



## Europe Unlocked: Connecting Young Leaders

Erasmus+ Networking Seminar

15.12.2024 - 21.12.2024



+ 48 789 338 881



Rzeszów, Poland



[www.goinpro.org](http://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*

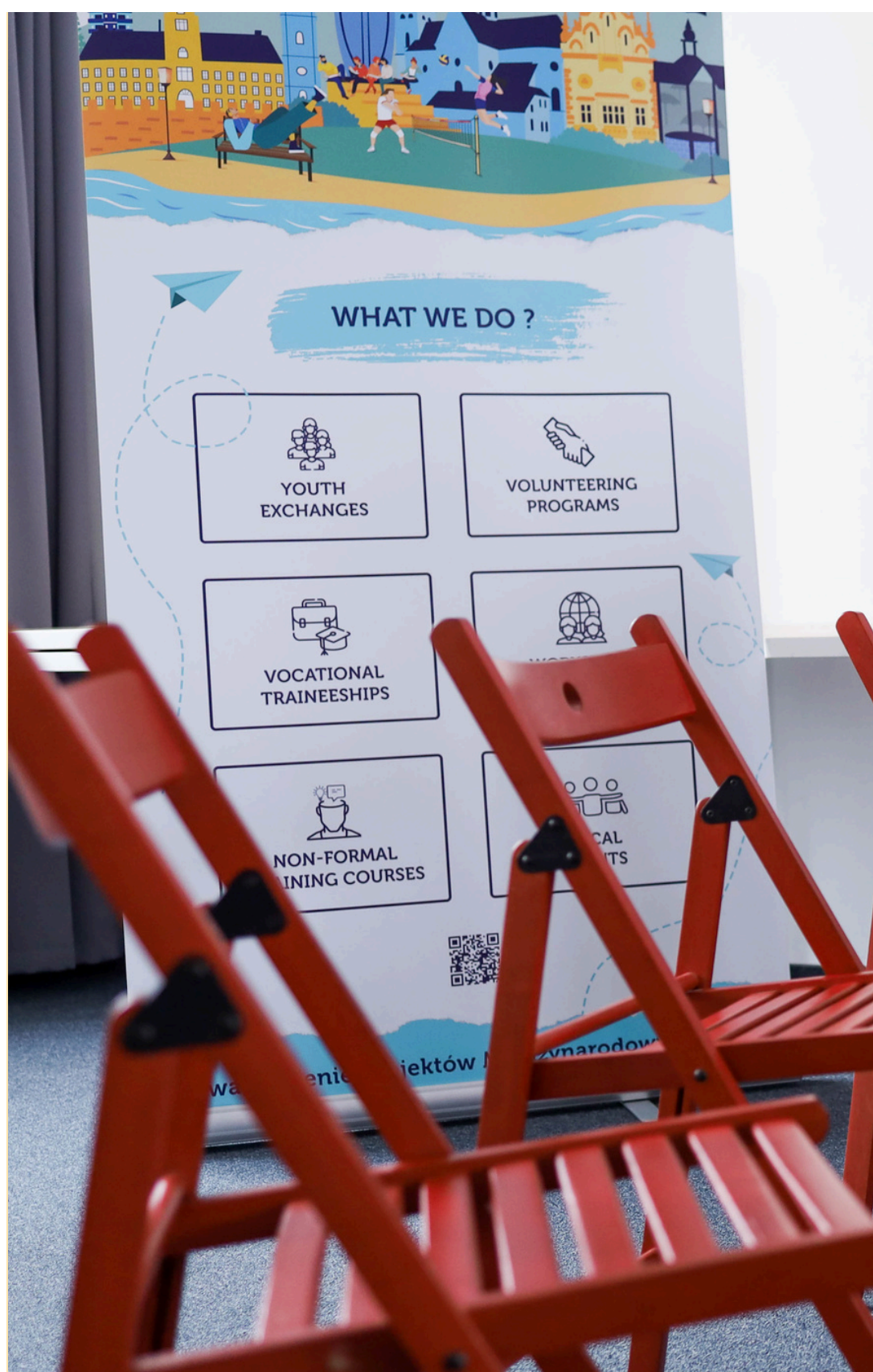
With an energetic **population of nearly 200k**, Rzeszów pulsates as the beating heart of southeastern Poland. Explore a city where vibrant life thrives just steps away, offering all you need within easy walking distance.

