

Youth exchange

36 participants 6 countries

Poland 04.07.2022-10.07.2022

Subject of exchange:

1. Ecological urban space - ways of planning urban space taking into account the principles of sustainable development.
2. Intercultural education - 6 cultural evenings as part of the project. Participants from Poland, Turkey, Spain, Lithuania, Greece and Slovakia will present their traditions, national specialties and curiosities in turn.

Young people will learn how to plan urban space taking into account the principles of sustainable development. Knowledge and skills in this area are among the "green competences" that will be necessary for functioning in the reality undergoing transformation related to the European Green Deal. Stimulating young people's interest in environmental issues will be beneficial for their further scientific and professional development. Projects implemented in accordance with the principles of non-formal education are a unique opportunity to develop soft skills. They are extremely useful, especially in the professional dimension, but not only. The ability to organize time and work, work in a team and leadership skills are very important competences that are difficult to develop at school or university, and much easier in practice. That is why one of the goals of this project will be to design activities in a way that will enable young people to develop these skills in a safe and friendly environment. Additionally, we want the project to stimulate the creativity of young people. We will achieve this by introducing an artistic element - in the form of creating a model of the Green City - as one of the activities within the youth exchange.

Recruitment:

- Each participant must know English on a communicative level.
- Within each group, please keep the gender parity 50/50

Country	Number of participants	Number of leaders	Total
Poland	5	1	6
Slovakia	5	1	6
Greece	5	1	6
Turkey	5	1	6
Spain	5	1	6

Deadline:

1. By June 6, please send the list of participants
2. . submit flight and workshop proposals
3. On June 13, an online meeting at Zoom will be held with all participants

. Financial conditions:

The amount is per person

Greece	250 Euro
Slovakia	110 Euro
Spain	275 Euro
Turkey	300 Euro
Lithuania	150 Euro

Food and accommodation are provided and paid by the organizer.
The travel costs will be calculated on the basis of the European Commission's distance calculator and will be refunded by bank transfer at the exchange rate (in euro €).

Participant Insurance: Due to the complexity of the program, each participant must have full travel and **health insurance (medical insurance, which also covers Covid-19)**, covering both travel and stays from the first to the last day of their return home. **The insurance is covered by the participants.**

Travel expenses: **Travel** expenses (from your home town to the place of the course) are reimbursed on presentation of the relevant receipts **up to the maximum amount indicated in the table.** under the Training Course, reimbursement will only be made for travel expenses incurred in accordance with the following rules:

- **Travel expenses** will only be reimbursed upon presentation of **documents proving** the amount actually paid: original invoice. **Documents** must include the date, price, traveler's name,

- destinations, and the receipt must be completely clear.
- **Electronic tickets** will be refunded only upon receipt of proof of payment (invoice, booking / purchase document printed from the Internet, copy of the credit card stub showing the money transfer for the ticket, **confirmation of payment from the Internet**) and on presentation of the return boarding pass.
 - Remember that **the booking document alone is not enough to prove travel expenses**. You must also present **your boarding passes**, bill, proof of payment and a printout from your bank account to confirm the amount paid for the ticket.
 - **Keep all travel documents** that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
 - **taxi rides** no are refundable.

Tasks to be performed:

- Every country must make a presentation on culture in their country for cultural evenings
- Every country must make a presentation on environmental habits and ideas for solutions in their country
- Each country must send proposals for environmental workshops

What to take with you?

- Passport or ID card
- **All travel tickets !!!** (it is very important to keep all tickets, receipts and **boarding passes** as we can only refund your travel expenses if you have tickets)
- **National snacks, specialty drinks (I am a chef, please note), local music for a cultural evening**
- Medicines - if you need them (antiallergic pills, painkillers, aspirin, etc.)
- Laptop, camera - not obligatory, but it may be useful
- Comfortable shoes, because the exchange will take place in the mountains

About eating

We will have 3 meals and coffee breaks every day.

Accommodation

Information about the hotel and the exact address will be sent at a later date, due to the holiday exchange date we are looking for the most convenient option.

COACHES



Dominika Paliczka - General Director of Zielone Śląskie - Master of Psychology. A graduate of the Faculty of Pedagogy and Psychology at the University of Silesia, currently a Master of Business Administration student at the University of Economics in Katowice. He has experience in working with people with intellectual disabilities as a trainer and therapist. Certified career advisor. social and key skills trainer and educator.

For 3 years, a coordinator of educational, youth, counseling and foreign projects in the Social Innovation Cluster. He has 2 years of work experience in the field of special education at the Sperare Therapeutic Center as a therapist for people with intellectual disabilities, including those with multiple disabilities and the autism spectrum. Conducting individual and group therapy. Educational and social trainer at the County Family Support Center.

Daria Dygas - project coordinator - a graduate of rehabilitation pedagogy with penitentiary studies at the University of Silesia, has experience in implementing social projects. He conducts workshops and trainings for socially excluded people as well as children and adolescents. Key competences trainer at the Academy of Effective Science in Rybnik. He conducts ecological workshops for children from primary schools.



Insurance!

Make sure you have valid health insurance which entitles you to receive treatment abroad! Please be careful to also cover the Covid-19 case! **This is absolutely essential if you want to join a project.** You can get a European Health Insurance Card (EU, free of charge in each of the project partner countries) or take out travel insurance to cover your potential medical needs. **Health insurance costs are not reimbursed** the project. More information available at:
<http://ec.europa.eu/social/main.jsp?catid=559>

COVID-19 regulations in Poland

Currently, all restrictions related to COVID-19 in Poland have been lifted. We do not require any testing.

As the organizer, we ask everyone to be fully vaccinated against Covid-19 for the safety of each participant.

Prior to departure, each participant is also responsible for checking for new updates regarding COVID-19 regulations. The link below is the official website where you can get more detailed information.

<https://www.gov.pl/web/coronavirus>

If you are selected from your organization, join our Facebook Group, we will actively use before, during and after the project!

<https://www.facebook.com/groups/354370866508792>

If you have any questions, don't hesitate to ask!

E-Mail: daria.dygas@klaster.org.pl please write in the subject line: **Green City**

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