

## Youth Exchange „***Out door an open door!***” Info Pack

LOCATION: Załęczce Wielkie, Łódź, Poland

Dates for YE: 3.08.2015 – 12.08.2015

Participants: 4 participants plus one leader from each country. I total 25 young people from Poland, Slovenia, Slovakia, Italy and Romania.

### **About the Project:**

YE " ***Out door an open door!***" is Youth Exchange dedicated to young people (from 18 to 25 years old), who want to affect change for the better and grow up as persons.

To understand this and become citizens, we, as young people, need to find our place in the society and understand both the benefits and our obligations arising from being a part of our smallest and largest communities. Education that we are proposing takes place outside of the classroom, through experience, which definitely makes it easier and more effective and produces a strong commitment and sense of civic responsibility. Group in which we work during the youth exchange is a miniature of a democratic society.

**The main objective** of our project is to increase awareness and civic responsibility among young people by supporting **social engagement, confidence** and **teamwork** skills. This will be achieved through informal, experimental learning: outdoor and adventure activities such as orientation games, working in groups, theater exercises, discussions, creative thinking techniques, simulations and intercultural educational activities.

The project will last 10 days and will be held in Polish nature reserve Załęczce Wielkie, and then in Lodz. It will gather 25 young, motivated, sensitive participants and group leaders and will be the result of collaboration with partners from Poland Romania, Slovenia, Italy, Slovakia. The outcome of our work - exercises, games, discussions and reflections on the environment will be a direct influence on the Lodz urban space and community.

**Participant profile:**

We expect young people:

- 18-25 years old,
- willing to take part in outdoor activities. Not necessary having experience in that field but not afraid to spend some time in the fresh air, no matter the weather is not hot and sunny ;)
- target group in our YE are: youth, youth leaders, activists and all people who are related to this topic,
- with communicative English level

We would like to have a gender balance in the project, so please keep in mind while choosing participants for project.

**Working language:**

English – all participants **must** be able to actively communicate using English language.

**Funding:**

100% for accommodation will be covered and travel cost (Apex tickets) will be reimbursed after receiving original receipts and tickets (by post) based on the new calculation form.

**Łódź, the city:**

Łódź, situated in the middle of Poland, is the third city of the country. Known by its industrial past and artistic present, the city is adapting the old factories and becoming a hot spot in alternative art. Prove of that are the murals that decorate the big walls, the well-known cinema school and the variety of art festivals that are organized all year long. Also counts with one of the longest commercial streets in Europe: Piotrkowska Street, with 9km!

**Technical Information:****Currency:**

The currency of Poland is zloty (PLN). There are ATMs and currency exchange spots available all over the city, although some concrete conversions may not be accepted in some of them.

**Phone:**

It is important that you change the protocols of your mobile telephones for their correct functioning during your stay in Poland. The international phone code for Poland is 48.

**Weather conditions:**

The month of August can be quite warm like 25C.

**Financial conditions/reimbursement****Travel costs limits (100% - both ways):**

**Italy: 170E per person**

**Romania: 170E per person**

**Slovakia: 80E per person**

**Slovenia: 170E per person**

**Note:**

- the cost given is a limit in total, for both ways
- please remember that according to Erasmus+ rules money for travel will be reimbursed according to the real cost you spent, up to the amount given above per country, but not more (which means that if you spend less - you will be reimbursed the money you actually spent, not as it was before – always 30% of travel cost)
- before buying your ticket, please remember your cost limits
- before booking the flight, please, make travel arrangements confirmation with us!

**Participation Fee:** There is NO participation fee for the Youth Exchange

**Reimbursement process:**

Participants are ought to send to Biosynergia all tickets **by post**, after the youth exchange has finished (it should be delivered by the date established during the training).

The reimbursement will be made by bank transfer after the Youth Exchange and receiving by us all ORIGINAL and correct travel documents.

Please keep all **ORIGINAL:**

- confirmation of reservation
- tickets

- bills, invoices, receipts
- boarding cards/passes

**We will need all those documents to reimburse you money!** Missing (or not original version) documents will not be reimbursed. Any travel cost cannot be reimbursed if it is made before 1<sup>st</sup> May 2015. You should have tickets for day 3<sup>rd</sup> August (to come) and 12<sup>th</sup> August (to leave) – if you need to buy it one day before or one day later – we need to know it as soon as possible to inform National Agency.

**Accommodation** and **lodging** is covered 100% by the Erasmus+ program. These expenses will be covered only from the day of your arrival (3<sup>rd</sup> August) till the departure date (12<sup>th</sup> August 2015).

#### **Health & Travel Insurance:**

There will be insurance provided by the organizers.

Also, it is very important that you notify us of any health risk or possibly necessary medicines, special food arrangements (as vegetarians, intolerances...) and so on.

#### **Travel Agreement**

Łódź is the third biggest Polish City and it is situated in the center of Poland. To get here you can consider the next airports:

1. Łódź
2. Warsaw (Modlin or Chopin) Most convenient option
3. Poznań (3 hours far)
4. Wrocław (4 hours far)

There are several cheap buses connecting Łódź with other Polish and European cities. Train is also an option, you can find timetable [here](#).

As a European Union member, VISA is not requested for entering Poland but for participants who are not part of the EU. Participants are expected to arrive on **3<sup>rd</sup> August** and leave on **12<sup>th</sup> August**.

The pick up arrangements will be established once the tickets for the flight are bought, it is for this reason that would be appreciated if each group of participants and leader from every country could come together. This is very important especially that we will go from Łódź to Załęczce Wielkie together by bus (distance is around 2 hours)

**Organizers contacts:**

- contact email regarding the Youth Exchange is Andreea Echim:  
[opendoor.biosynergia@gmail.com](mailto:opendoor.biosynergia@gmail.com)

Additional contacts are:

- Aleksandra Szmurlik – [aleksandras.ferso@gmail.com](mailto:aleksandras.ferso@gmail.com)
- Alicja Zachert – [alicja.ferso@gmail.com](mailto:alicja.ferso@gmail.com)

**Youth Exchange financed by Erasmus programme, action KA1 Youth Mobility**