

Erasmus+ Youth Exchange

# KEEP YOUR MIND YOUNG AND SHARP

INFOPACK

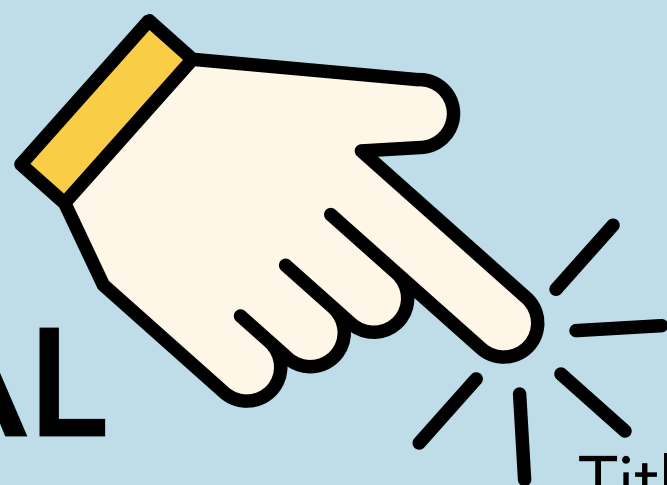


**POLAND, Murzasichle (Zakopane)**

**6.04-14.04.2024**



# GENERAL INFORMATION



Title: "Keep your MIND young and sharp"

Place: Murzasichle (Zakopane), Poland

Date: 6.04-14.04.2024

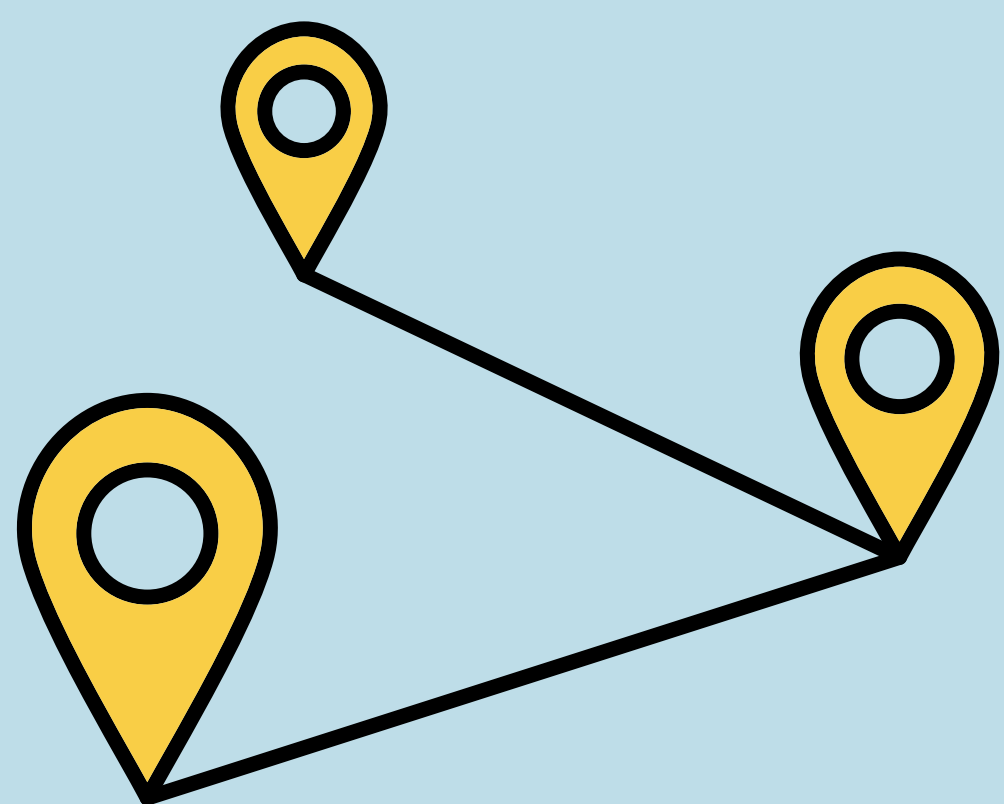
- 6.04.2024 is arrival day
- 14.04.2024 is departure day

