



Presents:

**the European Youth Exchange,
ERASMUS + PROGRAMME**

MOVE* for *YOUTH

Meaning Of Values of Europe

For Youth

InfoPack

Invited countries: Austria, Croatia, Turkey, Poland

Venue Place: Ustroń, Poland

Date: 21/11/2015 – 1/12/2015

Project description:

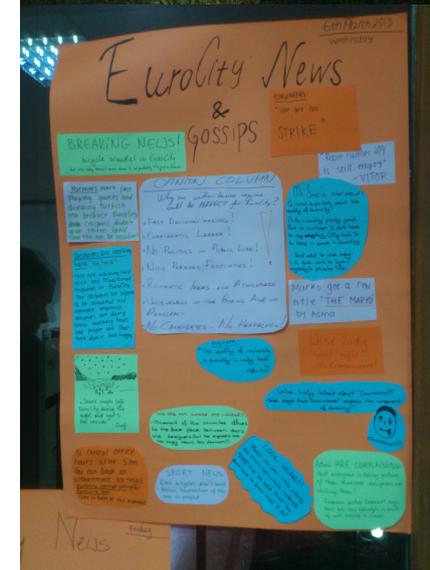
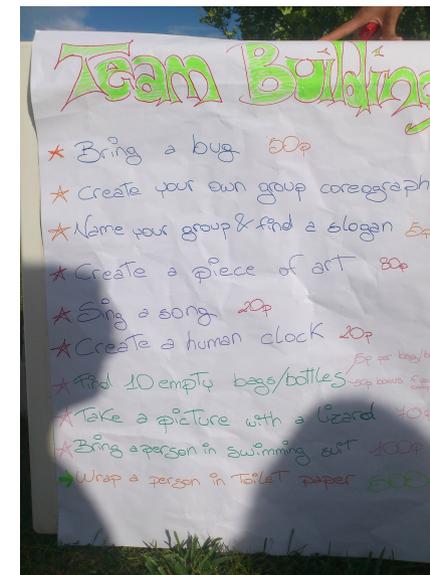
Youth exchange Meaning Of Values of Europe for YOUTH is a 11-day project which brings together young people from four countries.

The main objective of the project is to prepare and conduct a model youth exchange, with making sure its unrivaled quality, with the active participation of participants at all stages of the project and involving the local community in as many activities.

Also formulated additional goals, which are:

- Raising awareness of young people, including participants in the exchange and local communities on European values, their meanings and perceptions in different cultures
- Active participation and inclusion of young people in activities related to the local community, with particular focus on people at risk of social exclusion and fewer opportunities due to economic, geographical and social obstacles
- Educate and increase competencies related to personal development through active participation of young people in the project activities
- The possibility of a personal expression of each of the participants, due to the opportunities offered participation in an initiative presented.

The result of the exchange will be the preparation, completion and proper registration (photo / video) artistic performance, which will be prepared during the exchange. The subject of the show will be linked with European values, but young people themselves during the first days of the exchange decides on a specific topic and the shape of the show.



Planned activities:

Days 1-2:

Arrival and get to know each other
We will start with some name games,
Energisers, Ice-breakers and also teambuilding tasks.

Days 3-4:

More work on teambuilding with elements of treasure hunt.
Start of work on the concept of main result of the project – show/event.

Day 5:

European values and their recognition in everyday life.

Days 6:

Preparation of Music/drama/photo workshops for the local community + continuation of work on the final show.

