

Youth Exchange
Warning, disinformation!
How to avoid addiction

Huta Polańska, Poland
July 7 - 13, 2025



Co-funded by
the European Union

Project information

The main goal of the project is to develop critical thinking and support active civic attitudes among young people through participation in workshops in the field of media education. Participants will familiarize themselves with the issues of information security in practice and gain knowledge and competences supporting their development and education. Work during the exchange will be carried out using non-formal education tools and its goal will be to develop participants' critical assessment and skills in creating media texts, identifying sources of media texts and their political, social, cultural context; interpreting the news and values offered by the media, selecting appropriate media to convey their own news and reports aimed at specific recipients. The youth will develop the ability to communicate in various forms of media, printed and electronic, manifested in the conscious use, understanding, analysis and critical evaluation of verbal, visual and sound messages. In addition, integration, language and cultural activities will be held, facilitating mutual understanding, international cooperation and the promotion of European integration.

The specific goals of the project are:

- gaining theoretical and practical knowledge on recognizing false information, fake news and counteracting their influence;
- expanding knowledge in the field of media education;
- gaining the skills of creative use of social media;
- increase in digital competences;
- building transnational youth partnerships based on modern and active working methods;
- perfecting English, Polish, Lithuanian;
- development of soft skills (e.g. teamwork, creativity, independence);
- development of critical thinking;
- overcoming prejudices and stereotypes in the perception of common history and in contemporary relations;
- promoting intercultural dialogue, tolerance, emphasizing one's own national identity with the simultaneous right to diversity;
- influencing the local, regional and international community by preparing multimedia materials and disseminating the results of the project;
- implementation of the assumptions of the equal opportunities policy through the participation of participants with fewer opportunities.



For participants

Participation in the workshops

All the participants are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops is not permitted. The workshops are done and run, so that all the participants will be able to share their point of view. We expect you to be very participative and involved in workshops and with the subject. If less than 80% of the program is attended, it will not be possible to be reimbursed for the international travel costs. The workshops are done by groups, depending on theme of the workshop, the groups can be mixed or not. We film and photograph all the activities and workshops. These images are for the own use of Initiative Foundation. If you have any problem with it, don't hesitate to tell us, and we will manage to not film or photograph you. All expenses covered funded by the Polish-Lithuanian Youth Exchange Fund

What to bring with you

For this project, we kindly ask you to prepare in advance these 3 events:

1. The presentation of your organization. Please bring clear information about the main activities of your organization so that you can present it during the youth exchange.
2. The cultural evening. Each country group will have to organize a cultural evening, where you will have to present some elements of your culture, in any way you want.
3. The international coffee. This event is a special moment of the exchange, we will discover each country by some gastronomic specialties (food and/or drinks).

Working language

The working languages of the project will be Polish and English.
A translator and interpreter will be available during the entire duration of the project.

Profile of participants

24 people will take part in the project
(10 participants each + 2 leaders from Poland and Lithuania).
Age of participants 18 – 25 years.
Age of leaders 18+



Location and travel

Accommodation and activity place.

A mountain tourist center of hostel standard with 2, 3 and 4-person rooms, in the village of Huta Polańska (it's the only permanently inhabited building in this village).

Address Agrotourism Center "Hajstra":

Huta Polańska 1, 38-232 Krempna

<https://www.facebook.com/hajstra/>

Food and needs.

The participants will be provided with three meals and coffee breaks. For any food special needs, allergies or diet, thank you to mention it on the application form that you receive.

Region.

The center is located in the Beskid Niski Mountains. It is the wildest place in Poland, near the border with Slovakia. It is a very ecological and attractive place where tourists from all over Europe come. It is an ideal place for recreation after workshops, jogging, Nordic-walking or ordinary walks. In the center of the Beskids there is the Magura National Park with lots of trails and tourist attractions

<http://magurskipn.pl/en/index.php>

Other information

Early arrivals (1 or 2 days before the beginning of the project), or late departures (1 or 2 days after the project) will be the own responsibility of the participants.

So all the participants have to be at this project location on the first day morning, and left it on the last day during the day.

So, if you want to stay few days longer, before or after this project, we will not be able to host you at this project location. So, you will have to find a place to stay at your own, and all your cost during these days will be yours to pay. If you have difficulties with it, contact us, we can give you some information.

Travel budget.

Package per person: 120 EUR (Lithuania), 4 EUR (Poland)

Travel expenses and reimbursement

We will reimburse you based on actual costs incurred and upon presentation of:

- bus and train ticket;
- invoice for the air ticket;
- boarding pass clearly identifying the passenger;
- all other transportation related bills.

All reimbursement procedures will be carried out after the end of the project. Each group should send us an itinerary by e-mail (means of transport, dates, arrival times, ticket prices, departure city). Travel plans must obtain our approval prior to purchasing tickets.

Private cars, taxi, public transport tickets (trolleybus, metro, city bus), screenshots and first class tickets will not be reimbursed!

Insurance

Remember, travel insurance is your responsibility, so make sure you have it. Please note that each participant is required to have travel insurance.

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Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

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