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



We invite you to participate in an inspiring seminar designed to connect and empower young leaders. Set for **December 2024**, this program will gather young people from various backgrounds, fostering collaboration and creativity in the realm of social impact.

Our goal is to create an interactive environment where the change-makers can come together to make new relationships, share their insights, and cultivate a collaborative network. Participants will engage in workshops, stimulating discussions, and uplifting talks that encourage personal and professional growth.

This seminar is an opportunity to showcase talents, exchange innovative ideas, and develop cross-cultural projects that resonate within the youth sector, utilizing the support of Erasmus+ and similar initiatives.

# PROGRAM

Embark on a dynamic **5-day program** designed for youth workers and activists focused on networking and collaboration. Engage in workshops, multimedia projects, and team-building activities from **10 AM to 5 PM**, with a lunch break.

Bring your creativity and motivation with you! Explore Rzeszów, connect with new people, and exchange your cultural knowledge with them. Get ready for an unforgettable experience!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00 - 13.00	Arrival & Dinner	Welcome & Getting to know each other	NGO & Youthwork mapping & seeking potential	Rzeszów Underground Cellars visit	Study visit to youth friendly spaces. Workshops on Youth Participation	Word Cafe: projects, partners, programs	Breakfast & Departure
13.30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	
15.00 - 17.00		Rzeszów City Walk & Networking	Hard or easy? work - Share your experiences	Open Cafe social event	Open Session	Evaluation & Goodbyes	

# TRAVELLING

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Let's discuss your transportation arrangements at this part. Before proceeding with any ticket reservations, it is essential to establish contact with the project coordinator at [lilit@goinpro.org](mailto:lilit@goinpro.org) in order to get approval for your selected mode of travel. Also, it is very important to maintain consistent communication with our team throughout the entire travel procedure.

Now, the following details are noteworthy. We exclusively recommend you use the **Green Travel option**, and please make sure you use it for both sides of your transport.

Please retain all physical and online receipts and tickets, and send the **PDF versions** to the coordinator at [lilit@goinpro.org](mailto:lilit@goinpro.org) as they will be required for reimbursement.



