



**TALKING IS EASY,  
ACTING IS DIFFICULT**

**ZAKOPANE, POLAND  
ERASMUS+ YOUTH EXCHANGE**



# KEY INFORMATION

**Type of Activity:** Erasmus+ Youth Exchange

**Date:** September 1 - 9, 2022 (1 & 9 - travel days)

**Number of Participants:** 6 per country

**Age:** 20 - 30

**Additional Stay:** Allowed, up to 3 days (at own expense)

**Travel Budget:**

Poland - up to 23 EUR/person

Ukraine, Moldova - up to 275 EUR/person

Lithuania, Turkey, North Macedonia - up to 275 EUR/person

**Travel Insurance:**

Required (not-refundable)



# SUMMARY

By implementing the YE "Talking is easy, acting is difficult", we would like to support and encourage young people to become more involved and active in their communities. We are aware that the community is significant for a person, and each person should be part of a community that gives him/her space for his/her development and helps fulfill their ambitions. The community develops and grows with the help of interested people. To show it, we will follow our objectives:

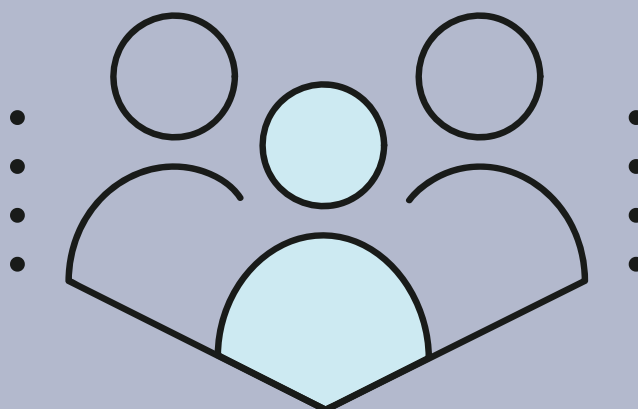
- promoting social development which leads to the emergence of renewed social relations, norms, and values;
- encouraging community members to take responsibility and gain experience, knowledge, and skills in the field of responsible citizenship and community development;
- developing project planning for community needs and project ideas of the participants for providing communities with sustainability;
- self-developing as a leader, citizen, and human by involving diverse social groups such as gender and ethnic minorities, people with fewer opportunities in community development and work.

The participants will have to apply their newly acquired knowledge and competencies into practice - in their local communities. This opportunity will be provided to them after the youth exchange, where they will analyze work in their community, find a need, try to solve this need, and then make a summary. The youth exchange target group is 36 active people aged 20-30 who have a strong sense of local culture and identity, show interest in learning and expanding horizons, and can find common ground with others. The participants are willing to work on self and community development.

The most expected result of the project "Talking is easy, acting is difficult" is to help the participants in formation leadership potential and encourage them to be responsible, be active in solving issues, and develop their communities to the needs of the 21st century, e.g. tolerance, friendliness, support, awareness, etc., and change the attitude to the role of joint work in the modern world.

We hope that the project will have a significant influence on the situation in the participants' localities. We expect the participants to implement high-quality workshops and dissemination activities according to the gained pieces of knowledge.

Thus more active youth will discover the project's information, and it will encourage them to start or continue working on the communities' development.



# FINANCES & TRAVEL

- Accommodation, living, and other project-related expenses: 100% funded by the EU.
- Travel costs (but no more than the maximum compensation amounts given below) will be reimbursed upon presenting all necessary tickets & invoices.

**Poland - up to 23 EUR/person**

**Ukraine, Moldova - up to 275 EUR/person**

**Lithuania, Turkey, North Macedonia - up to 275 EUR/person**

We will reimburse the travel expenses after the youth exchange, in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you.

**The original documents that we need are:**

- 1) Tickets (bus, train, plane, ferry etc.) and boarding passes
- 2) Invoice / Receipt

**NOTE:** Travel by cars/taxis will not be reimbursed.



## MONEY

The official currency in the country is the Polish zloty (PLN). Change or withdraw your money to PLN at the airport and you won't have any difficulties.

Visa and MasterCard are widely accepted across the country.



## GETTING TO POLAND

The fastest and most secure way to reach Poland is by plane. You must find a flight to one of 2 airports: Warsaw (WAW or WMI) or Cracow (KRK). The nearest airport to the venue is Cracow (KRK).

The arrival day is the **1st of September** and the departure day is the **9th of September 2022**. Try to find a suitable option for the flights on these days.

**Please get approval before booking your flights.**

**Important:** Turkish participants will need to have international passports. Please, check the validity of your passport before departure – your passport must be valid at least 6 months beyond the date of your intended stay.

# ACCOMMODATION & FOOD

**Venue:** TBA

**Rooms:** with 3-4 beds. Towels and bed linen will be provided.

The **activity room** is located in the same building.

