

**06-12.10.2019 - "Upcycle your life!" Erasmus+ KA1 Youth exchange – INFOPACK**
**Project description:**

The need for the project resulted from our individual needs, because it is hard for us to live in an increasingly littered world. We decided to take matters into our own hands. The aim of our project is to increase public awareness of ecology and strengthen international cooperation in the context of caring for the environment, promoting public awareness, promoting responsible consumer behavior, reflection on the consequences of our everyday behaviors and habits, indicating that the action of one man affects the functioning of entire communities. We care about strengthening youth activity in local communities.



The youth exchange itself which will take place in Poronin. It will be attended by young people from 5 countries: Poland, Cyprus, Estonia, Italy, Romania, 7 people plus 1 leader from each country, a total of 40 people. The main methods of

work are - workshops, presentations, discussion on the forum, happening, creative / artistic workshops, conversations with residents, tourists, peers. Working with social media, using English, evaluation activities, national evenings, reflections and impressions. Each of us will participate in the project through their involvement and support for colleagues, active participation in the implementation of the schedule, gaining knowledge about a healthy lifestyle, greater social and health awareness.

The main dissemination activities are: happening, upcycling workshops, zero-waste workshops, school visits, films, graphic works. The target groups of our activities will be primarily our communities in which we live, we will try to get information about the project to the decision-makers in our communities, such as municipal offices, cities, and institutions responsible for waste management. Thanks to the project, we will become conscious consumers and conscious citizens. We will get respect for human work and its products, we will be more attentive, we will be more wise to approach purchasing decisions. We will take more social and health awareness, we will pay more attention to what we can do for the environment, the immediate environment. Thanks to the project, we will become more creative - we implement innovative thinking about objects thanks to which we will find new applications for ordinary items. Thanks to the project, we will improve our communication and language skills, open up new people and new ideas.



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*Stowarzyszenie Inicjatyw Regionalnych*



Erasmus+

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### Practical details:

7 youth (age 18-30) 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 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 on 06.10.

**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 to 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).

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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 😊 Please have on your mind that we will go for a mountain walk and have some activities outside. In October it can be warm and sunny but especially in the mountains it changes quickly and you can have winter on next day 😊





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**Brief agenda:**

Day 1	arrivals, welcome dinner, introduction, integration evening
Day 2	further integration, national presentations about health, workshops "Upcycling for us", visit to local school, Polish national evening
Day 3	"Zero waste" – workshops discussing this idea and preparing some meal according to this rule, Estonian national evening
Day 4	Outdoor cleaning activities in Tatra mountains national park, Italian national evening
Day 5	Creative work with the trash found in Poronin and in the national park, Romanian national evening
Day 6	Happening in Zakopane, exhibition in the guesthouse, Final evaluation, making Youthpasses, Cypriot national evening
Day 7	Departures after breakfast

Of course there will also be some time for sightseeing, **mountain trip**, buying souvenirs, barbecue, maybe some sport and of course a little relax/party in the evening 😊

Further communication will be done via facebook group (<https://www.facebook.com/groups/486752328785932/>) 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!!**