Day 7-8:

Workshops for local community and continuation of work on the final show + trust building workshops

Day 9:

Final rehearsal, SHOW and study visit + free time

Day 10

Presentation of Erasmus+ Programme, Youthpass and key competences, and evaluation of the Youth Exchange



Partners & Participants:

Partner organisations are:

Austria: Gain & Sustain: Europe
s.schifrer@gainandsustain.eu

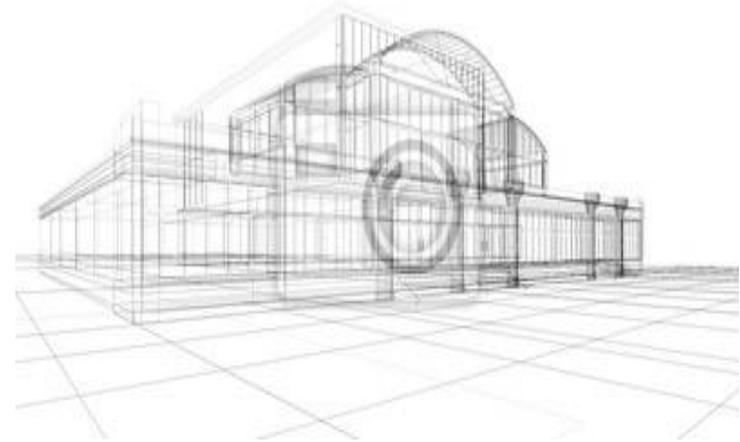
Croatia: Volim Volontirati - "VoVo"
udrugavovo@gmail.com

Turkey: DeM TURKEY
vmuderrisoglu@gmail.com

Poland: Stowarzyszenie Kulturalno-Społeczne
PIWNICA
mpietrzok@gmail.com

We are looking for:

- 6 participants + 1 leader from each country
- 1 leader + 1 pax for Advanced Preliminary Visit
- 2 pax from each country should be familiar with the topic already: Austria – MUSIC, Turkey – DANCE, Croatia – DRAMA, Poland – PHOTO/VIDEO
- 18 to 30 years old and no age limit for the leader
- possibly gender balanced



Where & when?

Dates:

Arrival Day: Saturday, 21/11/2015

Departure Day: Tuesday, 1/12/2015

Location of the Venue:

Ustroń, Poland (Beskid Mountains)

Venue place: Źródelko

<http://www.booking.com/hotel/pl/pensjonat-zrodelko.pl.html>

Nearest airports:

Katowice, Prague, Vienna, Warsaw, Kraków

Local transport:

More info is provided on the next pages.



Accommodation & food:

Accommodation and food is 100% covered.

You will be sharing room(s) with another 1-2 person(s) of the same sex & preferably from different nationality. All rooms have showers and toilets. Bed linen will be provided. Don't forget to bring your personal hygienic and towel. Wireless internet is available.

There are three daily meals, breakfast, lunch and dinner, which will be served in the venue place.

If there is any special nutrition need, like preparation of vegetarian dishes for your participants, please let us know earlier before project starts.



Travelling in Poland

Because of the distance from airports to the venue place, it is **HIGHLY RECOMMENDED** for each group to choose the same flight. This way we will be able to help you with local transportation and pick all of you from convenient places.

Before the Youth Exchange you will be asked for travel details and we will give you info about local transportation, maps, bus/train stations etc.

Health insurance

Health insurance will **NOT** be provided or reimbursed by the organizers. All participants are required to purchase health insurance individually, or get the free of charge formulary E-111 from your national social security that covers medical costs around EU member states (European Health Insurance Card)

Polish currency

Polish local currency is: ZLOTY

Exchange rates are around:
4 zloty = 1 Euro
(4,20 at the moment)

For Turkish group:
It is not easy to exchange Turkish Liras for zloty and exchange rates are very bad. It is recommended to bring Euro to Poland.

Exchanges:

Please, **DON'T** exchange money on the airports! Exchange rates are mostly bad there.

Please exchange money **ONLY IN EXCHANGES or BANKS**, if someone will offer you exchange just on the street – **DON'T!!!** Exchange rate will be very bad and you also could be cheated.

Reimbursement and additional costs

As mentioned before, accomodation and food is 100% covered by the Organisers from Erasmus+ Programme

The organizers will reimburse up to 100% of your travel costs from your home city to the venue and back. Please use mostly cost effective alternative available.