**WiFi** internet connection is available (however, might be a bit limited).

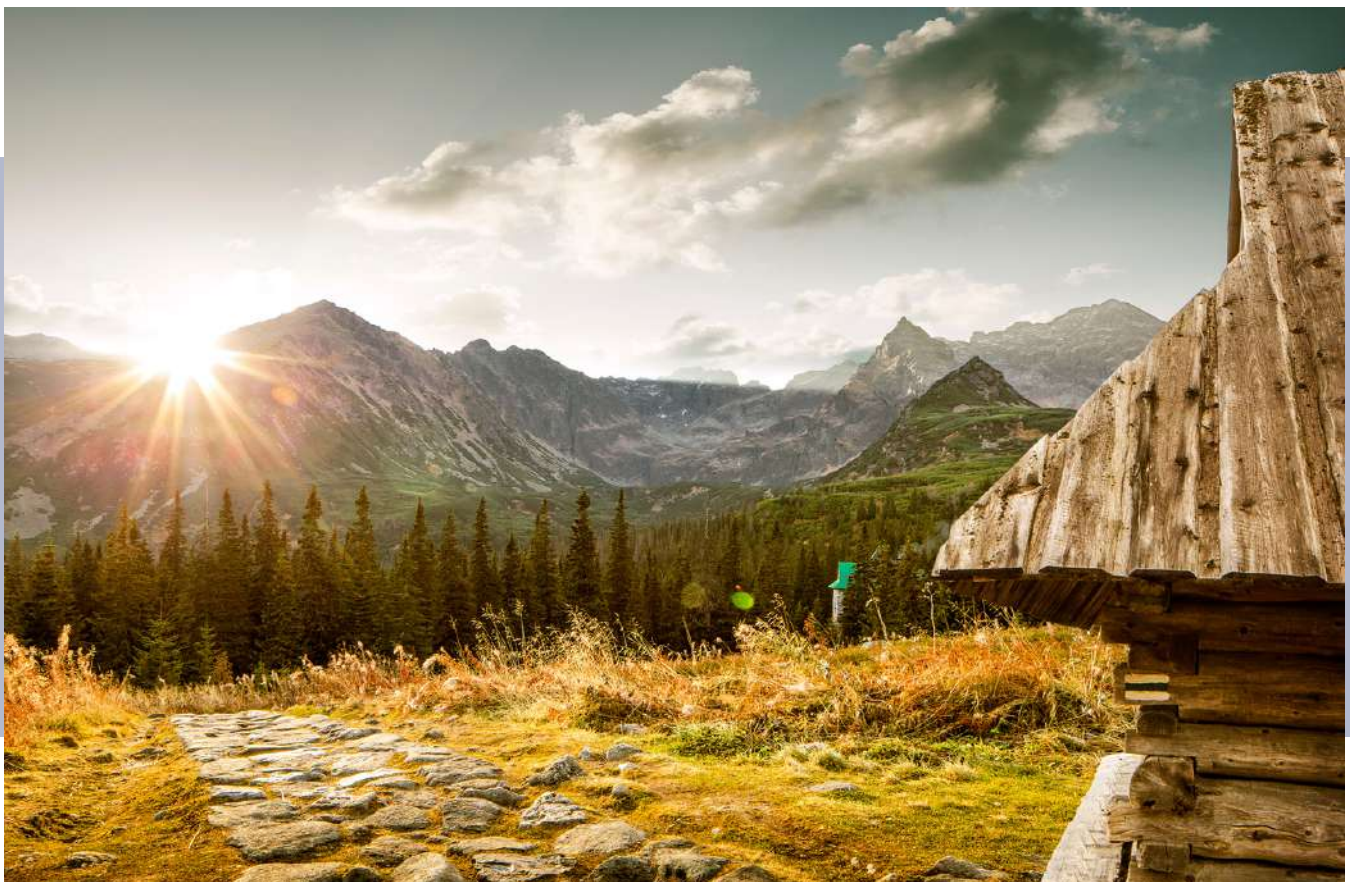
**Food:** Three meals per day will be provided. It will be served at the venue.

We strongly recommend each participant inform the organizers about any **special dietary needs** in advance.

## **Basic rules:**

- All the participants will be expected to be present and active in all the activities (unless being ill).
- Unauthorized absence from the activities and workshops won't be tolerated.
- Smoking is prohibited everywhere inside buildings, thus all smokers will have to go outside or to specially designated areas for a cigarette.
- Any damages to the property of the hotel or the organizers will be deducted from the travel reimbursements of the ones responsible.

Bring your best mood and a big smile with you and keep it through the youth exchange! Prepare for fun!



# PREPARATION

The organizers will not provide the participants with any kind of insurance! Therefore, **every participant must acquire travel insurance** at their own expense for the whole duration of the youth exchange. EU residents can get a free European Health Insurance Card (EHIC).



