



Resovia: Creative Youth Area

Erasmus+ Study Visit

30.06.24 - 06.07.24



+ 48 789 338 881



Rzeszów, Poland



www.goinpro.org

WHO ARE WE?

In 2014, a group of worldly-minded pals banded together to establish INPRO in the charming city of Rzeszów, the heart of Podkarpackie region of Poland. This initiative was born out of a shared passion for collaboration and a drive to make a global impact.

OUR MISSION is to make people believe that international initiatives bring added value and progress to the development of a community

400 young people each year

benefit from our programs hosted in Rzeszów. We are specialized in Erasmus+ youth exchanges, training courses, vocational traineeship projects, and short and long-term volunteering within the European Solidarity Corps.





RZESZÓW

*where charm
and thrills unite
in a compact city delight*

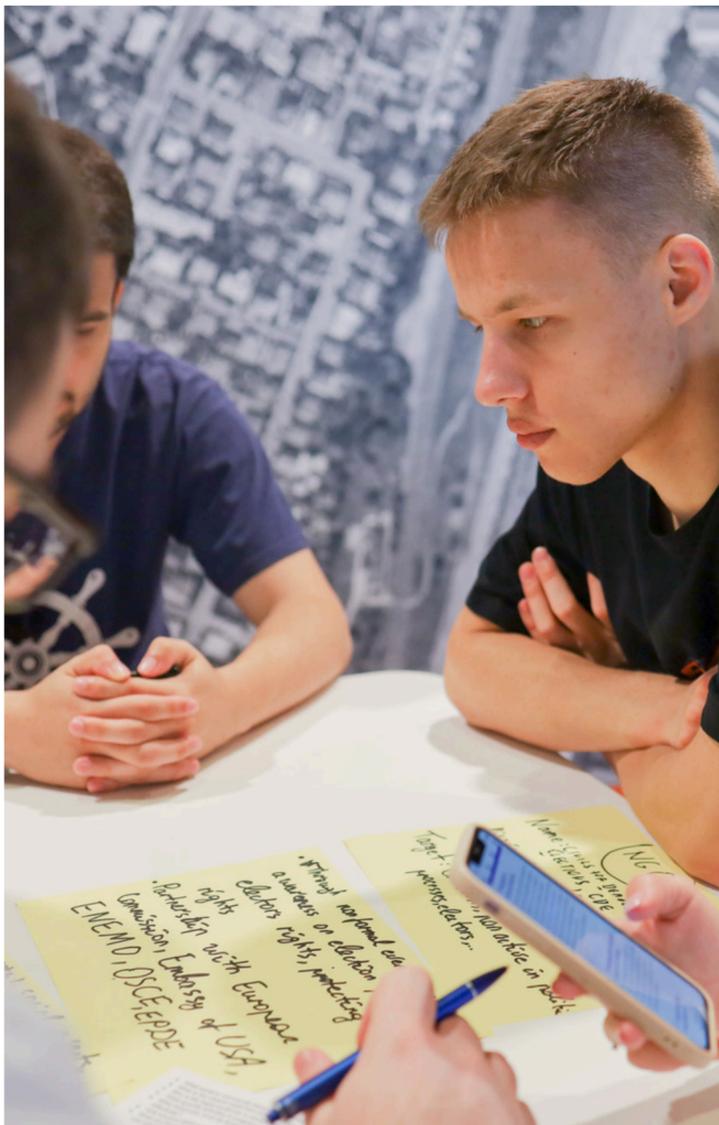
With an energetic **population of nearly 200k**, Rzeszów pulsates as the beating heart of southeastern Poland. Explore a city where vibrant life thrives just steps away, offering all you need within easy walking distance.

Rzeszów is called the capital of innovation in Poland. It is famous for its Aviation Valley, tech hubs, and research centres driving aerospace, IT, and engineering breakthroughs.

Spend a week here and roam the picturesque streets of Rzeszów's Old Town, discovering charming cafes, historic buildings, and the medieval Rzeszów Castle. Get lost in the captivating blend of old-world charm and modern energy.



Project DESCRIPTION



Explore best practices firsthand by witnessing successful youth programs in action and engaging with practitioners during this **Erasmus+ study visit** in Rzeszów.

Network and collaborate with fellow youth leaders from diverse backgrounds. Together we'll have workshops on identifying youth needs, defining communities, and creating more engaging content that grabs youth attention. Not only that, we'll visit the newly opened Feniks, followed by Urban Lab and the Youth Center of Rzeszów.

Fuel your passion, gather practical tools, and become a changemaker empowered to ignite youth potential in your community. Join us!

PROGRAM

Through interactive workshops and study visits to renowned venues, you'll delve into the world of community management and youth engagement strategies.

Bring your creativity and motivation with you! Discover the vibrant city of Rzeszów, create new connections with like-minded individuals, and share your cultural wisdom with one another.

We hope you'll enjoy the program and the time spent together!

