



Youth  
Support  
Centre

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



**Erasmus+ Youth Exchange**

# Boost the Mental Well-being

21-30.05.2023

Karpacz, Poland



# IMPROVE YOUTH'S MENTAL WELL-BEING

## how we will try to do it?

- reflection on own well-being
- learn and practice self-care and self-compassion tools and methods
- learn and practice in group creative tools and methods
- international and intercultural exchange
- promote European Union values
- promote Erasmus Plus Programme and Youthpass certificates
- promote general youth well-being on local, national and international levels.



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## IN THE YOUTH EXCHANGE WILL PARTICIPATE:

**Poland** 6 young people, 2 youth leaders

**North Macedonia** 6 young people, 1 youth leader,

**Latvia** 6 young people, 2 youth leaders

**Portugal** 6 young people, 1 youth leader.

**Italy** 6 young people, 1 youth leader.

**Tunisia** 6 young people, 2 youth leaders

The young people are from **18 to 21** years old, the youth leaders are 25+.

Young people are high-school and university students, youth leaders are their leaders coming from partner organisations or teachers from the school.

**Posibility to participate for young people under 18 is after the approval of the coordinator.**

# AGENDA

- **21.05.2023 - arrival to the venue/ we will meet for dinner around 19:30**
- **22.05.2023 - 29.05.2023 - working days**

Each day we will work 6h; have 2 coffee break, 3 meals and free time.

8:30-9:15 breakfast

**9:30-11:30 - 1st session**

11:30-12:00 - coffee break

**12:00-14:00 - 2nd session**

14:00 lunch

14:30-16:00 - free time

**16:00-17:30 -3rd session**

17:30 - 17:45 daily reflections

17:45-18:00- leaders meeting

18:00- dinner

18:30-20:30 - free time

20:30 - 22:00 intercultural evenings

- **30.05.2023 - departure after breakfast**

# AGENDA

**22.05**

team-building,  
name games,  
getting to know  
the city and  
visiting Wang  
Church

**23.05**

Why we are here?/  
Country Profiles:  
Youth' well-being  
in my country

**24.05**

European Youth  
Well-being  
Situation/ How to  
improve it?/ Yoga,  
Stretching/  
Relaxation  
Methods

**25.05**

Conneting with the  
nature - visiting  
local National  
Park/ Yoga,  
Stretching/  
Relaxation  
Methods

**26.05**

Role-plays for  
well-being/  
Participants  
leadnig  
workshops -  
outdoor games  
for well-being

**27.05**

Social  
Campaigning in  
the city -  
preparing the  
action

**28.05**

Social  
Campaigning in  
the city - taking  
the action

**29.05**

European Union  
Programmes and  
opportunities for  
young people,  
Youthpass, Follow ups  
Evaluation

# TRAVEL TO KARPACZ, Poland

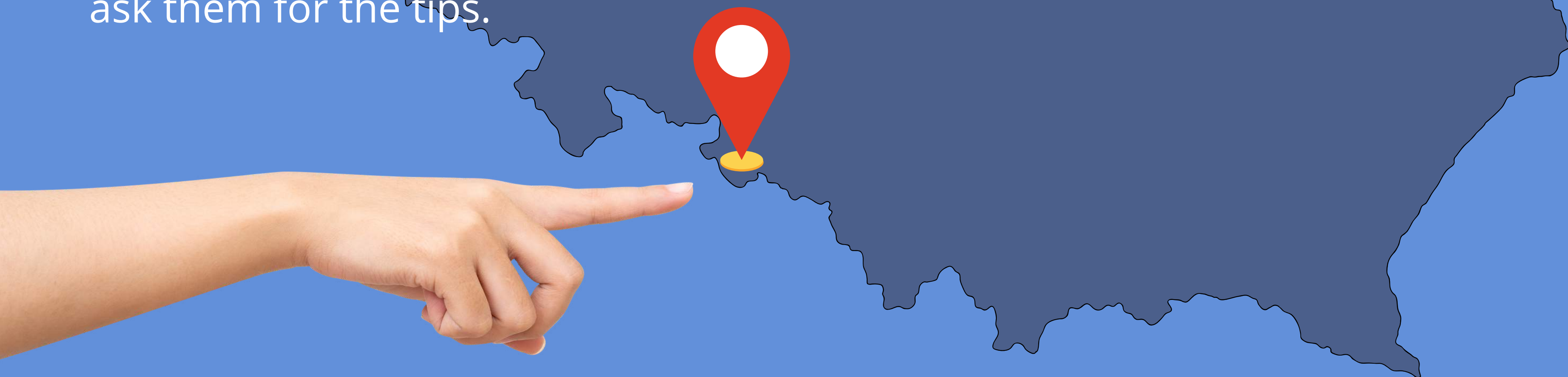
Karpacz is a touristic city, close to the border with Czech Republic.

