



Connecting Minds, Creating Impact

Erasmus+ Networking Seminar

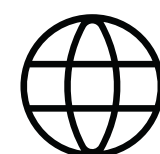
12.01.2025 - 18.01.2025



+ 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



Join us this January 2025 for an inspiring Erasmus+ networking seminar about connecting and empowering young leaders. We're gathering people from diverse backgrounds from Hungary, Ukraine, Poland, Czechia and Slovakia to collaborate, share ideas, and ignite creative solutions for social change.

This event is about creating a space where change makers can build relationships, exchange thoughts, and grow together. Through hands-on workshops and thought-provoking discussions, you'll have the chance to develop both personally and professionally.

It's a unique opportunity to showcase your talents, brainstorm innovative ideas, and launch cross-cultural projects.

Don't miss it!

PROGRAM

This dynamic 5-day program is designed for youth workers and active young people who want to find similar ones to network and collaborate. The program has engaging 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 through our Open Cafe and Monday Stories events, 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	Maping the youthwork & seeking potential	Rzeszów Underground Cellars visit	Creating our own NGO's	Word Cafe: projects, partners, programs	Breakfast & Departure
13.30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	
15.00 - 17.00		Rzeszów City Walk & Networking Monday Stories at Urban Lab at 18-19:30	Hard or easy? Share your experiences	Open Cafe social event at Urban Lab at 18-20:00	Open Session	Evaluation & Goodbyes	

TRAVELLING

Let's discuss your transportation arrangements at this part. Before proceeding with any ticket reservations, it is essential to establish contact with Lilit, the **project coordinator** at 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 as they will be required for reimbursement.



TRAVELLING

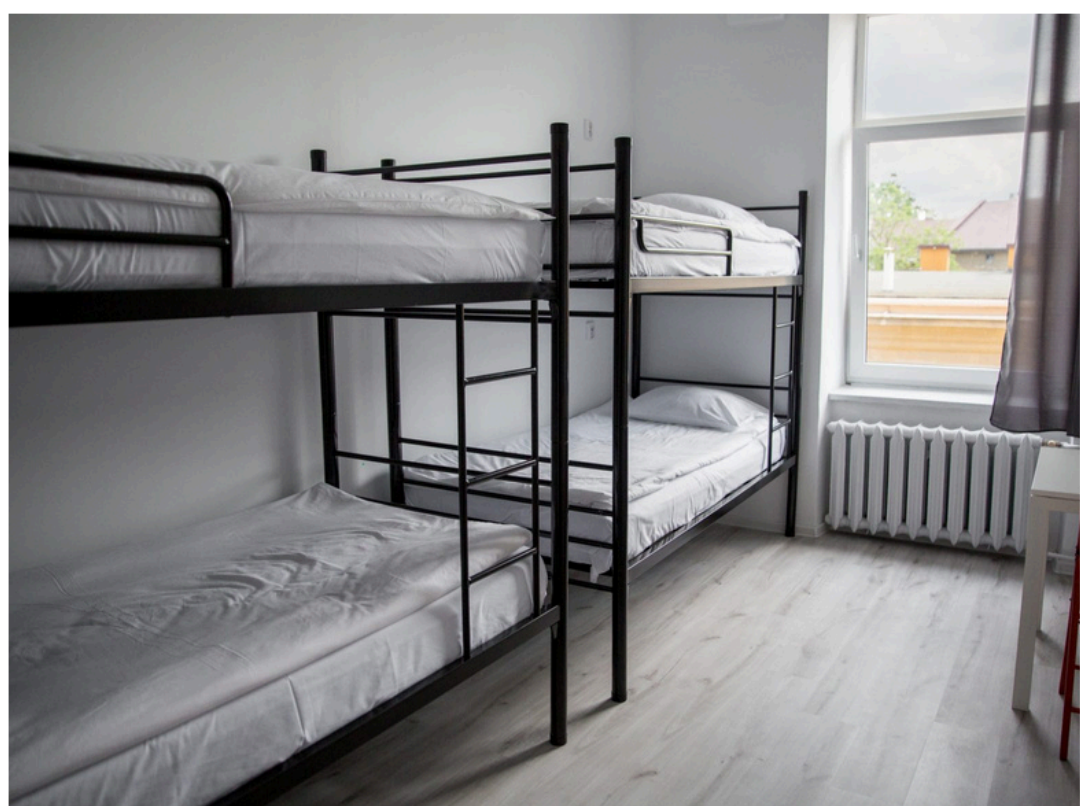
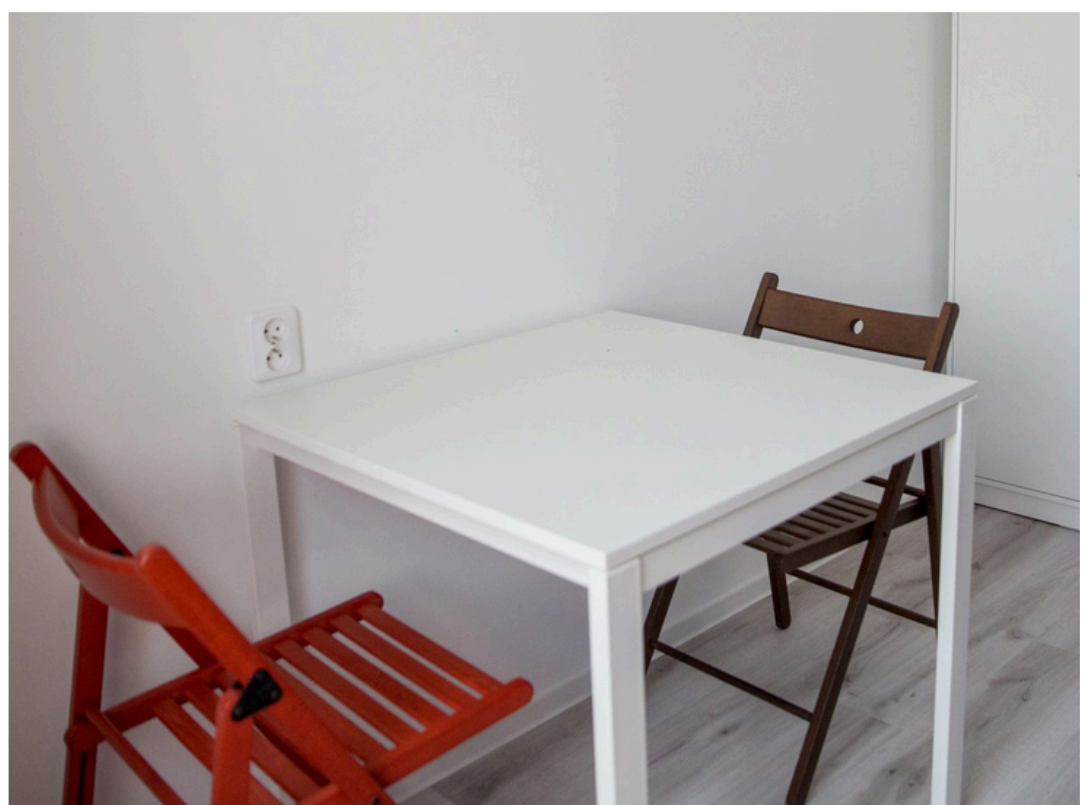
There are several key considerations to bear in mind:

