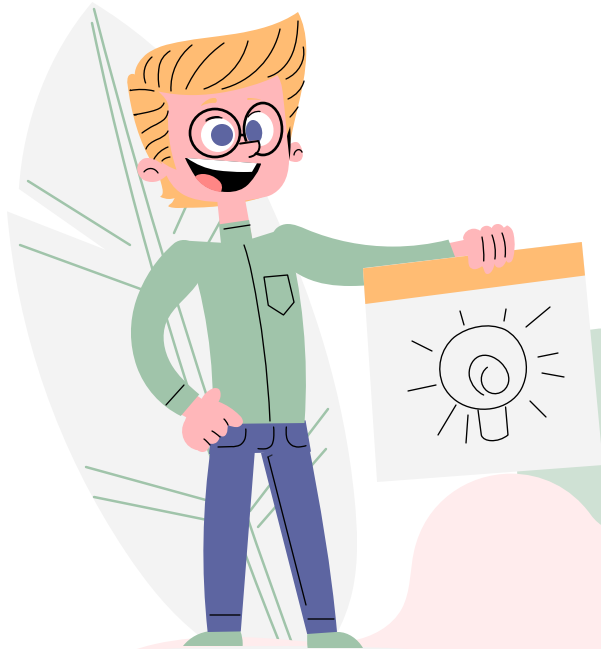


Youth exchange "Use your brain"

22-31.03.2025
Miłków, Poland



Project summary:



The project "**Use your brain**" will be an Erasmus +, Key Action 1 mobility of young people.

The project will include partner organization from 5 countries, Poland, Greece, Lithuania, Bulgaria and Italy that will send 41 people as participants.

We want to implement this project because we see a growing need to support young people in developing effective learning techniques and awareness of their own learning preferences. In today's world, where technology and information are easily accessible, young people often struggle with problems related to organizing learning, motivation and time management. Our project aims not only to provide knowledge on effective learning methods, but also to develop interpersonal skills, critical thinking and social skills.

Objectives:

Increasing learning efficiency: We aim for participants to learn how to effectively acquire knowledge by adapting methods to their individual needs and preferences.

Integration of participants: The project aims to build positive relationships among young people from different backgrounds. Through integrative games and exercises, we want to create an atmosphere of collaboration and trust.

Development of interpersonal skills: We want participants to develop skills in cooperation, communication, and creativity, which are essential in today's world.

Education about types of intelligence: By understanding different types of intelligence and their impact on learning, participants will be able to better recognize their strengths and professional potential.

Support in personal development: The project aims to encourage participants to reflect on their learning barriers and what motivates them, so they can make informed decisions about their own development.

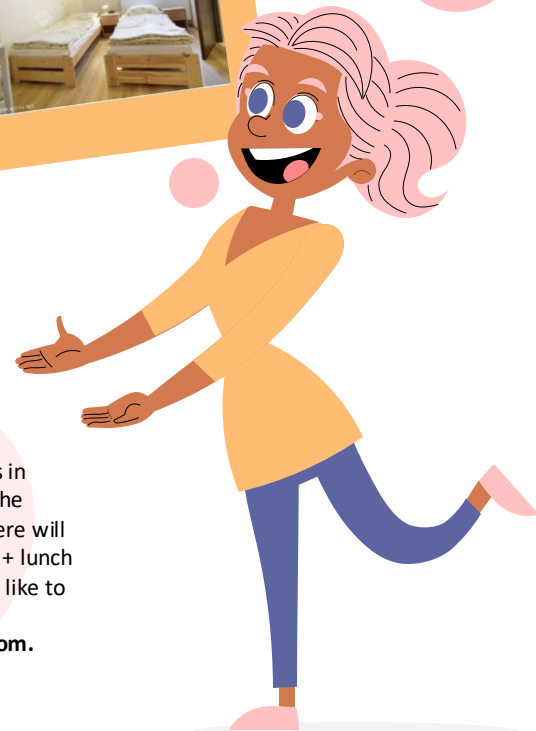
All of the above will be reached through means of non-formal education. We will not be giving lectures, we will guide and motivate participants to work in groups, find their own conclusions and develop communication and group working skills.