Participants: **35 young people, 18-25 years old**

Partners: Romania, Italy, Bulgaria, Slovakia, Spain, Lithuania and Poland

**Please choose 5 participants for this project, gender balance is recommended but not obligatory.**

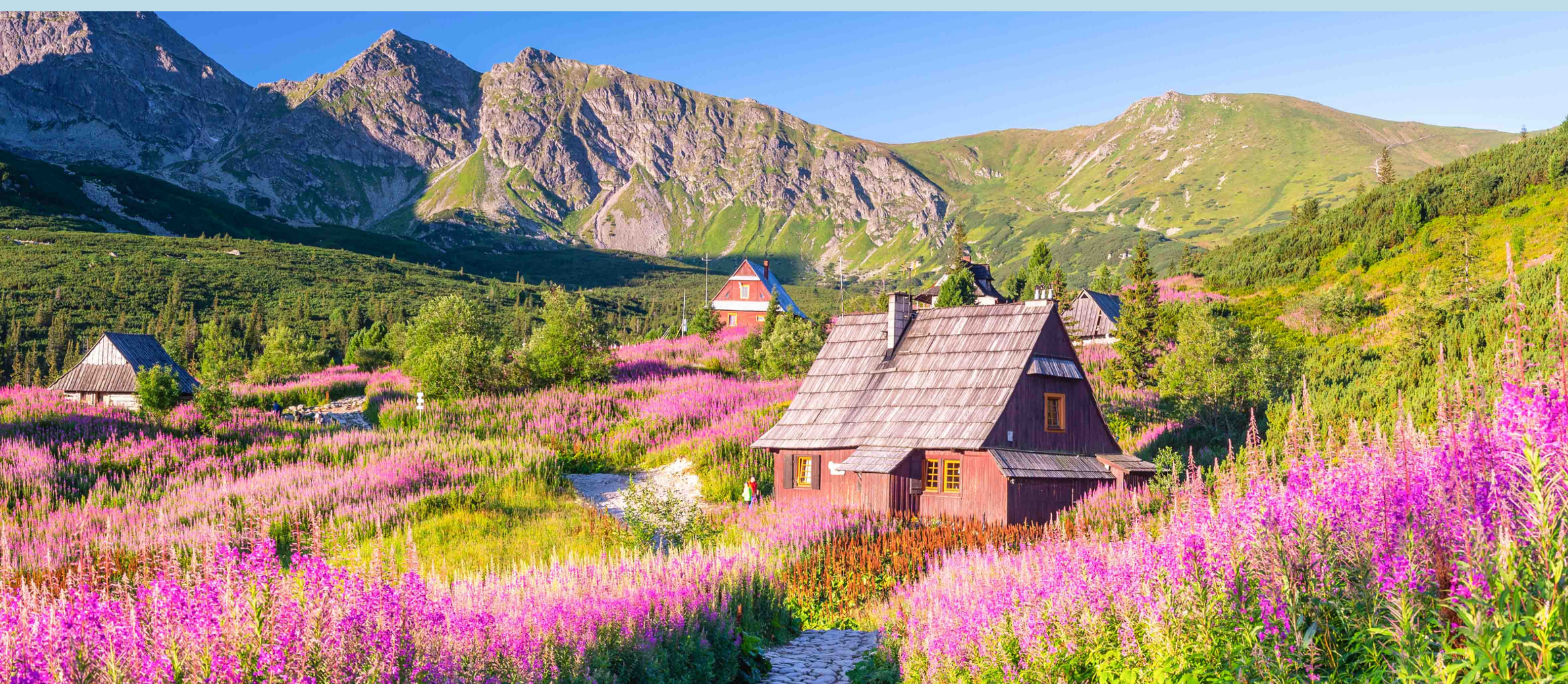
## PLACE



**Zakopane** is located in the southern part of Podhale region, near Kraków, at the foot of the **Tatra Mountains**. Zakopane is called „the winter capital of Poland” it's a center of Highlander culture and winter sports.

