

DO IT!
DEVELOPMENT
ON AN
INDIVIDUAL
TRACK

19-27 SEPTEMBER 2021
GOLKOWICE, POLAND

INFOPACK

ERASMUS+ YOUTH EXCHANGE



ambasada
społeczności



Erasmus+

A FEW WORDS ABOUT THE PROJECT

INFOPACK

WHAT? Youth Exchange

WHEN? 19-27.09.2021

WHERE? Gołkowice Górne, Southern Poland

FOR WHOM? The exchange will gather 7 groups of young people aged 18-25 from (5 participants from each country + 1 group leader): Greece, Italy, Poland, Latvia, Macedonia, Romania and Spain. Each group will be supervised by a group leader, so don't worry if it is going to be your first Youth Exchange. The exchange is open to people with little or no previous experience in international youth projects and people with different special needs!

The working language will be English.

[DOWNLOAD THE TIMETABLE HERE](#) :)

WHY SHOULD I APPLY?



Are you interested in a topic of self-development?

Maybe you have difficulties in creating your career path?

Do you want to go deeper into the topic of habit and motivation?

Do you want to grow as a person but you do not know how to do it?

Are you willing to make a change in your life?

Don't you have the tools/ideas to do so?

If you answer “**YES!**” for most of the questions above,
this Youth Exchange is for **YOU!**

OR

You feel that you are stuck in your life and you want to change it?
If you answer “**YES!**”, this Youth Exchange is for **YOU!**



AIM AND OBJECTIVES OF DO IT!

The main aim of the project is to help you understand your needs and show you ways of self-development.

To accomplish the aim, the following objectives have been set:

- to provide participants full back of tools concerned self-development, which can be used during difficult times to solve problems/difficulties,
- to go deeper into the topic of motivation and habit according to Jim Ryun words: *'Motivation is what gets you started. Habit is what keeps you going'*,
- to create an inspiring learning environment and a great motivation to work on self-development,
- to learn how to deal with stress,
- to develop skills of effective communication and leadership skills.



AIM AND OBJECTIVES OF DO IT!

Moreover:

- to improve language skills - we will use mainly English, but... we hope it will be the opportunity to learn a little bit other foreign languages as well,
- to understand intercultural differences - each country comes from a different background. During activities, we will collaborate and get to know different perspectives and values,
- to promote the Erasmus+ Program - we will have a chance to understand in-depth how this programme works, build friendships and future partnerships as a means of further development.



RESULTS OF THE DO IT!

Participants will return home with a baggage of great motivation and power concerned self-development. The impact and effects of the project will reach both local areas and European countries.

The gained knowledge will be used by participants in the organizations/environments where they work. Not only will young people prosper actively by using tools presented on a project, but also they will implement those methods while working with local society/colleagues from their organizations.



