

YOU(TH) AND (A)I

ZAKOPANE, POLAND

28.12.2025 - 05.01.2026



MAIN OBJECTIVES



THE MAIN OBJECTIVE OF THE YOU(TH) AND A(I) EXCHANGE IS TO EMPOWER YOUNG PEOPLE TO UNDERSTAND AND CRITICALLY REFLECT ON HOW ARTIFICIAL INTELLIGENCE IS SHAPING OUR SOCIETIES, RELATIONSHIPS, AND FUTURE OPPORTUNITIES. THROUGH NON-FORMAL EDUCATION, CREATIVE COLLABORATION, AND INTERCULTURAL DIALOGUE, PARTICIPANTS WILL EXPLORE BOTH THE BENEFITS AND ETHICAL CHALLENGES OF AI. THE PROJECT AIMS TO STRENGTHEN DIGITAL LITERACY, EMPATHY, AND SOCIAL RESPONSIBILITY, SHOWING THAT TECHNOLOGY SHOULD SERVE HUMANITY, INCLUSION, AND SUSTAINABLE DEVELOPMENT.

THE YOUTH EXCHANGE ITSELF WILL TAKE PLACE IN PORONIN.

THE MAIN METHODS OF WORK ARE :

WORKSHOPS, PRESENTATIONS, DISCUSSION ON THE FORUM, HAPPENING, CONVERSATIONS WITH RESIDENTS, TOURISTS, PEERS, WORKING WITH SOCIAL MEDIA, USING ENGLISH, EVALUATION ACTIVITIES, NATIONAL EVENINGS, REFLECTIONS AND IMPRESSIONS.

EACH OF US WILL PARTICIPATE IN THE PROJECT THROUGH THEIR INVOLVEMENT AND SUPPORT FOR COLLEAGUES, ACTIVE PARTICIPATION IN THE IMPLEMENTATION OF THE SCHEDULE, GAINING KNOWLEDGE AND EXCHANGING OPINIONS. AFTER THE EXCHANGE EACH PARTICIPANT AND ORGANISATION WILL BE INVOLVED IN DISSEMINATION ACTIVITIES, INCLUDING PROMOTION IN SOCIAL MEDIA CHANNELS.

PRACTICAL DETAILS



PARTICIPANTS AND COSTS:

7 YOUTH (AGE 18-30) PARTICIPANTS + 1 LEADER (NO AGE LIMIT) PER GROUP (PLEASE MAINTAIN GENDER BALANCE).

ALL COSTS (ACCOMMODATION, FOOD, PROGRAMME, LOCAL ACCIDENT INSURANCE) COVERED BY ORGANIZERS.

TRAVEL COSTS LIMIT PER PERSON, ACCORDING TO DISTANCE CALCULATOR, ARE:

**POLAND - 28 EUR,
CYPRUS, IRELAND, - 309 EUR,
PORTUGAL - 395 EUR,
SLOVAKIA - 285 EUR (GREEN TRAVEL REQUIRED)**

28TH AND 5TH ARE TRAVEL DAYS, WHICH MEANS YOU NEED TO ARRIVE IN POLAND ANYWHERE BEFORE MIDNIGHT ON 28TH AUGUST, AND YOU CAN START YOUR DEPARTURE FROM POLAND ANYTIME ON 5TH JANUARY. ON THE 28TH, WE CAN PROVIDE A COMMON TRANSPORT (RENTED BUS) IN THE AFTERNOON FROM KRAKÓW TO PORONIN, AND A SIMILAR RETURN WILL BE PROVIDED ON 05.01.2026 IN THE MORNING. IF YOU WISH TO TAKE THIS BUS (RECOMMENDED), PLEASE KEEP 25 EUROS FROM YOUR TRAVEL BUDGET, OR BE PREPARED TO PAY THIS AMOUNT. OTHERWISE, YOU SHOULD ARRIVE AT THE GUESTHOUSE IN PORONIN FOR DINNER ON THE 28TH.



PRACTICAL DETAILS

2

IMPORTANT INFORMATION!

