

## **Active youth!**

Youth Exchange 30/08-05/09/2024

Murzasichle, Poland

**The project:**

Active youth is a project idea created by young people. Visual thinking is a modern method of writing content using a combination of image and word. It is an extension of the method of recording mind maps, but it gains a completely different, new, deeper dimension. Using simple icons, the creation of which is very easy, we save notes from workshops, conferences, meetings at work, lessons. We learn better from such notes. We can also create unusual personalized birthday cards, motivational images. All this to make it easier to remember, understand and focus on various types of events where focus is needed. The aim of the project is to increase awareness of national heritage and European awareness.

Action: 7-day workshop for youth with youth, self-awareness shipment.

Place: Murzasichle

Date: Aug 30, 2024 - Sep 05, 2024

Countries: Latvia, Romania, Hungary, Poland

As part of the project, we are planning activities for 36 youth. Participants are young people aged 18-30 operating in partner countries.

**Transport:**

The arrival day to Murzasichle must be 30 08 2024(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km).

The departure back will be on 05 09 2024 in the morning,

If you need any help with tickets or transfers please let us know we can arrange it so before you will buy ticket please contact us to be sure that this is best option.

We will reimburse your travel expenses in the last days of the project, in cash (euro). Please bring with you all original receipts, invoices, e-tickets, proof of payment and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without having to send it`s to us by post when you return home! Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project.

It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible.

**We can arrange all the travel for you as es, planes etc. for that please ask your team leader.**

## **The group:**

We need 9 participants (8+1 leaders) from each of the country. Age limits for the participants are 18-30 years old and 18-35 for leaders.

## **Rules:**

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation.

Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

## **The location:**

The venue of our project is Murzasichle, a village in Polish Mountain area, 100km away from Krakow.

Basic information about accommodation place - U Toski <http://utoski.pl/>

- 2/3/4/5 people in one room
- Rooms have their own bathrooms
- The restaurant will serve all meals (breakfast, lunch, dinner) and in some days we will have lunch packs;
- The area is very beautiful and surrounded by nature

## **What to bring:**

- All your travel documents and financial statements/proofs of payment;

- Typical food and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing. Try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on!

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!

- Clothes: going to have some swimming session, so prepare your swimsuit!

- Towels and whatever you need for taking shower, washing, etc;

Our currency is the Polish Zloty (PLN): 1 Euro = 4.4 PLN

If you have any questions for us please contact Jacek Kubicki ([jacekkubicki@op.pl](mailto:jacekkubicki@op.pl)), Project Manager.

We are looking forward to see you in Poland!