



BEYOND THE BORDERS

YOUTH EXCHANGE

22nd -28th of January 2023

Rzeszów, Poland

About the project

It is an interactive 5-day program (+2 days for arrival and departure) focused on developing language, intercultural and soft skills.

Join us and spend a fruitful time meeting new people from Hungary, Slovakia and Ukraine! Break stereotypes, gain new knowledge and develop yourself personally and professionally.

The "Beyond the Borders" program is based on non-formal methods. It is composed of social games, team building, media-related workshops and cultural visits. We will focus on sharing our cultures and skills with others and learning from each other while having a lot of fun!

Take part in this adventure and see for yourself that regardless of nationality, beliefs, age or gender, all of us have common values and can make friends all around Europe!

Looking forward to seeing you in Rzeszów!



Program

You must arrive on the 22nd of January for dinner and depart on the 28th of January 2023 after breakfast.

The program starts on Monday, 23rd of January, 2023, and it ends on Friday, 27th of January.

	Monday, 23rd of January	Tuesday, 24th of January	Wednesday, 25th of January	Thursday, 26th of January	Friday, 27th of January
8:30-9:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11.30	Welcome & Getting to know each other	Cultural Map	Cultural visit to Rzeszowskie Piwnice	Creative workshop	Beyond the Borders!
11:30 - 12:00	Break	Break	Break	Break	Break
12.00 - 13.30	Team Bulidng	Finding common heritage	Cultural visit to Rzeszowskie Piwnice	Creative workshop	Erasmus Plus & Youthpass
13.30 - 15.30	Lunch	Lunch	Lunch	Lunch	Lunch
15.30 - 17.00	City Tour	All Different All Equal & Preparing for intercultural evening	Free afternoon	Our cultures and multimedia	Evaluation & Goodbyes
17.00 - 17.30	Daily reflection & evaluation	Daily reflection & evaluation	Free afternoon	Daily reflection & evaluation	Daily reflection & evaluation
18.30 - 20.00	Dinner	Dinner & Intercultural Evening	Open Café	Dinner	Dinner

Who is this for?

If you are:

- from Hungary, Slovakia or Ukraine,
- available from the 22nd to the 28th of January, 2023,
- between 16 and 20 years old,
- able to communicate in English,
- interested in sharing your culture,
- supported by sending organizations from your country,

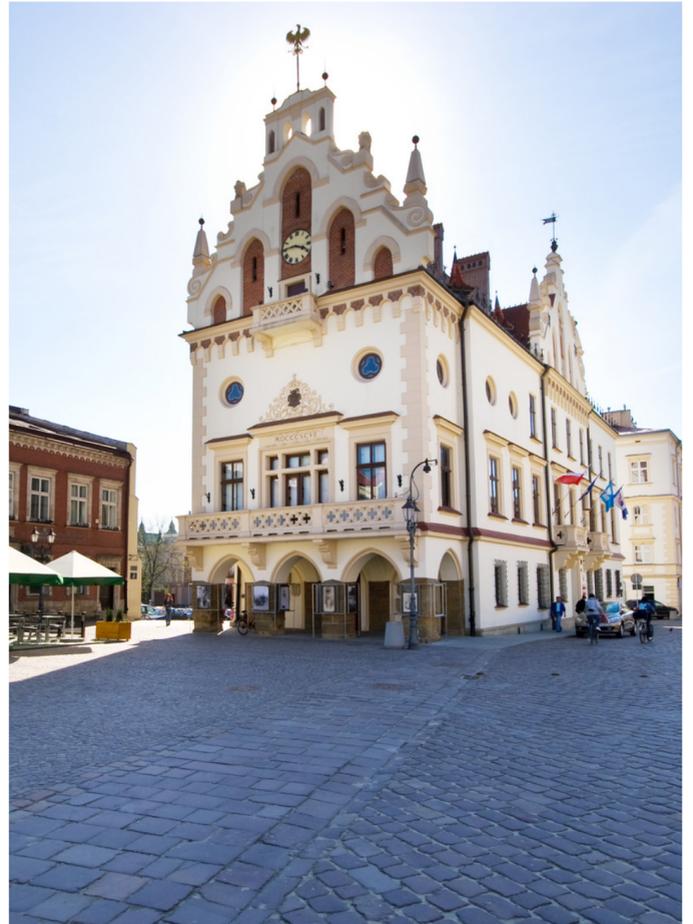
Then this project is for you!

Contact your Sending Organization to learn more about how to apply!



Rzeszów

The youth exchange will take place in Rzeszów, the biggest city in southeastern Poland, with a population of 190,203 in 2018. It is located on both sides of the Wisłok in the heartland of the Sandomierska Valley. The city, which was granted a town charter in 1354, has been the capital of the Podkarpackie Voivodeship since 1999 and is also the seat of Rzeszów County.



You are expected to arrive on the 15th of January 2023 for dinner and depart on the 21st of January after breakfast.

The closest and most convenient airports:

Rzeszów Jasionka International Airport:

<http://www.rzeszowairport.pl/en>

Kraków Balice Airport: <http://www.krakowairport.pl/en/>

Warsaw Chopin Airport: <http://www.lotnisko-chopina.pl/en>

You can also consider coming by:

- a bus <https://www.flixbus.pl/>
- a train <https://www.pkp.pl/en/>



Accommodation & Venue

You will be accommodated in our hostel in rooms of 2-4 people. There are shared bathrooms - separate for men and women.

<https://www.goinpro.org/en/hostel-2/>

Breakfast will be served in the hostel. Lunches and dinners will be organized in different places in the city.



Financial support

Participation is free of charge. The project is fully-funded!

We will cover the costs of accommodation, food and the programme. We will also reimburse your travel costs up to a certain limit. To learn more about travel budgets and arrangements, please contact your sending organization. The travel tickets, up to a certain limit, are reimbursed after the project.

Covid Restrictions

Please visit <https://reopen.europa.eu/en/map/POL/7011> to learn more about current sanitary and travel restrictions.

We strongly recommend being vaccinated to travel and participate safely. The organizer does not take responsibility for additional costs that might occur due to participating unvaccinated such as quarantine, travel plan changes and similar.

Erasmus +

This project is funded by the Erasmus Plus Program under Key Action 1. Want to find more information about possible opportunities in the future? Visit the following website here: https://europa.eu/youth/EU_en



Currency

The domestic currency in Poland is **PLN (Polish Zloty)**, which is about 4.65 to 1 Euro. In Poland, most places will accept Visa and Master Card debit and credit cards. You can also withdraw cash from ATMs all over Poland, but please check with your bank to confirm if you are able to do that. The domestic Finland currency is Euro. Most places will accept Visa and Master cards.

Weather

The weather in Rzeszów in Poland, in general, is warm during this period, with average temperatures ranging between 0-5°C. There are also chances of rain. So, make sure to bring with you clothes and shoes for this weather.

Electricity

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E. Details here: <http://www.worldstandards.eu/electricity/plug-voltage-by-country/>

Phone and Internet

Wi-Fi is available in the hotel as well as in the training room.

Insurance

You **MUST** arrange your own travel insurance. If you are an EU resident, you can use the free European Health Insurance Card (EHIC). For more information, please check:

ec.europa.eu/social/main.jsp?catId=509&langId=en.

See you soon!

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