



Youth
in Action
Programme

5th Element



Youth Exchange 1.1.,
Youth in Action Program,
19th - 28th of August 2013,
Bukowina Tatrzańska
(near Zakopane City), southern Poland

During this year's holiday will facilitate cultural exchanges 48 young people from five different countries in Europe - different territory, constitutionally, politically and culturally.

The topic is cohabitation with nature and location of the man in the natural world around him.

Young people will have the opportunity to learn about the traditions of Spain, Polish, Turkey, Hungary and Italy. Young people from these countries will participate in activities and workshops on traditions of their peoples, cultural exchanges, environment, interaction with nature, active life and health, creative hand-make workshops, and etc. ...

Non-formal education will be used throughout the project in order to promote a healthy and active lifestyle in mutual respect for another human being and the world around him.

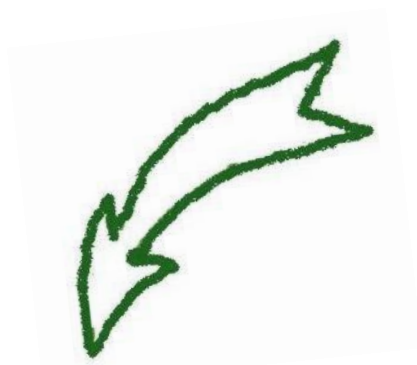
All activities will be accompanied by activities around the theme of the four elements and sporting activities, artistic, cultural, social validly discussion topics, games and competitions ... and of course the holiday time is conducive to making friendship!

Project name speaks of human as the fifth element - co-operating with the surrounding nature and the four elements: water, fire, air and earth. The theme of the project is sustainable lifestyles, environmental awareness, living in harmony with nature, European awareness, promote the activity as a healthy lifestyle and personal skills.



The participants of the project will be a young people 15 to 19 years - from five European countries who:

- those who have the motivation to actively participate in the whole program!!!
 - ready to experience the extraordinary adventure!!!
 - interested in the topic of the project!!!
 - having an open mind!!!



From friendly organizations :

Asociacion Cazalla Intercultural	SPAIN	8 + group leader
Szivárvány Törzs Közhasznú Egyesület	HUNGARY	8 + group leader
Çanakkale Koza Gençlik Derneği	TURKEY	8 + group leader
VEDOGIOVANE Società Cooperativa Sociale	ITALY	8 + group leader
Dom Rodzinny „Ciechocińska” (FROZ „JA I MÓJ DOM”)	POLAND	10 + group leader



Objectives of the 5th Element project:



- Progress and strengthen personal skills
- Coexistence with the environment, and science to promote sustainable development
- Education for co-operation and co-existence in the community of European citizens free from envy, hatred and racism
- The possibility of physical activity on the primary level (games), the promotion of healthy lifestyles,
- In part allows for more active participation of young people in society (volunteers);

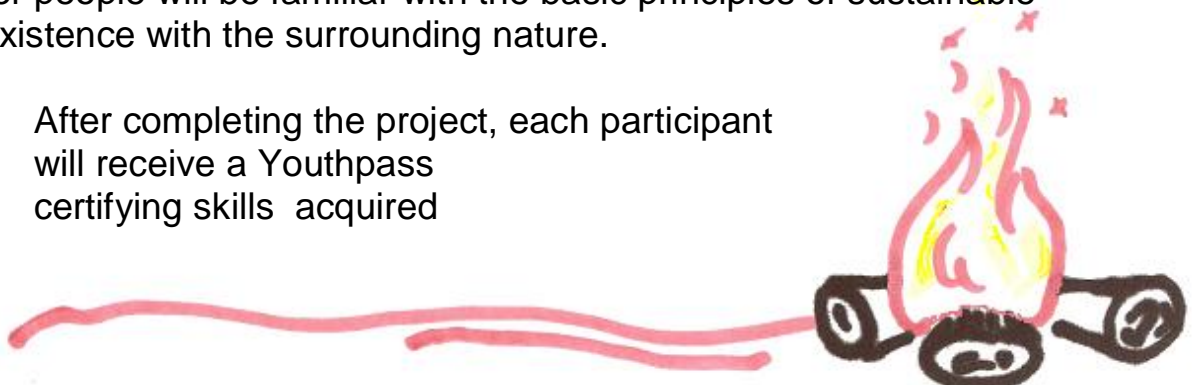
The main forms of activity will be: play and game, survival, handmade type activities and participation in workshops, hiking around the area, and other forms to requiring of personal activity.



The expected results of the project:

After completing the project, participants will: have a progress social skills for contacts, language, cooperation, collaboration, decision making, they will know themselves and their competences shall take effect and will rise a sense of their own value, get to know their peers and their countries, they will establish lasting friendships, they will be able to accept "otherness", they will be able to arrange time off yourself and other people will be familiar with the basic principles of sustainable coexistence with the surrounding nature.

After completing the project, each participant will receive a Youthpass certifying skills acquired



Where is our meeting?