TRAVEL NOTE:

IMPORTANT: THE REIMBURSEMENT WILL BE DONE BY ONE BANK TRANSFER TO SENDING NGO OR ANY OTHER ONE ACCOUNT APPROVED BY SENDING NGO.
REIMBURSEMENT WILL BE DONE ONLY BASED ON SUBMITTING ALL ORIGINAL TRAVEL DOCUMENTS FOR BOTH WAYS (BEST IF YOU CAN PROVIDE PRINTS/COPIES FOR US) AND COMPLETING DISSEMINATION TASKS. PLEASE KEEP ALL TRAVEL DOCUMENTS - BILLS, TICKETS, BOARDING PASSES, INVOICES, ETC. PLEASE PLAN YOUR TRAVEL IN ADVANCE AND INFORM US. PLEASE CONSULT WITH US BEFORE PURCHASING YOUR TICKETS! PLEASE CONSULT US IF YOU NEED TO USE OTHER TRANSPORT THAN BUS, TRAIN, PLANE! TOTAL OF 2 EXTRA DAYS IN POLAND ARE ALLOWED, MEALS AND ACCOMMODATION IS **NOT PROVIDED ON THESE EXTRA DAYS. PLEASE PROVIDE US WITH TRAVEL PLAN AND NAMES OF PARTICIPANTS AT LATEST 4 WEEKS PRIOR TO THE EXCHANGE SO WE CAN COORDINATE YOUR ARRIVALS AND IF REQUIRED COMMON TRANSPORT FROM KRAKOW AIRPORT OR CITY CENTRE TO THE GUEST HOUSE AND TO PURCHASE INSURANCE FOR YOUR STAY IN POLAND. IF WE DON'T HAVE FULL PARTICIPANT LIST ON TIME SENDING ORGANIZATION WILL BE RESPONSIBLE TO ORGANIZE INSURANCE AND SHOW TO US DURING EXCHANGE AS A REQUIREMENT FOR TRAVEL COST REIMBURSEMENT. PARTICIPANTS ARE OBLIGED TO HAVE THEIR FREE EUROPEAN HEALTH INSURANCE CARDS - JUST IN CASE THEY NEED FREE MEDICAL HELP IN POLAND. THE PARTICIPANTS ARE ALSO THEMSELVES RESPONSIBLE TO GET A TRAVEL INSURANCE AND ANY MEDICINES THEY MIGHT NEED.**

PRACTICAL DETAILS



WHAT TO BRING?

A TON OF POSITIVE THINKING IS IN THE FIRST PLACE! BUT IN ORDER TO MAKE YOU FEEL COMFORTABLE AND TO MAKE OUR WORK SMOOTH, WE PREPARED A LIST OF THE MOST IMPORTANT ITEMS FOR YOU TO BRING:

1. TOWELS - PLEASE NOTE THAT OUR VENUE DOES NOT PROVIDE THESE.
2. LAPTOPS - BRING AT LEAST TWO PER COUNTRY, AS WE WILL NEED THEM FOR WORKSHOPS.
3. MUGS - BRING A TYPICAL MUG FROM YOUR COUNTRY TO EXCHANGE WITH OTHER PARTICIPANTS IN A SPECIFIC ACTIVITY. (DON'T FORGET!)
4. WARM CLOTHES - WINTERS IN POLAND CAN BE QUITE HARSH, ESPECIALLY AT NIGHT. BE SURE TO BRING YOUR WARMEST HOODIES AND JACKETS. WEATHER PERMITTING, WE HOPE TO TAKE YOU ON A SLEIGH RIDE!
5. SWIMWEAR - THERE WILL BE AN OPPORTUNITY TO VISIT THERMAL POOLS AT YOUR OWN EXPENSE, BUT WE WILL PROVIDE TRANSPORTATION.
6. EUROPEAN INSURANCE HEALTH CARD - THIS WILL GRANT YOU ACCESS TO FREE MEDICAL CARE WHILE IN POLAND.
7. WATERPROOF SHOES - NOBODY ENJOYS THE SENSATION OF MELTING SNOW INSIDE THEIR SHOES!
8. INTERCULTURAL NIGHT FOODS - BRING YOUR NATIONAL FOODS AND DRINKS TO SHARE WITH OTHER PARTICIPANTS DURING INTERCULTURAL NIGHTS :)
9. ID CARD/PASSPORT - DON'T FORGET TO HAVE THESE ESSENTIAL DOCUMENTS ON HAND.

