



ERASMUS+ YOUTH EXCHANGE

 **MindTools**

4-11.09.2021

Okuninka, Poland



Erasmus+



Project Description

MindTools is a Youth Exchange project within Erasmus+ program. Its main goal is to increase young people's awareness of the importance of emotional intelligence and the benefits of correctly reading and using emotions in personal and professional life. The project will gather 30 young people from Poland, Croatia, Spain, Italy and Estonia (5 per country+ 1 group leader).



Participant Profile

- People aged 18 - 26 (no age limit for group leaders)
- priority is given to people with fewer opportunities
- able to communicate in English (all activities will be in English)
- interested in a topic of emotional intelligence
- motivated to participate in the activities
- residents of Poland, Croatia, Spain, Italy or Estonia



Activities

- meditation and mindfulness sessions,
- improvisation theater,
- introduction to NVC method,
- body and movement awareness,
- session in nature,
- creative writing workshop,
- workshop with local youth,
- intercultural evening.



Objectives

- to understand the importance of emotional intelligence in personal, professional and social life,
- to gain knowledge about the components of emotional intelligence, including self-regulation of emotions, self awareness, empathy, social skills.
- to build safe space for exchange

All the activities will be held in English with non-formal education methods. We will learn through reflections, exploring nature, exchanging ideas and experiences. Even though we focus much on the psychological and mental aspects of life, this is not a therapeutic meeting. We will focus much on self-awareness and will do some activities based on mindfulness methods. For this reason, **the youth exchange is not recommended for people who suffer from severe mental problems or experienced a deep mental breakdown recently or are challenged by trauma.**

Venue & Food

The place where we are going to stay is located in a beautiful region in the East of Poland, famous for its various lakes and wild forests. The town is called Okuninka and is located by the lake Białe. The town offers many bars and restaurants to go out in the evening. Depending on the weather, we are planning kayaking or bike trip. Our place is located 400 meters from the lake where you can swim or chill.



Accommodation

- We are going to stay in a place called Zacisze (<http://zacisze.wlodawa.pl/>) accommodated in 2-4 people rooms
- we will stay in mixed nationalities rooms
- the hotel offers bed linen but **please bring your own towels**
- there is a wifi signal all around the place



Food

- We will provide you with 3 meals per day at our place+ some snacks during coffee breaks
- we will ask you about your dietary requirements and restrictions and will serve meals according to that
- for environmental reasons, we will have most of the meals based on vegetarian and vegan options. But don't worry if you are a meat lover - we will have something for you as well.
- we will have dinner at the day of arrival and breakfast at the day of departure

Travelling to Poland



The participants should make their own travel arrangements (or with help from their organisation). When you choose the connections, please send them to the project coordinator

aleksandra.equality@gmail.com and wait for confirmation.

Please do not buy your travel tickets if you have not verified with the Coordinating Organisation. Please buy the travel tickets as soon as possible. We encourage you to use the cheapest method of travel possible.

You can travel to Warsaw or Lublin (it has a plane connection with Split, Croatia). You can travel to these cities 2-3 days before the mobility or stay 2-3 days after. If you decide to stay some extra days in Poland we can not provide you with meals and accommodation for this extra time.

We will provide a bus that will take us from Warsaw and Lublin to the project venue in the evening of 4.09 and back to Warsaw or Lublin 11.09 according to your flights.



Adress of the project venue:

**Ośrodek Wypoczynkowy „Zacisze”
Okuninka XI/10
22-232 Okuninka
Okuninka, Poland**

Practical Info

The project will be organized according to the COVID rules of the Polish government. You will be immediately informed in case of a change of restrictions in Poland.

Please follow restrictions in Poland on the website:

<https://www.gov.pl/web/coronavirus>



Important! You can travel to Poland without covid test or quarantine if you are vaccinated against COVID-19. This applies to persons who have been issued a certificate of preventive vaccination with a vaccine that has been approved for marketing in the European Union. Please note: Travellers are only recognised as fully vaccinated once 14 days have passed from the end of their vaccination process.

Rules for passengers arriving to Poland from the Schengen zone

- All travellers are subject to quarantine unless they can produce a COVID-19 test with a negative result. Such a test must be performed no later than 48 hours before crossing the border.
- Test type: PCR or antigen.
- This covers travellers using all means of transport, including public and individual transport, as well as all persons crossing the border on foot.
- Travellers who have been quarantined in Poland may perform a test within 48 hours of crossing the border, with a negative test result releasing them from quarantine.
- From 26 of May, all persons who present a negative COVID-19 test result after arrival at Polish airports – before the border check – will also be exempt from quarantine.



What to bring with you?

- **travel tickets & boarding passes**
- **European Health Insurance Card (EHIC blue card)**
- comfortable clothes and shoes
- a towel
- a CUP which you will exchange with another participant. Think about it as a present you will give to someone and will remind him or her about our youth exchange,
- sunscreen and a hat (useful in case of outdoor sessions)
- face mask (+few extra)
- your personal items (cosmetics, medicines)
- refillable water bottle (we have potable tap water)
- various clothes (be ready for any weather 10 –30°C). Take a rain jacket and swimsuit
- local food/sweets/ drinks from your country for the intercultural evening
- and also a positive attitude, eagerness to learn and readiness to open up in a group!



Travel reimbursement

The Youth Exchange is free of charge because it's financed by Erasmus+ program. It includes food, accommodation, activities and transportation. The possible cost of PCR or covid test, are not covered by the project, so we recommend to be sure you have the vaccine completed before the travel to Poland. Participants will receive a reimbursement of travel costs up to 100% of the maximum allowed sum by corresponding distance band according to Erasmus+ distance calculator. We can only reimburse your travel if you stay for the whole project. We will reimburse your travels after the mobility with bank transfers or in cash during the mobility.

Please send your travel propositions to the coordinator (aleksandra.equality@gmail.com) before you purchase any tickets.

REMEMBER TO KEEP ALL TICKETS AND BOARDING PASSES! WE WILL COLLECT THEM DURING THE MOBILITY

Country	Organisation	Maximum reimbursable travel costs per participant
Poland	EQuality (hosting & coordinating organization)	0
Croatia	Brodoto	275 eur*
Spain	AKtive Kosmos	360 eur*
Estonia	MTÜ Metamorfoos	275 eur*
Italy	Youth4Youth	275 eur*

*30 EUR from the limits has been deducted in order to cover the arranged local transportation from Warsaw and Lublin to the venue and back for the whole group.

hope to see you soon

In case of any problem or questions, don't hesitate to contact with
project coordinator Aleksandra Wolska
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