# TRAVELLING

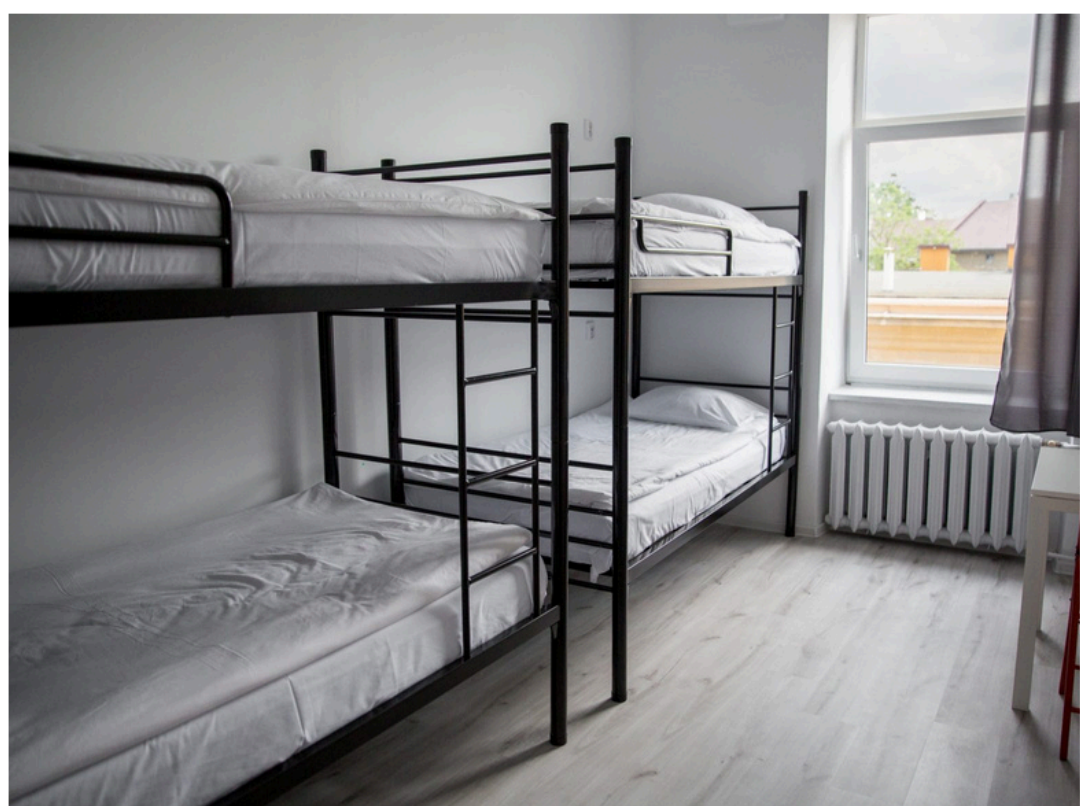
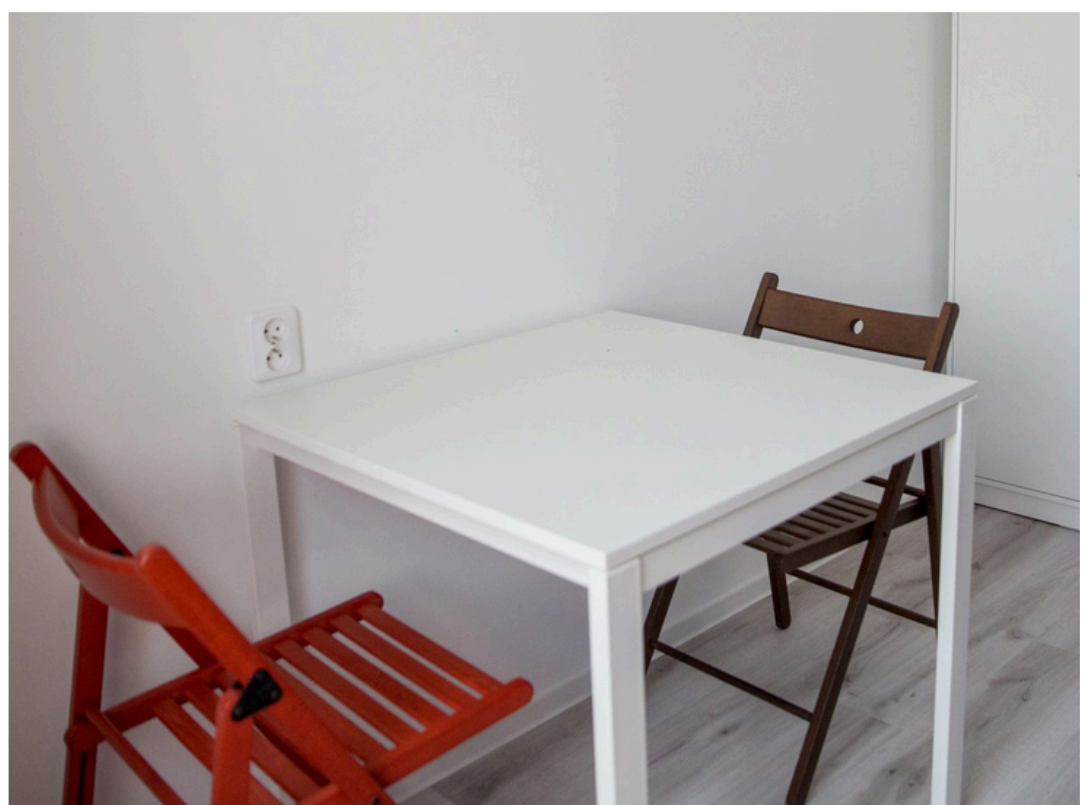
There are several key considerations to bear in mind:

1. **Prior Approval:** It is important to obtain approval from the coordinator before making any ticket purchases.
2. **Approved Travel Route:** Your travel route should encompass a journey from your hometown to Poland and back, subject to approval by the coordinator.
3. **Program Dates:** Your travel dates must align with the program schedule. A maximum 2-day buffer period is permitted if it results in more cost-effective transfers and is granted approval by the coordinator.
4. **Arrival and Departure Timing:** Please plan to arrive on the 15th of December, ideally before dinner time that is at 20:00, and depart on the 20th of December, after breakfast at 9:30 AM.
5. **Ticket Retention:** It is of utmost importance to retain all receipts and tickets, as these will be necessary for reimbursement purposes. Kindly forward your e-tickets in PDF format to the coordinator at [lilit@goinpro.org](mailto:lilit@goinpro.org).

With these guidelines in mind, we wish you a successful and enjoyable journey.



# 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, and a kitchen, 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 also responsible for keeping their rooms and common areas clean and tidy. There is no washing machine available in the hostel.

