

**“Cześć” -Hello**  
“To look ahead with courage”  
youth exchange  
10-18th of April, Zwierzyń, Poland 2015

## **PRACTICAL INFORMATION**

### **Dear participants,**

Association Subcarpathia welcomes you to youth exchange event, about non formal learning about personal development planning and to take place between the 10th – 18th of April 2015 in Zwierzyń, Poland (Bieszczady mountains, Subcarpathia region). We hope you will find it useful and joyful at the same time.

We are providing you with this practical information to brief you with some local information for your reference.

### **1. Your Arrival and Departure**

The team asks you to arrive on **Friday, 10th of April before 9 pm o'clock**. Participants are strongly expected to leave not earlier than **Friday 18th of April in the morning**.

### **Transport to and from venue**

There will be rented minibus/shuttle bus Snina – Zwierzyń-Snina (venue of the project). The best way is to reach Snina by your own. Public transport connections are really not convenient to this part of Poland from Slovakia.

### **2. About Murzasichle/Zakopane/venue of CME:**

The youth exchange will take place at :

#### **Ośrodek Uroczysko (Zwierzyń)**

<http://uroczysko.bieszczady.pl/>

The web page is partially English/Polish but you can have idea about the venue by looking at the photos present at gallery page.

Conditions:

- You will stay in rooms for max. 4 people. Gender differences will be taken into consideration
- The closest city is 10 km away from the venue.
- There are few small shops near accommodation
- Please, bring with you the towel, and other needed cosmetics because they are not providing it for participants.
- There is a wi-fi connection in the facility
- We will have at least three meals per day (for breakfast and dinner will be a buffet, with few dishes and snacks to choose).
- Mineral water, coffee, tea will be provided in the facility 24h.

For special needs (dietary, health etc.) Please contact with [office.subcarpathia@gmail.com](mailto:office.subcarpathia@gmail.com)

**Accommodation & Food:**

Participants will be accommodated in rooms for max. 4 people (separate rooms for the two genders).

**Preparations and what to bring with you**

**-towels/ warm clothes, hiking shoes, rain coat, umbrella, sport comfortable shoes, sport clothes. We are planning to organize: orienteering game (5 h outdoor), bumper ball game, sport activities.**

**Material about your organization/region/city/country:** Please bring with you any material about your organization/group you will be representing, such as brochures, leaflets, power point presentations, videos, booklets, etc.

**Intercultural evening:** For the intercultural evening bring traditional food, drinks, sweets and snacks, together with pictures, DVDs, and music of your country. You can bring food which can be kept in a refrigerator. There will option to cook sth simple if you need it.

**3. Other essential information****About Poland**

<http://www.poland.travel/en/> – **recommended website**

**About the Weather**

Climate is generally cold in March around from 10-20 Degrees Celc. It can be also rainy. Some warm clothes can be necessary.

But to be sure please check the website below. But it is a good idea to take your gloves, hat, mountain shoes.

<http://pogodynka.pl/>

<http://pogodynka.pl>

**Money**

The national currency in Poland is the polish złoty (PLN/zł). The exchange rate is around 4,20zł = 1 Euro. Cost of some random products: bread- 2zł, coca-cola 1litr=4zł, big pizza in restaurant 40 zł.

We hope that your visit and stay will be fruitful for you, us, your organizations.

We wish you a pleasant journey and look forward to meeting you.

Warmest regards,

Wojciech Ciesielkiewicz

“To look ahead with courage” TEAM

More information:

Countries which take part in project  
Slovakia, Lithuania, Poland

Dates 10-18 April 2015

Place Zwierzyn - Bieszczady mountains

<http://uroczysko.bieszczady.pl/>

## Description:

International youth exchange To look ahead with courage will take place in the picturesque region Subcarpathia between 10th - 18th April of 2015 and will gather youth from Poland, Slovakia and Lithuania. Our main goal will be to revive creativity and imagination, inspire, strengthen self-esteem and self-confidence of our participants, as well as to encourage entrepreneurship. Our project will translate into higher productivity at school and in the long-run should help the participants and other recipients of our actions to find productive place in the society and contribute to sustainable growth of our communities. We hope that participation in our project will also later translate into realization of one's dreams and passions. During our project we will resort to the methods of non-formal education resorting to (but not exclusively): panel discussions, brain -storming and other methods of creative thinking, interactive games, contest, inspiring meetings and discussions with experts, sharing of experiences, public event, meeting with politicians, art workshops, acting and other forms of active youth participation. Our project will strongly contribute to intercultural integration both among participants themselves through workshops and cultural evenings and "outside" with local community. We will emphasize similarities between participating countries and common values. We will produce the following results: blog, guide into methods of creative thinking, results of art workshops, movies promoting entrepreneurship and creativity etc. The main effect of our project will be increase in productivity among high-school children and drop in levels of unemployment among youth in our local communities.

## Participants:

Young people in age 16-21 years old, max. 9 per country, 1 group leader, no age limit.

## Schedule

10.04.2015

Arrival Day

Welcome evening activity

11.04.2015

Getting to know each other part 1

Getting to know each other part 2

International Karaoke

12.04.2015

Intercultural challenge (artistic activity +sport elements)

To look ahead with courage – workshop session

Intercultural evening- Lithuania

13.04.2015

Visit to Sanok :

- Meeting with local entrepreneurs
- Meeting in local municipality
- City game
- Visit in art gallery

Intercultural evening- Poland

14. 04.2015

"The path of my life" – workshop session (creating videos) – part1

"The path of my life" – workshop session (creating videos) – part2

Intercultural evening – Slovakia

15.04.2015

Orienteering game (mixed teams, 15 km range, sightseeing water dam in Myczkowce and Solina)

Workshop session "To look ahead with courage"- How I can be successful in my life?

16.04.2015

Sport activities- bumper ball game

„Cr@tive Art”- workshop session

17.04.2015

"The power of Europass"- workshop session

Evaluation of a project

Farewell party

18.04.2015

Departures