	Sunday, 30.06.24	Monday, 1.07.24	Tuesday, 2.07.24	Wednesday, 3.07.24	Thursday, 4.07.24	Friday, 5.07.24	Saturday, 6.07.24
10.00-13.00	Arrival & Dinner	Welcome & Getting to know each other	Defining & Mapping the Community	Feniks	Youth Centre of Rzeszów	Cultural visit to Łańcut Castle. Erasmus+ and YouthPass Session	Breakfast & Departure
13.30-15.00		Lunch	Lunch	Lunch	Lunch	Lunch	
15.00-17.00		Rzeszów City Tour	The Art of Storytelling: Engaging Your Community Through Content	Urban Lab	Open Session: Time to Share and Collaborate!	Evaluation & Goodbyes	

TRAVELLING

Let's discuss your travel plans. Before booking tickets, reach out to the project coordinator at lilit@goinpro.org for approval. Stay connected with us before and during your trip.

In this project, **we exclusively reimburse Green Travel options**. Explore bus, train, or shared car alternatives, and share your proposal for approval. Our commitment to minimizing the carbon footprint means we do not support air travel for program organization. Remember to keep your receipts and tickets for reimbursement.

If your land travel takes many hours, we can discuss covering the cost of an overnight stay along the way. This way, you can enjoy a small Eurotrip!