**See more on:**

<http://www.discoverzakopane.com/index.html> <http://www.zakopane.pl/>





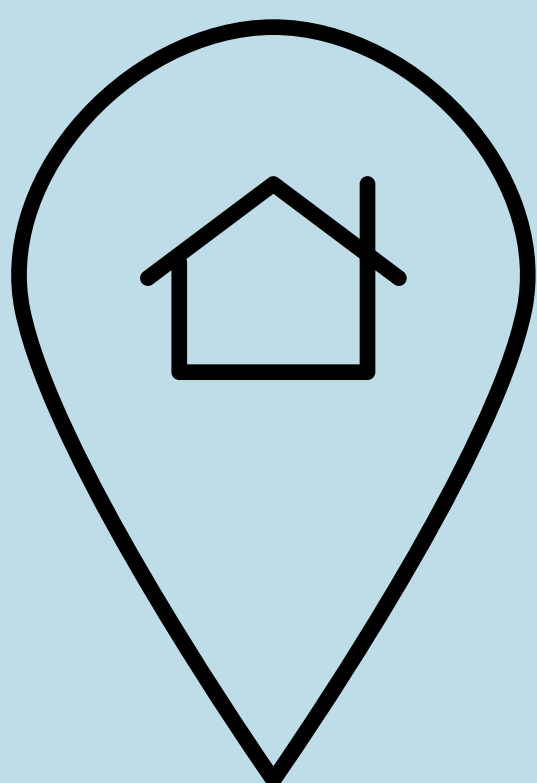
## HOW TO REACH ZAKOPANE



There are two nearest airports – one in **Kraków (KRK)**, and one in **Katowice (KTW)**. These airports and cities are very well connected with Zakopane thanks to buses, which run from the early morning to the late evening. The cost of the bus Katowice-Zakopane is about €15-20 and Kraków-Zakopane is about €6-8.

Please, plan your travel to Krakow Airport (KRK) or Krakow Main Station and we will provide you with the schedule of buses to Zakopane. It is also easy to reach Zakopane from Katowice Airport (KTW) by direct bus or by a connection that goes through Krakow Main Station.

## ACCOMMODATION



Click the house sign to see the nice shots presenting the beauty of surroundings in which our project will take place. This aerial video were recorded by dron in October 2022 during one of our project. Almost all shots come from above our hotel.

The youth exchange will be hosted in „U Tośki” resort. The participants will be accommodated in rooms for 2, 3 and 4 people, each room with an en-suite bathroom. There will be a conference room to our disposal, where we will work and do programme activities.

