



# OPEN UP YOUR HEART

Erasmus+ KAI Youth Exchange

## INFOPACK

Rabka- Zdrój Poland, 10.-17.10.2020



## AIM OF THE PROJECT:

The aim is to increase the knowledge of youth about sexual and reproductive health. We as young people can create a space of comfort where questions and doubts can be presented and clarified and different life experiences can be shared without judgement.

**DURATION:** 10.-17.10.2020

10.10 Arrival

17.10 Departure

## ACTIVITIES:

The Youth Exchange will be a space to implement and test tools and guidelines developed in the previous Youth Workers Training in the "Open Your Heart" project. The activities will use the principles of non-formal education to allow everyone to contribute openly to the learning and discussion process, without the stigmas of hierarchy. We also want to use outside spaces for the activities as much as possible and (if the conditions are guaranteed) run a city game related to our topics.

## RESULTS:

- Creation of a common and expanded notion of sexual health and education to promote inclusiveness and fight discrimination
- Identification of challenges at a national and international level
- Tools that can be used to promote discussion and learning back home

## WHO CAN PARTICIPATE?

Preferentially, young people around the age 18 – 21 years old. They should express interest in participating in LGBTQI+ related issues and generally in the topic of sex education.

## PARTICIPANTS

Countries	Number of Participants
Poland	6 (5 + 1 Group Leader)
Germany	6 (5 + 1 Group Leader)
Spain	6 (5 + 1 Group Leader)
Greece	6 (5 + 1 Group Leader)
Cyprus	6 (5 + 1 Group Leader)

## THE VENUE:

The meeting is taking place in the Education and Training Centre **Villa RE-ZONE** in Rabka-Zdrój (60km away from Kraków). It is a nice hotel in a lovely town close to Gorce, Pieniny and Tatra mountains. We will have it all on our disposal. Accommodation in 2-3 persons rooms with private bathrooms, on the spot available: small gym, jakuzzi and nice garden.

## ADDRESS:

Villa RE-ZONE  
ul. Cicha 12, 34-700 Rabka-Zdrój Poland



## HOW TO GET THERE:

From the airport Krakow take the Bus to Małopolski Dworzec Autobusowy (Main Bus Station). Check here for schedule:

and find "Rab-Bus" or "Edmar" bus companies going to Rabka-Zdrój. Check out schedules HERE: <https://www.busy-krk.pl/en/rabka-zdroj-krakow/>

It takes 1,5 hours to get there from Krakow.

Check <https://jakdojade.pl/krakow/trasa/> for Bus schedule from Krakow Airport to the Main Bus station

## WHEN YOU ARE IN Rabka-Zdrój:

From the main bus station in Rabka-Zdrój there is still a 23 minute walk.

## FUNDING:

The project is financed under the „Erasmus+ Programme, Key Action 1“.

100% of the accomodation and activity costs are covered by the programme. The international travel costs are covered according to the rules of Erasmus+ Programme. Plan your travel according to the following budget:

COUNTRY	LIMIT PER PARTICIPANT
Poland	0 €
Germany	275 €
Spain	360 €
Greece	275 €
Cyprus	275 €

For the detailed rules of travel reimbursement please check the attached „Reimbursement Form“.

**NOTE:** Reimbursement of travel costs will only be done upon full attendance of the seminar. It will be transferred to the partner organization bank account after receiving all the tickets.

That means that your travel costs will be fully reimbursed up to the limit, what should be enough to get to the venue from all participating countries – therefore we expect that everybody will get back 100% of the travel. If you spend less for your travel you will get exactly the amount you spent. If you spend more, you will get the amount from the table.

## CORONA INFO:

Regulations connected to corona may change, but for now they are: meals may be delivered to the rooms, masks and gloves obligatory, common areas will be disinfected and lot's of activities will be outside. No pubs in the evening and PLEASE monitor your health before coming and make a responsible choice if you should come.

Ground transportation is recommended as well as the possibility to use private cars. There is the option to pick you up from the airport to avoid public transportation.

## CHECK LIST:

- Bring comfortable clothes
- Swim suit
- You don't need towels or bedsheets

## CONTACT:

In case of any questions feel free to contact us:

[munjabuenger@gmail.com](mailto:munjabuenger@gmail.com)

See you soon!