Schronisko Górskie „Głodówka”
(Mountain Hostel "Głodówka")
Polana Głodówka
34-530 Bukowina Tatrzańska
Tel: +48 18 207-71-88

<http://www.glodowka.com.pl/>



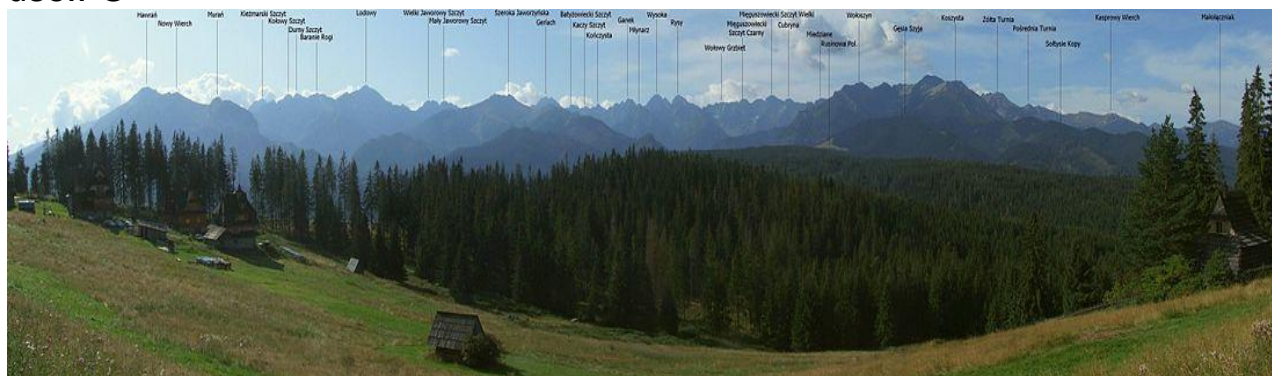
Accommodation:

participants and organizers ☺ live in tents (prepared by the organizer) in and near the mountain hostel. Each participant must have his sleeping bag, small pillow, flashlight, knife and clothes for every weather and trekking shoes

Dining in the complex or prepared yourself under conditions with the camping survival rules.

Showers, toilets, old & hot water, room and attractive places to program activities

and the most beautiful view of the mountains in Poland for individual use.. ☺





How to get to Schronisko Górskie „Głodówka”



From Warszawa (Warsaw):

stage 1 Airport „Okęcie” – Dworzec Centralny (Central Railway Station)

City transport - Bus 175 - journey time about 30 minutes



stage 2 Warszawa to Zakopane City

PKP - the National Railway - journey time about 7 hours
or

PKS - Autobus - journey time about około 7 hours



Caution! There is a need for change and connecting transport in Krakow!

stage 3 Zakopane City – Polana Głodówka

Bus – local transport - journey time about 30 minutes



From Kraków:

stage 1 Airport Balice to Kraków Dworzec Główny (Central Bus and Railway Station)

City transport - Bus 292, 208 (in the night 902)- journey time about 30 minutes

suburban railway „Balice Ekspres” - journey time about 10 minutes



stage 2 Kraków to Zakopane City

PKP – the National Railway - journey time about 2,5 hours
or

PKS - Autobus - journey time about 2,5 hours



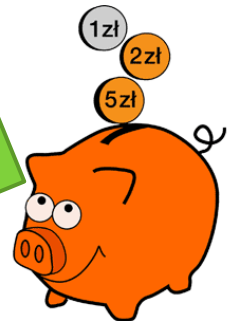
stage 3: Zakopane City – Polana Głodówka

Bus – local transport - journey time about 30 minutes



REIMBURSEMENT

Travel costs – 70% reimbursed of the cheapest travel cost under the presentation of the respective receipts, according to the financial rules of the Youth in Action Programme. Note that your travel expenses should not exceed the previewed price we have communicated:



BUDGET FOR TRAVEL COSTS (100%)

Reimbursement in 70%

Hungary: 1980 €

Turkey: 4680 €

Italy: 2970 €

Spain: 3240 €

BUDGET FOR APV TRAVEL COSTS (100%)

Reimbursement in 100%

Hungary: 220 €

Turkey: 520 €

Italy: 330 €

Spain: 360 €



MEDICAL INSURENCE

We kindly ask the participants to take care of the insurance for both the travel and the duration of the youth exchange. Otherwise any expense raising from medical care in Poland will be considered personal costs of the participants.

We also recommend that in your country to ask about the European Health Insurance Card (not in Turkey, unfortunately). This can make it easier to use with in Poland Health Service. Info:

<http://ec.europa.eu/social/main.jsp?catId=559&langId=en>

The insurance costs will not be reimbursed.

Organizers:

Fundacja Rodzinnej Opieki Zastępczej

"JA I MÓJ DOM"

Łódź, ul Chałasińskiego 11, Poland

www.frozjaimojdom.pl



Dom Rodzinny „Ciechocińska”

Łódź, ul. Ciechocińska 10, Poland

www.wielkaciocia.home.pl



Contacts:



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