



STOWARZYSZENIE WIELU
MOŻLIWOŚCI



"The Art of Equality" - Youtch Exchange 11-18.10.2026 Poronin / Poland



ABOUT THE PROJECT

The project focuses on gender equality, diversity and inclusion, exploring how social, cultural and personal factors influence the way we understand and experience equality. Through discussions, creative activities, role-play, storytelling and intercultural exchange, participants will explore topics such as gender stereotypes, equality and equity, gender and migration, cultural norms and language bias.

A strong focus will be placed on learning by doing. Participants will work in international groups, share their experiences and perspectives, create presentations, posters, storyboards and digital stories, and take part in interactive activities such as Forum Theatre and Living Library. The project will also develop participants’ creativity, communication, teamwork and digital storytelling skills. The exchange will conclude with the presentation of the created results and a reflection on how participants can promote equality and positive change in their own communities.

TIMETABLE

The timetable is presented below. It may be subject to slight changes depending on various factors, including the weather and the availability of the local youth group we will meet.

		11.10.2026	12.10.2026	13.10.2026	14.10.2026	15.10.2026	16.10.2026	17.10.2026	18.10.2026	
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30	9:00 – 10:00		Breakfast							
10:00	Morning Session 10:00 – 13:30	ARRIVALS	What Does Equality Mean? Reflecting on personal experiences of gender inequality and sharing thoughts in small groups.	Inequality World Café Rotating between discussion tables and exploring the roots, causes and consequences of inequality.	Gender Diagram Brainstorming factors related to gender identity and expression and discussing their connections.	What Is My Role? Taking part in Forum Theatre and exploring alternative responses to discrimination.	Writing the Story Creating story outlines and scripts, followed by peer feedback and improvements.	Discovering Zakopane Exploring Zakopane, its culture, landmarks and local atmosphere.	Farewell Activities Spending time together, reflecting on the exchange and saying goodbye.	
13:00			First meeting	Erasmus+ Sharing experiences and knowledge about the Erasmus+ programme.	Gender Equality in Our Countries Preparing and presenting multimedia presentations about gender equality in different countries.	Gender & Culture Exploring gender norms in different cultures and creating cultural maps.	Tell Me Your Story Listening to personal stories and sharing experiences through a Living Library.	Storyboarding Creating and presenting storyboards to plan the visual structure of digital stories.		Discovering Zakopane Exploring Zakopane, its culture, landmarks and local atmosphere.
14:00	13:30	Journey to the Venue	Lunch							Discovering Kraków
16:00	Afternoon Session 13:30 – 18:00		YouthPass Introduction to YouthPass.	Gender & Migration Analysing migration case studies, creating posters and discussing gender-related challenges.	Gender Stereotypes Acting out gender stereotypes and discussing their impact through a video activity.	Digital Storytelling Exploring the key elements of effective digital storytelling and presenting findings.	Creating Our Stories Recording, editing and presenting digital stories promoting gender equality.	Final Results Working on the final results.		
			Equality vs Equity Analysing an image and discussing the difference between equality and equity.	People of Change Researching inspiring gender equality activists and creating portraits and storytelling presentations.	Gender Bias in Language Analysing examples of biased language and creating alternative expressions.	Story Ideas Analysing digital storytelling examples and developing ideas for original stories.	Final Exhibition Presenting the project results to local youth and community representatives.	Evaluation Reflecting on the exchange, sharing feedback and evaluating the activities and experience.		
18:00										
18:00	18:00	Dinner							DEPARTURES	
21:00	Cultural nights ~21:00	Ice breaking								

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 (11-18.10.2026) 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 (11.10.2026) and from hotel in Poronin to Kraków (18.10.2026)



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

Departures



Arrivals



Very Important!!!

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

Youth Exchange (11.10-18.10.2026)

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

arrival to Kraków no later than **12.00 - 11.10.2026**

departure from Kraków no earlier than **18.00 - 18.10.2026**



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 reimbursed. 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

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





**project coordinator / contact
person:**

Michał Mróz

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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.

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Contact Us!

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