



„Move on!” – youth exchange in Poland

Organizer:

UNESCO Initiatives Centre

Promoters:

Estonia: MTÜ Edela Eesti Arenduskeskus

Czech Republic: Liberecka občanska společnost

Lithuania: LBD "Balt Ainiai" Rokiškio skyrius

Romania: Support for Youth Development Association

Turkey: Youth For Understanding

Dates:

14-22.07.2013 (arrival on 14.07, departure on 22.07)

Venue:

Kowary - <http://kowary.pl/en/attractions> Kowary is a little town, located close to the mountains in south Poland. All national groups will be provided with assistance in reaching Kowary. We suggest to fly to Wrocław, but Warsaw or Prague can be an option too.

Accommodation and food:

We will be accommodated in very nice guest house located at the edge of the town, close to the forest and hills surrounding the town. We will stay in twin and triple rooms equipped with bathrooms and TV's. There is also Wi-Fi connection available (free of charge). We will have three meals per day, vegetarian/non-pork and other diet options are available☺
<http://kowary.pl/en/noclegi-kowary/przedwiosnie-resort/accomodation>

Weather:

Youth exchange will be organized in the middle of July, therefore we can expect warm and sunny days. But best is to check weather forecast upon arrival☺

<http://www.meteoprog.pl/en/weather/Kowary/>

On the other hand, place is located really close to the mountains, so please prepare yourself for rain too.

What is the project about:

Move on is a youth exchange involving people from Poland, Czech Republic, Estonia, Lithuania, Romania and Turkey. 36 people will spend together 9 days surrounded by the nature of Polish countryside. During these days we will experience different outdoor games, trip to the mountains, night orienteering games, campfires, activities for local community (flash mobs, games) and many more☺

Aim:

The main aim of the exchange is to bring ourselves closer to the nature through different activities (as described above☺). We also plan to organize flash mobs for the local community of Kowary, to promote our project among them. Last but not least, we plan to have all the possible fun during stay in Kowary.

Terms of participation:

- There is no participation fee
- 70% of the travel expenses will be reimbursed (leaders of the national groups have all the necessary information regarding the reimbursement)
- All participants are required to have travel insurance with them. Leaders of national groups have received funds to provide insurance for their participants. Participants from EU should also take European Health Insurance Card - http://en.wikipedia.org/wiki/European_Health_Insurance_Card

What and how to prepare:

Besides having the insurance we would like to ask you to take with you following items.

- It is necessary to have some waterproof clothes with you (including boots) – we have planned one trip to the mountains, so it is better to be prepared for it. The same stands for the outdoor activities or the night game (it would be good to bring some clothes you are not afraid to make muddy☺)
- During the evenings we may need flashlights, so please also bring some with you
- There could be mosquitoes. Don't worry, they don't spread any diseases in Poland, but for your comfort we suggest to bring some anti-mosquitoes repellent

- There will be an intercultural night where all the national teams will have chance to present their cultures. We plan to make it as an evening of 5-senses, therefore please bring something that we can taste, see, touch, smell and hear.
- National groups also have a task to prepare one outdoor game they would like to share with others
- You don't need to bring towels with you, as they will be provided by the guest house.
- It is necessary to bring ID or passport.

Contacts:

Should you have any questions, need help or any further information please contact the organizers (e-mails below) or your national group leader 😊

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See you soon 😊