

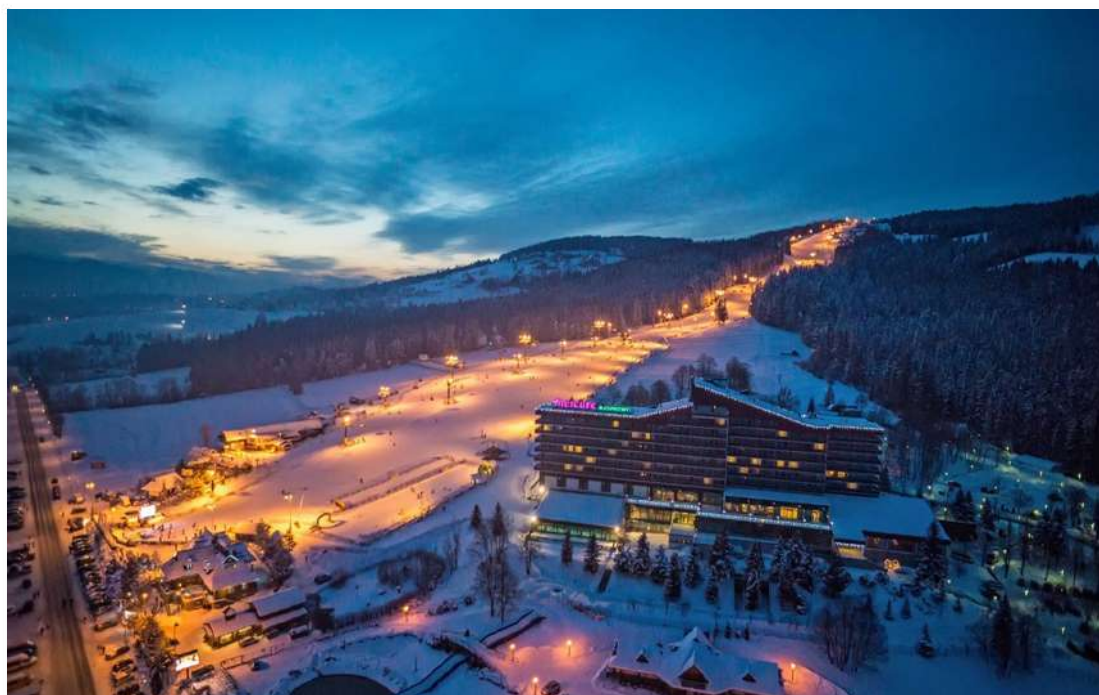
Infopack for Youth Exchange

"Theater is an art that inspires us to act and change the world"

31.07-07.08.2026, Poronin, Poland



STOWARZYSZENIE WIELU
MOŻLIWOŚCI



**"Theater is an art that inspires us to act and
change the world"**

YOUTH EXCHANGE

31.07-07.08.2026

Poronin/Zakopane

ABOUT THE PROJECT

Our international **youth exchange "Theater is an art that inspires us to act and change the world"** will take place on **31.07-07.08.2026** in **Poronin** (75km from Kraków). We will gather 40 people from Poland, Slovakia, Lithuania, Czech Republic. Each group is **9 youth (18-30) plus 1 leader with no age limit.**



During the exchange we will use various tools and elements of nonformal and informal education methods to better understand themes:

Creativity, arts and culture
Reception and integration of refugees and migrants

Together we have prepared interesting activities based on nonformal and informal education methods, such as games, integration activities, workshops, presentations, discussions, national evenings, etc. By full participation in these learning process we want to develop competences which will allow us to better understand the world around us, take smarter decisions and give valuable, positive input to our local communities, countries and whole Europe.

PARTICIPANTS PROFILE

*Gender balance



*Leader's profile

- 1) To be highly interested in the topic and an active participation.
- 2) To have fluent level of English.
- 3) Have experience in KA105 projects.
- 4) Team Leader with no age limit



*Participant's profile

- 1) Have a minimum interest about the topic.
- 2) To be open to learn more about the topic.
- 3) Aged between 18-30 years old



FINANCIAL CONDITIONS

Hotel, food and programme costs (8-15.08.2026) are covered by organisers

Transportation costs of all participants will be covered by project budget up to Erasmus + limits of transportation costs for particular partner countries (look below). Please mind that this limit should also cover local transport from Kraków to hotel in Poronin (31.07.2026) and from hotel in Poronin to Kraków (07.08.2026)



25 euro for a two trips on the route Kraków - Poronin and Poronin – Kraków

We will pay up to limits of transportation costs per country after youth exchange by bank transfer (when we receive all the required documents from the participants).