- You can reach the project venue by Trains from Wrocław
- or Flixbus from Berlin, Prague and Wrocław.

If you select Flixbus the bus stop is called KARPACZ BACHUS.

If you select the Train - you must buy the ticket to Jelenia Góra (city close to Karpacz) and from Jelenia Góra you can take a city bus or we will arrange the shuttle bus.

During the Preparatory Visit the leaders discovered the local transportation so you can ask them for the tips.



# REIMBURSEMENT

The best option for Green travel is FLIXBUS or international trains to Warszawa, Wrocław, Praga, Berlin, Dresden. To Karpacz there are flixbuses as well!

All travel details before purchase must be agreed with hosting organisation.

To receive reimbursement you are obligated to collect all documents:

- boarding pass
- invoice/bills
- tickets
- booking confirmation e-mails

For online booking and online payments the digital document is enough, for cash payments we need original papers. All travel tickets must be purchased in advance before coming to Poland. You will receive reimbursement in cash, in EURO on the last day, if you provide what mentioned above.

Your reimbursement might be reduced by the cost of transport organized locally if needed.



## GREEN TRAVEL LIMITS:

Italy, Tunisia, North Macedonia, Latvia - 320 euro

Portugal - 410 euro

- if you plan to travel by train/ bus or carpooling we will be able to cover your accommodation and food costs during the travel within the certain budget. So you can take a stop on the way to Poland and rest.

## LIMITS FOR THE REGULAR TRAVEL:

Italy, Tunisia, North Macedonia, Latvia - 275 euro

Portugal - 360 euro

- if you plan to travel by airplane - you will be reimbursed max. to the given limit per country, reduced by the cost of transport organized locally if needed.





# KARPACZ



# ACCOMMODATION

<http://reda-karpacz.pl/>

- young people will stay in Guesthouse - 4 beds rooms with bathrooms
- and will be provided with breakfast, lunch and dinner during your stay
- we will be surrounded by nature - forest and mountains
- Karpacz is very touristic city with great places to visit.
- there is 2 exchange offices nearby
- smoking inside the buildings is forbidden!



# WHAT TO BRING?

- comfortable, light shoes for indoor
- comfortable shoes for mountain walking
- flip-flops and swimming suit
- towel
- personal cosmetics
- medicine you might need
- comfortable clothes for outdoor activities
- health and accident insurance
- snacks for intercultural evenings
- package of energizers you like

# WHAT IS PROVIDED?

- bed linen
- hair-dryer
- 24h water, coffee, tea
- 2 coffee breaks with sweet and salty snacks
- materials for workshops
- tickets for sightseeing and entrance to the national park
- Youthpass Certificate
- rooms with 3-4 beds and bathroom
- small towel for hands/face
- breakfast, lunch, dinner

# FREE TIME ACTIVITIES

There will be one free evening and one free afternoon to organise how you want. You can rest, go to the pools ( water park), enjoy city bars or shops. Activities during the free time are not covered by the project budget.

**Water park** - outside and inside swimming pools, jacuzzi, saunas - 20 euro/person/2h  
<https://www.golebiewski.pl/karpacz/tropikana>



# FREE TIME ACTIVITIES

IRISH PUB, ITALIAN PIZZA, FAST SLIDE



# LOCAL FOODIE SOWIDUCH - RESTAURANT WITH TRADITIONAL



# APPLY

**Contact your sending organisation to apply for this project. Deadline: 20.03.2023**

Selected participants will be contacted by coordinator from hosting organisation by e-mail in order to plan the travel and collect further information.

Selected participants are obligated to purchase travel tickets latest until 20.04.2023





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