



BE

ORIGINAL

Follow your

ORIGIN

9 – 17.06.2017 Nieborów, Poland

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Project background:

"Be original, follow your origin" is youth exchange project which gathers youngsters from 6 European countries: Poland, Macedonia, Estonia, the Czech Republic, Romania, Hungary. The main goal of the exchange is to promote folk culture.

We want to implement this project because in the era of globalisation very often young people forgot about their roots, about that where they are coming from. Thanks to this exchange we would like to encourage them and motivate them to reflect on different aspects of traditional folklore: music, dances, stories, legends, customs as a way of raising intercultural awareness, discovering the own identity and promoting local culture among their peers.

The project will also allow young people to understand that diversity is not bad and always occurred in Europe. It is critical, especially in the context of the current migration crisis and intensification of Europe's xenophobic and racist attitudes.

The exchange involves 32 participants from 6 European countries (Poland, Macedonia, Estonia, the Czech Republic, Romania, Hungary), 5 persons in each group and 7 in the Polish group. Participants are young people aged 16 - 25 years interested in folk culture.

The project will use methods of non-formal education and learn by experience.

Expected results of the project are: to increase the knowledge of participants on the European cultural diversity and knowledge of folk culture in our countries, a publication about the project, to produce a promotional video, to raise public awareness about the folk culture.

PARTICIPANTS

32 young people from 6 countries, who:

- Are between 18 and 30
- Are interested in the topic of folk culture
- Are ready to spread the results created within this project,
- Are willing to participate full nine days of the youth exchange,
- Can express thoughts freely in English, as all the sessions will be held in English

VENUE

You will be accommodated in Tourist Farm Dom w Nieborowie. You will be staying in **2-3-4 shared rooms** with bathrooms and wifi available in the hotel area. You will be staying with the person the same gender from different country than your own. This is to foster integration between all the participants and provide a quality group dynamic. In case there are couples who are coming together, please let us know in advance!

<http://www.nieborow23.pl/index.php?lang=2>

The resort provides linen and towels.

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ARRIVALS AND DEPARTURES

The youth exchange will consist of 9 days of program (9th – 17th of June). All the participants are expected to attend the full program.

Departure day is 17th of June. 16th of June is still activity day!

Arriving by plane:

The Warsaw airport is most convenient one as Nieborów is just 80 km remote from Warsaw.

The transportation from Warsaw will be arranged by the organizers depending on what time you will arrive to the city. As soon as your flights, buses and trains details are known, the organizers' team will provide you with further information about the transportation.

TRAVEL COST AND REIMBURSEMENT

Our project is financed by Erasmus + Programme. Accommodation and food will be provided by organizers. Travel costs will be covered according to the funding rules of Erasmus + Programme based on Erasmus+ distance calculator as follows (cost per participant, return ticket, in EUR):

- Poland – 0 EUR
- Macedonia – 170 EUR
- Hungary - 170 EUR
- Romania – 170 EUR
- Estonia – 170 EUR
- Czech Republic – 80 EUR

Before arranging any travel, please contact Łukasz Teofilak (lukteo@gmail.com) in order to advise you best itinerary.

It is allowed to come 2 days earlier or stay 2 more days after the youth exchange, having on mind that in this case accommodation and meals for additional days will not be covered by the organizers team and you would need to pay by your own. Travel costs are reimbursed independently.

MONEY

The currency in Poland is Polish Zloty (PLN)

1 EUR = 4,3 ZŁ (approximately).

Bottle of water: 1-3 ZŁ (0,5L)

A juice in a cafe: 5-7ZŁ

sandwich: 3-10 ZŁ

espresso in a cafe: 6ZŁ

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Credit cards:

Most major credit cards (DINERS, AMERICAN EXPRESS, VISA AND MASTERCARD/EUROCARD) can be used for payments wherever noticed., As a rule in most major hotels, shops and restaurants.

It is recommended for you to exchange your money before arriving to Nieborów.

CLIMATE AND WEATHER

According to weather forecast temperature in June should be between 20 and 25 degrees. It should be sunny, but also be prepared that sometimes it might be rainy.

Fresh information about the weather will be posted on the fb group.

OTHER

You should self-organize your accommodation in case of early arrivals or late departures. Obtaining a full insurance (travel risks, medical, injuries) is the participant responsibility, please take your insurance card with you. About any changes you will be updated by organizers via e-mail or on our Facebook group: YE Be original, follow your origin

Intercultural evening is planned to happen, we encourage you to bring some food and beverages to taste and prepare 1-2 national dance or interactive games (PowerPoint presentation is not interactive at all!). if you play any instrument you are also more than welcome to take it with you.

USEFUL LINKS

General information about Poland and the region:

<http://www.polska.pl/en/>

<http://www.foreignersinpoland.com/>

<http://www.staypoland.com/poland-stereotypes.htm>

<https://en.wikipedia.org/wiki/%C5%81owicz>

<http://www.lowiczturystyczny.eu/index.php>

Public transportation in bigger cities in Poland:

<http://warszawa.jakdojade.pl/>

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CONTACT

Hosting organization:



Organizers team and facilitators:

Paulina Drzał (Facilitator, author of the project; address your questions regarding program, filling online form, and how the YE will look like to me!)

paulinadrzal89@gmail.com, +48 507 477 744

Łukasz Teofilak (Facilitation and practicalities, I will answer your questions regarding reimbursement, necessarily contact me while planning your trip!)

lukteo@gmail.com, + 48 696 595 671

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