

INFO PACK

# Beat social crisis – Open mind

Erasmus+ Youth exchange

29 August - 08 September 2023

**Jastrzębia Góra, Poland**

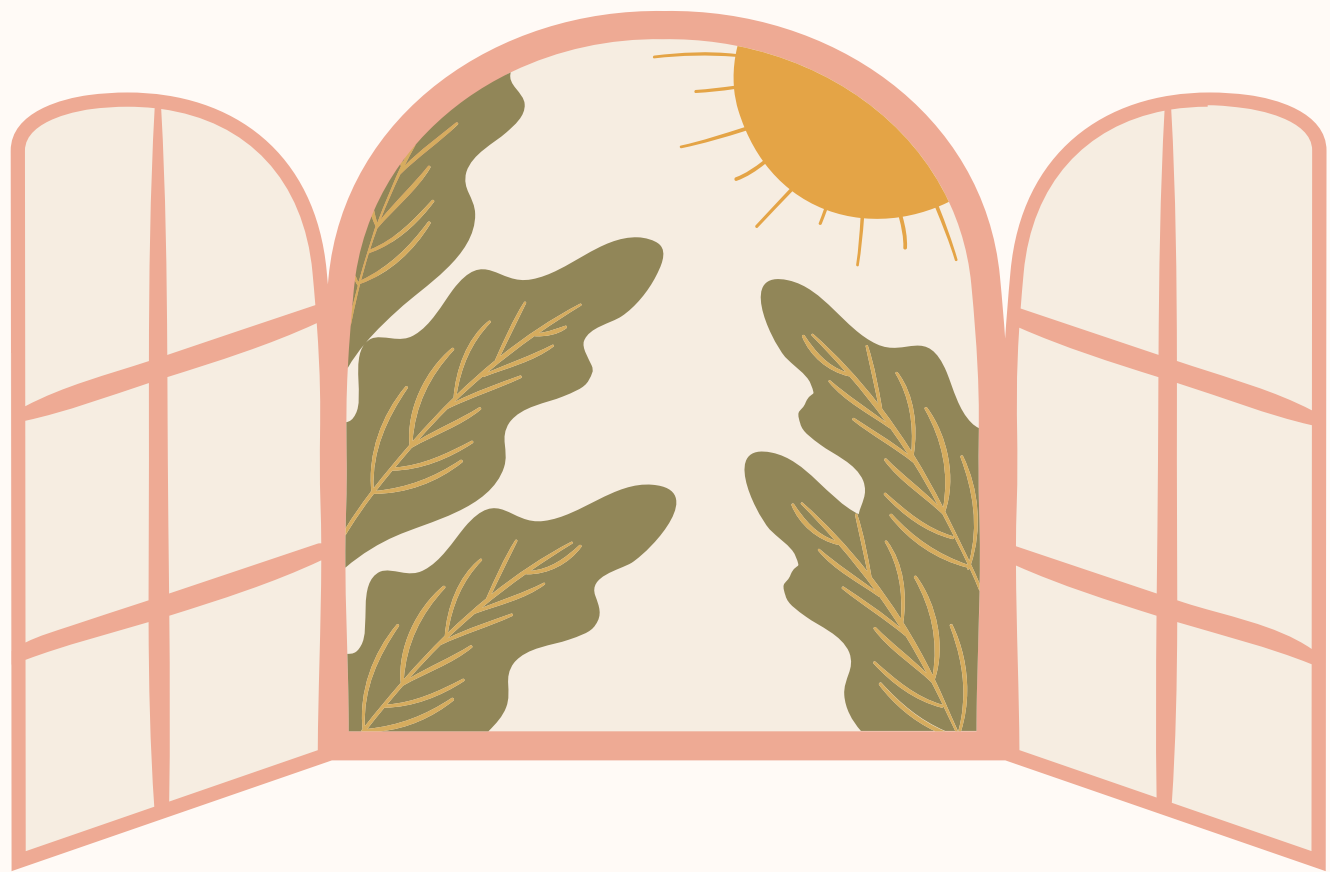


# INTRODUCTION

Dear Participants,

Here is the detailed Info Pack for  
the youth exchange project  
**Beat social crisis – Open mind.**

We are very excited to realize this  
project together with you!



# PROJECT THEME



The purpose of this project is to build a non-aggressive communication network between participants for strengthening social connections, empowering practices to overcome the social crisis caused by COVID-19 lockdown.

As young openminded European citizens, we clearly realize the impact of the world's biggest pandemic in the 21st century on relationships between people. We are sure that everyone is enabled to reach the highest possible level of mental well-being.

# AIM & OBJECTIVES

**The main aim** of the project is to connect people from European countries with different backgrounds in order to discuss the issue of overcoming depression, aggressiveness, and communication-related fears by using different methods of nonformal education, meditation, yoga and mindfulness-based stress reduction activities.

Different forms of discrimination and prejudice that humanity has been facing lately will be considered during the training. The activities are aimed at building a deep understanding of human rights, equality, basics of tolerance. The initiators of the project were the active participants of our organizations and jointly decided on the theme of the project, main activities, results, they were based on the experience of local interaction with young people and having studied from the need through a survey and collecting feedback.



