

International Youth Exchange

BETWEEN GIRLS



1-7 AUGUST 2023
RABKA-ZDRÓJ, POLAND

THE MAIN ORGANISER: THE CITY OF NUREMBERG (GERMANY)

**PARTNERS: EUROPE4YOUTH (POLAND), ADDIP ASSOCIATION (ROMANIA),
+ YOUTHID (FRANCE).**

THE CONCEPT:

**TO EMPOWER, STRENGTHEN, BUILD
RESILIENCE OF YOUNG GIRLS AND PEOPLE
IDENTIFYING THEMSELVES AS FEMALES IN AGE
OF 16-19 THROUGH:**

- Exploring the gender identity perception in different countries,
- Exchanging experiences of womanhood in different countries,
- Exploring gender stereotypes and challenging them by practicing various activities typically assigned to different genders,
- Exploring practical aspects of equality of all genders,
- Building community and safe space for girls to express themselves as they like and want.





THE PARTICIPANTS

**WE INVITE GIRLS* IN AGE OF 17-20 FROM GERMANY,
POLAND, ROMANIA AND FRANCE!**

***ALL PEOPLE IDENTIFYING THEMSELVES AS FEMALE**

WHAT IS EXPECTED FROM YOU?

YOUTH EXCHANGES ARE UNIQUE OPPORTUNITIES TO MEET AND EXPERIENCE A DIVERSITY OF PEOPLE, APPROACHES, OPINIONS AND IDENTITIES. USE IT TO BROADEN YOUR HORIZONS, UNDERSTAND OTHERS BETTER AND LEARN NEW THINGS!

INTEGRATE, SPEND TIME WITH OTHERS, ASK QUESTIONS, SHARE YOUR PERSPECTIVE!

OPENNESS, ACCEPTANCE AND TOLERANCE FOR ALL IS EXPECTED AT THE WHOLE DURATION OF THE PROGRAMME (AND IDEALLY - THE WHOLE LIFE;)

BE TRANSPARENT ABOUT YOUR NEEDS! EVERY EVENING YOU WILL MEET IN A SMALL REFLECTION GROUPS TO TALK ABOUT YOUR DAY AND LEARNING PROCESS. USE IT!

YOU DON'T HAVE TO BE FLUENT IN ENGLISH! COMMUNICATIVE LEVEL IS HOWEVER USEFUL TO MAINTAIN RELATIONS WITH OTHERS.

ALL PARTICIPANTS ARE INVITED TO ACTIVELY CO-SHAPE ALL THE EVENTS AT THE YOUTH EXCHANGE!

YOU CAN TAKE RESPONSIBILITY FOR SOME ACTIVITIES TO PROPOSE IT TO THE REST OF THE GROUP! CONTACT YOUR ORGANISATION TO TAKE YOU FOR THE ADVANCED PLANNING VISIT OR EXPLAIN THEM WHAT WOULD YOU LIKE TO DO.

WHO WILL SUPPORT YOU AS YOUTH LEADERS:

GERMANY: ... + EMAIL

POLAND: KINCSŐ RÁTHONYI - KINCSORATHONYI99@GMAIL.COM

ROMANIA: ...

FRANCE: ...



REGISTER HERE:

PLEASE FILL IN THIS FORM ONLY WHEN YOU KNOW YOU WILL COME AND THE PARTNER ORGANISATION FROM YOUR COUNTRY HAS CONFIRMED YOUR PARTICIPATION!

DEADLINE: 14.07.2023

CLICK HERE OR COPY THIS LINK:

[HTTPS://FORMS.GLE/QTHHVXHN7RS33MTT5](https://forms.gle/QTHHVXHN7RS33MTT5)

THE COSTS:

THE COSTS OF ACCOMMODATION, MEALS, PROGRAMME AND ACTIVITIES ARE COVERED BY THE ERASMUS+ PROGRAMME.

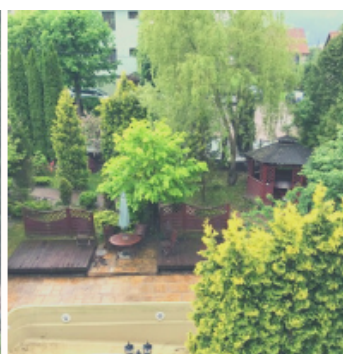
THE VENUE:

**TRAINING & EDUCATION CENTRE REZONE,
UL. CICHA 12, 34-700 RABKA-ZDRÓJ, POLAND**

**THE MEETING WILL TAKE PLACE IN
TRAINING AND EDUCATION CENTER REZONE
IN RABKA-ZDRÓJ, UL. CICHA 12.**

**IT'S A COZY AND COMFORTABLE PLACE FOR ACCOMMODATION, WITH
DIVERSE AND HEALTHY MEALS (3 PER DAY), PLACE TO REST, INTEGRATE
AND WORK. ROOMS ARE 2-4 PERSONS, WITH PRIVATE BATHROOM. THE
WHOLE BUILDING WILL BE AT THE EXCLUSIVE DISPOSAL OF THE GROUP.
SHEETS AND TOWELS ARE PROVIDED, PLEASE TAKE WITH YOU
COMFORTABLE SHOES OR SLIPPERS. IN THE VENUE YOU CAN ALSO FIND
PIANO AND OTHER MUSICAL INSTRUMENTS.**

**WE WILL ALSO USE THE OUTDOOR FACILITIES OF RABKA CITY -
BEAUTIFUL PARK, GARDEN GAZEBO AND BOULEVARDS.**



HOW TO GET THERE?

