



INFOPACK  
YOUTH EXCHANGE

# HIKING FOR PEACE

15 - 21.04.2024 ŁÓDŹ, POLAND



# ABOUT THE PROJECT



**Dear project partners and potential Participants!**

In this infopack we present you information that will be useful for you. Please make sure that you read all of them carefully.

If you have any additional questions, we will be happy to help :)

**Contact us on:**  
**[erasmusventure@gmail.com](mailto:erasmusventure@gmail.com)**

This project is an attempt to bring different ideas on creating a **healthy lifestyle** which can be a source of vitality, strength and positive energy. This project is also a certain type of **wake-up call** to all local communities to pay more attention to mental health on the youngsters and do a better job of supporting, first their youngsters and then the general population's mental health.

We start with the premise that good **stress management** improves the quality of life and mental health. And what is better stress management than contact with nature! We see in hiking (as a type of total-body workout) and healthy food a powerful combination from which we can get a vital energy and creative ideas in facing the everyday challenges.

**Hiking is a natural medicine for the body and mind.** It is stimulating the feel-good chemical hormones of adrenaline and endorphins that boost your mood and energy levels. There's a real sense of peace and composure you get from being more outdoor, from being more connected with the nature and sharing those moments with other people. It is a feeling of relaxation and enhanced well-being.

That's why, we would like to create different **hiking games** that will include more people, to spruce up the hiking adventure, also it can be used to help persuade the friends and family members to get outdoors together.

# PROFILE OF PARTICIPANTS

6 participants per country

1 TL+ 5 participants

Age: 18-25 years old (TL no limit age)

Good knowledge of English

gender balanced

**Partner organisations are responsible for selection of the participants.**

**Participants who do not meet this criteria on 15th of April 2024 will NOT be accepted.**

# TRAVEL BUDGET PER PARTICIPANT

Spain - 275 EURO
Ukraine - 210 EURO (green travel) or 180 EURO
N.Macedonia - 320 EURO (green travel) or 275 EURO
Poland - 0 EURO

The participants should **arrive** in the hostel on **15th of April 2024. Departure** will take place on **21th April 2024.** Participants can come **2 days** before project starts **and/or** can stay **2 days** after project ends.

**Organizers DO NOT cover accomodation costs out of project dates and venue.**

# DISSEMINATION OF THE RESULTS

## **AFTER THE MOBILITY IN ŁÓDŹ - PARTICIPANTS ARE REQUIRED TO:**

- Post about gained experience during the project (personal dissemination) - there will be time to do it on our last session
- Fill the Erasmus Mobility Report

All the details about dissemination requirements will be discussed & explained during the mobility.

# REIMBURSEMENT

**In order to receive travel reimbursement participants have to meet certain criteria:**

- EACH PARTICIPANT'S TRAVEL PLAN HAS TO BE ACCEPTED BY HOSTING ORGANIZATION BEFORE ANY PURCHASE! TICKETS THAT ARE NOT ACCEPTED ARE NOT A SUBJECT TO RECEIVE TRAVEL REIMBURSEMENT.
- take part in all activities at the project
- provide needed justifying travel documents
- fill the Erasmus Mobility Report
- disseminate the results of the project

## **TRAVEL DOCUMENTS' REQUIREMENTS (depending on the type of transport)**

**Flight tickets (economic class / low cost):**

- >**e-ticket/e-mail conformation of purchase** (you receive it by e-mail after you buy the flight / e-mail that you receive as a confirmation that you made a payment with all the details about your flight, your name & surname and the price);
- > **invoice** (please check if you can generate the invoice for your flight purchase, invoice is necessary if you do not have the e- ticket / e-mail confirmation of your purchase)
- >**boarding pass** (you get it online 24h-30h before the flight or directly at the airport);

**Please note that SCREENSHOTS of boarding pass'es are NOT ACCEPTED. We need from you the original PDF online boarding pass or the original paper version received at the airport. So remember to NOT CHECK-IN VIA MOBILE APP. Do it using only the web browser on the site of your Airlines (only in this way you will receive PDF version of your boarding pass).**

**Train / bus tickets** - make sure the date, the itinerary and the price are visible at the tickets. If you can get an invoice - even better (only original PDFs or paper versions; photos/screenshots of the tickets are also not accepted)

**TAXI** -cannot be reimbursed

When all justifying documents are provided, the Hosting Organization will transfer the travel reimbursement within 1-2 months from the moment when all travel documents are received & all participants fulfilled all dissemination duties. **If you do not bring/send ORIGINAL tickets, boarding passes, invoices or bills with the ticket prices, We cannot reimburse your travel expenses .**



## ADDRESS

Szkolne Schronisko Młodzieżowe  
ul. Ludwika Zamenhofa 13

<https://yhlodz.pl/hostel-zamenhofa/opis-objektu>

Participants will be accommodated in 2/3/4 bed rooms grouped by gender with participants from different countries.

There are also 3 common toilets on every floor (there is not toilet in the rooms).

# FOOD

**Organizers will provide 3 meals a day.**

The options are: vegetarian, vegan, no pork.

