

Europeans Are One Family

Youth exchange

2019.07.23-31

Murzasichle



Erasmus+



Project "Europeans Are One Family"

Number 2019-1-PL01-KA105-061802 funded by the Erasmus+ programme of the European Union

ABOUT THE PROJECT

The project "Europeans Are One Family" was prepared by young people who are gathered by our Foundation as part of the informal group "Mazury Initiative". Members of the group recognize the need for European integration, openness to other cultures, nations without unnecessary prejudices or hate speech. The objectives of the project were clarified by the youth and they decided that, mainly through the implementation of the project, we intend to:

- positively influence the perception of other cultures, nationalities while overcoming language barriers and stereotypes
- acquire and, as a result, pass on knowledge about communication within racism, propagation of hatred
- learn assertive attitudes, conscious and bold expression of your thoughts
- deepen the skills of working in international groups
- gain knowledge about the current migration situation in other countries participating in the exchange
- deepen the ability to show tolerance towards other people.

During the project there will be organized 3 youth exchanges which will take place in Poronin, Murzasichle and Biały Dunajec, Poland. The second youth exchange will take place in Murzasichle 23-31.07.2019, in which participants from Poland and Lithuania will take part. There will be 34 young people attending the exchange! They will learn history, tradition, customs and national languages, and the realities of everyday life in individual countries, deepen the knowledge of the project topic through non-formal education and sharing good practice. All workshops will be conducted with the rules of nonformal education, which will additionally support the learning process. The exchange program will be a series of workshops and discussions whose main general goal is to learn to deal with manifestations of racism, hate speech and other types of intolerance and to learn about possible actions in the situation of experiencing this type of situation. Participants will have the task of taking part in a city game aimed at familiarizing themselves with the place of exchange and during which they will have to conduct surveys and interviews with people they meet. This will allow you to collect random opinions of people and try to understand their attitudes, even if they are not tolerant.



YOUTH EXCHANGE

WHERE

The youth exchange will be held in Murzasichle, a beautiful town near Zakopane, which has one of the greatest views to Tatra mountains.

WHEN

Between 23 and 31 of July, 2019. You will experience a real Polish summer :)

PARTICIPATING COUNTRIES

Lithuania and Poland. It's a great opportunity to make friends in the nearby countries!

CONTACT WITH THE ORGANIZERS

Facebook: Justė Dcv

Mail: juste.dcv@gmail.com

Phone: +48887944424 or +37062766255

Project group on Facebook: <https://www.facebook.com/groups/420967081826003/>, or type "Europeans Are One Family - youth exchange 2" in the search field.

NATIONAL GROUPS:

16 participants from 18 to 21 years old + 1 leader (18+) from each country.

THE EXCHANGE IS FOR YOU IF:

- you are between 18 and 21 years old (if you are 21+, please contact your organization, you might be a group leader then);
- you are a resident of Lithuania or Poland;
- interested in such topics as Erasmus+, European citizenship, multiculturalism, racism and hate speech;
- you are active and willing to learn, eager to participate in the workshops and classes.



DRAFT PROGRAM

23.07

Arrivals in Poronin
Introduction
Leaders meeting
Free evening

24.07

Name games
Energizers
Team building activities
Tasks list, contract
NGO's market
Polish national evening

25.07

Workshops on assertiveness, coping with difficult situations related to showing hostility on the part of a deceased person
Role plays

26.07

Trip to the mountains
Lithuanian national evening

27.07

Workshops based on looking for signs of racism, lack of tolerance, hostility in the media
Meeting local community
Mid-term evaluation

28.07

Brainstorming about lack of tolerance and the possibilities to be more tolerant
Movies night

29.07

Creating posters
Musical integrational games
Youthpass workshops

30.07

Meeting the local community
Creating a photo report

31.07

Youthpass certificate ceremony
Farewell party



PREPARATION FOR THE EXCHANGE

EACH NATIONAL GROUP MUST PREPARE THESE THINGS BEFORE ARRIVING TO PORONIN:

- prepare for your national evening. During this evening each national group presents their culture, history, traditions, songs, dances, interesting facts etc. In other words, feel free to share with us anything you like about your country, we are super excited to hear/see/taste that! Don't forget to bring some traditional food for the participants to try :) You can grab some brochures, leaflets etc from your local Tourist Point.
- prepare a presentation about your sending organization (NGO's market). You can make a powerpoint presentation, shoot a video, create a song or a play etc. Feel free to use your imagination :)
- organize and attend 1 preparational meeting with your national group. During this meeting you will be able to get to know each other, organize your national evening and the workshops. Don't forget to take lots and lots of pictures!
- prepare and carry out a survey connected to racism, hate speech and intolerance.
- prepare 3 energizers and / or team building games which you will run during the workshops.
- prepare the workshops:
LITHUANIAN TEAM :
 - Workshops on assertiveness, coping with difficult situations related to showing hostility on the part of a deceased person
 - Youthpass workshops**POLISH TEAM:**
 - Workshops based on looking for signs of racism, lack of tolerance, hostility in the media
 - Brainstorming about lack of tolerance and the possibilities to be more tolerant

Each workshop must take around 2 hours and be consistent with the non-formal education rules.



