

08-14.10.2021 - "Youth for active democracy" - Erasmus+ KA1 Youth exchange - INFOPACK

**Project description:**

The goal of our project is to support among us the attitudes that create a conscious civil society and spread the principles of democracy - direct and indirect, active participation in social and political life. We want the project to encourage young people to actively participate in elections, referendums and involvement in the life of the local community. We plan to conduct workshops with young activists active in politics and meetings with representatives of the authorities. We want the project to respond to young people's desires to participate in social life. Our goal is for each of us to be able to pursue pro-social and proactive attitudes in our immediate environment. We want the project to show us what else and better we can do for our society. The youth exchange will involve young people aged 18-30, 8 people from 5 countries - Poland, Croatia, Italy, Estonia and Hungary. We will try to ensure equal participation of women and men. Each group is directed by an experienced leader. Thanks to the project, we will gain new competences, deepen our knowledge of the principles of a democratic state, and introduce ourselves to the instruments of direct and indirect democracy. As a result, we will become conscious citizens, we will learn new fields in which we will be able to actively participate in the life of our community, city, region. During the project, we will prepare posters, a leaflet, photos, a video, a street probe, a draft task that can be submitted to the civic budget. This project can be used as a base to create a similar initiative in your town. The subject matter of the project is a great opportunity to increase the participation of young citizens in public life.





[www.sir.edu.pl](http://www.sir.edu.pl)

**Stowarzyszenie Inicjatyw Regionalnych**



**Erasmus+**

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### **Practical details:**

7 youth (age 18-30) participants + 1 leader (no age limit) per group (please maintain gender balance).

All costs (accommodation, food, programme, local insurance) covered by organizers. There is no participation fee. There is also no budget for covid test, participants should be vaccinated or pay for tests. Limits of transportation costs for partner countries (per person) are:

**Poland – 0 EUR; Hungary – 180 EUR; Croatia, Estonia, Italy – 275 EUR;**

Reimbursement will be done up to the value of really incurred costs. Reimbursement will be done by one bank transfer to sending NGO or any other one account approved by sending NGO. In any case reimbursement will be done **ONLY** based on submitting **ALL** original travel documents for both ways (best if you can provide prints/copies for us including return travel while you are in Poland) and after completing at least social media dissemination activities after exchange. Please keep **ALL** travel documents – bills, tickets, boarding passes, invoices, etc. Please consult with us before purchasing your tickets! Please consult us if you need to use other transport than bus, train, plane! Please provide us with **travel plan** and **names of participants** at latest 1 month prior to the exchange.

Programme on 1st day will be flexible, last day there is just breakfast, so basically you can plan these days for travel (you can arrive early and do some sightseeing or you can arrive late and directly go to hostel). 2 extra days of stay in Poland are allowed but on your own cost. If we don't have full participant list on time we reserve the right to look for individual, random participants by ourselves.

Participants are obliged to have their **free European Health Insurance cards** – just in case they need free medical help in Poland. The participants are also themselves responsible to get a travel insurance if needed.

As most of you know Kraków is UNESCO city full of history and monuments, also cultural and party life. Nearby we also have another UNESCO heritage - Wieliczka saltmine and former German extermination camp Auschwitz-Birkenau (round trip from Kraków takes 7 hours!) and many other interesting places. We strongly recommend that you arrive a day before and/or stay a day after the exchange to explore this places. We are happy to support you if you let us know in advance.



Find us on: [www.facebook.com/StowarzyszenieInicjatywRegionalnych](https://www.facebook.com/StowarzyszenieInicjatywRegionalnych)

Instagram: [sirpoland\\_](https://www.instagram.com/sirpoland_)

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**Exchange venue:**

During your stay we will host you in a very nice hostel in the centre of Kraków: <http://www.hosteldeco.pl/> We will have 2 floors of this building just for us. Maybe there will be no other guests but this is not guaranteed. Participants will have 1 big room for the team, group leaders will have double rooms. In the building there is a nice chillout room, a kitchen and a dining room (just for our use) where you will eat breakfasts and after they clean it we will use it for



workshops, it's not very big but cosy and should be just enough for our team. There we can also integrate in the evening, organize cultural night, sing karaoke and consume our own beer, wine, soft drinks, etc. Bed sheets are included. Please take personal cosmetics with you. There is free internet access.



All costs related to accommodation, and food (3 meals per day: breakfast, lunch, dinner) will be covered by project budget as well. Please send us information if you need special diet or have other health/food issues (vegan, allergic, etc) max 3 weeks before exchange. Breakfast is provided by the hostel. We have not chosen yet the catering which will serve us lunch and dinners but we will inform about this shortly.

Just a few metres from the hostel there is a main street with many buses (including direct line 208 to airport), grocery shops, pharmacy, kebabs, etc. About 10 min walk from hostel is the Old town with bars and party places, also 10min away is the train/bus station and also some street food and concert area. You can use uber and bolt in Kraków. Card payments are accepted almost everywhere.



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**Covid update:** currently we only have about 200-300 cases in Poland, more than half of Poles are fully vaccinated, life is almost normal, only in public places (bus, shop, museum, etc) you need to wear masks (please bring). We strongly encourage and hope that all participants are vaccinated and have EU-covid certificate ("greenpass"). We do not have any budget for tests or any other covid related expenses. We do not require participants to be vaccinated but in such case you take full responsibility for your health, flights, and any other related issues.

**Brief agenda:**

Day 1	arrivals, introduction, integration evening
Day 2	Setting up our goal for this exchange, national presentations, workshops about democracy, euro parliament, etc, Polish evening
Day 3	Meeting with expert, later workshops "How to become president", Croatian evening
Day 4	Workshop: "Are you active? Be an activist!", Sightseeing of Kraków, meeting in city hall, Hungarian evening
Day 5	"Civic participation" – outdoor information gathering, discussion, creating a local project, Italian evening
Day 6	"Youth for active democracy" - preparations and later happening on the streets of Kraków, making video and social media, Estonian evening
Day 7	Final evaluation, Youthpasses certificate, Departures

Further communication will be done via **facebook group**

(<https://www.facebook.com/groups/151989270418516>) so please sign up there and stay in touch with your leaders who stay in direct contact with project coordinator from our side.

**So let's be in touch and see you soon in Poland!!**



**KEEP  
CALM  
AND ENJOY  
ERASMUS  
PLUS**