# NEEDS OF THE PROJECT

Youth Exchange participants will receive **practical and theoretical knowledge to further combat the post-pandemic crisis**, will improve communication and teamwork skills, get international experience and a deep understanding of the postpandemic stress problem.

Participants **will learn how to use tools to prevent the spread of mental crisis**, will gain skills in working with different age groups, and will be able to reduce cross-cultural misunderstanding and discrimination. They will learn to resolve internal conflicts by preventing the release of negativity into the world around them, will be ready to face the changes of the post-lockdown world. Thanks to the techniques and tools discussed at the project, participants will be ready to cope with crisis consequences and attract others to struggle against it.

Participants **will improve their communication skills, learn to apply non-formal education techniques to solve the postpandemic crisis**, be able to build more efficient teamwork, and also successfully implement their own ideas developed during the project.

They **will receive the necessary knowledge** for a deep understanding of the problem, learn the techniques used to reduce aggressiveness and maintain a positive attitude, build an international network for further joint work.

# AS A CONFIRMATION OF THE GOAL, AT THE END OF THE PROJECT, PARTICIPANTS SHOULD FEEL:

- Cultural awareness and expression
- Problem Solving
- Judgement
- Learning to learn
- Digital competence
- Sense of initiative and entrepreneurship
- Communication in foreign languages



# PARTICIPANTS PROFILE

**4 participants (age 18-25)**  
**+ 1 youth-leader (age 18+)**

- Young people, students, youth leaders, youth workers, members of NGOs, volunteers actively work in youth field

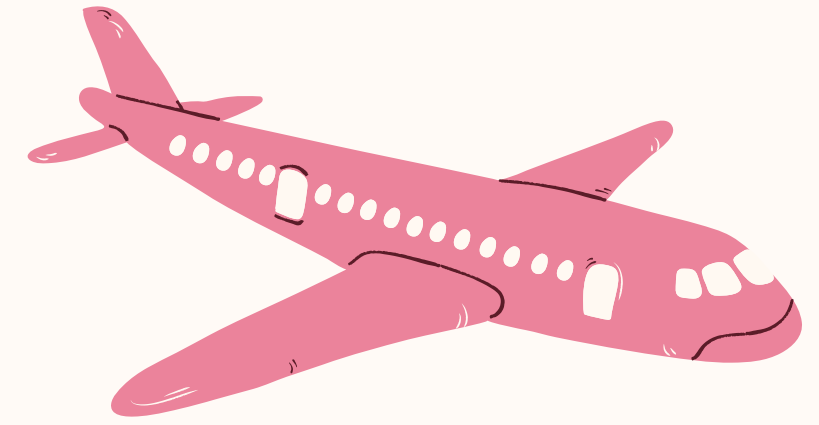
- Interested in getting to know the cultures of other countries, in breaking down stereotypes and prejudices, developing and growing their personal qualities, such as self-presentation skills, leadership skills, teamwork, etc.

- preference will be given to people with fewer opportunities (geographical, economic, social, etc.)

- level of English - at least an average level



# TRAVEL INFO



## Travelling from Gdańsk to the project site:

We will all travel to the project site by rented coach (bus) for all of us.

It will be a private coach.

We will all meet **in Gdańsk on 29 August at 19:00** and we will travel together to the project site. On the way we will pick up Spanish participants at Gdansk airport.

**The assembly point is Dworzec PKS Gdańsk Główny.** This is just next to the Gdańsk Główny train station, where you can leave your luggage in the storage room. (there are lockers and the storage room).

Here is the link to google map:

<https://goo.gl/maps/Caw9ZBfvZ696jSVYA>





# WHERE AND WHEN?

As you can see we aim to organize this project in a beautiful town of **Jastrzębia Góra**, some 80 km north of Gdańsk, on the Polish coastline,

By the Baltic sea! From our hotel to the beach will be some 500 metres and we hope to catch some last warm summer days by the sea, although forecast is for some 20 Degrees only ;)

Arrival day - 29 August

Departure day - 08 September

The airport you should use is Gdańsk (GDN) airport or Warsaw airports.

For now all of you have the flight tickets and we are in touch with you individually about the way you will travel. Please write directly to Piotr Uhma about your travel arrangements.



# ACCOMMODATION IN JASTRZĘBIA GÓRA



We will have the youth exchange in the facility called Relax in the centre of Jastrzębia Góra, some 500 metres from the beach.

<https://baltyckirelaks.pl/>

Accommodation will be in 2,3,4 persons in each room, each room equipped with bathroom. We will located people based on gender and country, with some exceptions for special requests.

