Psiencia – Associacao para a  
promocao a desenvolvimento  
social – Portugal**

**VSI “Tarptautinis  
bendradarbiavimo centras” –  
Lithuania**

## **Where?**

Zakopane, Poland

## **When?**

**APV** – 7-9.09.2020

**YE** – 12.10-20.10.2020

## **Partners:**

Poland, Lithuania, Romania, Greece, Portugal

**The Re (me) mber not to for (get) project is created by a group of 40 people aged 16 to 27 and will take place in Zakopane.**

**The project will involve people from Greece, Romania, Portugal and the Lithuania.**

The first part, i.e. the part (ME), will focus on ensuring that young people gain greater self-awareness about themselves in the learning process. In this part, participants will perform tests on learning styles. Based on this test, the participant will be able to determine if he is a visual learner, listener, kinesthetist or tactician. They will thoroughly discuss these styles and organize a list of the best methods for a given learning style. The second important element will be recognition by students of one of the 8 types of intelligence distinguished by Howard Gardner. Participants will be divided into 8 groups in which they will present the type of intelligence in a variety of ways.

Each group will present a given type of intelligence through a short theater. After the theaters, we will discuss what learning models are best for a given type of intelligence. Participants will complete a short test that will allow them to recognize a particular type of intelligence. Later, re-assembled into groups according to their type of intelligence, they will develop a strategy to best learn and treat themselves in the process of work and learning, according to their type of intelligence. In the morning block, young people will precisely define their learning goals. Working with the S.M.A.R.T goal planning method (specifics, measurable, ambitious, realistic, time-orientated). At the beginning, participants will be satisfied with their learning goals for 5-10 minutes. Later, they will be divided into 5 groups in which they will accurately describe the components of the S.M.A.R.T. method. After this block, each of them will receive 15-20 minutes to independently plan their own goal in accordance with this tactic. In the following, participants will consider what motivation is. Divided into three groups, they will thoroughly discuss three types of motivation (internal, external and anxiety motivation). Participants will have 10 minutes to describe their motivations on the card individually. After this exercise, together we will discuss the best form of motivation. We will also recall Richard Denny and Yarkes-Dodson, who developed scientific laws on motivation. In addition, participants will work on their motivation, thanks to the technique of the Kingdom (King is a goal and queen is spontaneity). This technique allows you to be aware of your goals. We also want participants to be able to identify their FLOW state, based on the book by Csikszentmihalyi Mihal, who studied this issue in detail. Participants in groups will discuss what the flow state is, why it is good and needed and how they can wake it up. We will also take up issues regarding the organization of time, including 60:40 techniques, the golden hour, POMODORO techniques and RMP methods. In addition, participants will learn how they can take care of themselves and their brain in the learning process, what promotes their health and what disturbs. During workshops on

stress and problems with concentration, participants will learn relaxation techniques and techniques that will allow them to train their sense of concentration (mindfulness, listening to relaxing music, artistic forms of stress relief, relaxation technique of Dr. Edmund Jacobson, Schultz autogenic training, work with breathing, yoga ). We will present participants with free applications that they can use to manage stress and procrastination. Participants will gain knowledge on how to learn in an interesting and attractive way, by jointly creating mind maps (both in traditional form on paper and in an online version), they will learn how to use mnemotechnics to better remember important things and work on their memory) . We will also show participants how they can create mnemonics (rhymes, vivid images, the Roman room, i.e. the Locci method and the tab method). We also want the participants to carry out lessons for Polish youth at the General Secondary School in Zakopane in which they will contain the knowledge acquired during the project. In addition, we want the participants to conduct a survey or organize a flashmob in the city center. Our experience from the previous project showed us that much depends on weather conditions, hence we declare two options. We would like to emphasize that all the above-mentioned activities will contribute to the development of each of the 8 key competences.

## **General informations**

**City:** Zakopane

**Location:** Zakopane is located near here Cracow (Kraków) in the south of Poland, in the Tatra mountains

### **Hmmm... How to reach Zakopane??**

Two nearest airports are situated in Cracow (KRK) and Katowice (KTW). We suggest you to travel to Cracow Airport. The airport is connected with the city center by buses. When you reach the main bus/train station there are buses to Zakopane (they leave every 20 minutes). . The nearest LOCAL BUS stop (name U STÓP) is near Orlen gas station/McDonald's – but mind you in Zakopane – not Nowy Targ).

### **Accommodation**

During the project we will be accommodated in Willa Józef. It is characteristic highlander house. The resort is situated at the border of Zakopane city and Tatra National Park. An additional advantage of the Southern part of the resort is the view of the mountains. The address is: Harenda 34 Street.

**Website:** [www.zakopaneharenda.pl](http://www.zakopaneharenda.pl)

## **How you should prepare???**

- Take comfortable and waterproof shoes and your own towels
- Take WARM clothes and waterproof jackets. The wather is changing in Zakopane all the time, especially during atum. So be prepared for rainy, cold weather (or maybe nature will surprise us :D )
- Take good vibe and energy to work. We will need it. ;) :)
- Bring with you some thing characteristic for your country (food, clothes or whatever you need). You will need them during



**REMEMBER! ACCORDING TO  
CURRENT SITUATION WITH  
COVID-19 TAKE WITH YOU:**

**1**

**PROTECTIVE FACE MASK**

**2**

**HAND STERILIZER**

**3**

**EUROPEAN HEALTH INSURANCE CARD**

**4**

**WARM CLOTHES AND SHOES**

**HERE YOU CAN FIND INFORMATION ABOUT SITUATION  
IN POLAND**

**[HTTPS://WWW.GOV.PL/WEB/C  
ORONAVIRUS](https://www.gov.pl/web/coronavirus)**



## **TRAVEL COSTS:**

**Romania: 275 euro**

**Portugal: 360 euro**

**Greece: 275 euro**

**Lithuania: 275 euro**

**Poland: 0 euro**

## **CONTACT:**

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**And one more thing! 😊**

**Please, take with you one mug.**

**We will need them during activity. The mug can be colorful, with the picture of your country. As you wish!**

**Thanks and see You in Poland! <3**



