

,Time is on our side'

Youth Exchange

Dates of the project: 15.04-14.09.2019

Planning visit: 05-07.08.2019

(Group leader + representative of youth)

Youth exchange: 29.08-06.09.2019

(Group leader + 6 participants)

Place: Zwierzyniec, Poland

Host: **HEureka Generator**, Poland

Partners: **See Why** Cyprus, **Brno for you** Czech Republic, **Co-Efficient**
Hungary, **JASMA** Latvia, **Evolution** Romania

Participants: 18 – 30 years old

interested in the topic of entrepreneurship and self development

with the communicative level of English

Topic of the project

Our project is created for young people who would like to **improve their entrepreneurial skills**. Our aim is to enable the development of young people from different countries who have limited opportunities to do it.

These days many people have trouble planning their time properly. Because of excessive duties they do not have time for themselves or for the family. On the other hand, there are many things that distract them when they try to do what they have planned. We have decided to show how important it is to preserve the balance between different spheres of life and how, by applying the appropriate methods, people can **plan their time in an effective way**.

Seeing how many people spend their free time using mobile phones or computers, we decided to organize a **campaign on the valuable use of time**. We want to encourage people to do something that will be beneficial for themselves and positively influence people in their surroundings.

Venue

Training-Leisure Center 'Zacisze' in Zwierzyniec

www: www.zacisze.zwierzyniec.com

e-mail: info@zacisze.zwierzyniec.com



Travel

Every group should prepare comfortable, but also economical transport to Poland, such as: **budget flight, second class train, bus**. If there is a need of any other transport, please contact us before buying the tickets.

Reimbursement of the travel costs is possible only if we get **original travel documents** from the participant.

- **Plane: Reservation** (with visible **price, dates** of flight, **name** of the participant, flight **number**), **Boarding pass**. If there are some of these things missing you need to ask airlines for the invoice.
- **Bus/train:** If you buy ticket **online** - electronic ticket with **name, route and dates**
If you buy ticket **directly in the bus/at the train station** it needs to have **price, date and route**
In **any other case** please **ask us** before buying.

Reimbursement of the travel cost according to Erasmus+ rules needs to be done **till 14th of September** which is a final date of the project.

Please take care of your travel documents. Without them reimbursement of the travel costs will not be possible.

The participants are provided with 100% reimbursement of the travel expenses but no more than amount from distance calculator (showing distance between the city of sending organization and place of the youth exchange):

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_pl.html

APV

COUNTRY	AMOUNT
Czech Republic	max 180eur/per person
Hungary	max 180eur/per person
Latvia	max 275eur/per person
Romania	max 275eur/per person
Cyprus	max 275eur/per person

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Important information

- Every participant of our project needs to have **European Health Insurance Card or insurance policy**
- Person selected for APV needs to participate also in the youth exchange
- Be ready to present your organization during APV
- Prepare ideas for the campaign we will organize
- You can bring your national food and drinks for the cultural evening
- Before coming to the youth exchange think about the way you usually plan your time

Contact

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