PARTNERS



OUR PARTNERS:



STUDENTS ERA - SLOVAKIA



PLANBE - CYPRUS



HAWKSTARS - PORTUGAL



HEALTHY GENERATIONS - IRELAND



VENUE



WILLA AUSTRYJOK

PARTICIPANTS WILL SHARE 2,3, OR 4 PEOPLE ROOMS, ALL WITH PRIVATE BATHROOM AND TV. WE WILL HAVE A SEPARATE PARTY HUT TO MAKE A DISCO, BARBECUE PARTY, ETC., A 5-MINUTE WALK FROM OUR VENUE, THERE IS A SHOP WHERE YOU CAN BUY MOST OF THE THINGS YOU MIGHT NEED, YOU CAN PAY WITH A CARD OR POLISH CURRENCY. THERE IS NO MONEY EXCHANGE WITHIN WALKING DISTANCE, SO BETTER TO EXCHANGE CURRENCY WHILE IN KRAKÓW (BUT NOT IN THE AIRPORT, WHERE RATES ARE BAD). WE WILL SERVE 3 TASTY MEALS PER DAY, WITH A TYPICAL POLISH CUISINE LUNCH. COFFEE, TEA, AND WATER ARE AVAILABLE ALL DAY. PLEASE INFORM US MAX. 2 WEEKS PRIOR TO THE EXCHANGE IF YOU HAVE ANY DIETARY NEEDS (VEGETARIANS, ALLERGIES, ETC.).



DESTINATION: POLAND



WELCOME TO POLAND

A COUNTRY WHERE TRADITION MEETS MODERNITY, WHERE HISTORY BLENDS WITH INNOVATION, AND WHERE WARM HOSPITALITY SHINES EVEN IN THE MIDDLE OF WINTER!

LOCATED IN THE VERY HEART OF EUROPE, POLAND IS KNOWN FOR ITS BEAUTIFUL LANDSCAPES – FROM THE SANDY BEACHES OF THE BALTIC SEA TO THE SNOW-COVERED PEAKS OF THE TATRA MOUNTAINS, WHERE OUR PROJECT WILL TAKE PLACE.

FUN FACTS ABOUT POLAND:

- POLAND IS HOME TO 16 UNESCO WORLD HERITAGE SITES, INCLUDING KRAKÓW'S OLD TOWN AND THE WIELICZKA SALT MINE.
- THE WORLD-FAMOUS ASTRONOMER NICOLAUS COPERNICUS WAS POLISH. HE WAS THE FIRST TO PROVE THAT THE EARTH MOVES AROUND THE SUN.
- POLAND IS ONE OF EUROPE'S TOP PRODUCERS OF APPLES AND, OF COURSE, THE BIRTHPLACE OF PIEROGI!
- THE POLISH LANGUAGE MIGHT SEEM DIFFICULT, BUT LOCALS TRULY APPRECIATE WHEN YOU TRY SAYING "DZIEŃ DOBRY" (GOOD MORNING) OR "DZIĘKUJĘ" (THANK YOU).
- IN WINTER, POLAND TURNS INTO A MAGICAL WONDERLAND – PERFECT FOR COZY EVENINGS, HOT TEA, AND SNOWY ADVENTURES.

DURING THE PROJECT, YOU'LL HAVE THE CHANCE TO EXPERIENCE AUTHENTIC POLISH CULTURE, TASTE LOCAL FOOD, AND ENJOY THE BREATHTAKING SCENERY OF THE TATRA REGION.

GET READY TO DISCOVER A COUNTRY FULL OF HISTORY, CREATIVITY, AND HEART.



NEW YEARS EVE!



THE YEAR 2026 IS APPROACHING RAPIDLY.

THIS TIME, WE'RE EXCITED TO CELEBRATE TOGETHER! SO, BE SURE TO WEAR YOUR BEST OUTFITS TO IMPRESS. WE AIM TO MAKE THIS EVENING UNFORGETTABLE AND SPECIAL FOR EVERYONE.

OUR THEME IS NEON, AND WE'VE PREPARED BODY PAINTS AND NEON LAMPS, ALONG WITH AN INCREDIBLE NEW YEAR'S EVE PLAYLIST. WE HOPE YOU'LL LIGHT UP THE DANCE FLOOR AT THE PARTY HOUSE! IF ALL GOES WELL, WE'LL START THE WORKSHOPS A BIT LATER THE NEXT DAY, SO YOU CAN ENJOY THE FESTIVITIES UNTIL THE MORNING LIGHT. WE FIRMLY BELIEVE IN THE "LION DURING THE NIGHT - LION DURING THE DAY" PHILOSOPHY, SO KEEP IN MIND THAT WE'LL BLEND WORK AND FUN SEAMLESSLY.

WHILE WE DON'T HAVE DETAILS ON ANY PLANNED FIREWORKS AND STRONGLY ADVISE AGAINST THEM, WE CANNOT PROHIBIT THEIR USE. IF YOU CHOOSE TO LIGHT THEM, PLEASE EXERCISE CAUTION, AS THE NEAREST HOSPITAL MAY BE QUITE BUSY AT THAT TIME.