## Each of participating countries should:

- Bring all your travel documents as presented above;
- Find interesting videos/games/exercises/educational activities for the topic of the youth exchange;
- Prepare energizers that could be done in the morning;
- Prepare for your country's cultural evening. Please, try to be fun and creative for this! No one likes regular .ppt presentations! Any kind of activities is welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers, etc.).
- Each of you individually has to bring a souvenir (e.g. with your country design, creative, or funny). At the beginning of the youth exchange, you will exchange these gifts with one another so that you would have a thing to remember!
- Bring clothing and shoes that can be used for sports and/or strenuous activities (such as dancing). Don't forget mosquito repellent and other relevant clothing/stuff;
- Bring good spirit, joy and happiness!
- More preparation needed for the activities will be posted online after the participants are selected.



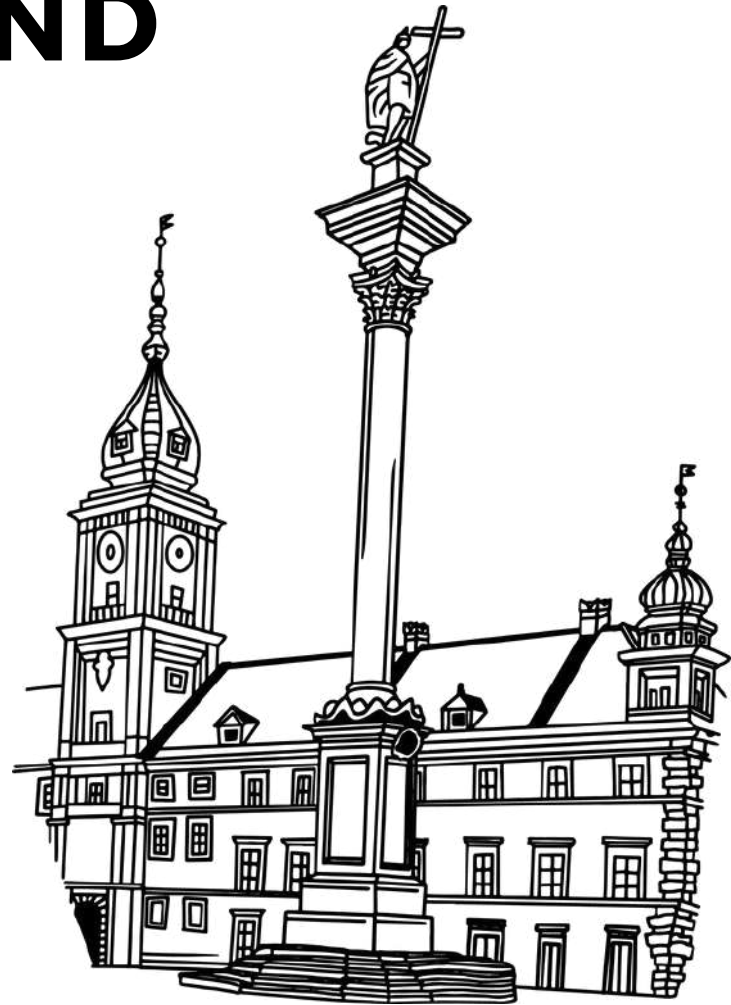
# ABOUT POLAND

**Check** the following websites to get to know more about the hosting country:

- [Poland.Travel](#)
- [Lonely Planet Poland](#)

## Interesting facts:

- One of our favourite fun facts about Poland is that it's home to the first upside down house in the world. The topsy-turvy wooden house was built the wrong way up in a forest, and it looks like something out of a fairytale.
- This fact about Poland is hotly debated by Russians, however, it is believed that vodka was invented in Poland. The first written mention of the spirit was found in Polish court documents from 1405 and vodka was originally used as medicine.



# ADDITIONAL STAY

The organization is covering the accommodation **only** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation.

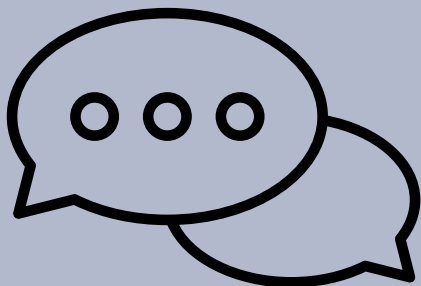
In addition, we can only cover tickets **3 days** earlier or after the mobility date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement.

**Note:** Any indirect routes taken for personal travel will not be reimbursed.

For additional stay, we suggest you use [Airbnb.com](https://www.airbnb.com) or [Booking.com](https://www.booking.com)



# CONTACT INFORMATION



**Lithuania** - Active Youth Association / [mobility@activeyouth.lt](mailto:mobility@activeyouth.lt)

**Poland** - Strategic Partnership Institute / [info@spiwarsaw.eu](mailto:info@spiwarsaw.eu)

**Turkey** - European Integration Group / [info@eig.ist](mailto:info@eig.ist)

**Ukraine** - Young Agents of Change / [info@yac.org.ua](mailto:info@yac.org.ua)

**Moldova** - Organizatia Tinerilor pentru Sport si Mediu / [otsmoldova@gmail.com](mailto:otsmoldova@gmail.com)

**North Macedonia** - Youth Empowerment Association / [info@yea.mk](mailto:info@yea.mk)

**Please do not hesitate to contact us if you require further information.**

# Join Us!

