



Co-funded by  
the European Union

INFOPACK OF THE PROJECT  
**LET'S BE SAFE!**  
YOUTH EXCHANGE

17-25.11.2023

CZĘSTOCHOWA, POLAND

**idea**  **life.**





# ABOUT THE PROJECT

**Programme:** Erasmus+

**Key Action:** KA152–YOU Mobility of young people

**Project Title:** Let's be safe!

## **Project description:**

Our project, called "Let's Be Safe!", focuses on two important aspects that young people care deeply about: physical and mental safety. Our main goal is to equip participants with the knowledge, skills and behaviors needed to ensure their physical well-being during natural disasters and other traumatic experiences, and to cultivate mental resilience in the aftermath of such events.

## **Project goals:**

- sharing knowledge and raising awareness about coping with natural disasters and other traumatic experience
- fostering mental resilience and self-esteem
- developing survival skills
- promoting acceptance and intercultural understanding
- equipping participants to support others
- empowering young individuals to engage in their communities

## **Project partners:**

- Poland – Idea For Life
- Türkiye – Diyarbakir Cevre ve Kalkinma Dernegi
- Italy – Active Youth for Europe
- Greece – Neoi Ellados Se Eyropaiki Drasi



# WHY YOU SHOULD JOIN US

*Are you passionate about making a positive impact on our world? Do you want to enhance your skills and knowledge while contributing to a more sustainable future? Look no further!*

As a highlight of the program, you'll have the opportunity to participate in a **7-day youth exchange plus 2 travel days (17-25.11.2023) in Częstochowa, Poland.**

**We invite you to be a part of an event that will:**

- 1. Expand Your Knowledge:** Gain valuable insights into coping with natural disasters and other traumatic experience, both physically and mentally, through in-depth discussions and expert guidance.
- 2. Enhance Your Resilience:** Develop the skills needed to navigate challenges with confidence and bolster your mental well-being in the aftermath of disasters.
- 3. Foster Empathy:** Engage in meaningful intercultural dialogue and build understanding and acceptance among participants from diverse backgrounds.
- 4. Empower You:** Equip yourself to support others who have experienced similar challenges and become an active and engaged member of your society.





# PARTICIPANTS PROFILE

**Each sending organization will send 5 participants + a group leader. We are looking for participants who:**

- are residents of Poland, Türkiye, Italy or Greece, representing a dynamic mix of youthful energy and emerging adulthood;
- are between 22 and 30 years old;
- are group leaders with no age limit, recognizing the valuable wisdom and mentorship they can provide;
- have a communicative level of English, enabling effective communication and collaboration throughout the project;
- are open to discussing challenging topics, sharing their thoughts and experiences, and embracing vulnerability, fostering an atmosphere of trust and empathy.

**We prioritize gender balance**, ensuring an equal representation of both men and women, creating an inclusive and diverse environment.