SHOPS WILL CLOSE EARLY ON THIS DAY, SO PLEASE MAKE SURE TO BRING DRINKS AND SNACKS IN ADVANCE. IF NECESSARY, WE CAN ARRANGE FOR SOME PARTICIPANTS TO DRIVE TO THE MARKET. FEEL FREE TO PREPARE YOUR FAVORITES TO SHARE WITH OTHERS DURING THE MIDNIGHT CELEBRATION!



SCHEDULE



DURING OUR EXCHANGE WE WILL BE FOLLOWING A CERTAIN SCHEDULE

9:00-10:00 BREAKFAST

10:00-12:00 FIRST WORKSHOP SESSION

12:00-12:30 COFFEE BREAK

12:30-14:00 SECOND SESSION

14:00-16:00 LUNCH BREAK

16:00-17:30 THIRD WORKSHOP SESSION

17:30-18:00 COFFEE BREAK

18:00-19:00 REFLECTION OF THE DAY

19:00-20:00 DINNER

22:00 - INTERCULTURAL NIGHT UNTIL BRIGHT MORNING

PLEASE NOTE THAT THIS SCHEDULE IS PROVISIONAL.

ADJUSTMENTS MAY OCCUR AS FURTHER PLANNING TAKES PLACE.

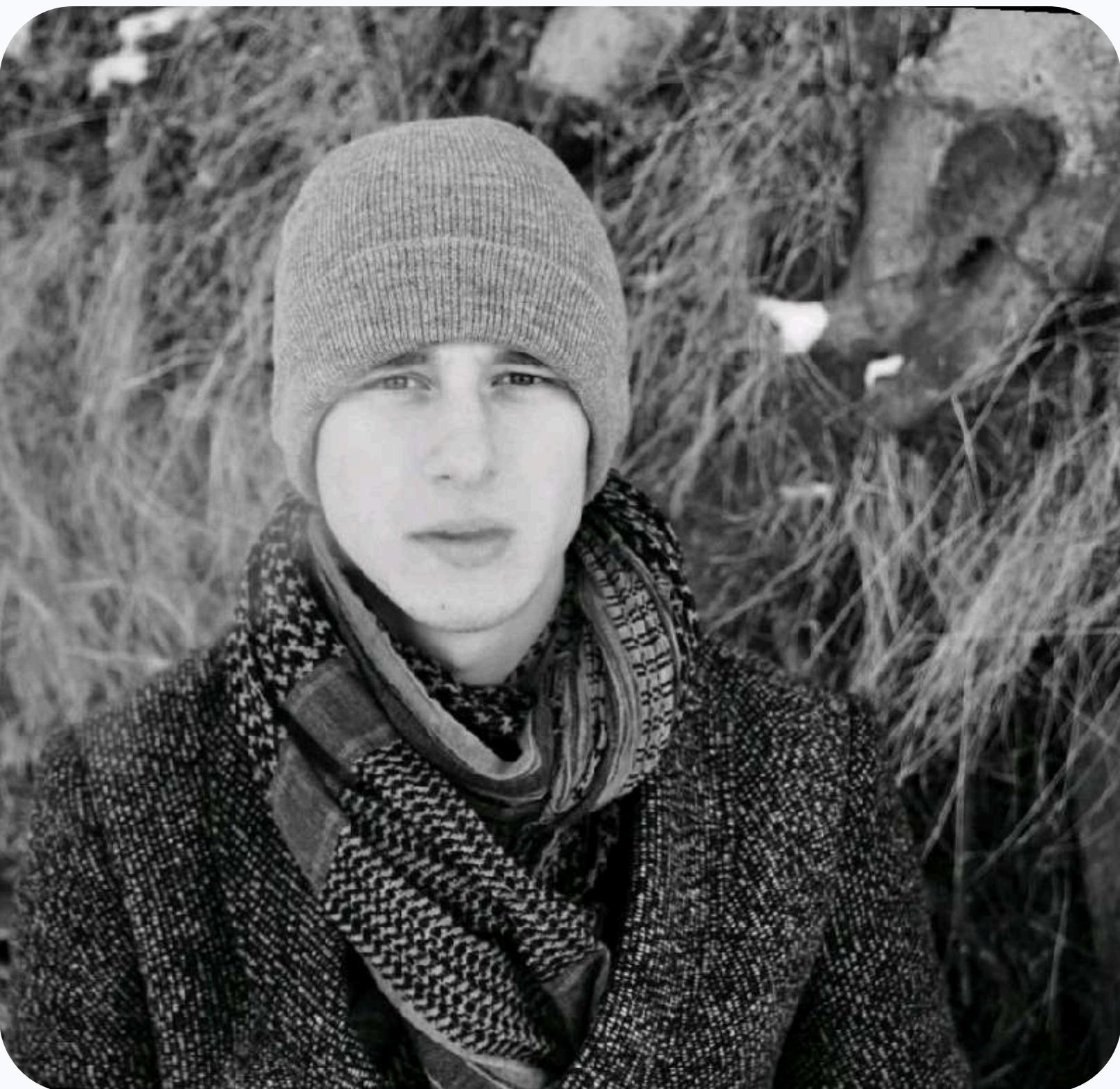
ADDITIONALLY, WE ARE CONSIDERING A DAY OFF IN ZAKOPANE OR TATRA MOUNTAINS NATIONAL PARK.

