

## INVITATION and INFOPACK (v.0.1.)



Erasmus+ Accreditation Youth exchange  
YOUTH VOICE EUROPE  
Poronin, Tatra Mountains, Poland 20-27 April 2024



**Co-funded by  
the European Union**

Dear Partners,

We are delighted to send you this info pack about the Youth Exchange **Youth Voice Europe** co-financed by the Erasmus+ program. This is our first youth exchange done under the accreditation program. This means that we already have the money for this on our account and we would like to invite you to be our partner for this ready project!

We are looking forward to host you here in Poland for a **project planned in Poronin, Tatra Mountains, Poland from 20-27 April 2024.**

**Organizer:** FUNDACJA INSTYTUT EUROPEJSKI  
**Project number:** KA151-YOU - Accredited projects for youth mobility (KA151-YOU)  
**Title:** **Youth Voice Europe**

There will be 6 countries and 6 organizations represented.

Poland 6  
Italy 6  
Spain 6  
Greece 6  
Serbia 6  
Bulgaria 6

Each organization will come with **5 young people aged 18-30 gender balance please!! and one leader** with no age limit. So in total – 6 participants.

**Dates of the youth exchange:** 19-20 April 2024 arrival day - 27-28 April 2024 departure day. Additional nights in Krakow can be covered from the programme budget in a hostel.

## SUMMARY OF THE PROJECT

This Erasmus+ Youth Exchange, titled *Youth Voice Europe* aims to engage young people from various backgrounds from six European countries in shaping a more inclusive and dynamic European Union. The program will guide participants through the diverse aspects of youth activism, from local initiatives to broader European engagements. It will equip them with the know-how to establish a social activism group or organization, how to articulate and disseminate their viewpoints effectively, leveraging communication skills and social media. Participants will learn strategies to expand and sustain their activist network, secure funding for their initiatives, and align their activism with EU values, especially in the context of upcoming European Parliament elections.

- Explore how young people can get involved at local, national, and EU levels.
- Discover how to start and run a social activism group.
- Learn to share your views widely, improve communication, and use social media effectively.
- Find out how to grow your activist network, attract new members, and secure funding.

- Understand how to connect your activism with EU structures, with a focus on upcoming EU Parliament elections.
- See how to align your activism with EU values.
- **Keen on making a real impact? This program's perfect for you!**

## **BACKGROUND AND RATIONALE**

Set against the backdrop of current challenges facing the EU, including economic instability, social disparities, and the need for democratic revitalization, this Youth Exchange in Poronin, Tatra Mountains, Poland is to empower youth to contribute to policy-making and innovation by engaging in various types of civil society activism. Through workshops, discussions, and collaborative projects, participants will explore ways to enhance youth participation, including in / through the EU institutions, ensuring that the voices of young people are heard and valued in the ongoing process of European integration and reform.

The European Union, historically a beacon of unity and cooperation, is currently navigating through a period marked by profound challenges that shake the very core of its founding values of peace, democracy, and prosperity. The fabric of the EU is being stretched by a series of economic downturns, marked by the sovereign debt crises within the Eurozone, where member states grappled with unsustainable debt levels, leading to stringent austerity measures that sparked significant social unrest and debate over the EU's fiscal unity and solidarity. The refugee crisis has further tested the EU's principles of open borders and human rights, as the influx of people fleeing conflict in the Middle East and Africa put unprecedented pressure on the Schengen Area, leading to debates over responsibility-sharing and the balance between security and humanitarian obligations. Additionally, the UK's decision to exit the EU, known as Brexit, has not only led to economic and political uncertainty but also symbolized the growing sentiment of Euroscepticism, questioning the EU's ability to maintain cohesion among its diverse membership. These crises have underscored the pressing need for the EU to undergo substantial reforms and adopt a more flexible approach to address both internal and external pressures. Adaptability, innovation, and a recommitment to its foundational principles are crucial for the EU to navigate these turbulent times and emerge stronger.

In this context, the role of youth becomes indispensable. Young Europeans, with their inherent dynamism, creativity, and tech-savviness, bring a fresh perspective to the complex issues facing the continent. By actively participating in EU governance and policy-making processes, young people can inject new ideas and energy into the European project, ensuring that policies are not only inclusive and representative but also responsive to the changing needs and aspirations of all citizens. Youth participation enhances the democratic fabric of the EU by making institutions more transparent, accountable, and legitimate. It encourages a deeper sense of European identity and solidarity among younger generations, ensuring that the EU remains relevant and vibrant in the face of current and future challenges. Empowering youth and ensuring their active involvement in shaping the future of Europe is not just beneficial but essential for the resilience and vitality of the EU. It is through their energy, creativity, and commitment to European values that the EU can hope to address its current challenges, adapt to a rapidly changing world, and secure a prosperous, cohesive, and democratic future for all its citizens.

The youth exchange program aims to empower participants to create an activist organization or movement. They will develop a manifesto, learn recruitment strategies, and engage in public outreach. Additionally, the program will enhance their public speaking and presentation skills, equipping them with essential tools for effective activism and community engagement.