Check our hostel here





# FOOD AND POCKET MONEY



## Daily Meals Overview:

**Breakfast:** Every day starts with breakfast at the INPRO facility from **8:00 to 9:00 AM**.

**Lunch:** We will arrange a nearby restaurant for lunch, conveniently close to our office and hostel.

**Dinner:** This is your chance to explore the local food scene! You will receive **30 PLN per dinner as pocket money (5\*30PLN)**, which you can use to eat out with your peers. You'll get to try regional dishes and maybe even discover a new favorite! Please note that this amount may not fully cover your dinner expenses. If you choose a more expensive restaurant or meal, you will need to pay the difference.

**Snacks:** We encourage you to bring snacks from your home country. You can share these during our international coffee breaks, which is a fun way to showcase your culture and try new flavors from around the world.



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## 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".



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## Weather

The weather in Rzeszów in Poland, in general, is cold during this period, with average temperatures ranging between 3°C -4°C. So please wear winter jackets, warm clothes and comfortable shoes for this weather.



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## 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/>



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## Phone and Internet

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

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# FIND US ON SOCIAL MEDIA

## Website

[www.goinpro.org](http://www.goinpro.org)

## Instagram

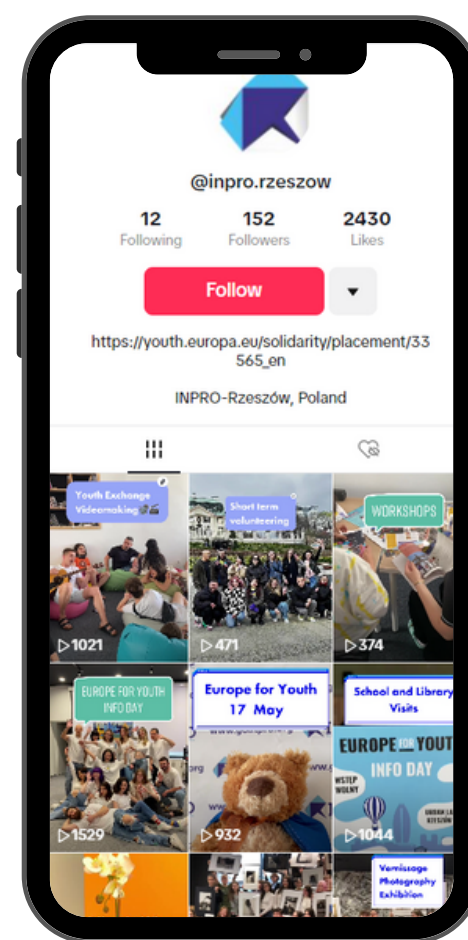
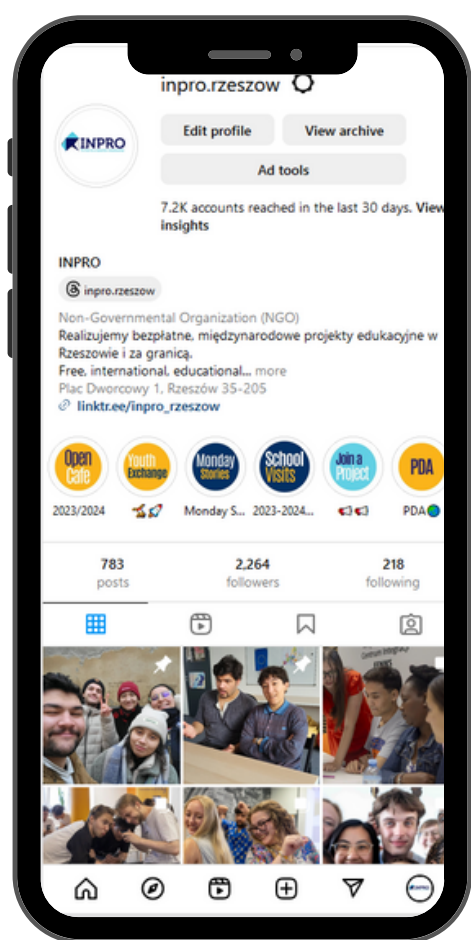
@inpro.rzeszow

## Facebook

@goinpro.org

## Tiktok

@inpro.rzeszow



## CONTACT US

Stowarzyszenie Projektów Międzynarodowych "INPRO"

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Monday to Friday / 9:00 – 17:00

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