

INFOPACK

# HELP OTHERS

# HELP YOURSELF



# PROJECT OVERVIEW

The "Help others, help yourself" project aims to address the need for motivation and inspiring youth towards volunteering. To achieve such goal, we will involve young people in volunteering actions in Košice, discover what volunteering means and stands for, compare volunteering action in our countries and share ideas on development of volunteering activities in our organizations.

## DATES

Arrival 20.6.2019

Project dates 21.6.2019 – 26.6.2019

Departure 27.6.2019

## PARTNERS

Rada Mládeže Košického Kraja (Slovakia) (Hosting organisation)

Fundacio Catalunya Voluntaria (Spain)

Neolea Gia Antalagi Kai Katanoisi (Cyprus)

Seiklejate Vennaskond (Estonia)

Baltijas Regionlais fonds (Latvia)

Odred izvidjaca "10. Oktobar" (Serbia)

Asociatia Hair Redivivus Buzau (Romania)

Nuorisokeskus Villa Elba (Finland)



Co-funded by the  
Erasmus+ Programme  
of the European Union



# PARTICIPANTS PROFILE

Each participant needs to fit only 2 criteria:

- 18 - 30 years old
- Be willing to volunteer

Group size : 5 participants plus one group leader (6 participants in total per country)

## HEALTH, FOOD, SAFETY

### FOOD RESTRICTIONS

We are able to provide food for any allergies and diets, just let us know in the registration form.

### HEALTH INSURANCE

Health insurance is necessary for all non-EU citizens. EU citizens are obliged to bring their European Health Insurance card in case of emergency. Additional travel insurance is highly recommended for each participant.

### ALCOHOL POLICY

As hosting organization responsible for this project, we require participant to obey strict alcohol use policy. NO ALCOHOL during the day, regardless of your age. Drinking during the night is allowed, under condition that you drink responsibly.

# ACCOMMODATION

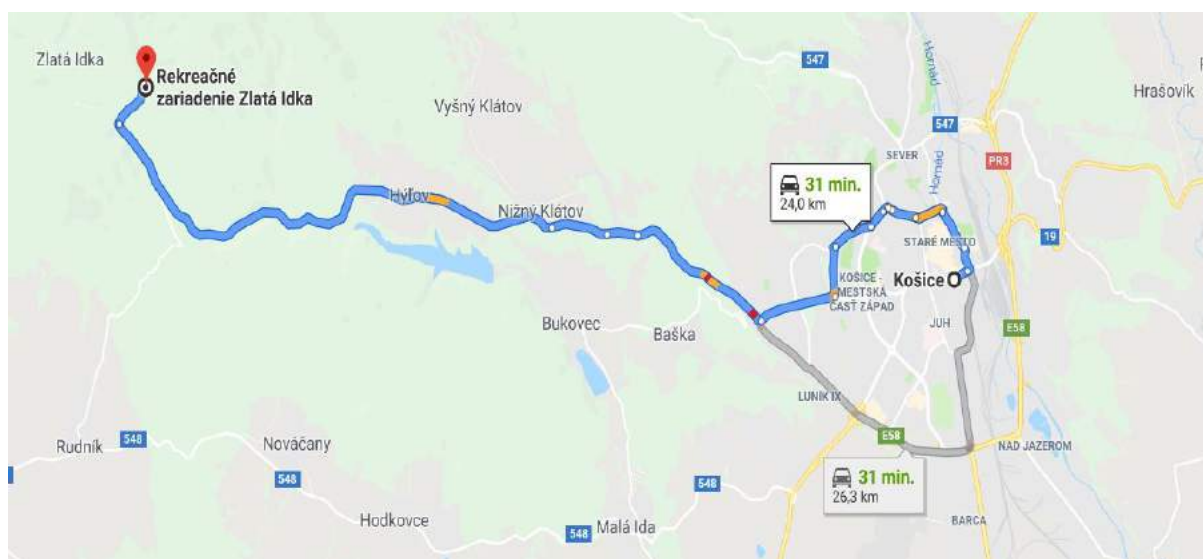
We will be accommodated in hotel RZ Zlatá Idka. Participants will be divided into rooms by 3 or 4, with mixed nationalities. Each room has its own bathroom. Accommodation provides sporting facilities and wellness during free time. Food will be provided in the hotel or in place during volunteering activities.

[Clickable link to accommodation](#)



# TRANSPORTATION

Our accommodation is located 20 kilometres for the city of Košice. Transportation between Košice and hotel (RZ Zlatá Idka) will be organised by hosting organization according to your times of arrival. Please reserve 10 € from your travel budget for this transport.



## TRANSPORTATION TO KOŠICE

Best options to travel to Kosice, Slovakia are through those transport hubs:

- Bratislava / Vienna – multiple train connections every day to Kosice
- Budapest – convenient transport twice a day (morning and evening) by bus or train
- Krakow – cheap connection with FlixBus once a day

## TRAVEL REIMBURSEMENT RULES

COUNTRY	DISTANCE BAND	LIMIT
Slovakia	10 – 99 km	20 €
Serbia	100 – 499 km	180 €
Spain, Cyprus, Estonia, Latvia, Romania, Finland	500 – 1999 km	275 €

## TRAVEL REIMBURSEMENT RULES

Each participant will be reimbursed individually according to Erasmus+ guide. Limits stated above are maximum amount that can be reimbursed per individual. For countries using euro as their currency, we will primarily use bank transfers. For countries using different currencies, reimbursement in cash is possible. Participants will be reimbursed only upon presenting all valid documents (invoices, tickets, boarding passes, bills). Please plan your travel routes, so you come at latest on 20.6. to Košice and leave earliest on 27.6. in the morning.

Please, before buying any tickets, consult your travel routes with project coordinator (Jakub – [Jakub@YourChange.eu](mailto:Jakub@YourChange.eu))



# VOLUNTEERING IN KOŠICE

Core activities of our Youth Exchange include volunteering in regional capital - Košice (read Koshice). Wide variety of activities will be prepared for volunteers, involving local youth, organisations and municipality. During our volunteering, we will also have chance to discover this mythical city.



In 2019, city of Košice received title European Volunteering Capital 2019. This title promotes volunteering in our city, motivating organisations to implement volunteering activities in the city, for the city. Our project will complement this effort and hopefully we will have chance to join other volunteering actions.

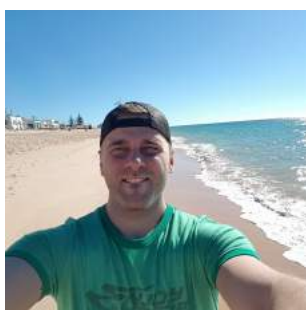


# HOSTING ORGANISATION

## YOUTH COUNCIL OF KOŠICE REGION (RMKK)

RMKK stands for Rada Mládeže Košického Kraja - umbrella organisations connection youth councils, youth organisation and youth in general in Košice region of Slovakia. Founded in 2001, connecting more than 30 organisations in whole region and city itself. Our vision is to connect all stakeholders (youth organisations, youth workers, policy makers) to improve youth in our region.

## CONTACT PERSONS



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