



Hip-Hop Changemakers

2-8 . 08 . 2026
Lublin | Poland

ERASMUS+ SEMINAR
FOR YOUTH WORKERS



Funded by
the European Union



sempre
a frente

#HIPHOP
CULTURE

#NONFORMAL
EDUCATION

#YOUTHWORK

#GRAFFITI

#STREETDANCE

#OLDSHOOOL

#STREETWORK

#MCING

#DJING

#UNITY

#NEWSCHOOL

For years, Hip-hop and its different forms - **streetdance**, **rap**, **DJing**, and **graffiti** - have been changing the reality of young people.

Many professionals work with youth every day using hip-hop elements to drive positive change. These activities offer an alternative to dangerous behaviors and provide opportunities to discover new passions. Additionally, the improvisation that is a core part of hip-hop helps young people develop flexibility and open-mindedness.

Our goal is to create a new space to exchange experiences for people who:

- actively live this culture, even though it is over 50 years old,
- share their passion with children, youth, adults, and seniors,
- want to discover what **Hip-hop Pedagogy** really is.



HIP
HOP

KEY INFO

DATES

2nd of August - arrival day

3rd-7th of August - seminar activities

8th of August - departure day

PARTICIPANTS

- age 23+ y.o.
- from EU Member States, third countries associated with the Programme, and third countries not associated with the Programme
- working with kids / youth / young adults (professionally or as a volunteer)
- interested in Hip-Hop culture
- proficient in English

PROJECT ACTIVITIES

During the project, we will visit places in and around Lublin where hip-hop culture is vibrant, reaches young people, and is used as a pedagogical tool. We will also see the freshly painted areas from the "Meeting of Styles" graffiti festival. We will try our hand at every element of Hip-Hop by participating in DJing, Street Dance, MCing, and graffiti workshops. This will provide an opportunity to exchange knowledge on how these activities can shape positive behavior patterns among youth. Furthermore, we will share experiences from our local communities, enjoy the charm of Lublin, and take part in improvised meetings with the locals.

SCHEDULE AND FLEXIBILITY

This project is deeply rooted in your real-life experience as youth workers and street workers, as well as your shared love for hip-hop culture and its potential to drive positive social change. While we have specific workshops and site visits already planned, the detailed daily schedule will be presented during the online meeting for the participants who are selected for the project.



WHAT WE PROVIDE;

FOOD
ACCOMODATION
TRAINERS
ACCIDENT INSURANCE
REIMBURSEMENT OF TICKETS
SAFE SPACE TO CREATE

WHAT WE EXPECT FROM YOU;

FULL COMMITMENT
PRESENCE IN ALL SEMINAR SESSIONS
WILLINGNESS TO SHARE YOUR EXPERIENCE
ENGAGEMENT INTO DISSEMINATION ACTIVITIES

Before applying, please thoroughly read and familiarize yourself with the required project documents, including the Consaent to Personal Data Processing, the Mobility Rules for Participants, and the Consent for Use of Image.





Application
form

SELECTION AND NEXT STEPS

- **July 10 - application deadline**
- **July 13:** We will inform you via email whether you have been selected to participate in the project.
- **July 13 - 17:** We will contact the selected participants to provide support with purchasing travel tickets.
- **July 20 (7:00 PM CET):** Kick-off online meeting. This will be an opportunity to get to know each other, learn more about the detailed program, and answer any questions you might have.



← All important documents

HOW TO APPLY ?

To submit your application for the seminar, please complete the following steps:

1. Review and Accept the Mobility Rules

Before applying, you must thoroughly read and agree to the project rules and regulations. You can download and read the document here:

https://dokumenty.sempre.org.pl/Erasmus_MobilityRules.pdf



2. Fill Out the Application Form

Once you have reviewed the rules, please complete the official application form available here:

<https://linki.sempre.org.pl/hiphopchangemakersform>



Questions & Support

If you have any questions regarding the application process, travel arrangements, or project logistics, please feel free to reach out to our project coordinator (**Maciej Kwiatkowski**). Contact below.



INSURANCE

Personal accident insurance for participants will be provided.

Health care & travel insurance is not provided by the organizers. Participants must provide it on their own.



ACCOMMODATION & FOOD

The organizer provides accommodation, food for entire exchange (3 meals per day) and tones of water (for staying hydrated!)



TRAVEL

The participant has to buy travel tickets on their own.

The time of travel must be included maximum in period of two days before and after the projects activities. All the expenses for the extra days are the responsibility of the participants.

The organizer will reimburse travel cost via bank transfer up to 60 working days after the project when all needed documents are delivered to the organizers.

Reimbursement of the travel costs will be done only upon presentarion of all orignal tickets (including return tickets), receipts, invoices and boarding passes.

You should collect all documents related to your travel costs (original invoices and tickets indicating names of travelers, description of the journey, cost, currency and date of travel).

DIGITAL DOCUMENTATION IS PREFFERED

Reimbursement of travel costs in accordance with the rules of the Erasmus+ program.

We will provide the exact amounts and more information on travel budget limits after all partners are chosen.

We can already encourage you to use the green travel option.