Please plan your travel in advance and inform us. Please consult with us before purchasing your tickets! Please consult us if you need to use other transport than bus, train, plane!

Limits of transportation costs for partner countries (per person) are:

Lithuania - **417 euro (Green Travel)**

Slovakia - **285 euro (Green Travel)**

Czech Republic - **285 euro (Green Travel)**

Poland - **285 euro (Green Travel)**



Very Important !!!

Hours of arrivals / departures from Krakow (airport / bus or train station)

Youth Exchange (31.07-07.08.2026)

9 persons from each group (18-30 age) + 1 leader (with no age limit)

arrival to Kraków no later than **12.00 - 31.07.2026**

departure from Kraków no earlier than **18.00 - 07.08.2026**



COSTS AND REIMBURSEMENT

Travel expenses will be covered after collecting all the travel documents. Participants have to **use the cheapest ways of transportation and submit the original invoices for train and bus tickets**. Taxi and first class tickets will not be re-imbursed. Reimbursement will be done in Euros, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than Euros, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>



NOTE !!!

For the reimbursement of the money, you have to bring us all these original documents:

- Official Invoices
- E-tickets.
- Proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)

Of course, if you want you can stay 1-2 days before/after the project, but you will have to pay by yourself for those extra days.

CULTURAL NIGHT

Cultural Night We will have one session per country where you can expose your customs, traditional dances and culture. All the teams must prepare some presentation from their countries in a creative way. We hope, that your culture means you something more than national food and drinks. Also bring the flag of your country. It would be nice if you bring also some small souvenirs with you (costs are not covered). And don't forget to bring some traditional music for the intercultural nights.



ACCOMODATION

During the youth exchange we will host you in a very nice hotel. All costs related to accommodation, and food (3 meals per day “breakfast, lunch, dinner”) will be covered by project budget as well. All breakfasts will be served in the hotel, also most of other meals. Please send us information if you need special diet or have other health/food issues (vegan, allergic, etc) max 7 days before exchange. All rooms include bathroom and internet access. Please take personal cosmetics and towels with you. In general you will stay in 2/3/4 people rooms. A few minutes’ walk from the hotel there is a shop if you need to buy something.



WHAT TO BRING

Comfortable and warm clothes and shoes for workshops which we will organize indoors and walking in the mountains



* Small amounts of traditional food, drink, snack to share for your national evening activities. It would be nice to prepare some interesting presentations of your country. You can teach your songs, dances and games to all participants. Or organize anything else, one night is yours. We will have normal dinner each day so you don't have to cook dinner!



* Tablets or laptops / minimum 3 for each group



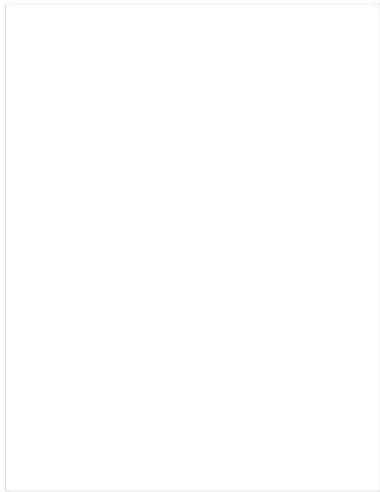
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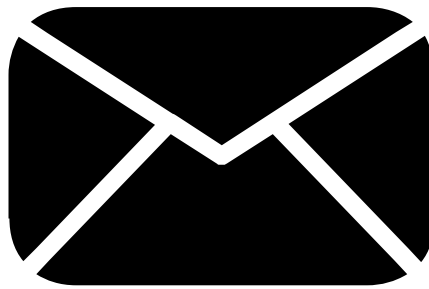
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INSURANCE & HEALTH ISSUES

Please take your (free) European health Insurance Card just in case you might need to visit a doctor here, otherwise most likely you'll need to pay.



CONTACT US!



Project Coordinator in Lithuania

Austeja Amankaviciute
austejai@tavo-europa.eu

Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in

Lithuania

and abroad until the end of the year, and also supports us to find new

exciting and

exclusive opportunities for community 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 the 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>