**REGISTER  
NOW!**

*Click here to move  
to the form*



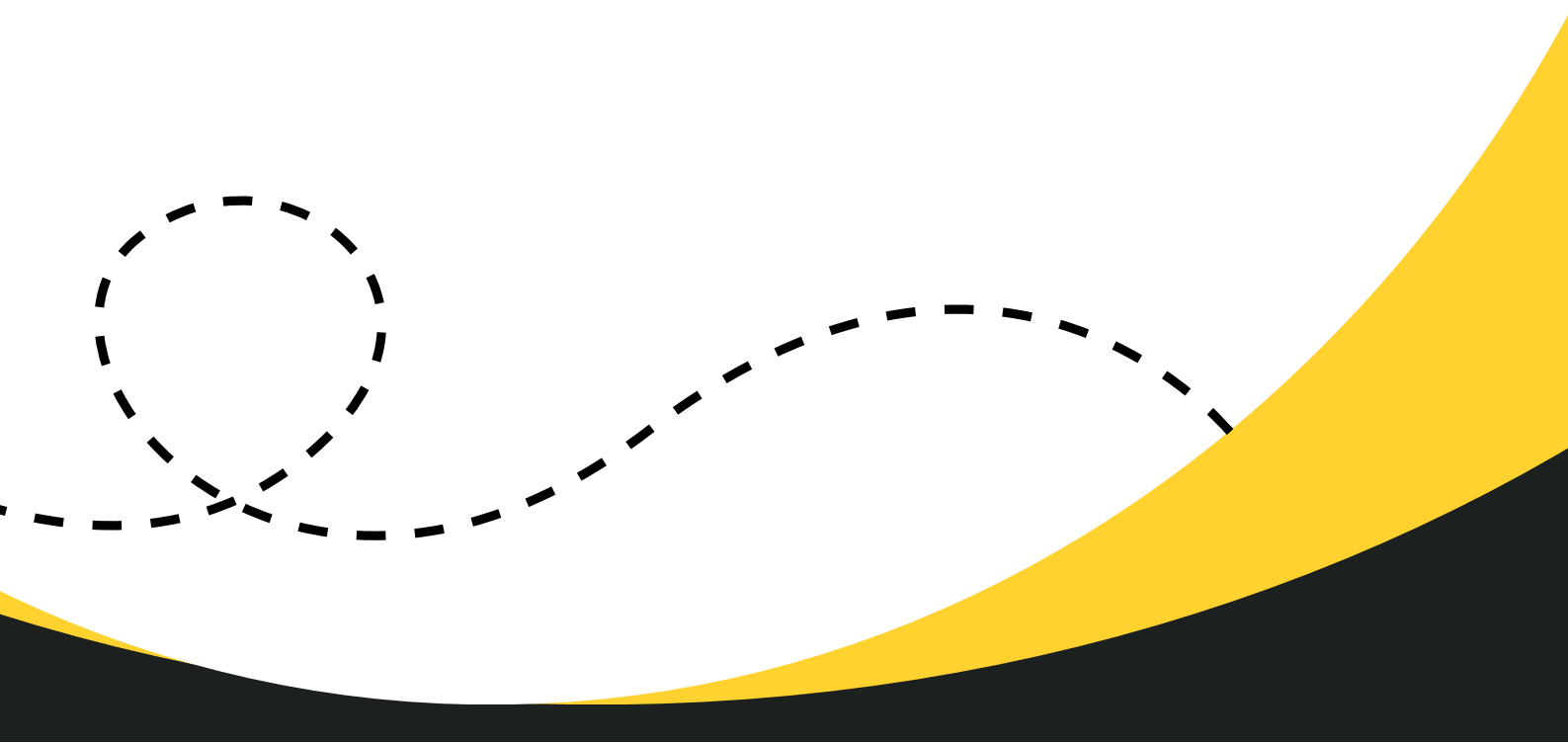


# DAILY ACTIVITIES

## Our daily schedule:

- Our activities will be held daily from 10:00 am to 7:00 pm.
- The activities will consist of 4 workshop sessions of 1h30 each.
- We will provide 3 meals per day (breakfast, lunch, dinner) and 2 coffee breaks.
- It is very important that you will be present at all activities for the entire duration.
- We will make available a detailed schedule of sessions a few days before they start.
- During the evenings there will be intercultural nights. At the first meeting we will decide together what we plan for the other evenings.

**And guess what?** We've got an awesome trip planned to explore the beautiful surroundings of Częstochowa! Just remember to pack the comfortable clothes and shoes for the adventure.





# TRAVEL

## ARRIVAL

### 17th of November 2023:

the first day of the event, it is the day when all participants will arrive at the project site and there will be no activities

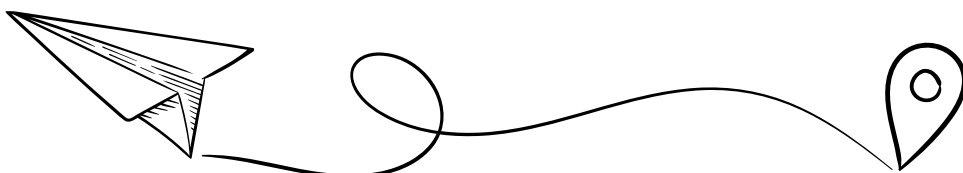
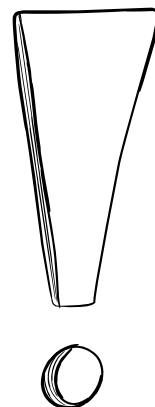
## DEPARTURE

### 25th of November 2023:

the last day of the event, it is the day when all participants will leave at the project site and there will be no activities

## Keep in mind:

- **Our environment is important.** Look for the „greenest“ way of travel.
- Don't buy any tickets without confirmation from your sending organization. **Tickets purchased without confirmation will not be reimbursed.**
- **You must be present from the day of arrival to departure** to get reimbursed for your trip.
- You must buy tickets in economy class.