- Reimbursement of travel costs will only be done upon full attendance of the program and presentation of all (including return tickets) original tickets, receipt/invoices and boarding passes. Please remember to bring the original invoices – there will be no reimbursement without the original invoices and tickets with indicated names of travelers, description of the journey, indication of cost and currency and date of travel.
- If participants pay for their ticket with a credit card, they are requested to bring along the confirmation of payment (i.e. credit card slip and/or bank statement).
- Reimbursement will be done by bank transfer, after the mobility.
- Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>
- If your travel costs exceed the amount budgeted in the project, we will be able to reimburse you amount indicated in the travel budget, and no more. You will have to pay the extra amount to the full.
- Taxi costs will not be taken to consideration.

Travel budget:

Country	Number of Pax	Travel budget
Austria	6 + 1 leader	170 Euro
Croatia	6 + 1 leader	170 Euro
Turkey	6 + 1 leader	170 Euro
Poland	6 + 1 leader	20 Euro

Ways of travel

There are several options to come to Ustroń, even if the airports are not very close:

Katowice Airport:

There are many shuttle buses from Katowice Airport to Katowice Center. Travel takes around 45 minutes. From Katowice Center (Square next to Katowice Train Station) there is a minibus going DIRECTLY to Ustroń and travel time takes less than 2 hours. Depart times are: 9:30, 10:30, 13:15, 16:15, 18:15, 19:15. Price of this travel (both buses together) should be around 10-15 Euro.

Warsaw Chopin Airport:

From the airport you should take train to Warszawa Zachodnia Station. You don't need a ticket (there is free transportation for the ppl with plane tickets) Travel takes around 20 minutes and both train lines from the airport are going through Warszawa Zachodnia Station. (train is approx. every 15-20 minutes)
Then you should take train to Katowice (if you buy the ticket in advance, prices should be low, around 12 Euro)
Travel time from Warszawa to Katowice – 2,5 hour.
After you will reach Katowice Train Station, proceed as above (take minibus to Ustroń)

Prague Airport:

If you will decide to come through Prague, from the airport you need to reach Main Train Station and take the train to Cesky Tesin. (some trains are direct, some are with transfer in Ostrava). Travel time from Prague is around 4,5 hour.

Vienna Airport:

From the airport you should take train to Zebrzydowice (small town next to Czech border in Poland)
There are trains at 8:07 and 14:07, going 3,5 hours. (29 Euro)
There is also the train at 22:39 which goes 5 hours (55 Euro)
From Zebrzydowice we will pick you up!

More detailed info we will prepare when we will see your real needs!

Weather in Poland

December in Poland it's start of winter. Since we will be in the mountains, snow is possible!

Temperature will be between -3 and 8 degrees of celcius (could be lower during evenings/nights)

Because we will spend some time outside, please prepare your clothes carefully, to bring some comfortable clothes for the sessions inside and also something for outdoor activities. We are not going to climb the mountains or do any wintersports.

Visas (for Turkish group)

All Visa costs will be reimbursed in 100%. Also travel costs from your home to embassy will be covered. Please take all evidence with you (tickets etc.) to get your money back. In case of any problems with getting Visa, please contact Turkish group leader ASAP!

Additional information

- Prepare your mood for a fantastic youth exchange
- Prepare your luggage carefully (don't forget to put comfortable shoes, some warm clothes)
- Don't forget to bring food, music and something cultural for the cultural evenings! There will be also possibility to cook for your intercultural evening :)
- Don't forget your camera
- Remember about taking the evidence of your travel/visa expenses!

Contact details:

Feel free use my e-mail:
mpietrzok@gmail.com

In any case you are also welcome to call me: +48 608 616 675
Waiting to see you in Poland!

Best regards
Michał Pietrzok

Youth Exchange other details:

Detailed schedule will be confirmed by the group leaders during **Advanced Preliminary Visit**, which will be implemented in the same place, from 6th to 9th November (7th and 8th will be working days)

For the APV we would like to invite one leader + one participant from each country who will be one of 2 people from each country familiar with chosen topic:
Austria – MUSIC, Turkey – DANCE, Croatia – DRAMA, Poland – PHOTO/VIDEO
Budget for travel is the same as for the Youth Exchange.

See you soon in Poland!!!

