

EYCIJOCOR

EMPOWERING YOUTH THROUGH CITIZEN JOURNALISM AND CONFLICT RESOLUTION

12-22 DECEMBER 2026

KRAKÓW, POLAND

KA154-YOU

☐ POLAND ☐ TÜRKİYE ☐ UKRAINE ☐ LITHUANIA ☐ ESTONIA

PARTICIPANT GUIDE

A practical guide to the project, travel, accommodation, responsibilities and preparation. Please read the travel and coordination sections carefully before booking anything.

Applicant / Host Organisation: ARTCHATA • Kraków, Poland



Co-funded by
the European Union

EYCIJOCOR • Erasmus+ Youth Participation Activities • 12-22 December 2026 • Kraków

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

The project in one page

ITEM	DETAIL
Project	Empowering Youth through Citizen Journalism and Conflict Resolution
Action	Erasmus+ Youth Participation Activities - KA154-YOU
Dates	12-22 December 2026 (including two travel days)
Location	Kraków, Poland
Host	ARTCHATA
Countries	Poland • Türkiye • Ukraine • Lithuania • Estonia
Working language	English
Age profile	Young people aged 18-30 (the project type does not allow regular participants to be over 30 years old).
Number of Participants	Participant Distribution: Poland - 6 participants Türkiye - 7 participants Ukraine - 5 participants Lithuania - 5 participants Estonia - 5 participants

WHAT THIS PROJECT IS ABOUT

The project combines non-formal learning, practical journalism exercises, intercultural dialogue, study visits and collaborative media production. It focuses on citizen journalism, media literacy, ethical reporting, conflict resolution and youth participation.

MAIN LEARNING AREAS

MEDIA & COMMUNICATION	CITIZENSHIP & CONFLICT	PRACTICAL SKILLS
Citizen journalism Media literacy Fact-checking Ethical reporting	Civic participation Conflict analysis Conflict resolution Intercultural dialogue	Interviewing Photography & video Digital content Teamwork & reflection



**Co-funded by
the European Union**

EYCIJOCOR • Erasmus+ Youth Participation Activities • 12-22 December 2026 • Kraków

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Who should be ready for this project?

The project is designed for young people aged 18-30 who are interested in journalism, media, civic participation, communication, social issues or related creative activities.

- You do not need to be a professional journalist.
- Relevant interests can include citizen journalism, media literacy, news writing, interviewing, photography, video, social media, civic engagement, human rights, conflict resolution, peacebuilding or youth work.
- Participants should be ready to communicate in English and take part in international group activities.
- Participants should be willing to contribute to research, interviewing, writing, photography, filming, editing, presentations and dissemination.
- The programme uses practical and non-formal methods to support different levels of confidence.

WHAT WE EXPECT FROM YOU

Curiosity • Respect • Active participation • Teamwork • Responsibility • Openness to intercultural learning

MAIN ACTIVITIES

LEARN	PRACTISE	CREATE
Citizen journalism Media literacy Ethical communication Fact-checking	Interviewing Conflict-sensitive communication Critical thinking Teamwork	Multimedia content Collaborative reporting Presentations Dissemination

Note: The detailed daily programme will be shared with selected participants by the host organisation before the activity.



Co-funded by
the European Union

Preparation, support and follow-up

BEFORE THE PROJECT	DURING THE PROJECT	AFTER THE PROJECT
Travel coordination Intercultural preparation Project expectations Safeguarding information	Active participation Teamwork Communication Reflection	Local follow-up Sharing learning Dissemination Community activities

SENDING NGO SUPPORT

- Your sending NGO is your first point of contact for practical preparation and travel coordination.
- Sending NGOs are expected to remain available throughout the project period for practical, organisational or personal issues.
- Participants should keep their sending NGO informed about confirmed travel arrangements and unexpected problems.

FOLLOW-UP COMMITMENT

Each national group is expected to organise 3 local workshops after the exchange. Sending NGOs should actively support participants in planning, delivering and documenting these activities. At least 15 young participants per local workshop are required.

FOLLOW-UP WORKSHOPS SHOULD

- Share methods and learning from the exchange.
- Reach other young people and local communities.
- Use practical activities connected with citizen journalism, media literacy, communication, conflict resolution or youth participation.
- Be documented and shared through the participating organisation's communication channels.



**Co-funded by
the European Union**

HOTEL “KRAKOWIAK”

📍 9 Armii Krajowej Street, Kraków

Krakowiak is part of the Academic Hotel Centre complex of the University of the National Education Commission in Kraków. The facility provides accommodation for university guests, conference participants, tourist groups and visitors to Kraków.