# TRAVEL

*read it  
carefully!*

**Travel costs will be reimbursed up to the following limit per participant:**

- **Poland:** 23 EUR
- **Türkiye:** 360 EUR
- **Italy:** 275 EUR
- **Greece:** 275 EUR

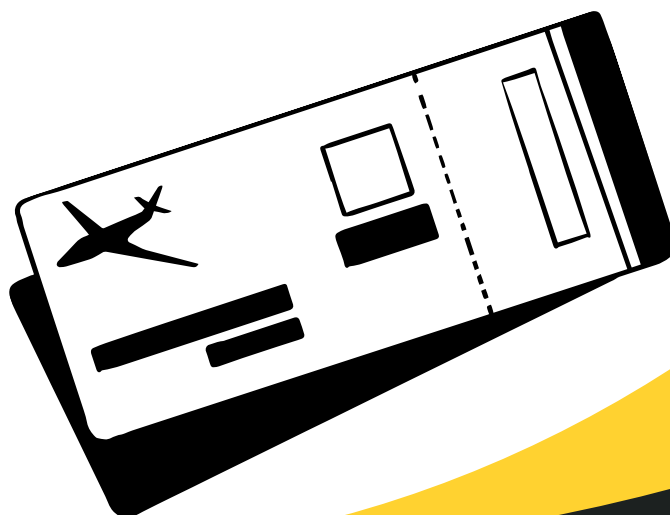
## **Financial conditions:**

100% of all participants travel costs within the maximum limit per country will be reimbursed. **The reimbursement will be done in EUR**, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR will be converted and calculated according to the exchange rate of the month provided by the European Commission.

## **To receive a reimbursement you must:**

- make arrangements for this purchase with the sending organization before buying the tickets;
- keep all tickets and boarding passes (in electronic or paper form) that confirm the trip you took; without these documents, we will not be able to reimburse you;
- fill out an online form after your trip, to which you will attach all electronic documents; if you have them in paper form, you must give them to us while you are in Poland or send them by mail upon your return.

**If the amount of your trip exceeds the limit, we will reimburse you only up to this limit after completing all the formalities.**





# TRANSPORTATION

## Getting to Częstochowa:

**By Air:** The nearest international airport to Częstochowa is Katowice Airport (<https://www.katowice-airport.com/en>), which is approximately 85 kilometers away. Other airports:

- Kraków: <https://krakowairport.pl/en/>
- Wrocław: <https://airport.wroclaw.pl/en/>
- Poznań: <https://poznanairport.pl/en/homepage/>
- Warsaw: <https://lotnisko-chopina.pl/en/index.html>
- Be careful, because there is another airport near Warsaw and it is called Warsaw Modlin Airport, but it is 1 hour away from Warsaw (<https://en.modlinairport.pl/>).

**By Train:** If you're traveling from a neighboring European country, you can consider taking a train to Częstochowa. The city has good railway connections with major European cities like Warsaw, Kraków, and Prague. The central train stations in Częstochowa are: Częstochowa and Częstochowa Stradom.

**By Bus:** International bus services, such as FlixBus and Eurolines, offer routes to Częstochowa from various European cities. The bus station in Częstochowa is well-connected and centrally located.

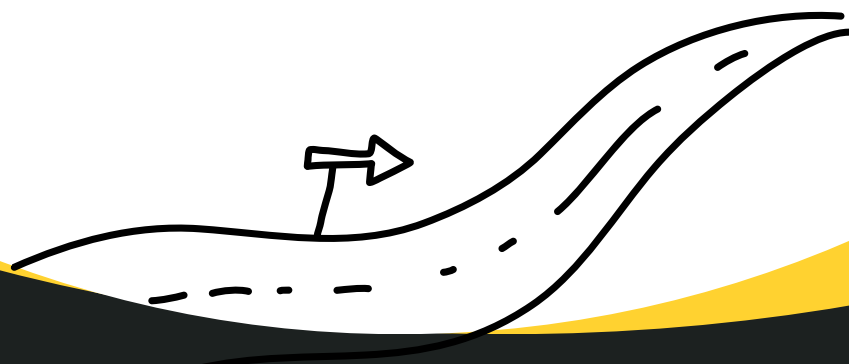
## Useful websites in Poland:

Train search: <https://bilkom.pl/>, <http://rozklad-pkp.pl/en>

Bus search: <https://www.en.e-podroznik.pl> or <https://www.busradar.pl>

Flixbus search: <https://global.flixbus.com/>

Local transportation search: <https://jakdojade.pl/>







# DISCOVER CZEŚTOCHOWA

## Plan your time in the charming city of Częstochowa, Poland!

Known for its rich history and spiritual significance, Częstochowa is home to the iconic Jasna Góra Monastery, a major pilgrimage site famous for the revered Black Madonna icon.

In addition to its religious heritage, Częstochowa offers a blend of old-world charm and modern attractions. Explore the city's historic Old Town, with its picturesque streets and charming cafes. **Don't forget to try some traditional Polish cuisine!**

For nature enthusiasts, Częstochowa is surrounded by beautiful landscapes, making it a great base for outdoor adventures. Hike in the nearby Jurassic Highland, known for its unique rock formations and scenic trails.