BY PLANE:

PLEASE LAND IN KRAKOW AIRPORT AND TAKE THE TRAIN TO THE MAIN BUS / TRAIN STATION (KRAKÓW GŁÓWNY), THEN SEE OTHER SECTION. FLIXBUS IS A COOL OPTION TO GET FROM KRAKOW AIRPORT DIRECTLY TO RABKA-ZDROJ (TICKETS BOOKED ONLINE ONLY). WWW.FLIXBUS.PL (PRICES VARY, THE SOONER YOU BOOK THE BETTER)



BY TRAIN / BUS:

GO TO MALOPOLSKI DWORZEC AUTOBUSOWY (MAIN BUS STATION) AND FIND "RAB-BUS". BUS COMPANY THAT GO STRAIGHT TO RABKA-ZDROJ. IT TAKES 2 HOURS FROM KRAKOW AND COSTS 16-18 PLN. CHECK OUT SCHEDULES HERE: WWW.BUSY-KRK.PL/EN/RABKA-ZDROJ-KRAKOW/



IF YOU TAKE THE BUS CALLED "SZWAGROPOL" OR "MAXBUS" IT WILL TAKE YOU TO RABKA-ZABORNIA. THIS IS FAR. PLEASE TAKE THE BUS THAT GOES TO RABKA BUS STATION!

IN RABKA-ZDROJ:

WHEN YOU ARE IN RABKA-ZDROJ: FROM THE MAIN BUS STATION TO THE ACCOMODATION, IT IS A 23 MINUTE WALK. TAKE A NICE WALK THROUGH THE PARK - WHEN YOU GET TO NOWY ŚWIAT STREET, PASS THE CINEMA, AND ADAŚ SHOP GO STRAIGHT UNTILL THE CICHA STREET. OUR BUILDING IS THE LAST BUILDING OF THE ROAD ON THE LEFT (IT'S A DEAD END STREET). IF YOU DON'T WANT TO WALK, YOU CAN TAKE A TAXI THERE (THEY STAY JUST NEXT TO THE STATION), BUT WE CANNOT REIMBURSE TAXI (CHECK OUT TRAVEL REIMBURSEMENT RULES). IT WOULD HAVE TO BE ON YOU.



TRAVEL COSTS:

YOUR TRAVEL EXPENSES WILL BE REIMBURSED UP TO THE LIMIT OF 275 EUR (BOTH WAYS)

IF YOU TRAVEL GREEN (NO PLANES) THE TRAVEL COST LIMIT RAISES UNTIL 320 INSTEAD OF 275 EUR AND YOU CAN TRAVEL LONGER (MAX 6 CONSECUTIVE DAYS), AS LONG AS THE TRAVEL IS CONNECTED TO THE ACTIVITY.



HINTS FOR YOUR TRAVEL:

According to the rules of Erasmus+ programme and its principles please follow the below:

- economic options only (2nd class, economy class)
- public transportation only (no taxis, Ubers, bolts)
- please collect all tickets, reservations, boarding passes - later the organiser will reimburse you expenses.
- you can travel longer than 1 day as long as you arrive to Rabka-Zdrój to the venue on arrival day and depart on departure day. The tickets are reimbursable if you travel max 2 days more. Remember that extra days accommodation you have to provide yourself, we can host you only at the dates of the project,
- food on the way doesn't qualify as travel expense,
- please take with you the European Health Insurance Card! it entitles you to go to a doctor in Poland and get help in case of accidents.
- If you need/want additional insurance, you can buy a travel insurance - please note that this expense is not reimbursable!



OTHER HINTS:

- Polish food - dinners in Poland are simple. Lunch is the biggest and most important meal of the day - be ready for this!
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day :-) Select in the registration form the option that is the closest to you,
- if you have a demanding diet, please be ready to help yourself by getting from the shop whatever you need that is not easily accessible by us,
- we don't have a cleaning service (the place isn't a hotel) - we take care of the tidiness of our surroundings,
- we provide towels and bed-linen,
- we have a quiet hours from 22:00 till 6:00 but ... no one can hear you in the basement - this is where we party.
- there is a small kitchen to use if you need to prepare something for the intercultural evening (room nr 17)
- the town - has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities,
- closest pharmacy is 30 min walking - ask for a map or address at the reception,
- closest shop - Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.



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