



Erasmus+

ADRA Polska | www.adra.pl

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**FUNDACJA
POCIECHA**

Zawsze możesz pomóc

INFOPACK

Erasmus + Youth Exchange

„Be active, be involved!”

2019-2-PL01-KA105-065926

3.11.2019 – 14.11.2019

Wisła, Poland



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Co-funded by the European Union

Technical information:

1) project venue

Ośrodek Wypoczynkowy „Orion”
ul. Spacerowa 7 (street)
43-460 Wiśła

<http://www.osrodekorion.pl>





2) How to get there? Directions:

- **the closest airports:**

Katowice Pyrzowice 126 km from Wisła

Kraków Balice 147 km from Wisła (recommended if you have time to visit Kraków)

- **Polish trains:**

From Katowice and Kraków (through Katowice) to Wisła - Get off on the train stop in Wisła called WISŁA KOPYDŁO (from there, it's only 1100 metres to the ORION venue).

The timetable of trains: <http://rozklad-pkp.pl/en>

You can also check the buses <http://en.e-podroznik.pl/public/index.do?>

In case of late arrivals/early departures, please contact the coordinator to ask for the possibility of the transfer from the airport. Please, consult your sending organization or the project coordinator in order to consult your travel arrangements.

Remember about the travel reimbursement limits for your countries:

- participants from Italy, Romania, – up to **275 EUR** per participant
- participants from Hungary, Poland – up to **180 EUR** per participant

3) Contact details to the coordinator:

In case of any questions, please contact the project coordinator:

Karolina Pieróg, karolina.n.pierog@gmail.com, (+48) 500 112 632.

4) Date of arrival: 3rd November 2019 before 7 pm

Date of departure: 14th November 2019 after 9 am

In case you want to come earlier to Poland or depart later, it is allowed, but you will have to pay for your own accommodation and other expenses for that time. Please, consult this with the coordinator.



5) Remember to bring with you:

- the original version of the participants' form (application form) you filled out,
- comfortable shoes and a backpack, because we could have a short trekking in the mountains,
- everything you need for the intercultural evenings (you can use a fridge)
- positive energy :)

6) Accommodation:

- Participants will be accommodated with 2-,3- and 4-persons' rooms, preferably with participants of the other countries - in order to practice their English and continue international integration after activities 😊
- The bed linen and towels are provided. Each room has its own bathroom.
- Internet access
- 3 meals during the day are provided. Before the youth exchange, all participants will be asked to fill the online survey regarding their special food requirement. Thank to this, meals will be adjusted to individual needs (vegan, vegetarian etc.).
- **The consumption of alcohol, cigarettes, e-cigarettes or any drugs is strictly forbidden.** Possibility of organization outdoor "party" in the center of Wisła 😊





7) Description of the Project:

As young and motivated people we would like to get a broader knowledge about different opportunities which exist for us and which existence we hadn't had idea about. More and more people benefit from opportunities which Erasmus+ is giving but still not many of us can enjoy such opportunity, sometimes only because of lack of the proper knowledge about the existing options. If we know more, then we can benefit more. This leads to the idea of the project we are currently working on.

The other aspect is intercultural contact and the need to communicate with colleagues from abroad. While English and learning foreign languages is getting essential for the world citizen in both personal and professional aspects, we find it necessary to communicate with our peers from other parts of Europe. We like the idea of building European connections and having friends around Europe. We are also happy to combat with existing stereotypes!

Last, but not least we want to be active in our local communities and we want to benefit from the initiatives of our peers from different countries and find together the solutions for existing challenges and problems in our areas of living.

We believe that thanks to the youth exchange, while with the youth from Poland, Hungary, Italy and Romania we will discuss and exchange ideas, experience and knowledge about different initiatives taken up in our countries, we would be more encouraged to actively participate in our local communities' lives and this way cause "domino effect" there because of popularizing good practices after the project is finished.

Then, our objectives of the youth exchange are:

- sharing knowledge, experience and good practices regarding different opportunities for young people, including Erasmus+ offer of international cooperation and diverse programs for the youth such as youth exchanges, trainings, EVS – European Voluntary Service etc.
- presenting different ways of being active and involved in our own communities by comparing existing initiatives in Poland, Hungary, Italy and Romania along with identifying needs in our local communities and finding concrete solutions for responding to them
- arising intercultural awareness, improving language skills and combating with stereotypes by cooperating with participants coming from different countries, having similar age and facing similar issues in their everyday life

How are we going to work during the youth exchange?