PRACTICAL INFORMATION

ACCOMMODATION

Kompleks Wczasowo Wypoczynkowy

<http://ugoralki.com.pl/>

You will be accommodated in a hotel, sharing a room with 2-4 beds. Every room has a shower, hot water and Wi-Fi. The canteen and the workshop room is in a nearby building 50m away from our hotel. **Bring your own towels!** Please make sure that you write your food preferences in the application form.

TRANSPORT

Travel day to Murzasichle - 23rd of July, 2019. If you are planning to arrive in the evening, please keep in mind that dinner is at 8 PM. If you come later, we will get you same cold snacks.

Travel day from Murzasichle - 31st of July, 2019.

If you are travelling by plane, the nearest airport is in Kraków (Balice). You have to get from the airport to the bus station and catch a bus to Zakopane. It costs about 15/30 zł (4/8 EU). The first bus Kraków - Zakopane is at 4:40 AM. The last bus leaves 22:25 PM. Another option is to fly to Warsaw (Chopin or Modlin) and to get a bus to Zakopane (the trip takes about 7 hours one way). You will have to catch a bus which goes from Zakopane to Murzasichle (it costs about 10zł and takes 15-20min). If you have any problems traveling, don't hesitate to call us +48889744424. We can help you with the details includint talking to the bus drivers :)

TRAVEL COSTS

Important!!! Before buying the tickets, please contact us via facebook, email, phone, pigeon post etc and consult your way of traveling and the cost of the tickets.

According to the rules of Erasmus+, the organizers will reimburse 100% of participants' travel costs (as long as you use the cheapest ways of traveling; no business class flights or taxi) within the limits set by Erasmus+ programme upon presenting of the original tickets, invoices, boarding passes as well as confirmations from the credit card / bank account.



TRAVEL INSURANCE

Every participant must have European Health Insurance Card. Usually you get it free of charge and it is valid in the whole European Union.

The organizers will additionally provide the accidents insurance for all participants and leaders during the youth exchange (23-31.07.2019).

WHAT WILL I NEED IN PORONIN?

Everybody:

- we suggest to take a warmer jacket because the temperature during the night might be around 10 degrees;
- a digital camera (if you have one);
- a laptop;
- personal stuff (including a toothbrush and a towel);
- outdoor sport clothes;
- sturdy shoes that are comfortable during a longer walk;
- medicines (if you need them)
- all the original tickets, invoices, receipts, boarding passes, confirmations from the credit card / bank account;
- European health insurance card;
- smile, creativity, good mood and energy to work and learn :)

Per each group:

- a pendrive with your national music and favorite songs (we will listen to them between workshops);
- materials for your national evening;
- prepared activities, workshops and presentations.

TO DO LIST

- Read the infopack carefully. In case you have any questions, don't hesitate to ask us!
- Plan your travel, inform as and wait to be confirmed before buying the tickets.
- Prepare for your national evening. You can make a presentation, a funny quiz, show videos, teach a national dance or a song, bring some food and drinks.
- Be active before the exchange. We will be posting some information in our Facebook group. Please read it carefully and do all the preparatory activities connected to them.



HOW TO SURVIVE IN POLAND

SAFETY

Poland is as safe as any other European country. It is not dangerous for tourists. Economic situation is stable and the country is not a target for worldwide terrorism. In general, people are friendly and welcoming. The really basic rule to be applied when travelling is to obey general regulations and use a certain amount of common sense. Special care should be taken of your belongings in crowded places as pick-pocketing occurs in popular tourist destinations, train stations, buses, museums, etc. Don't leave your belongings unattended while travelling by bus, train or tram.

MONEY

Our currency is Polish zloty (zl, PLN). In most places it is impossible to pay with euro or US dollars. Only some hotels and few shopping malls would accept euro. There are numerous ATM's in larger towns (there is one in Poronin) so you won't have any problems with finding one and drawing Polish money. The other option is to use exchange offices. Majority of shops and restaurants accept credit cards. The most popular are VISA, MasterCard and Maestro. American Express and Diners may not be accepted. Do not bring traveller's cheques as they are not accepted.

ENGLISH LANGUAGE

English language has been commonly taught in Polish schools for many years and majority of people, especially in tourist sites, speak English better or worse. You should have no problems with communicating in English, especially with young people. Our guides speak fluent English and drivers have at least basic knowledge of the language.

WHAT TO BRING

You should be aware that most of our tours involve quite a lot of walking so bringing a pair of comfortable shoes will be strongly recommended. The type of clothes to take depends on the time of your travel. Anyway, the weather in Poland can be a bit fitful so you should also bring some warmer clothes as well as a raincoat.



**If you have any questions,
thoughts to share or need
any help, contact us :)**



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