

28.04 - 04.05.2020 - "Outdream yourself!" Erasmus+ KA1 Youth exchange – INFOPACK

Project description:

Our main goal in creating this project is to increase self-esteem, motivation and confidence in our abilities among young people. Rapid life, social media, the Internet and many other factors made many of us fall into serious complexes instead of using their benefits. We have lost faith in ourselves, in our own abilities, we have not learned self-acceptance, and instead of developing the opportunities and talents hidden in each of us, we compare ourselves to others, forgiving their development. We, young people, are the future of our communities, cities, countries and Europe. And we want to make it clear to as many people as possible who do not want to leave the comfort zone, and through this project and the dissemination of its results, we want to reach the widest possible audience and show them that each of us has huge reserves of opportunities, which must be skillfully used in spite of everyday obstacles or internal blockades. Thanks to various workshops and discussions, our selfconfidence, social activation and willingness to act and participate in various spheres of our life will increase. We will also learn how to encourage others to develop their potential. We will discover and develop our skills and strengths, which will make us more responsible and self-sufficient Europeans. Our actions will increase the identification and understanding of the causes of discouragement and demotivation of youth. We will discover different types of available methods to combat these factors in the immediate environment. We will develop networks of youth organisations interested in developing projects in the field of self-improvement and activation of youth. We will provide young people with information on how Erasmus+ and other EU programmes that can support actions to prevent and counteract passive and demotivating attitudes of young people in the EU are funded.





www.sir.edu.pl

Stowarzyszenie Inicjatyw Regionalnych



Erasmus+

28.04 - 04.05.2020 - "Outdream yourself!" Erasmus+ KA1 Youth exchange – INFOPACK

Practical details:

7 youth (age 18-26) participants + 1 leader (no age limit) per group (please maintain gender balance),

All costs (accommodation, food, programme, local accident insurance) covered by organizers.

Travel costs limit per person is: Romania – 180 EUR; Greece, Italy and Lithuania 275 euro;

We can provide a common transport (rented bus) from Kraków to Poronin and return. If you wish to take this bus (recommended) please keep 20 euro from your travel budget or be expected to pay this amount. Otherwise you should arrive to the guesthouse in Poronin for dinner (6-7pm) on 28.04.

IMPORTANT: The reimbursement will be done by one bank transfer to sending NGO or any other one account approved by sending NGO. Reimbursement will be done **ONLY** based on submitting **ALL** original travel documents for both ways (best if you can provide prints/copies for us). Please keep **ALL** travel documents – bills, tickets, boarding passes, invoices, etc. Please plan your travel in advance and inform us. Please consult with us before purchasing your tickets! Please consult us if you need to use other transport than bus, train, plane! Total of **2 extra days** in Poland are allowed, meals and accommodation is not provided on these extra days. Please provide us with **travel plan** and **names of participants** at latest **4 weeks** prior to the exchange so we can coordinate your arrivals and if required common transport from Krakow airport or city centre to the guest house and to purchase insurance for your stay in Poland. If we don't have full participant list on time sending organization will be responsible to organize insurance and show to us during exchange as a requirement for travel cost reimbursement. Participants are obliged to have their **free European Health Insurance cards** – just in case they need free medical help in Poland. The participants are also themselves responsible to get a travel insurance and any medicines they might need.

KRAKÓW, AUSCHWITZ, etc

Please mind that our exchange will take place in Poronin which is a small town. We do not plan any programme in Kraków. It is also impossible to arrange a trip to Auschwitz during exchange – many people always ask about it too late. As most of you know Kraków is UNESCO city full of history and monuments, also cultural and party life. We strongly recommend that you arrive a day before or stay a day after the exchange to explore this places. We cannot pay for this extra night but we are happy to help you, give guidelines, assist in planning a tour to Auschwitz, Wieliczka salt mine, etc. All-inclusive tickets (bus, tour guide, tickets) for tours to Auschwitz and Wieliczka cost about 30 euro with student ID. You can try to arrange such excursions yourself but need to plan it in big advance (limited reservations for entry).

28.04 - 04.05.2020 - "Outdream yourself!" Erasmus+ KA1 Youth exchange – INFOPACK

Exchange venue: *Villa Austryjok* <http://austryjok.pl>



Participants will share 2,3 or 4 people rooms, all with private bathroom and TV. We will have a separate party hut to make disco, barbeque party, etc. 5min walk from our venue there is a shop where you can buy most of things you might need, you can pay

with card or polish currency. There is no money exchange in a walking distance so better to exchange currency while in Kraków (but not in the airport where rates are bad). We will serve 3 tasty meals per day, with polish typical cuisine lunch usually. Coffee, tea, water available all day. Please inform us max. 2 weeks prior to exchange if you have any dietary needs (vegetarians, allergies, etc.). You need to



bring your own cosmetics and towel. It is important to take **appropriate clothes and shoes**, comfortable for workshops and staying indoors but also good shoes, sport dress and something against rain and colder weather outdoors. Take swimsuits if you want to go to hot springs in your free time 😊 (There are a few SPAs nearby and our participants in the free time usually go here: <https://www.goracypotok.pl/en> and it costs about 10 euro) Please have on your mind that we will go for a mountain walk and have some activities outside. In April/May it can be very warm and sunny but especially in the mountains it changes quickly and you can have winter on next day 😊



28.04 - 04.05.2020 - "Outdream yourself!" Erasmus+ KA1 Youth exchange – INFOPACK

Brief agenda:

Day 1	arrivals, welcome dinner, introduction, integration evening
Day 2	further integration, national presentations about talent development and motivation, Erasmus+ key competences, Polish national evening
Day 3	City game in Zakopane, workshops about self-discipline, Greek national evening
Day 4	All day in Tatra mountains national park, Italian national evening
Day 5	Mini debates, public speaking, conflict management, Romanian national evening
Day 6	Talent show, making video and promotional materials, Final evaluation, making Youthpasses, Lithuanian national evening
Day 7	Departures after breakfast

Further communication will be done via facebook group

(<https://www.facebook.com/groups/194394405102865/>) so please sign up there and stay in touch with your leaders who stay in direct contact with project co-ordinator from our side.

So let's be in touch and see you soon in Poland!!




**KEEP
CALM
AND ENJOY
ERASMUS
PLUS**