

Safe Media for All

Youth Exchange 24/09-29/09/2022

Murzasichle, Poland

The organizers:

Foundation PROGRESS is a non-profit NGO organisation. It was founded in 2018 in Kraków. 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:

We believe that our exchange is particularly important now, when the world of life has largely moved to the online zone and young people use social media like never before. Young people need the right tools, not only to deal with stress and motivation alone, and to keep up with the rapid changes in the computerized world.

While there is more and more talk about issues such as hate speech, exclusion, racism, sexism, homophobia and cyberbullying, very little is offered as a viable solution. In fact, there are few activities for young people on online safety, and hardly anything is said about the dangers of excessive and thoughtless withdrawal from social media. . Another important issue that is talked about very little is image in the media. Selfies, easy photo manipulation programs, promoted ideals are omnipotent. Being harassed and obsessed with appearance leads to a lack of body acceptance, self-confidence and even depression.

The pandemic caused the world to move largely to the Internet. Fast computerization and transfer to remote learning, work, remote contacts with others. This has, of course, some good sides. Young people suffered first of all

Not only physical health problems started to appear, but also depression, increased stress, isolation and longing for real relationships between people, lack of motivation and willingness to act.

Psychologists confirm that intensive use of social media deteriorates mental health. Comparing yourself to others and having a bad body image significantly lower young people's self-esteem
Social media can be a great tool for development, learning, and communication with others, but when used inappropriately and unreasonably, it becomes dangerous.

In addition, young people are increasingly exposed to hatred. Unfortunately, reports show that the pandemic has worsened the situation. In the online world, hate speech is growing, as is the problem of disrespect, exclusion and discrimination.

Unfortunately, many young people feel illusory online safety by posting harmful content online, feeling "elusive". There is a growing disrespect for peers, including teachers, and cyberbullying often proves to be more cruel and harmful than bullying in the real world.

Young people cannot cope with their own emotions resulting from the negative impact of social media and are afraid to talk and ask for help

There was a need to better find yourself in the work environment and minimize the stress associated with working in front of the computer.

In a pandemic world, we all feel the need to connect with others and exchange experiences. The need to work with one's own emotions and negative self-beliefs became even more evident. The non-formal nature of the exchange and the strong commitment of the participants will satisfy the need to be creative and creative.

Young people felt the need to prevent social isolation, addiction to social media and minimize cyberbullying.

The project was developed in close cooperation with four different organizations from different countries. From the planning phase itself, young people and participants are involved who have an impact on the project activities.

People with fewer opportunities as well as people new to the world of E + will have a chance for an unforgettable experience which is international exchange.

Detailed objectives of the project:

- Developing the ability to create strong self-esteem independent of the opinions of others.
- Focusing on stimulating creativity and creativity in young people without violating the rights of others
- Developing empathy in young people while learning to accept different views of a dear person.
- Installation of basic EU values such as cooperation for the benefit of the entire planet, including environmental protection
- Ability to cooperate with others by strengthening interpersonal communication skills, clearly expressing own opinions about needs. Strategy of goals.
- The ability to search for common goals and values that will be the basis for creating joint activities and projects supporting young people in development. Ability to use the media and use them to create high-quality classes, workshops and work tools

Transport:

The arrival day to Murzasichle must be 24 09 2022(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km).

The departure back will be on 29 09 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 18-31 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. All things that we can buy in Poland we can refund for your evening. 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!

Regards from Stowarzyszenie Inicjatyw Europejskich ACTIVE!