This program combines theoretical knowledge with practical exercises, ensuring participants are well-equipped to initiate and lead impactful social movements. It includes lots of different activities to help you grow and learn:

- Foundations of Activism
- Introduction to Social Movements, Workshops on the history and impact of social movements.
- Discussion on the role of activism in democratic societies.
- Guided sessions on identifying core values and missions.
- Collaborative drafting of a group manifesto.
- Effective Communication, training on crafting compelling messages and storytelling.
- Building the Movement, Interactive sessions on identifying and engaging potential members.
- Public Outreach, Workshops on digital marketing, social media engagement, and community organizing, practice sessions on creating outreach materials.
- Organizing a public event or campaign as a practical exercise.

## **TRAVEL**

The airport you should use is Krakow! (KRK) with alternative airport Katowice (KTW). Both are served by ryanair, wizzair, and also regular airlines. Please get in touch with us before you buy the ticket. From the airport of Krakow (KRK) there is a shuttle train (20 min) to the main railway station (2,5 Euro). From the Katowice airport there is a minibus (1,5 hour drive) which costs like 15 Euro. It also brings you to the main railway station in Krakow.

**We will meet all the groups at the railway station** and we will provide a coach for all participants to travel together to the venue of the exchange. Also on the way back we will drive you to Krakow for your departing flights.

## **ACCOMMODATION in Villa Austryjok (picture below)**

We will have the youth exchange in Poronin, which is a lovely village in Southern Poland. It is located approximately 8 km from Zakopane and 83 from Kraków. Zakopane the heart of Tatras Mountains called 'Poland's Winter Capital'. We will have a visit there and we will be using the opportunity that we are in the mountains!

We will be There will be 2,3,4 persons in each room, which is equipped with bathroom. 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 wooden hut, where we will try to organize parties and inter cultural evenings.



### **FINANCIAL CONDITIONS:**

Organizers will cover 100% of accommodation and board during the project as well as local transportation. There will be a modest fee of 30 EUR to contribute to extra budgetary programmatic activities. Please have this ready in Euro in cash. Thank you! Please inform us if your participants will have difficulty in paying these extra costs.

The international travel will be reimbursed by bank transfer **immediately after the exchange** based on **receipts** and will amount to maximum (including local transportation, so your flight ticket should be less than this! Please be in touch with us regarding the price and the dates of the flights!):

- 180 EUR (Poland)
- 275 EUR (All other countries)

## OUR FACILITATORS

Our great trainer Luiza Czajkowska will facilitate our youth exchange!

Luiza is a non-formal education trainer and facilitator who partners with Universities, NGOs, businesses and solopreneurs to deliver bespoke educational experiences, human-to-human. After spending over a decade working in Education and Training, Luiza knows what truly drives conversations, change minds and encourages dialogue – and it's not necessarily a degree – it's how well you connect with the people and communicate your understanding back to them.



Luiza is active in several local, national and international organisations and networks; She is a past president and member of a board of the European Co-operation Centre in Krakow, where she was responsible for international affairs, training and public relations. Luiza implemented over hundred of projects within national and international educational frameworks. Following her interest in cultures and while looking for a research topic, she completed an internship at the Cocoa &

Coffee Company in Abidjan, the capital of the Ivory Coast. She won a placement on International Human Rights Training Program held in Montreal, Canada in cooperation with Equitas Foundation and McGill University. In February and March 2006 she researched the Guaraní Indians in Paraguay, Argentina and Brazil. She received a Masters in Political Regional and Cultural Studies from the Jagiellonian University.

Luiza has served for five years as an external expert at British Council, evaluating applications funded by European Council's Erasmus+ Programme in the UK. She has extensive experience in the nongovernmental sector and the Lifelong Learning Programme. She has prepared and conducted dozens of training, seminars and courses in the field of entrepreneurship, quality in non-formal education, transversal skills, civic participation, European and intercultural issues in almost all European countries, Canada and Israel. Since 2015 owner at Creative Training design.

## PROJECT MANAGER

Our experienced staff member Agnieszka Norek will be the project manager and contact person for all you need! Agnieszka is a graduate of master's studies in Russian philology with teaching specialization at the Pedagogical University of Krakow. Participant of student exchanges at the State Pedagogical University in Moscow and at the Pablo de Olavide University in Seville.



### **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. There will be some possibility to cook there! Please also bring some musical instruments, if you can!

### **WHAT ELSE TO BRING?:**

- Towels! (there is no towel in the accommodation place). 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
- Warm clothes (temperature expected 15 at day, up to 0 at night)
- Swimming suit for SPA visit (thermal bath)
- comfortable shoes for longer walking, we will do mountain hike!

### **FORMATION OF THE GROUPS**

For now the most important is to form good and motivated groups. The project will involve 36 participants, including the disadvantaged due to economic or social obstacles. Please if you can send also the participants with fewer opportunities.

Each organization will come with **5 young people, gender balance please!, aged 18-30 and one leader with no age limit**. Group leaders: please let us know how this is progressing and be in touch with us regarding ticket booking! Looking forward to hearing from you!

### **CONTACT INFORMATION**

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