**REMEMBER: WHAT YOU GAIN
FROM THE 'DO IT!' DEPENDS ON
YOU AND YOUR ENGAGEMENT! 😊**

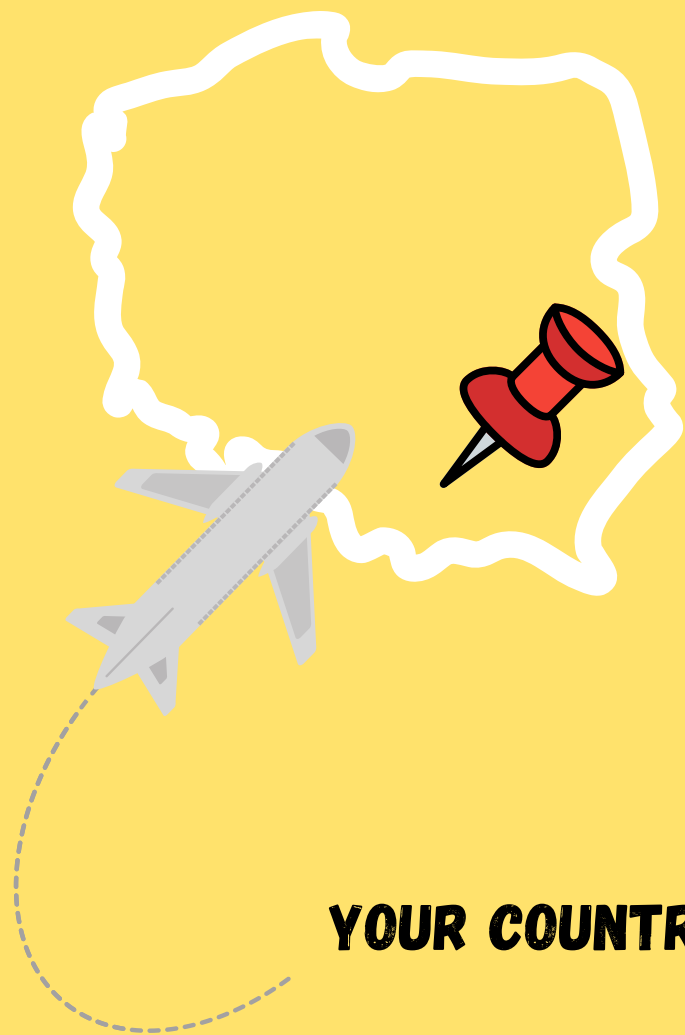
PRACTICAL ARRANGEMENTS

The exchange will take place in a youth camp in Gołkowice Górne, Southern Poland. Participants will be sharing (divided by gender, mixed by countries) 6-8 bedded huts at Centrum Wypoczynku JordaNova. The workshops will take place at the venue. There will be some activities out of the venue.



TO FIND OUT MORE ABOUT THE PLACE, PLEASE VISIT: WWW.GOLKOWICE.PL

TRAVELLING TO POLAND



YOUR COUNTRY

The most comfortable airport for you is **Krakow Balice** and we **strongly recommend arriving to Krakow**. If there are not such comfortable flights to Krakow Balice for you, Katowice Pyrzowice is the second good option. If you arrive to Katowice Pyrzowice or other destinations, please head to Krakow Główny. For connections within Poland, please check:

<https://en.e-podroznik.pl/>

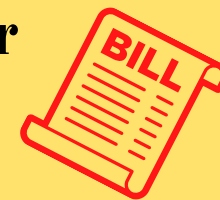
TRAVELLING TO POLAND

Sunday 19th September – **arrival** in Krakow by 2 pm the latest, arrival to Gołkowice Górne in the evening.



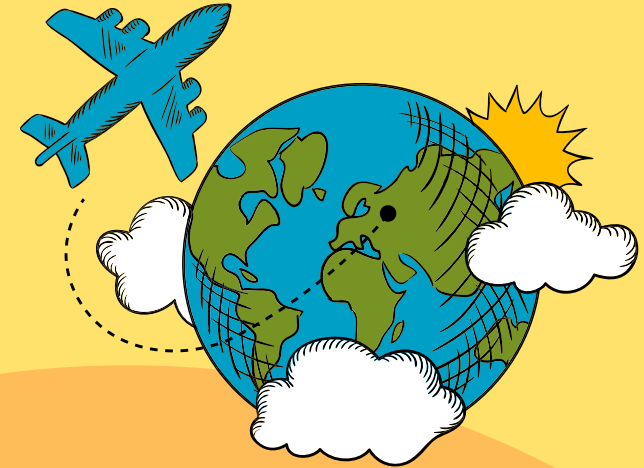
GOŁKOWICE GÓRNE

Travel (train & coach or coach & coach) from Krakow to Gołkowice Górne costs around 40 PLN, return journey from Gołkowice Górne to Krakow the same. Keep that in your mind, while planning your travel 😊



Monday 27th September – a **departure** from the camp in the morning. To allow enough time to get to the airports, your return flight should be after 11 am from Krakow Balice Airport, or later from other airports.