See more on: <http://www.utoski.pl/pl,dw-u-toski-2>





## ABOUT THE PROJECT

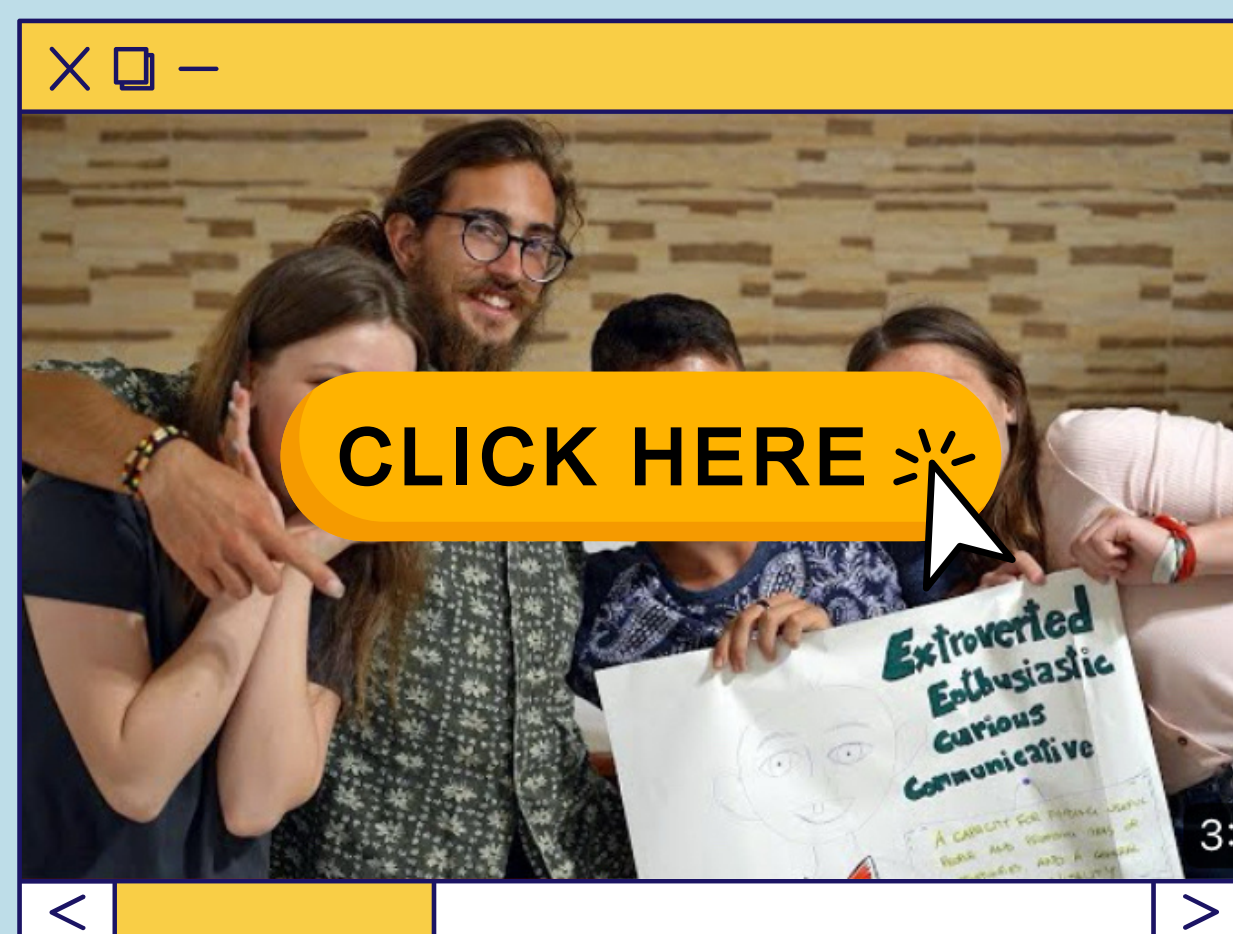
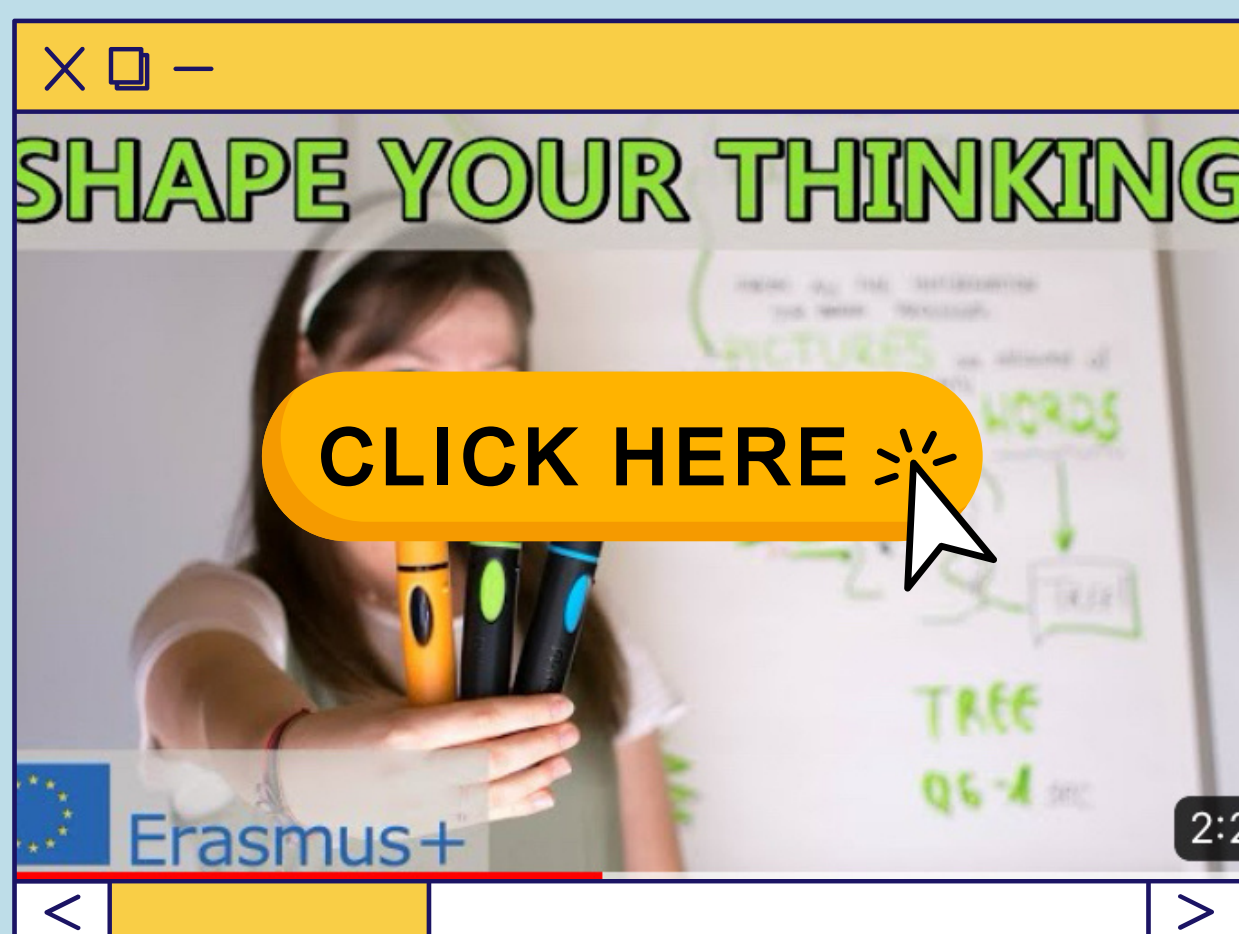
The main goal of our project is to counteract the negative phenomenon of the deterioration of widely defined mental health and well-being among young people and the consequences of this deterioration, as well as to strengthen our attitudes that support emotional stability.