Participants should satisfy the following **requirements**:

- at least Intermediate level of English Language
- willingness to participate in the Erasmus plus project
- creativity and help during the preparation for the project
- ability to work in a group or willingness to learn
- feeling of responsibility
- willingness to establish intercultural dialogue
- interest in non-formal education methods
- be able to participate for the whole exchange fully
- all of the participants commit themselves for disseminates the outcomes of our youth exchange in multiple ways



Accommodation

We will be staying in a beautiful village Miłków close to Karkonosze mountains, 3 km from Karpacz and 120 km from Wrocław.

- the participants will be accommodated in rooms (2,3,4) equipped with all comforts in a "Anna. Ośrodek wypoczynkowy" (<http://www.anna-osrodek.pl/>) in Miłków. Both the conference room and meals are provided by the "Anna. Ośrodek wypoczynkowy", so there will be no moving included. The Anna. Ośrodek wypoczynkowy will offer full board (breakfast + lunch + dinner). They will serve typical polish meals. Cuisine is part of our culture and we would like to share it. During the day, there will be two coffee breaks included.
- There is free wi-fi. **You need to take a towel because you will not find it in your room.**

How to reach to Miłków:

Two nearest airports are situated in Wrocław (WRO) and Katowice (KTW). We suggest you to travel to Wrocław Airport. The airport is connected with the city center by buses.

When you reach the main bus/train station there are buses to Jelenia Góra and then to Miłków (direction to Karpacz) (keep in mind that last one is at 16;00- 4;00p.m.- from Wrocław bcz of COVID19).

From bus station in Miłków to accomodation is around 2 km. (Keep in mind that we are going to be in beautifull Karkonosze mountains).



Participation conditions:

01

food and accommodation is fully covered by the organizers with the support of the European Commission's Erasmus+ Programme

02

we don't cover insurance, please make it as your commitment to the exchange

03

travel costs will be reimbursed, up to travel cost limit (listed below) according to Erasmus + programme rules listed below.

Before purchasing tickets, you have to get a confirmation from organizers (send the tickets you want to buy on e-mail written in contacts)

04

we will NOT reimburse you travel costs, if you don't attend all sessions/arrive later/leave earlier

05

important: KEEP YOUR BOARDING PASSES, DON'T THROW THEM AWAY, or we won't be able to reimburse you

06

collect e-ticket, invoice, proof of payment. For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. We can't reimburse money if you take taxi.