TRAVEL TIPS



You can arrive a few days earlier and leave a few days after the mobility. The extra stay will not be supported with food or accommodation, yet you can use this time to visit some places around Poland. Should your stay be longer than 3-4 days, please consult this with your group leader and the organizing team in Poland.

TRAVEL REIMBURSEMENT WILL BE DONE VIA A BANK TRANSFER TO YOUR SENDING ORGANISATION AFTER THE END OF THE EXCHANGE. THERE ARE FEW RULES TO FOLLOW:

- In line with the rules of the ERASMUS+ Programme, please make your travel arrangements using the cheapest travel options.
- Provide details of your travel plans to the organising team from Poland for verification and approval.
- You must supply all the original travel documents (receipts, invoices, tickets, and boarding passes) for BOTH your journeys.
- Digital copies of travel documents are also useful, so please email these to us.
- After going back home, you should send the original remaining boarding passes and any other documents from return journey by post to:
zuzanna.pociecha@ambasadaspolecznosci.org.pl

REMEMBER

PLEASE, CONSULT YOUR FLIGHTS WITH COORDINATORS FROM POLAND BEFORE BUYING THEM!

Further practical details related to travel within Poland will be shared with the participants when we have all flight details in place. So don't forget to consult and share your itinerary with organisers from Poland :)



WHAT TO BRING?

TRAVEL ESSENTIALS

- PASSPORT/ID
- INSURANCE
- POCKET MONEY

THINGS TO PACK

- TOILETRIES
- BATH TOWEL
- SLIPPERS FOR THE USE IN THE CABIN
- WALKING/HIKING SHOES
- COMFORTABLE CLOTHES
- MEDICINES (IF YOU NEED ANY)
- HAIRDRAWER (IF YOU NEED ONE)

FOOD AND SNACKS FOR THE INTERCULTURAL EVENING

During the exchange you will have the chance not only to meet new people from 7 other countries, but you will also be able to learn a bit more about their culture and places they come from.

How would you present your own country and community to others?

What traditional food and drinks could you bring? What elements of your country's culture could you share (e.g. song, dance, craft, etc.)?

Looking forward to seeing what you've got!

TOOLS AND METHODS TO SHARE

Have you ever used any personal development tools or techniques that you could recommend to others? Or perhaps you do yoga, meditation, have some cool exercise routine that could not only help to boost energy, but also lift up the mood?

During the exchange, there will be an opportunity to run a workshop for other participants. If you'd like to propose anything, please get in touch with us ahead of the exchange. We'd love to share the space with you!

WHAT TO DO?



- 1. FILL IN THE E-APPLICATION FORM**
- 2. WAIT FOR THE SELECTION RESULTS TO BE ANNOUNCED BY THE SENDING ORGANISATION IN YOUR COUNTRY**
- 3. UPON SUCCESSFUL SELECTION TO THE EXCHANGE, CONFIRM YOUR ATTENDANCE**
- 4. START THE PREPARATIONS TO THE EXCHANGE**



CONTACTS

Any questions related to the exchange, travel to Poland or any other matters should be addressed to your group leader or the project coordinators:



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ZUZANNA POCIECHA

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TO ENSURE THAT YOUR E-MAILS ARRIVE WITHOUT DELAYS, PLEASE ALWAYS START YOUR MESSAGES WITH ERASMUS+ DO IT!

WE'LL APPRECIATE ANY IDEAS AND SUGGESTIONS OF YOURS THAT COULD BE INCORPORATED AT THE TIME OF PREPARATIONS TO THE EXCHANGE OR DURING THE ACTIVITY ITSELF. THIS WILL BE A YOUTH EXCHANGE THAT WE WISH TO IMPLEMENT NOT FOR YOU BUT TOGETHER WITH YOU!

LET'S MAKE IT AN EXCITING LEARNING JOURNEY!

DO IT! IS COMING, SEE YOU!



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