During the 8-days programme of the mobility participants will be included in different workshops and activities relevant for the main subject-matter of the project. The facilitators team will use interesting nonformal learning methods adequate to the project topic and the profile of participants.

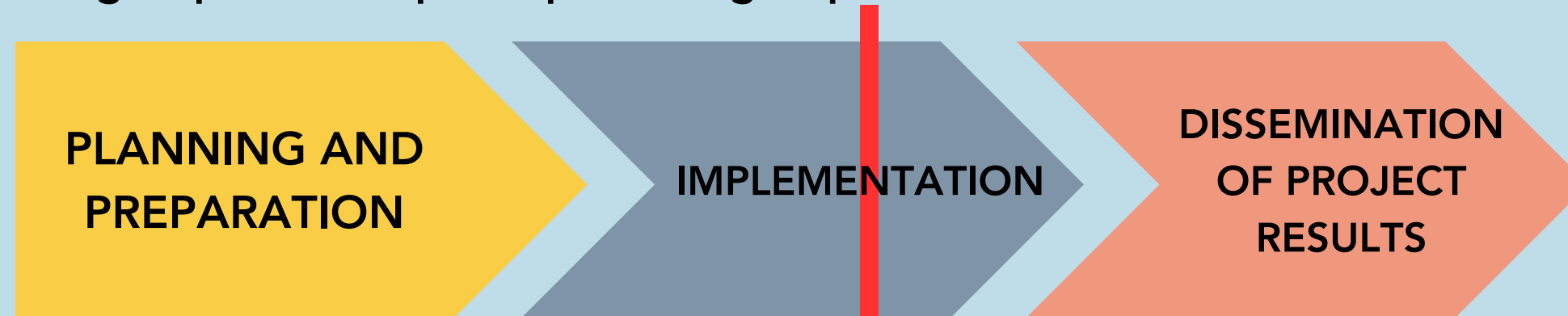
**Apart from that, the participants will take part in many activities, both theoretical and practical:**

- presentations, brainstorming, workshops and discussions,
- orienteering game in Zakopane,
- language animations, ice breaking games,
- trip to the mountains or sightseeing tour – depending on the weather conditions,
- national evenings and group presentations as a support to international education of the participants.

**To learn more about what you can expect during our youth exchange just take a look on the following promotional movies from the projects that our group were implementing in years 2018-2022**

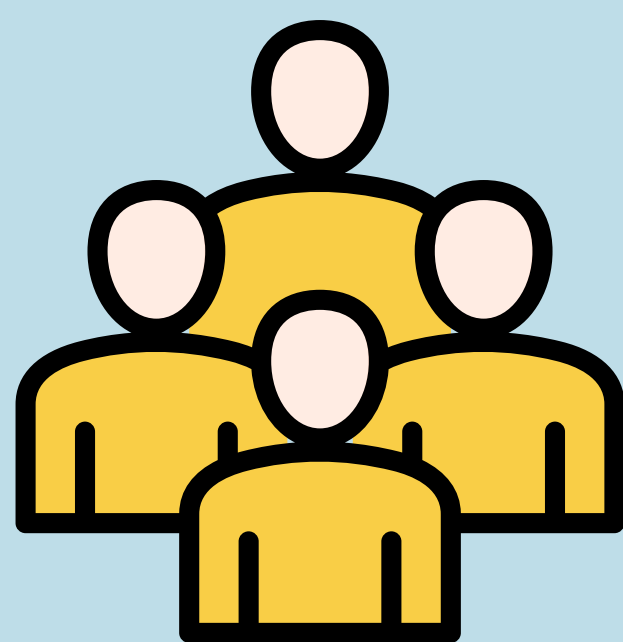


Dissemination and promotion of the project results is a very important element of the entire project. For several years, our Association has been developing very intensively towards the use of visual materials in the promotion of our activities. The results of our efforts are promotional videos from our projects. A promotional video will be prepared from this project as well. Active involvement of participants in the promotion of the project is the responsibility of each participant, which is a requirement established by the Erasmus+ program guidelines. During our project we will take photos and record short video clips. You may not agree for the usage of your individual pictures, videos and close-ups. **However, we still have the right to use photos and clips in which you are in the group of other participants. A group is understood to be three or more people.**





## PARTICIPANTS PROFILE



Participants should be 18-27 years old, motivated to take part in all stages of the project (preparation, realization, follow up), be able to communicate in English, the gender balance in the group is advisable but not compulsory.