We need **invoice** for your tickets



Just do it
Zamkowa 6c/6
58-512 Stara Kamienica
Tax number 611-27-68-695



Reimbursement limit for travel costs



Greece

309 Euro*



Lithuania

309 Euro*



Bulgaria

309 Euro*

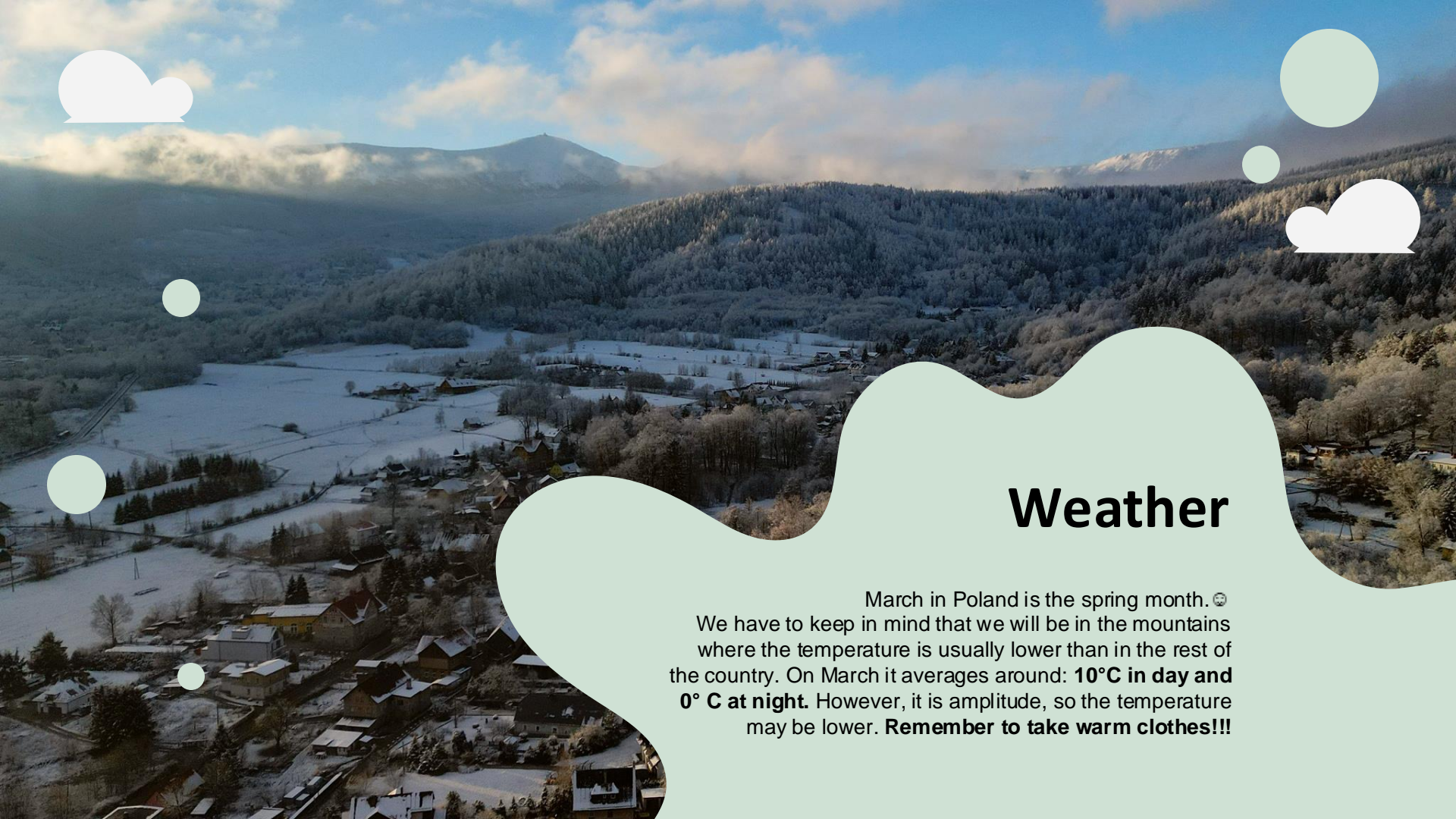


Italy

309 Euro*



*Max amount per participant



Weather

March in Poland is the spring month. ☺
We have to keep in mind that we will be in the mountains where the temperature is usually lower than in the rest of the country. On March it averages around: **10°C in day and 0° C at night**. However, it is amplitude, so the temperature may be lower. **Remember to take warm clothes!!!**

Dissemination:

Every involved organization will be asked to write, together with participants, after their return, an article about the project and present it on their websites: the activities we've had, impressions they've got and what impact they are expecting after this

Within a month after the youth exchange, every partner organization expected to organize follow up workshops on the topic of the training with their organization members and also within local communities

At the project, we will be writing short summary of the day with pictures and every organization will be able to share this information amongst their youngsters through social media and websites



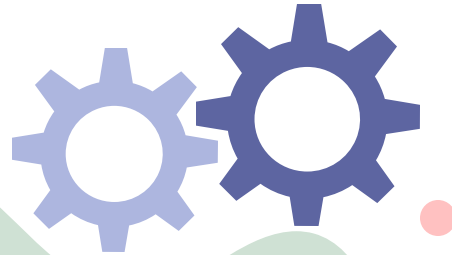


What to bring:

WE STRONGLY ADVISE YOU TO TAKE OUT A FULL TRAVEL INSURANCE POLICY FOR THE DURATION OF YOUR STAY IN POLAND! PLEASE NOTE INSURANCE COSTS OF ANY KIND WILL NOT BE COVERED. The organization will not be able to reimburse you for any losses.

Please do not forget to bring with you some food and drinks, specialities of your countries for our intercultural evening. We would like to organize Intercultural evenings on the Youth cultural centre.

Comfortable, sport clothes.



If you have special dietary or other requirements, be sure to specify them in the application form.

Please find a nice mug from your city/town/country and bring it to the training course. On the first day we will make a lottery and you will get a cup that you can use the whole week (coffee break) and later bring home with you as a memory. Less plastic, more beauty!

Good mood 😊

Contacts:

Feel free to contact us in any way listed below:

Ewa Pich,

President of Just do it

+48605116010

projectjustdoitpoland@gmail.com

* By participating in this project, you consent to the collection and processing of your personal data for the purpose of project implementation. Your data will be handled in accordance with the General Data Protection Regulation (GDPR) and will not be shared with third parties without your explicit consent.

* By taking part in this project, participants hereby grant their consent for the use of their image in materials related to the project, including promotional and informational purposes

