

Info Pack

Youth Exchange "Everything's gonna be alright"

11-18 April 2023

Lodz-Poland



Dear project partners and potential Participants! Below, we present you information that will be useful for you. Please make sure that you read all of them carefully. If you have any additional question, we will be happy to help you – you can contact us on: **erasmusprojectmanagement@gmail.com**

ABOUT THE PROJECT

With this project, we would like to offer to participants theoretical and practical strategies for overcoming difficulties in facing the stressful situations. We will have sessions where we will talk about what is mental health, what is stress and how it affects the health. Also, we will try to find out and set the similarities and differences of the challenges of healthy lifestyle in all participating countries.

We will have sessions where we will talk more about practical strategies in dealing with the stress. Some of these strategies are meditation, yoga, healthy food and sport.

The objectives of the project:

- to raise awareness about mental health and wellness among youth;
- to promote the healthy lifestyle among the youth, through sharing good practices, practical skills and knowledge;
- to develop knowledge, tools, attitudes, and skills for popularization of sport and physical activity among youth;
- to exchange cultures and help to understand youth that young people face similar challenges all around the world despite their cultural, ethnic or country of living;
- to ensure and increase the active participation of young people in the topic of health and well-being;
- to broaden the horizon of young people, by sharing different visions of approaching health and well-being in their own communities;
 - exchange of different practices between the participants;
 - to learn about different non-formal methods;
 - to foster future cooperation among organizations;
 - to raise awareness about Erasmus+ program

PROFILE OF THE PARTICIPANTS

6 participants per partner organization in total (5 participants + 1 group leader);

Requirements:

- aged 18-26 (participants who do not meet this criteria on 11 April 2023 cannot be accepted);
- good knowledge of English.

PARTNER ORGANISATION ARE RESPONSIBLE FOR SELECTION OF PARTICIPANTS

DATES AND SCHEDULE

The participants should **arrive on 11th of April 2023**. The **departure will take place on 18th April 2023**. Please note that you cannot arrive on the project later or leave earlier.

VENUE

The training will take a place in ŁÓDZ, POLAND. Accommodation will be in youth hostel in Łódź.



Address: Legionów 27, Łódź Participants will be accommodated in a 4/6 beds rooms, grouped by gender with participants from different countries.

More details about the hostel: [http:// www.yhlodz.pl/pl/hostel-legionow/hostellegionow-galeria-pl](http://www.yhlodz.pl/pl/hostel-legionow/hostellegionow-galeria-pl)

-meals: participants will prepare breakfast and dinner (food provided by organizers). -Lunch will be served in a restaurant near the hostel.

Program activities, food and accommodation are covered by Erasmus+ Program .

TRAVEL BUDGET PER PARTICIPANT

Travel costs will be covered, based on the country of participants, up to foreseen limits.

Poland - 23 Eur

Italy -275 Eur

Macedonia -275

Czech Rep. -180eur plane or 210 eur green travel(Green travel is every other transportation excluding Plane)

Each participant is responsible for buying their own tickets, in accordance with the guidelines. Refer to the travel budget for the maximum covered amount. Participants will receive reimbursements (in euro) during the training course AFTER providing original tickets, invoices and boarding passes. Name of passenger, price, currency and date of purchase should be clearly visible on all documents to be viable for reimbursement. Copy of tickets are not enough according to Polish accounting rules - we need original documents. Therefore, the best option for the return tickets is to buy them online, so you can print them multiple times.

Please note! -The tickets booked without our permission will not be reimbursed. -The tickets of the missed flights or any other reasons which the participant could not attend the training will not be reimbursed. - bank proof and confirmation of transaction charged for the tickets is needed. -

We take in consideration only the cheapest option to get to lodz.

INSURANCE It is required for every participant from EU country to have the EKUZ card, which provides a free insurance for EU participants on the entire territory of the European Union.

Project organizers don't provide health insurance and it will not be reimbursed by the organizers.

How to get to LODZ

In Warsaw there are 2 airports:

1. Warsaw Chopin airport as well known as Port Lotniczy Warszawa-Okęcie;
(served by Wizzair and other companies)
2. Warsaw Modlin airport (served by Ryanair and other companies)

(For Italian participants might be convenient direct flight from Mialno to Lodz served by Ryanair.)

Busses and shuttles from Airport Chopin and from Arport Modlin to Lodz:

<https://shop.flixbus.co.uk> Information

about trains connections between WARSAW and ŁÓDŹ you can find it here:

trains: <http://rozklad-pkp.pl/en>

Other closer cities which has airports and has good connection to ŁÓDŹ are:

Krakow, Katowice, Wroclaw, Poznan

While planning your journey, you need to keep the following things on mind:

- Regarding the dates of travel. The maximum difference is 3 days before beginning of the project, and/or 3 days after when the project will end.

Organizers do not to cover costs of your additional nights in Poland out of training venue and dates. If you have any doubts while planning your journey, please contact us!

Other important issues: Make sure, that you have a valid ID or passport.

Very often participants realize too late that cannot travel because they have not valid documents. After the selection of the participants, we will invite you to FB group in order to make easier communication. Contact us at: erasmusprojectmanagement@gmail.com

see you soon!