ROOMS	IN-ROOM	FACILITIES
2-3-bedded rooms Private bathrooms with showers	Free Wi-Fi Towels & toiletries	Conference hall up to 80 Training rooms up to 20 Buffet Free parking

MEALS

3 meals per day will follow the project's accommodation and catering arrangements. Please communicate dietary requirements and allergies in advance.

HOTEL RULES

- Respect the hotel, staff, other guests and shared spaces.
- Keep rooms and common areas clean and tidy.
- Follow hotel safety rules and quiet hours.
- Do not create excessive noise or disturb other guests.
- Report room or facility problems to the organisers promptly.
- Follow the room-sharing arrangements communicated by the organisers.
- Any damage caused by a participant may be the participant's responsibility.



Co-funded by
the European Union

Travel smart. Travel together. Travel green.

FIRST STEP: CONTACT YOUR SENDING NGO

Before buying any ticket, contact your sending NGO. They are your first point of contact for routes, documents, entry requirements, travel coordination and practical preparation. PLEASE DO NOT BUY TICKETS WITHOUT WRITTEN APPROVAL.



GREEN TRAVEL IS STRONGLY RECOMMENDED

IF IT IS PRACTICALLY POSSIBLE

Participants are strongly encouraged to choose lower-emission travel options such as TRAIN or BUS instead of flying, especially where a reasonable route is available. National groups are also strongly encouraged to travel together whenever possible.

BEFORE BOOKING	WHEN TRAVELLING	IF SOMETHING GOES WRONG
Contact your sending NGO Coordinate with your national group Check entry requirements Agree the itinerary	Travel together where possible Stay reachable Keep documents accessible Follow group instructions	Contact your sending NGO immediately Report delays/cancellations Follow host instructions Do not change major arrangements independently

LOCAL TRANSPORT IN KRAKÓW

- ARTCHATA will coordinate and cover local transportation required for official project activities where necessary, including airport transfers and transport connected with study visits and programme activities.
- Participants should not independently book taxis or private transport for official activities unless approved by the organisers.
- Personal transportation outside the official programme is normally the participant's responsibility unless otherwise agreed.



Co-funded by
the European Union

Reimbursement & travel documentation

ERASMUS+ TRAVEL SUPPORT

Travel costs will be reimbursed based on the actual eligible cost (REAL COST) incurred by each participant, subject to the applicable Erasmus+ rules and the approved project budget. For example, if a participant's eligible travel cost is €200 (green or non-green), the participant will receive €200, provided that the cost is properly documented and meets all eligibility requirements. If the actual travel cost exceeds the applicable Erasmus+ distance-band limit, the amount exceeding the eligible limit will be the responsibility of the participant and will not be covered by the project. All travel arrangements must be approved in advance by the sending organisation, and participants must provide the required invoices, tickets, boarding passes and proof of payment.

KEY RULES

- Travel must be coordinated with the sending NGO before purchase.
- Use the itinerary and travel arrangements approved through your sending organisation.
- Keep tickets, invoices, payment confirmations and boarding passes.
- Green travel is strongly recommended when a practical train/bus route is available.
- The final eligible amount depends on the applicable Erasmus+ rules, distance band, travel mode and required supporting documents.
- Do not assume that every personal travel expense will be reimbursed.

DOCUMENTS TO KEEP

DOCUMENT	WHY IT MATTERS
Ticket / booking confirmation	Proof of the journey and travel route
Invoice / payment confirmation	Evidence of the amount paid
Boarding pass	Evidence that the journey took place
Approved itinerary	Shows the agreed travel arrangement
Visa / entry documents, if applicable	Supports travel and entry requirements

COSTS THAT WILL NOT BE ELIGIBLE

- Unapproved alternative itineraries.
- Premium or first-class travel.
- Seats and meals on planes.
- Flight insurance and flexible tickets/cancellation fees.
- Personal sightseeing or private transportation and accommodation during outside of official activity days.
- Travel outside the official dates without approval.
- Additional or unapproved baggage. Participants are eligible for one personal backpack and one cabin bag. Checked baggage is not eligible for reimbursement.
- Personal accommodation or personal meals outside eligible project support.
- Costs without required supporting documents.



Co-funded by
the European Union

-
- Any cost that is not eligible under the approved Erasmus+ budget or that exceeds the applicable Erasmus+ distance-band travel limit. For example, for regular (non-green) travel within the 500-1,999 km distance band, the maximum eligible travel support is €309 per participant. Costs exceeding the applicable Erasmus+ distance-band limit are not eligible for reimbursement. The project does not have a dedicated green travel budget for sending countries. However, green travel is strongly recommended. The project only has a regular travel budget, in accordance with Erasmus+ programme rules, but participants are strongly encouraged to use green travel options.