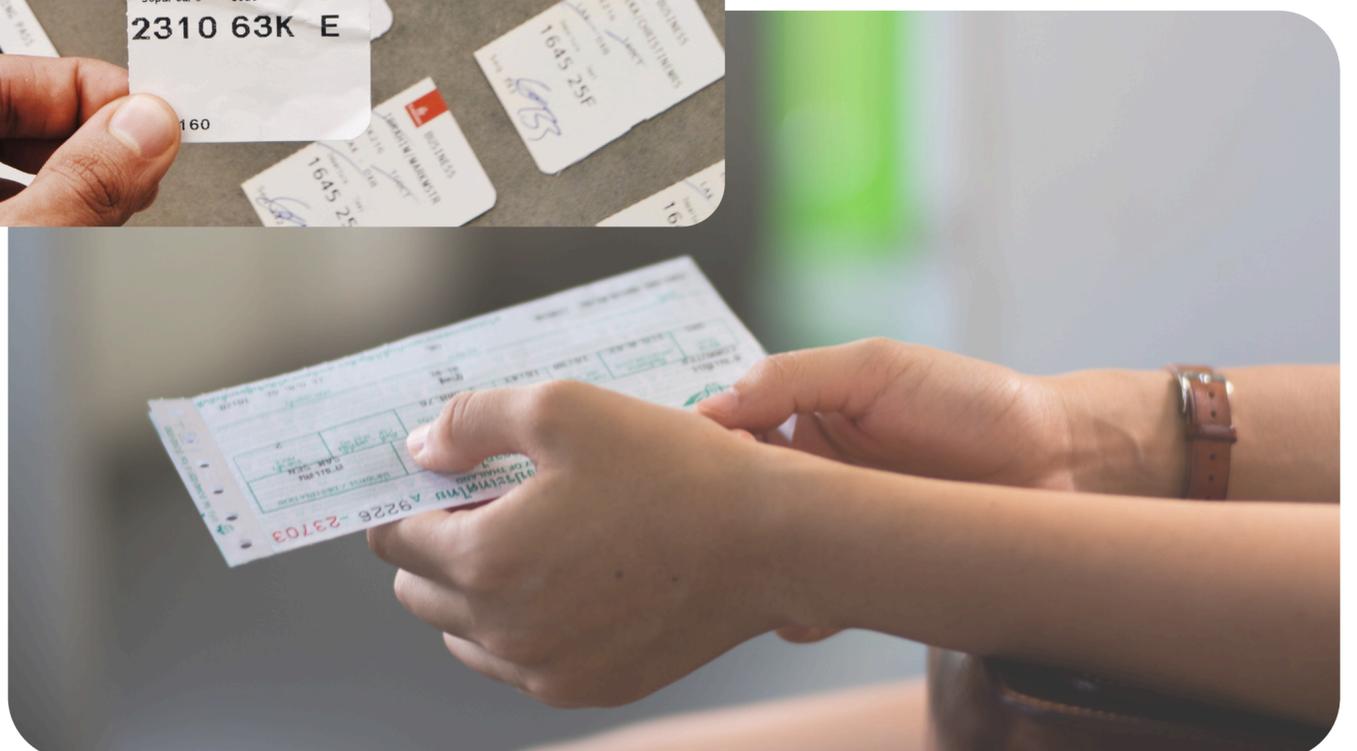


TRAVELLING

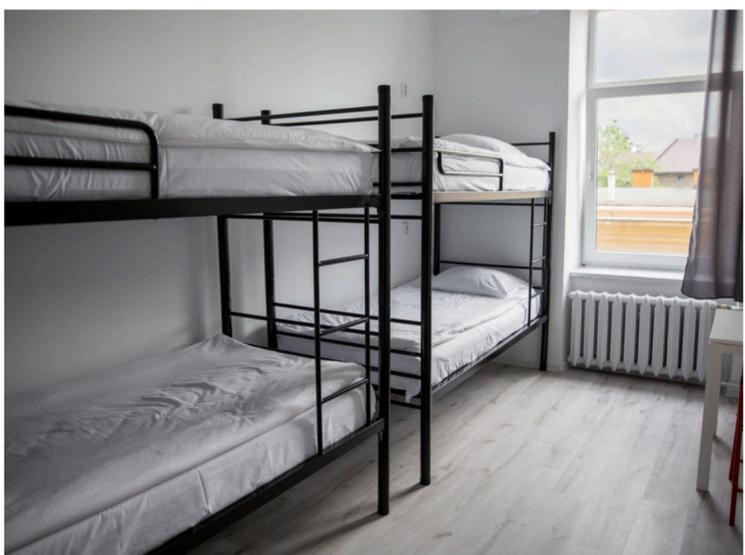
Oh, and a few more things to keep in mind:

- You have to get approval from the coordinator before purchasing any tickets. No rogue bookings allowed!
- Your travel route should be from your hometown to Poland and back, approved by the coordinator, of course.
- Your travel dates need to align with the program schedule. We'll allow for a 2-day buffer period if it results in a cheaper transfer and is approved by the coordinator.
- You'll need to arrive on the **30th of June, before dinner (20:00)**, and depart on the **6th of July, after breakfast (9:30 am)**.
- And last but not least, keep your receipts and boarding passes handy. We'll need them for reimbursement. Send those e-tickets (in **PDF format**) to us at **lilit@goinpro.org**.

Now go forth and travel, my friend!



ACCOMMODATION



Our hostel is located on the second floor of the eastern wing of the Main Railway Station in Rzeszów (Rzeszów Główny). Our floor includes the hostel with guest rooms, bathrooms, a kitchenette, and the office with a training room and individual offices.

Participants will be accommodated in rooms of 2-3 people of the same gender. Our hostel is an educational and social space.

There is a cleaning service provided. However, our guests are responsible for keeping their rooms and common areas clean and tidy.

Check our hostel rules and regulations here:

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

FOOD AND POCKET MONEY



Each day begins with breakfast at the INPRO facility from **8:00 to 9:15 AM**. We will arrange a local eatery conveniently located next to our office and hostel for lunch.

Dinner is where your food exploration truly begins. We will provide you with pocket money (**30 PLN per dinner**) to dine out with your peers. This opportunity allows you to delve into the regional cuisine of Rzeszów, possibly finding your next favourite dish. **Please be aware, that the allocated pocket money might only partially cover your dinner expenses.** Should you opt for more expensive dishes or restaurants, you will need to cover the difference. This is a serious chance to indulge in the culinary richness Rzeszów has to offer.

Additionally, we encourage you to bring along snacks from your home country. Sharing these during our **international coffee breaks** between the sessions will be a wonderful opportunity to showcase your culture and enjoy a diverse range of flavours. It's yet another way to make this journey more enriching!



Currency

The domestic currency is PLN (Polish Zloty). 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. Exchanges can be done during the day in places called "KANTOR".



Weather

The weather during this season in Rzeszów, Podkarpackie region and in Poland, in general, is warm. It's a good idea to bring along a jacket, as it's getting a bit colder at night.



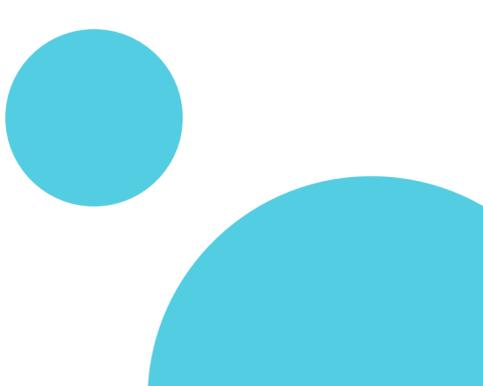
Electricity

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-bycountry/>



Phone and Internet

There is free, unlimited Wi-fi available in the hostel and in the office.



FIND US ON SOCIAL MEDIA

Website

www.goinpro.org

Instagram

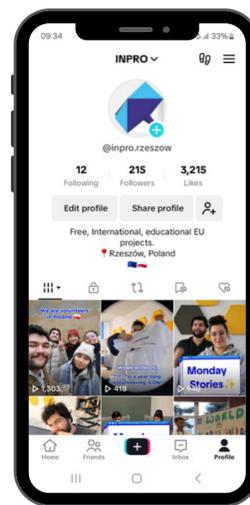
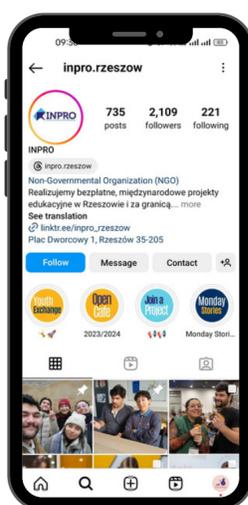
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CONTACT US

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