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 12th of January, ideally before dinner time that is at 20:00, and depart on the 18th of January, after breakfast at 9:30 AM.
5. **Ticket Retention:** It is of utmost importance to keep all receipts and tickets, as these will be necessary for reimbursement purposes. Kindly forward your e-tickets only in PDF format to the coordinator at 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**, which you can use to eat out with your friends. You'll get to try regional dishes and maybe even discover a new favourite! 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 flavours from around the world.



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 in Rzeszów in Poland, in general, is cold during this period, with average temperatures ranging between 0°C -5°C. So please wear winter jackets, warm clothes and comfortable 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-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

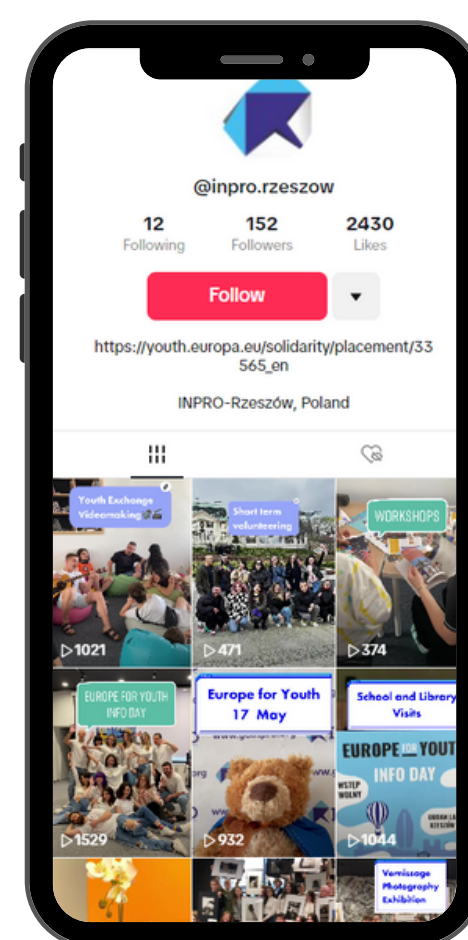
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CONTACT US

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