**Co-funded by
the European Union**

Travel & packing checklist

ENTRY & TRAVEL DOCUMENTS

CHECK	ACTION
☐ Passport / ID	Make sure your travel document is valid for the whole journey.
☐ Visa / entry requirements	Check the requirements that apply to your nationality with your sending NGO before booking.
☐ Travel booking	Use the itinerary approved through your sending organisation.
☐ Travel proof	Keep tickets, invoices, payment confirmations and boarding passes.
☐ Insurance	Follow the insurance arrangements communicated by the organisers. Each participant is responsible for obtaining appropriate travel insurance for the entire duration of the journey and project. The cost of travel insurance must be covered by the participant and will not be reimbursed by the project.
☐ Emergency contacts	Save the host and sending NGO contact details.

WHAT TO BRING

ESSENTIAL	RECOMMENDED
Valid passport & required documents Phone + charger Personal toiletries Required personal medication Travel/insurance documents	Laptop or tablet Headphones Notebook & pen Optional camera/media equipment Reusable water bottle
DECEMBER IN KRAKÓW Kraków can be cold in December. Bring a warm jacket, layers, long trousers, warm socks, water-resistant/waterproof shoes, and a hat, gloves and scarf.	



**Co-funded by
the European Union**

Practical information

TOPIC	INFORMATION
Currency	Polish złoty (PLN). Cards and Polish złoty can be used for personal expenses.
Language	Polish is the local language. English is the working language of the project.
Time zone	Central European Time (CET) in December.
Electricity	Poland uses European electrical sockets.
Public transport	Kraków has a broad public transport network of buses and trams.
Official transport	Transport needed for official project activities will be coordinated by the host where necessary.

SAFETY & COMMUNICATION

- Keep your phone charged and stay reachable during travel days.
- Save the contact details provided by your sending NGO and host organisation.
- Inform your sending NGO immediately about serious travel delays, cancellations or other problems.
- Follow instructions from the host team during arrival, activities and departure.
- Respect local laws, hotel rules and the rights and comfort of other participants.



Co-funded by
the European Union

One set of expectations for every national group

PARTICIPANTS	SENDING NGOS	NATIONAL GROUPS
- Be active and respectful - Follow safety guidance - Communicate problems early - Support dissemination	- Prepare participants - Coordinate travel - Remain available during the project - Support follow-up	- Coordinate before travel - Travel together when possible - Stay connected during the exchange - Organise follow-up locally

PROJECT IMPACT

- Strengthened practical competences in citizen journalism, media literacy, ethical reporting, communication and conflict resolution.
- Improved ability to identify and verify information.
- Improved interviewing and reporting skills.
- Stronger intercultural communication and civic participation.
- Experience in producing multimedia content.
- New international networks and peer connections.

DISSEMINATION

- Social media and partner communication channels.
- Youth networks and online public content.
- Local workshops and community activities.
- Multimedia reports, interviews and creative outputs.
- Follow-up youth activities.



**Co-funded by
the European Union**

Your learning continues after Kraków

Youthpass will help participants recognise and document the competences developed during the project.

LEARNING AREAS

Multilingual communication • Personal, social and learning competences • Citizenship

Cultural awareness and expression • Digital competences • Initiative and entrepreneurship

Communication • Teamwork • Problem-solving • Reflection

FINAL REMINDER

Read the travel section carefully before booking. Contact your sending NGO first, coordinate as a national group, and choose train or bus travel whenever a practical green option is available.

DISCLAIMER — PARTICIPANT INFORMATION

This Info Pack is prepared for participants of the EYCIJOCOR project and is intended to provide practical guidance for participation and travel. Information may be updated by the host organisation and/or partner organisations when necessary, including changes to the programme, accommodation, transport arrangements, meeting points or other practical details.

Participation, travel support and reimbursement are subject to the approved Erasmus+ project, the applicable Erasmus+ Programme Guide, eligibility requirements and the instructions of the host and sending organisations. Inclusion of a cost or arrangement in this Info Pack does not automatically mean that the cost is eligible for reimbursement.

Participants must follow the instructions provided by their sending NGO and the host organisation, obtain the required approval before making travel purchases, keep the required supporting documents, and check their own passport, visa, insurance and entry requirements. Participants should not rely on this Info Pack as a substitute for official travel, visa, insurance or Erasmus+ documentation.

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

SEE YOU IN KRAKÓW!

12-22 December 2026 • EYCIJOCOR • Erasmus+ KA154-YOU



**Co-funded by
the European Union**

EYCIJOCOR • Erasmus+ Youth Participation Activities • 12-22 December 2026 • Kraków

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



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>



Contact Us!

Project Coordinator in Lithuania

Nadia Temenkova

projektai@tavo-europa.eu