



OPEN UP YOUR HEART

Erasmus+ KA1 Mobility Project für Youth Workers

INFOPACK

Rabka- Zdrój Poland, 01.-08.08.2020



AIM OF THE PROJECT:

The aim is to increase the knowledge of youth about sexual and reproductive health, as well as to empower youth workers to use that knowledge for organizing Erasmus+ projects. We want to use the training to create a common language, tools and activities to create a space where everyone feels comfortable to learn, question and wonder about sex education.

DURATION:

01.-08.08.2020

01.08 Arrival

08.08 Departure

ACTIVITIES:

The project "OPEN UP YOUR HEART" is a youth workers mobility followed by a youth exchange. The idea is that the Youth Exchange is lead and co-organized by the youth workers participating in this Training for Trainers. We want to create an expanded notion of sex education that includes information about sexual and reproductive health and rights, consent training, LGBTQI+, the question of body image, relationships and feelings.

RESULTS:

- Create a common language, tools and activities
- Guidebook with tips for inclusive projects
- Create basics for the facilitation of the planned Youth Exchange

WHO CAN PARTICIPATE?

The participants should be youth workers involved in one of the partner organizations. Experience in working with LGBTQI+ youth and / or on the topic of sex education is very welcome but not mandatory. Participants should be 18 + and should be chosen by the sending organization. Furthermore there one of the two participants should have an interest to return as a group leader for the Youth Exchange (October).

PARTICIPANTS

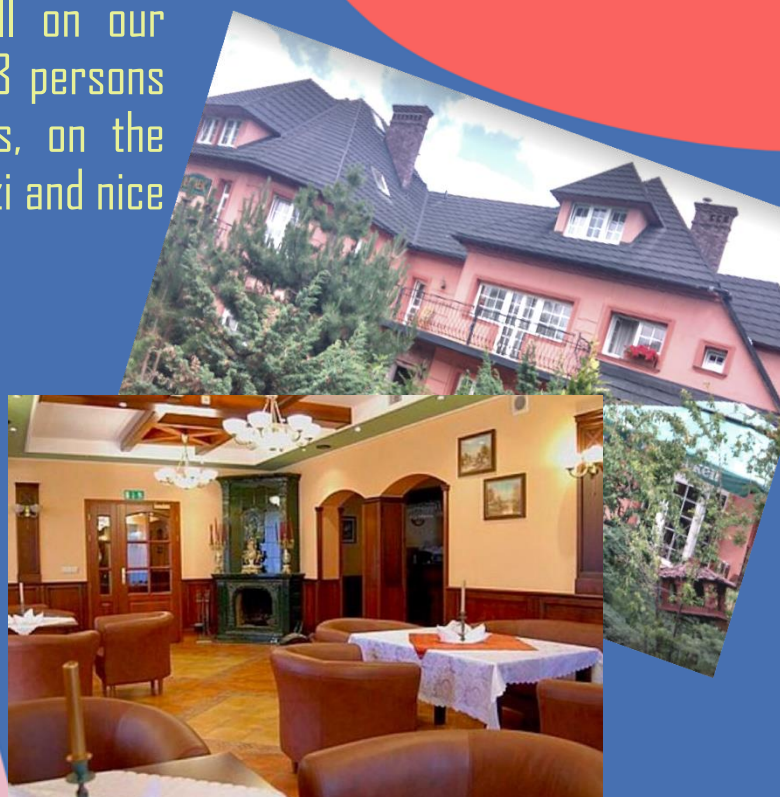
Countries	Number of Participants
Poland	4
Germany	2
Spain	2
Greece	2
Cyprus	2

THE VENUE:

The meeting is taking place in the Education and Training Centre Villa RE-ZONE in Rabka-Zdrój (60km away from Kraków). It is a nice hotel in a lovely town close to Gorce, Pieniny and Tatra mountains. We will have it all on our disposal. Accommodation in 2-3 persons rooms with private bathrooms, on the spot available: small gym, jakuzzi and nice garden.

ADDRESS:

Villa RE-ZONE
ul. Gicha 12, 34-700 Rabka-Zdrój Poland



HOW TO GET THERE:

From the airport Krakow take the Bus to to Małopolski Dworzec Autobusowy (Main Bus Station). Check here for schedule:

and find "Rab-Bus" or "Edmar" bus companies going to Rabka-Zdrój. Check out schedules HERE: <https://www.busy-krk.pl/en/rabka-zdroj-krakow/>

It takes 1,5 hours to get there from Krakow.

Check
<https://jakdojade.pl/krakow/trasa/> for Bus
schedule from Krakow
Airport to the Main Bus
station

WHEN YOU ARE IN Rabka-Zdrój:

From the main bus station in Rabka-Zdrój there is still a 23 minute walk.

FUNDING:

The project is financed under the „Erasmus+ Programme, Key Action 1“.

100% of the accomodation and activity costs are covered by the programme. The international travel costs are covered according to the rules of Erasmus+ Programme. Plan your travel according to the following budget:

COUNTRY	LIMIT PER PARTICIPANT
Poland	0 €
Germany	275 €
Spain	360 €
Greece	275 €
Cyprus	275 €

For the detailed rules of travel reimbursement please check the attached „Reimbursement Form“.

NOTE: Reimbursement of travel costs will only be done upon full attendance of the seminar. It will be transferred to the partner organization bank account after receiving all the tickets.

That means that your travel costs will be fully reimbursed up to the limit, what should be enough to get to the venue from all participating countries – therefore we expect that everybody will get back 100% of the travel. If you spend less for your travel you will get exactly the amount you spent. If you spend more, you will get the amount from the table.

CORONA INFO:

Regulations connected to corona may change, but for now they are: meals may be delivered to the rooms, masks and gloves obligatory, common areas will be disinfected and lot's of activities will be outside. No pubs in the evening and PLEASE monitor your health before coming and make a responsible choice if you should come.

Ground transportation is recommended as well as the possibility to use private cars. There is the option to pick you up from the airport to avoid public transportation.

CHECK LIST:

- Bring comfortable clothes
- Swim suit
- You don't need towels or bedsheets

CONTACT:

In case of any questions feel free to contact us:

munjabuerger@gmail.com

See you soon!