We believe that breaking bread together is a fantastic way to enhance collaboration and create lasting memories! Each country will take the reins in preparing **breakfast and dinner**. Don't worry; we've got all the ingredients covered! It's an opportunity to showcase your culinary creativity, cultural flavors, and, most importantly, bond with your fellow participants over a shared meal.

**Organisers DO NOT pay for any additional food requests beside the food that will be already provided!**

# IMPORTANT INFORMATION

## TRAVEL

Each participant is responsible for **buying their own tickets**, in accordance with the guidelines. Refer to the travel budget for the maximum covered amount. **The best is to buy it online so you can print it multiple times.**

## REIMBURSEMENT

Reimbursement will be done by bank transfer **after the project** and giving us all documentation. You need to bring the **copy of the tickets with you**, in the hostel there is not a printer.

## DOCUMENTS

Name of passenger, price, currency and date of purchase should be **clearly visible** on all documents to be viable for reimbursement. Copy of tickets are **not enough** according to Polish accounting rules - we need **original documents**.

## PLEASE NOTE

The tickets booked without our permission or missed flights or any other reasons which the participant could not attend the training **will not be reimbursed**. Bank proof and confirmation of transaction charged for the tickets **might be asked** if there are any doubts.



# INSURANCE

It is required for every participant from EU country to have the **EKUZ card**, which provides a free insurance for EU participants on the entire territory of the European Union.

**Project organizers don't provide health insurance and it will not be reimbursed by the organizers.**



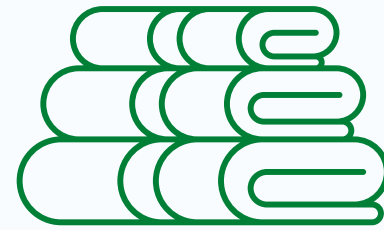
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# PREPARE YOURSELF

On the right you can find the list of what can be useful during your stay in Poland.

Do not forget about anything to enjoy the project and create memories! :)

## FOR COMFORTABLE STAY



towels



suitable clothes



cosmetics

## FOR CULTURAL EVENING



traditional food



souvenirs



dance and games

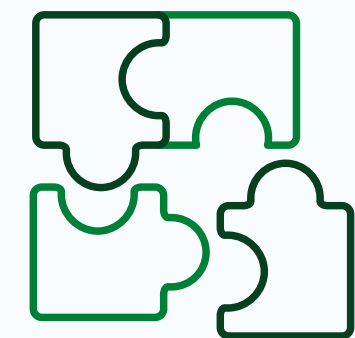
## FOR SESSIONS AND INTEGRATION



ideas



good mood



ice breakers

- **Łódź Fabryczna**  
Plac Bronisława Sałacińskiego 1, 90-001  
Łódź
- Walk  
▼ About 7 min, 500 m
- **Tuwima - Targowa (Planetarium) ...**  
83 cm. Szczecińska  
^ 6 min (4 stops)
- Tuwima - Kilińskiego (EC1 Centr. Nauki) (1...
- Tuwima - Sienkiewicza (1228)
- Struga - Piotrkowska (0248)  
Service run by [MPK Łódź - Route information](#)
- **Struga - Kościuszki (4954)**  
Walk  
▼ About 6 min, 450 m
- ⊙ **Youth Hostel**  
Ludwika Zamenhofa 13, 90-510 Łódź

# HOW TO GET TO ŁÓDŹ

The best is to flight to Warsaw, where are 2 airports:

**Warsaw Chopin Airport** as well known as Port Lotniczy Warszawa-Okęcie (served by Wizzair and other companies)

**Warsaw Modlin Airport** (served by Ryanair and other companies)

From the airport you can catch **FLIXBUS** going straight to Lodz. Choose **Lodz Fabryczna**.

From Lodz Fabryczna get to the bus number **83** on the bus stop called Tuwima-Targowa(Planetarium). Then take 4 stops and get out on Struga-Kościuszki. 6 minutes walk and you are on the place! :)



# PUBLIC TRANSPORT IN ŁÓDŹ

Bus ticket you can buy on the bus in the machine (on the left you can see how it looks). Only paying by card is accepted.

Here is the video how to use it:

<https://www.youtube.com/watch?v=GLYCK0sJJRg>

Machine is also in English, so no worries :)

After purchasing the ticket you **MUST** make it valid - put your ticket into the orange machine (you can see it on the left photo as well).

We don't reimburse Taxi /Uber/ BlablaCar etc - We only take in consideration official public transport and the cheapest option to get to Lodz.

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# MEET

## *our team*



**Bojan**

Founder of the organisation

Reach to him in case of collaboration.



**Damjan**

Facilitator

If you have any inquiries about Erasmus, feel free to ask  
– his wealth of knowledge is at your disposal.



**Klaudia**

Project coordinator

Contact her in case of any questions about the project  
on [erasmusventure@gmail.com](mailto:erasmusventure@gmail.com) or Whatsapp  
+48570444169

**SEE YOU SOON! 😊**