Group leader should be experienced in working with youth and should have experience with Erasmus+.

## PROGRAMME FACILITATORS

The youth exchange programme activities will be implemented by experienced team of facilitators from Poland, Slovakia and Romania.



Milena  
*Poland*



Rasto  
*Slovakia*



Alex  
*Romania*



Marcin  
*Poland*

## WEATHER CONDITIONS

## CURRENCY IN POLAND

## INSURANCE

## LANGUAGE

## FOOD REQUIREMENTS

The average temperature in Zakopane in April for a typical day ranges from a high of 20°C to a low of 1°C. Please check [accuweather.com](https://www.accuweather.com) for current weather forecast.

The Polish currency is Polish Zloty (PLN), 1 EURO is about 4.35 PLN (the exchange rate change from 4.25 to 4.40 for 1 EUR)

The participants are required by Erasmus+ programme to have a valid travel insurance for the whole period of the project including the travel days or the European health insurance card.

The official language of the project will be english. All the workshops and sessions will be implemented in english.

Apart of standard nutrition based on regional cuisine we are able to provide vegetarian and vegan food. If your medical condition requires special nutrition you must consult with us before your arrival to the project if we are able to fill your needs.



# COST AND TRAVEL REIMBURSEMENT

Food, accomodation and materials during the youth exchange are fully provided.

The travel costs will be reimbursed as soon as you send us all necessary documents such as tickets and boarding cards. Eligible means of transport are:

- Plane/Train/bus,
- Traveling by taxi, uber or rented bus is ineligible transportation and can be accept only(!) if public transport does not operate.

Eligible means of transport considered as "green travel" are:

- Bus,
- Train,
- Car pooling (if beforehand accepted by coordinator).



For the travel reimbursement purpose participants must provide to the coordinator their tickets, bills and boarding cards in electronic or physical form that includes price, connection description and name of participant (in case of flight tickets). For your plain ticket we will need also your boarding card for each single connection. All the documents need to be delivered in electronic version (PDF) or physical form. Even though you use the mobile app on your phone, download the pdf to send it to us. Because of accounting rules we can NOT accept print screens from your phone.

The E+ Programme and polish National Agency require from participants to use the time and cost efficient way of transportation. To ensure that obligation we require from participants to:

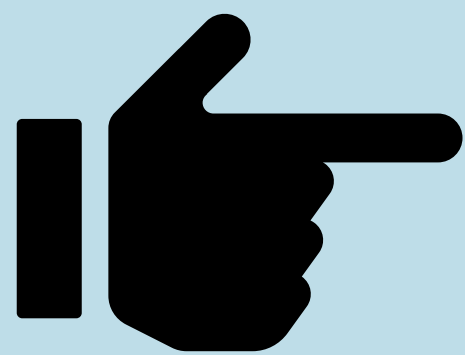
- before purchasing any plain ticket consult it with us. We expect to be informed about the choosen connection including time, date and price of your flight. The following information should be delivered to us (swim@interia.eu) before you purchase your tickets. **Before purchasing flight tickets receive our written confirmation. Otherwise you risk your ticket will not be reimburse.**
- tickets for flight connections buy directly by flight operator. We will not accept bills from external operators or travel agencies.

In case participants want to come earlier or depart later from a project venue, they can only arrive 2 days before the youth exchange starting date and depart 2 days after the youth exchange end date, in order to still be eligible for travel cost reimbursement. In that case participants must cover their own expenses in that additional days (accomodation, food etc.) and consult this with the coordinator.

Travel reimbursement can be fully removed to the people who:

- do not take part in the whole length of the youth exchange or skip the workshops (hangover is not a reason for that).
- repeatedly break the basic rules and not react to warnings or commit serious misbehavior,
- do not contribute to the dissemination phase of the project.

