

Balance Yourself

Together with Us!

Erasmus+ Youth Exchange



Youth
Support
Centre



06-15.11.2021

Willa Jagniątków, Jelenia Góra
Poland




About the project:

- Main activity of the project "Balance yourself together with us!" is a Mobility of Young People - the Youth Exchange. The project was created for 24 participants coming from Greece, North Macedonia, Poland and Latvia.
- Main aim of the project is to find different ways for reaching inner balance and harmony in life with support of non-formal methods and other young people that seek for it as well.



Objectives:

- to discover what is balance and harmony, especially what is body and mind balance and how to reach it,
- to learn elements of acroyoga and playflight and how to use it in our daily life,
- to learn Polish, Macedonian, Greek and Latvian traditional songs and use them as a tool for group harmony,
- to exchange experience, thoughts and feelings about daily life, plans for the future,
- to raise common understanding, tolerance and open minds,
- to promote European Union values and Erasmus + Programme.



When and where?

- Arrival day: 06.11.2021
- Workshops: 07- 14.11.2021
- Departure day: 15.11.2021

WILLA JAGNIĄTKÓW/ JELENIA GÓRA, POLAND

<https://goo.gl/maps/icgY2T7SWWdvwKMh7>



Travel

If you plan to take a plane:

- The best option is to fly to Wrocław Airport - Copernicus <http://airport.wroclaw.pl/en/> Depends on groups, we may rent a shuttle bus from Wrocław.

If you plan to take a bus or train:

- The city, closest to the project venue is JELENIA GÓRA.
- There are many connections with Jelenia Góra and other bigger Polish cities. The best is to reach Wrocław Train/Bus station and find a direct train/bus to Jelenia Góra. From Jelenia Góra city center we will arrange the transport for you.

If you will travel as a whole group together it is possible for you to rent a private bus or come by cars - this option shall be more discussed with project coordinator before final decision.

All travel details should be agreed with project coordinator before buying the tickets.



Reimbursement

- Participants from Greece, North Macedonia and Latvia will receive up to 275 euro/ person for travel costs reimbursement for both ways.
- Participants from Poland will receive up to 20 euro/ person for travel costs reimbursement for both ways.
- To receive the reimbursement you need to provide us with all original travel documents: invoice, boarding pass, bills, tickets, confirmation e-mails.
- Travel reimbursement might be done in euro via bank transfer by the end of December 2021 or by cash if needed.

A watercolor splash graphic in shades of pink, red, and orange, with the word "Workshops" written in black text over it.

Workshops

- Some workshops were already tested while a Training Course: Youth Activator in Harmony which was a root of this Youth Exchange: yahbyysc.wordpress.com
- Some activities demand body contact and open mind
- Some activities will get you out of your comfort zone
- During the activities we will use: mindfulness, relaxation, contact with nature, breathing, rythm and voice improvisation, role-plays, life orchiestra, contact improvisation, theater, balance tools.

A watercolor splash graphic in shades of pink, red, and orange, with a soft, irregular edge. The text "You need:" is centered within this splash.

You need:

- readiness for new experience and feelings
- 2-3 pair of anti-slip socks (sometimes we may work in socks)
- comfortable clothes (dancing, laying on the floor)
- comfortable shoes (forest and mountains walks)
- traditional music, clothes, snacks (intercultural evening)
- materials about your country, city, region,
- towel, flip-flops, private mug/bottle (eco friendly for coffee breaks), medicines or vitamins you need, EHIC Card
- swimming suit (thermal pools)




Participants

- Each project partner organisation delegates a group of 6 young people 18+ (it is possible to accept participants 16-17 years old after previous agreements and providing needed documents).
- Each group of young people should have an experienced youth leader (aged 23+) who will be responsible for their safety and will support them during workshops. The leader should be able to communicate in English very well.
- Each country team: 8 young people + 2 leaders



RULES:

- have fun and enjoy the time
 - no alcohol
 - active participation in all the activities
 - taking care of the venue
 - being on time
 - tolerance and acceptance
 - readiness to help and support others
 - respect other people
 - open mind and open communication
 - willingness to take the initiative
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Accommodation and the venue:

- you will stay in Willa Jagniątków Gueshouse - 2-3 beds rooms with bathroom or in the seperate tiny houses nearby:
<https://www.google.com/travel/hotels/s/3GfzJ/>
<https://www.booking.com/hotel/pl/willa-jagniatkow.pl.html>
- you will be provided with breakfast, lunch and dinner during your stay
- the Gueshouse is over 100 years old ;)
- you will be surrounded by nature - forest and mountains
- in the village is only 1 small shop where you may pay only in polish zloty (cash).
- there is no exchange office nearby
- the space will be for our own use only
- smoking inside is forbidden!



Surroundings



Thermal pools - is a complex of sport-recreation pools. It is unique in the province of Lower Silesia and through the whole Giant Mountains. The uniqueness of The Cieplice Baths lies in the fact that the baths use thermal waters of unprecedented chemical composition and temperature in European scale, which has invaluable, beneficial effects on the regeneration of the human body. <https://www.termycieplkie.pl/en>

Surroundings



Szklarska Poręba - is a beautifully-located town in the valley of the river Kamienna and its tributaries at the altitude of 440 – 886 meters over the sea level, on the southern slopes of Karkonosze and its peak hovering over the town, Szrenica (1362 m).

http://www.nacichej.com.pl/opis-miasta-szklarska-poreba_en.html

Jelenia Góra - is a city in Lower Silesia, south-western Poland. Jelenia Góra is located within the Lower Silesian Voivodeship, close to the Krkonoše mountain range running along the Polish-Czech border <https://www.travelsewhere.net/jelenia-gora-poland>.

Surroundings



Chojnik Castle Ruins - is a castle located above the town of Sobieszów, today part of Jelenia Góra in southwestern Poland. Its remains stand on top of the Chojnik hill (627 m (2,057 ft)) within the Karkonosze National Park, overlooking the Jelenia Góra valley. The building of the fortress dates back to the times of the Silesian Piasts and for most of its time was in the possession of the Schaffgotsch noble family. Today the semi-ruined stronghold is a major tourist attraction and houses a hotel and a restaurant.



APPLY:

If you want to take part please fill in the application form: **<https://forms.gle/zy22kJXiAUPpjMrw9>**

Deadline: 01.10.2021