TRAVELLING TO LUBLIN

BY TRAIN / BUS

Lublin Main Train & Bus Station (Lublin Metropolitalny)
Lublin Główny - Dworcowa 2, 20-406 Lublin

BY PLANE:

You can travel to Lublin Airport (LUZ), Warsaw Chopin Airport (WAW) or Warsaw Modlin Airport (WMI).

There are also Cracow Airport (Kraków, KRK) and Rzeszow Airport (Rzeszów, RZE). Both are located a bit further from Lublin and the journey from them to Lublin takes approximately 3-5 hours.

Please contact us before the purchase of tickets you're planning to buy and wait for our approval.

Please remember to choose the most cost-effective travel option as only cheapest option will be accepted



A. Take **Flixbus** directly from Warsaw Chopin Airport to Lublin Central Bus Station. It needs prior booking and cost about 10 - 15 EUR (shop.flixbus.com). It takes up to 3 hours. You can also check other company: contbus.pl

B. Take the bus (175 or 188) or regional train to the Central Station (Warszawa Centralna). Then after reaching the station in Warsaw, take a **train**. The train ticket from Warsaw to Lublin needs prior booking and cost about 30-70 PLN which is about 6-16 EUR.

You can buy tickets online here:

<https://www.intercity.pl/en/>

You can also buy the ticket in the station but we recommend buying it earlier. The ride takes up to 2-3 hours.

You can also leave from Warszawa Gdańska, Warszawa Wschodnia or Warszawa Zachodnia. Check how to get there while using: [jakdojade](https://jakdojade.pl).



TRAVEL FROM MODLIN AIRPORT

By train: use the website to check the schedule and book a ticket (you can also buy it inside the train): <https://koleo.pl/>

You are travelling from Lotnisko Modlin to Warszawa Centralna, Warszawa Gdańska or Warszawa Wschodnia (depending from which station you are taking bus/train to Lublin).

Once you reach the station, follow the instructions above.



VENUE

Hotel Mercure

The seminar will take place at the Hotel Mercure Lublin Centrum (located at Al. Racławickie 12, Lublin). The hotel offers modern amenities, including free Wi-Fi throughout the building, an on-site gym, and the restaurant. Participants will be accommodated in standard twin rooms (2 people per room) with separate single beds, shared exclusively with a participant of the same gender. All essential room items, including clean bed linen and towels, are fully provided by the venue.

WEATHER

Please be prepared for various weather conditions. August in Poland can be a hot month, but there is also a chance of rain and colder, windy days."



CURRENCY

Currency in Poland is Polish Zloty (PLN). One "złoty" is divided into 100 groszy. Almost everywhere you can pay by card.

You can't pay by euro in cash.



USEFUL WEBSITES & APPS



E-podróżnik

E-podróżnik is a very popular search engine for train and bus connections. The portal in its offer has the opportunity to purchase tickets from more than 1500 carriers both within Poland and other countries.



Intercity

A rail carrier's website where you can buy train tickets. Important: Students studying abroad are not eligible for a discount, you must purchase a regular ticket for train travel.



Jak dojadę

An essential website/application for all public transport passengers in Polish cities. Thanks to the app, you can easily check the timetable and buy a ticket.

CHECKLIST

To ensure you are fully prepared for all the activities and the changing weather, here is a list of recommended items to bring to Lublin:

Clothing & Footwear

- Comfortable clothes for movement
- "Graffiti clothes": Items you do not mind getting dirty or permanently stained with spray paint during the workshop.
- Layers for all weather conditions.
- Waterproof jacket, raincoat, or a compact umbrella.
- Sneakers or trainers suitable for both walking around the city and dancing.

Documents & Health

- ID card or passport (valid for travel).
- Travel insurance documents and your European Health Insurance Card (EHIC), if applicable.
- Personal medications (if you use any regularly).

Electronics & Practical Items

- Chargers and a power bank.
- Refillable water bottle.
- Sun protection items

Project Materials

- Local youth work examples or materials about hip-hop activities and methods from your local community to share during the experience exchange.

ABOUT

LUBLIN



Lublin is the ninth-largest city in Poland and the second-largest city of historical Lesser Poland. It is the capital and the center of the Lublin Voivodeship. The city is a hub of bustling cultural life, with different events held annually, attracting a wide audience.

Lublin is called a City of Inspiration, with many non-obvious historical places to discover. The unique atmosphere of the vibrant Old Town connects the past and present, letting you get inspired by its incredible vibe.

Lublin was the first Polish city to be granted the European Youth Capital 2023 title. It was recognized for the energy and inspirational ideas of its young people, and in 2029, it will be the European Capital of Culture. Furthermore, Lublin is one of the host cities for the international "Meeting of Styles" graffiti festival. The city is home to many individuals who actively express themselves through hip-hop culture, using it to reach and inspire younger generations.





Sempre a Frente Foundation carries out programs in the area of prevention, psychological education and promotion of active citizenship for young people since 2010.

Through our actions we support children, youth and adults in personal development and help them to gain key social competences. Using non-formal education philosophy we encourage young people to active social attitude and promote social responsibility, initiative and enterprise. We promote volunteering and non-formal education as a way to get skills desirable by young people.

We are accredited organisation in Erasmus+ Youth sector.

CAN'T WAIT TO SEE YOU!

SEMPRE A FRENTE FOUNDATION TEAM



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CHECK OUR SOCIAL MEDIA:



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