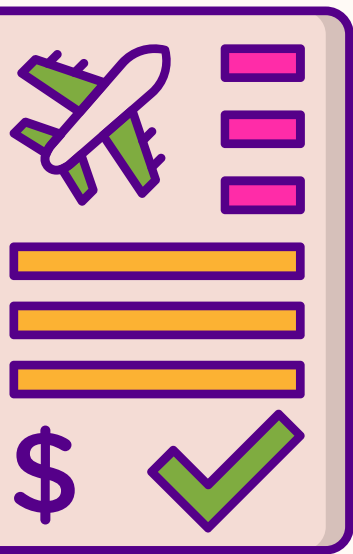


Meals will be served in the canteen downstairs and also the project "classes" will be in the same building and also on fresh air. There is a lot of space outside the hotel, where we can also do some sport activities and evenings.

# REIMBURSEMENT INFORMATION

The organisers will reimburse of your travel costs from your home city to Poland and back. Reimbursement will be done on the bank account of partner organization from your country who will forward you the reimbursement once when organizers collect all your original tickets, boarding passes and reports from dissemination activities.

Participation fee of 20 euros will be collected from each participant. A contribution from participants to the overall costs of the project is needed in order to cover the costs and keep the quality of the project high.



Country	Travel limits for reimbursement
Poland	23,00 €
Ukraine	275,00 €
Greece	275,00 €
Bulgaria	275,00 €
Latvia	275,00 €
Spain	360,00 €

# VISITING GDAŃSK



For those of you arriving earlier to Gdańsk we hope you will enjoy exploring this beautiful city on your own. Please see that Gdańsk is the major city of the so called 3 city metropolis. Gdańsk - Sopot - Gdynia. All of them are connected by the efficient rail suburban transport.

Schedule and tickets here <http://www.skm.pkp.pl/>

Especially recommended is the trip to Sopot, which is stylish old German resort located some few kilometres from Gdańsk, with an impressive pier stretching few hundred metres into the sea! We selected Gdańsk as the city of assembly for our project also because of its complicated history, and the legacies of it being a Free City. Have a glance through its history here:

[https://en.wikipedia.org/wiki/History\\_of\\_Gda%C5%84sk](https://en.wikipedia.org/wiki/History_of_Gda%C5%84sk)

# OTHER INFORMATION

## INTER-CULTURAL NIGHTS:

Each day, or each second day we will organize an inter-cultural evening. Each group will make presentation about their country, traditions, music, dance, food, drinks, etc.

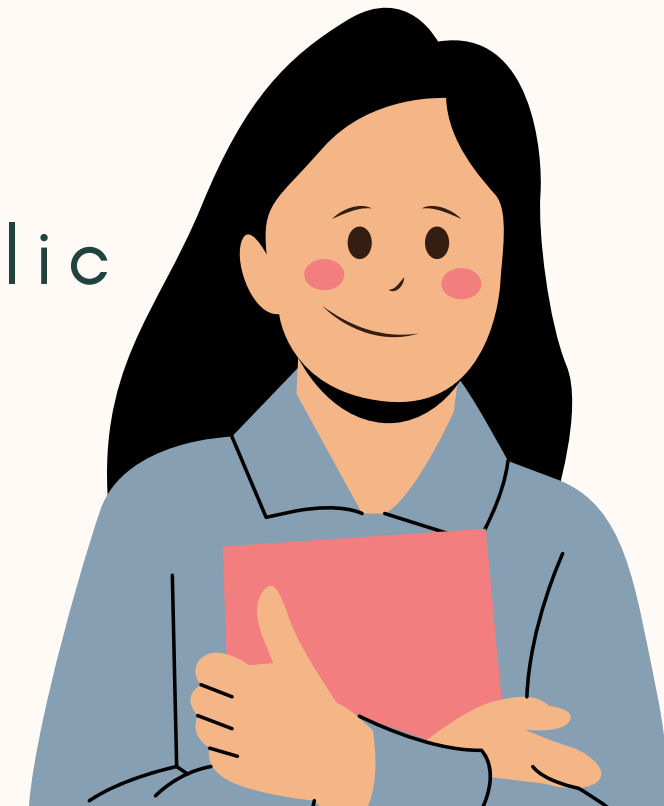
Please bring as much as you can to share with other participants your food, drinks, dances, presentations, etc. Please also bring some musical instruments, if you can! Of course please do not overweight your suitcases, but bring some specialities you would like to share with others. Please note there is NO access to the kitchen so there is no possibility to cook there. For this reason please do not bring products, which need to be cooked!



# OTHER INFORMATION

## WHAT ELSE TO BRING?:

- Towels! Please take one for taking bath and one for the beach if you want.
- Medicines if you take any medicaments
- Musical instrument if you play one
- Summer clothes but also long pants, proper shoes and a sweater for colder nights. Please note that the forecast shows 20 degrees at day and only 11 at night! For many of you this can be cold. Please pay attention to this changing weather at the end of the Polish summer.
- Swimming suit for the beach
- Comfortable shoes for longer walking
- Masks for COVID protection to be used in shops and public transport
- some food specialities to share at inter-cultural night



# CONTACT

**The Polish team and I are looking forward to seeing you in Jastrzębia Góra!**

For any questions please call Piotr Uhma +48505035393, write me on messenger and please subscribe to the project group:

**<https://www.facebook.com/groups/204040679117090/>**