With its warm hospitality and a mix of cultural, historical, and natural treasures, Częstochowa is the perfect destination for a short and memorable visit. **Come and experience the heart of Poland in Częstochowa!**





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# ACCOMMODATION

**Venue:**

Hotel Sekwana

**Address:**

ul. Wieluńska 24, 42-217 Częstochowa

**Website:**

<https://www.sekwana.pl/>





# YOUTHPASS

**We want to make sure everyone gets recognized for their achievements!**

That's why all participants in our projects receive Youthpass certificates.

**What's Youthpass?** It's part of the European Commission's plan to give credit to the learning you do outside of traditional school.

## **Here's how it works:**

- When you get your Youthpass Certificate, you can sit down and check what you learned and how it's going to help you in the future.
- Youthpass isn't just for us – it's used all across Europe to recognize the great work young people and youth workers do. It's like a big thumbs-up for youth work!
- By showing off your Youthpass, you're saying, "I'm an active European citizen!". It's a way of saying, "I care about my community and my future".
- Plus, having a Youthpass can make you more employable. It's proof that you've got some awesome skills, and employers love that!

So, when you get your Youthpass, know that it's more than just a piece of paper. **It's a way of saying, "I'm awesome, and I've got the skills to prove it!"**

WOW!

**SUCCESS**

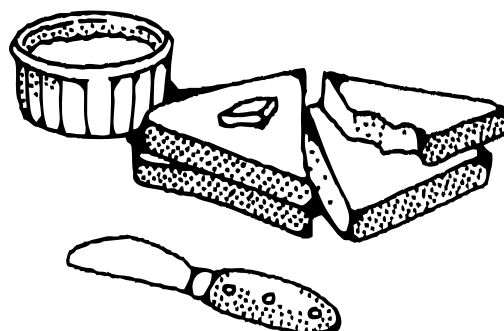
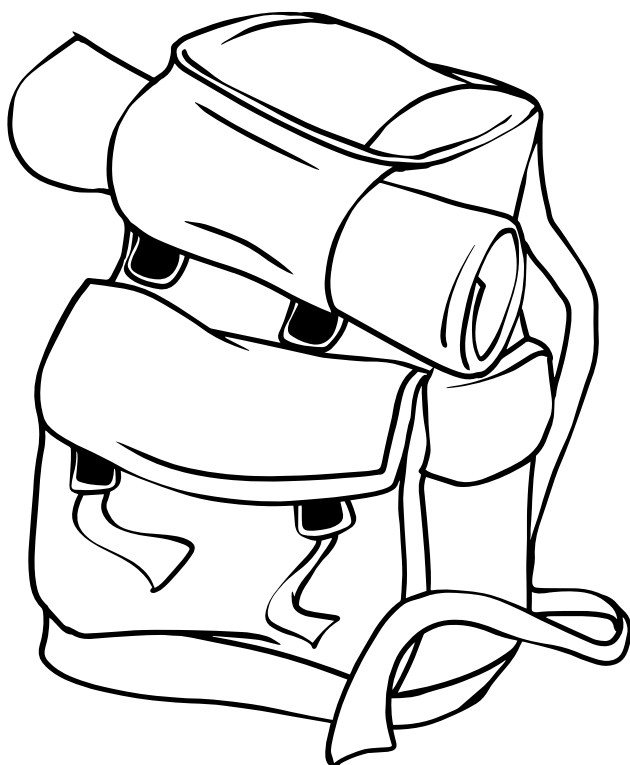
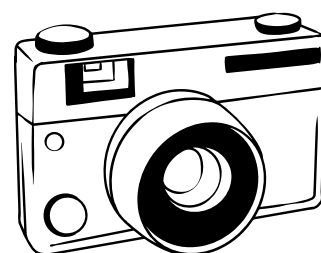


# WHAT YOU SHOULD BRING



## We recommend you to take:

- Good humor and enthusiasm for work
- Readiness to learn and contribution to share with others
- Reusable water bottle
- Personal hygiene items and medicine, if needed
- Traditional food, snacks, drinks, clothes to help you present your country during the intercultural evening
- Flip-flops, comfortable clothes and comfortable shoes
- Laptop or tablet to prepare/present presentations
- European Health Insurance Card or other health insurance - not reimbursable







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# SEE YOU SOON!

**Idea For Life** is a non-profit group from Częstochowa, Poland.

We're all about education, helping young folks, going green, and starting cool projects. Since 2017, we've been making good things happen.

We do stuff like international projects, training, and events for both young and older people. We really care about the environment, entrepreneurship, and helping people grow in all sorts of ways.

**Come join us and let's make a better future together!**

## CONTACT INFO:



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<https://www.facebook.com/Idea4LifePL/>

<https://www.instagram.com/ideaforlifepl/>



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