

## ABOUT THE PROJECT

Our international youth exchange **"From Identity to Modernity "** will take place on 24-31.08.2020 in Koninki (Gorce National Park, 70km from Kraków). We will gather 40 people from Poland, Portugal, Norway, Italy. Each group is 9 youth (18-30) plus 1 leader with no age limit. The main topics of youth exchange are: access for disadvantaged people/groups, the natural sciences, rural development and urbanization. Together we have prepared interesting activities based on nonformal and informal education methods, such as games, integration activities, workshops, presentations, discussions, national evenings, etc. By full participation in these learning process we want to develop competences which will allow us to better understand the world around us, take smarter decisions and give valuable, positive input to our local communities, countries and whole Europe.



## FINANCIAL CONDITIONS

Hotel, food and programme costs are covered by organisers (24-31.08.2020). You might want to have some cash to buy a souvenirs, beer etc. We use PLN currency, it is easy to exchange euros (in Krakow). Card payments are accepted widely.

Transportation costs of all participants will be covered by project budget up to Erasmus + limits of transportation costs for particular partner countries (look below). Please mind that this limit in a very small amount should also cover local transport from airport/Kraków to hotel in Koninki. Participants will have to buy their tickets from home to Kraków, Poland (nearest airport) and we will help with local transport to Koninki. We will pay up to limits of transportation costs per country during project

activities by cash or bank transfer. **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 public bus, train or plane!** Please provide us with travel plan and preferences of participants at latest 3 weeks prior to the exchange so we can either coordinate common transport from Krakow for all participants.

Limits of transportation costs for partner countries (per person) are:

Portugal - 360 euro

Norway - 275 euro

Italy - 275 euro

**Very Important !!! hours of arrivals / departures from Krakow !!!**

#### Youth Exchange

**arrival no later than 9.00 - 24/08/2020**

**departure no earlier than 18.00 - 31/08/2020**

info for all groups (Portuguese, Italian, Norwegian)

if you want to arrive on 23/08/2020 and fly out on 1/09/2020 you must report this fact 3 weeks before the young exchange !!! Then we will book and pay you accommodation (without food) in Krakow (23/24.08.2020 and 31.08/01.09.2020)

#### APV

**\*arrival no later than we have to decide together**

**\* 2 days in Koninki / 1 participant (leader) from each country**

**\* we want the person who comes to APV also to come to the youth exchange**

**Don't forget to bring invoices of your tickets**, since we can not reimburse anything without documentation. **Boarding passes** are also very important as well.

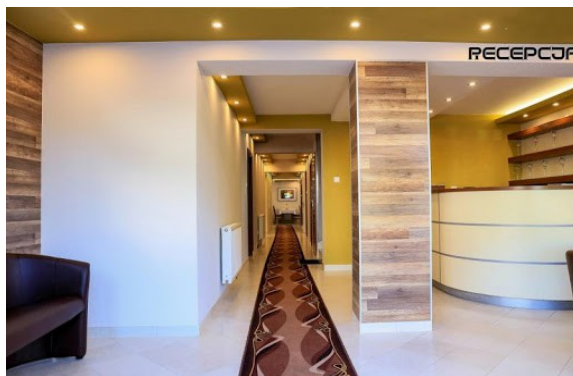
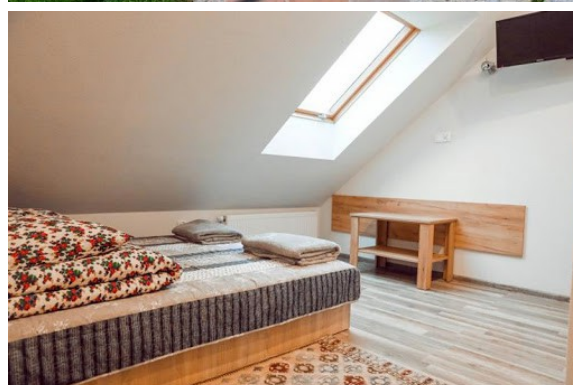
#### ACCOMODATION:

During the youth exchange we will host you in a very nice hotel → <http://willa-tram.com.pl/> . All costs related to accommodation, and food (3 meals per day "breakfast, lunch, dinner") will be covered by project budget as well. All breakfasts will be served in the hotel, also most of other meals. Please send us information if you



need special diet or have other health/food issues (vegan, allergic, etc) max 2 weeks before exchange. All rooms include bathroom and internet access. **Please take personal cosmetics and towels with you.** In general you will stay in 2/3/4 people rooms. A 1 minute walk from the hotel there is a shop if you need to buy something :)





### WHAT TO BRING

Comfortable clothes and shoes for workshops which we will organize indoors and walking in the mountains. Small amounts of traditional food, drink, snack to share for your national evening activities. It would be nice to prepare some interesting presentations of your country. You can teach your songs, dances and games to all participants. Or organize anything else, one night is yours. You can use kitchen to prepare snacks if you need. We will have normal dinner each day so you don't have to cook dinner! **Laptops - minimum 4 for each group !!!**

### INSURANCE & HEALTH ISSUES

The participants are themselves responsible to get a travel insurance. We will provide accident insurance to all participants for the time of they stay in Poland (only project days 24-31.08.2020). Please provide participant details at latest 2 weeks prior to youth exchange dates – otherwise we might not be able to include you in this insurance. Anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover extra insurance fees. **Please take your (free) European Health Insurance card just in case you might need to visit a doctor here, otherwise most likely you'll need to pay !!!**

### CONTACT FOR SELECTED PARTICIPANTS

Future communication to participants will be done via this group :

<https://www.facebook.com/groups/171004027599511/>

project coordinator::

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***SEE YOU SOON IN POLAND!!!***