Maximal travel costs reimbursement for the following countries:

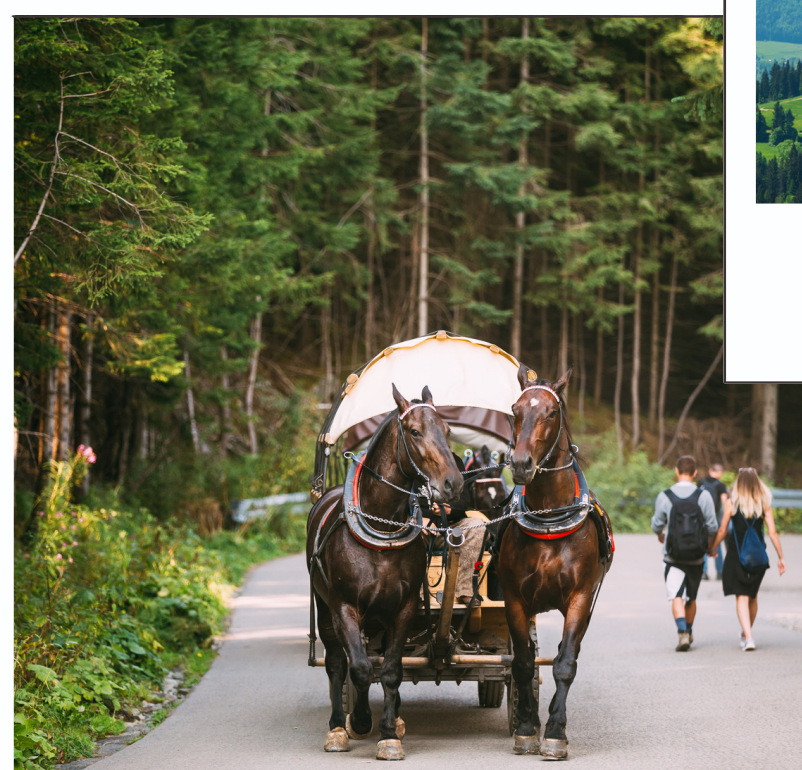
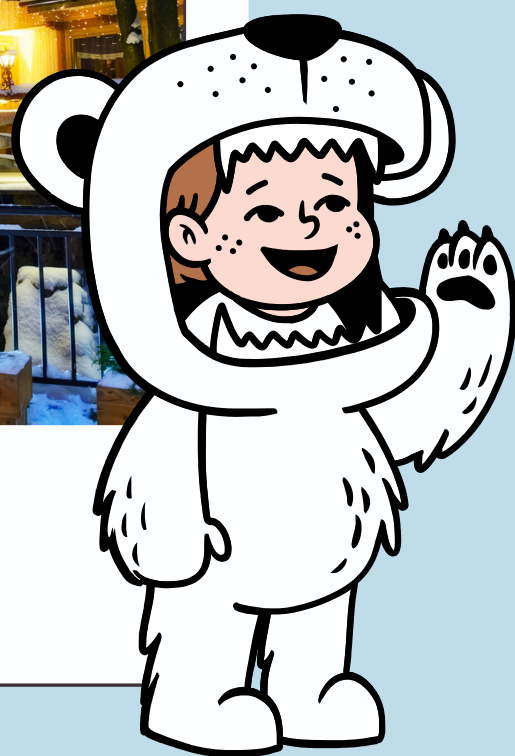
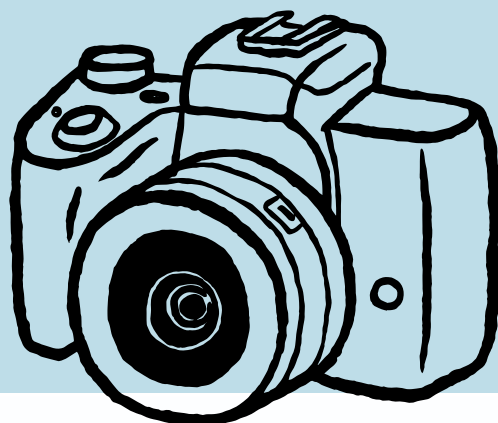
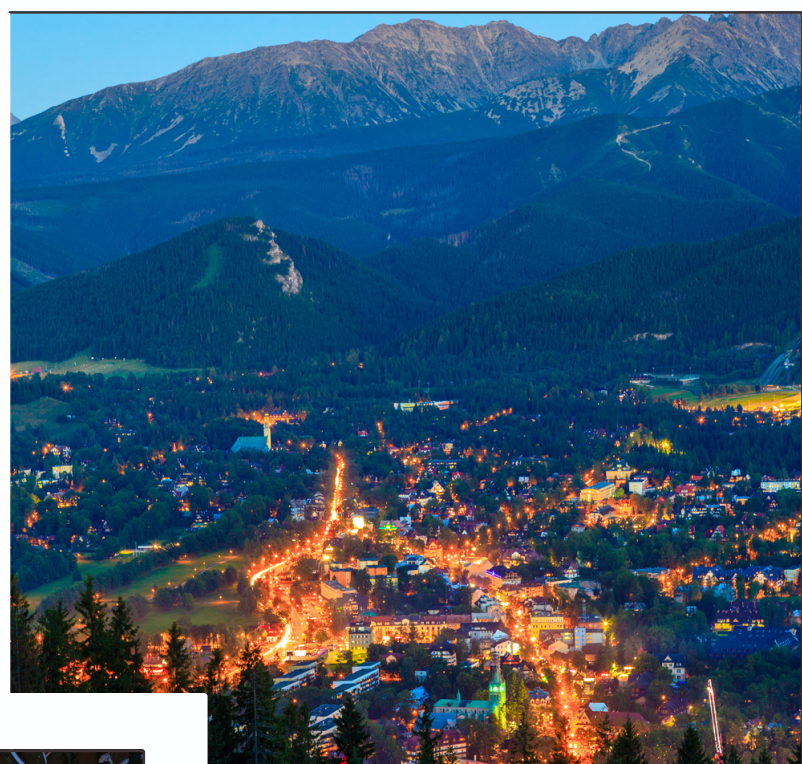
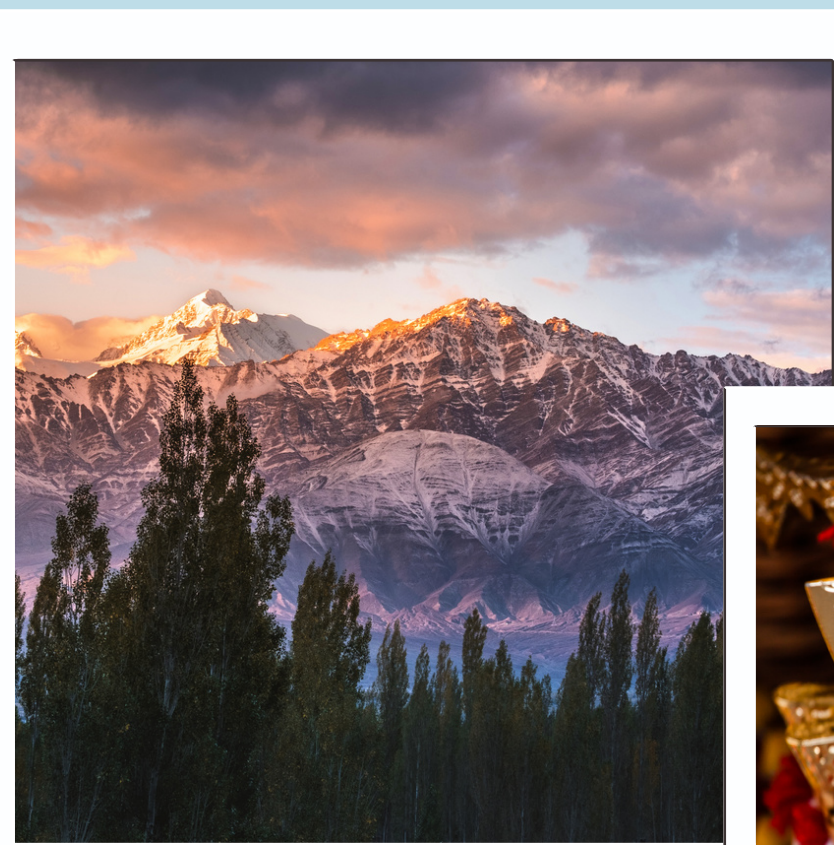


| Country                                   | Role                 | Number of participants   | Travel reimbursement<br>(limit per person)  |
|---|----------------------|--------------------------|---|
| Poland                                    | Coordinator          | 5<br>(4 pax. + 1 leader) | <b>21 EUR</b><br>(green travel only)  |
| Slovakia                                  | Partner organisation | 5<br>(4 pax. + 1 leader) | <b>200 EUR</b><br>(green travel only)   |
| Romania<br>Italy<br>Lithuania<br>Bulgaria | Partner organisation | 5<br>(4 pax. + 1 leader) | <b>265 EUR</b><br>(standard travel)<br>-----<br><b>310 EUR</b><br>(green travel only) |
| Spain                                     | Partner organisation | 5<br>(4 pax. + 1 leader) | <b>350 EUR</b>  |

\* we've decreased your maximum travel cost reimbursement limit by 10 EUR to cover your transfer between Zakopane bus/train station and accomodation place. Your transfer on arrival and departure day will be provided by our team.







In case of any further questions, do not hesitate to contact us:

email: [swim@interia.eu](mailto:swim@interia.eu)

mobile: +48 532 158 253 (Marcin), +48536020425 (Milena)

**See you soon in Poland!**



Co-funded by  
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Inicjatyw Młodzieżowych  
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