- Most of all have fun! Get to know each other and our cultures better – as one of the examples we will prepare cultural evenings for every participated country to make our peers more conscious about our uniqueness 😊



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- We would work in groups and individually – remotely before the exchange and on live while meeting in Wisła!
- As organizations from Poland, Italy, Hungary and Romania we will provide necessary support, including linguistic one if needed, before, during and after the exchange
- We will be using non-formal education methods during the activities

All participants are chosen by each organization on the following criteria:

- Age of 18+ to 30
- Practical knowledge of English which allows to actively participate in the project (min. B1 level)
- Eagerness to share idea, experience and knowledge with other participants during the training, and then share results of the project in the local communities
- Motivation to improve the communication and language skills and to combat with stereotypes
- Openness and respect to people coming from different countries and environments

There are 32 participants, 8 per each country (Poland, Italy, Hungary, Romania).

Dear partners, please take a special care in order to ensure the gender balance - none of the sex dominates significantly.

In order to ensure active engagement of participants, each of national groups will:

- prepare interesting initiatives from their countries and plan how to present them in an interesting way to the peers from different countries – Facebook group will be created to exchange ideas and meeting locally before the exchange is also more than welcome!

DISSEMINATION

As one part of the project is sharing its effects after the youth exchange is finished, We are going to make off video, take photos, write articles and share them in social media (with the previous consent to share the image). We will be also conducting presentations in our local communities and share good practices with our colleagues to encourage them to take up initiatives locally and participate in different kind of international opportunities as well. How much and in what kind of popularization of the project we are going to involve, all depends on each of us – just let's not to lose a chance to share what we have learnt and experienced during the youth exchange! We could feel we have a real impact on each other awareness 😊



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8) Poland – basic information

Poland location on the European map



Wisła – city where the youth exchange takes place



Kraków – former capital of Poland, historical and cultural centre



Currency: PLN (złoty) – 1 EUR = around 4,30 PLN

Capital: Warsaw

Number of inhabitants: 38 mln

Political system: parliamentary republic

Area: 312,679 square kilometers

Poland - a member state of the European Union, NATO, the Schengen Area, the United Nations, and the OECD

9) Basic Polish phrases [source: <http://mowicpopolsku.com/>] – don't be discouraged about difficulty of Polish words! 😊 Anyway you will speak more English!

Greeting & Farewell

Hi -Cześć

Good evening - Dobry wieczór

Bye – Cześć

Good morning / afternoon / day - Dzień dobry

Goodbye - Do widzenia

Good night - Dobranoc

Sleep well - Śpij dobrze

See you - Na razie

See you tomorrow- Do jutra





General Conversation

Yes - Tak

No- Nie

Please / You're welcome - Proszę

Thank you (very much)- Dziękuję (bardzo)

Thanks- Dzięki

Excuse me / I'm sorry- Przepraszam

Introducing Yourself

Nice to meet you. - Miło mi cię poznać.

How are you? - Jak się masz?

Good, thank you. - Dobrze, dziękuję.

Not bad, thanks. - Nieźle, dzięki.

What's your name? - Jak się nazywasz?

My name is Adrian Kalinowski.

Nazywam się Adrian Kalinowski.

What's your first name? - Jak masz na imię?

My first name is Paweł. - Mam na imię Paweł.

How old are you? - Ile masz lat?

I'm (twenty nine) years old. - Mam (dwadzieścia dziewięć) lat.

What are you doing (at the moment)? - Co robisz (teraz)?

Where do you live? - Gdzie mieszkasz?

I live in Gdańsk. - Mieszkam w Gdańsku.

I'm from England. - Jestem z Anglii

Communication

I understand. - Rozumiem.

I don't understand. - Nie rozumiem.

What does that mean? - Co to znaczy?

I don't know. - Nie wiem.

10) Other information:

- The language of this training is **English**.
- Participants are responsible for their travelling and medical insurance. It is also advisable to buy luggage insurance.
- The Facebook group will be created in order to enable effective communication between participants on the all stages of the project, beginning from preparation to the youth exchange by exchanging ideas and preparing materials for the exchange

In case of any questions do not hesitate to write us!



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