NIGHT SILENCE STARTS AT 10PM (EXCEPT NEW YEARS EVE)

ALL THE PARTIES WILL BE TAKING PLACE IN A PARTY HOUSE NEXT TO THE VENUE.

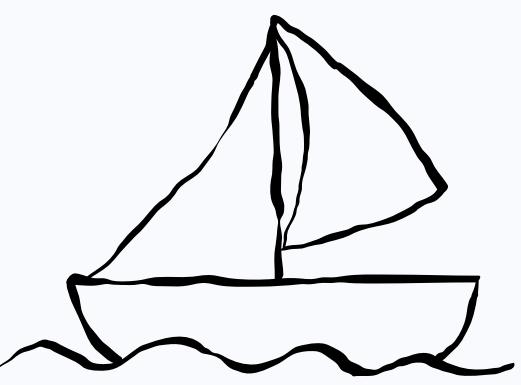


FACILITATORS



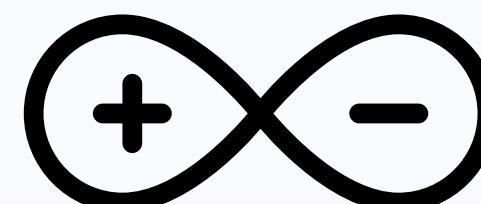
MACIEJ - SIR PROJECT COORDINATOR

HI EVERYONE! MY NAME IS MACIEJ, I'M 25, AND I'VE BEEN INVOLVED IN ERASMUS+ PROJECTS FOR ALMOST SEVEN YEARS. DURING THIS TIME, I'VE HAD THE INCREDIBLE OPPORTUNITY TO VISIT OVER 20 COUNTRIES, MEET MORE THAN 1,200 INSPIRING PEOPLE, AND TAKE PART IN OVER 50 PROJECTS. IN MY FREE TIME, I LOVE SAILING, HISTORY, JAPANESE CINEMA FROM THE 1950S TO 1990S, AND DJ-ING. UNTIL NOW, I'VE MOSTLY BEEN COORDINATING PROJECTS AND SUPPORTING OUR ORGANISATION AS A HANDYMAN, MEDIA DESIGNER, AND VIDEO EDITOR. NOW, I'VE DECIDED TO TAKE ON A NEW CHALLENGE - TO FACILITATE MY FIRST YOUTH EXCHANGE! I'M REALLY LOOKING FORWARD TO AN AMAZING TIME TOGETHER AND CAN'T WAIT TO MEET YOU ALL. IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO REACH OUT - I'LL BE HAPPY TO HELP THROUGHOUT THE WHOLE EXCHANGE!



BARTEK - RANDOM SNOOKER PLAYER

HELLO THERE! I'M BARTEK AND I'M 26. MY ERASMUS STORY STARTS IN 2018, AND I PARTICIPATED IN MY FIRST ERASMUS+ EXCHANGE IN 2019. SINCE THEN THANKS TO THE LOVELY PEOPLE I'VE MET, I'M IN CONSTANT HESITATION WHICH COUNTRY I WANT TO LIVE IN. AS FOR MY HOBBIES, JUST GIVE ME SOME ARDUINO OR LEGO AND YOU CAN BE SURE I'LL BE GONE FOR HOURS. OTHER THAN THAT I REALLY ENJOY DIY PROJECTS, BUT NOW WE'RE COUNTING DAYS. TOGETHER WITH MACIEK WE FELT IT'S ONLY NATURAL TO TAKE ONE STEP FORWARD IN OUR ERASMUS ADVENTURE AND GIVE YOU OPPORTUNITY TO GROW WHILE LEARNING OURSELVES - BOTH FROM YOU AND FROM EACH OTHER. WE REALLY WANT TO MAKE SURE THIS EXCHANGE WILL BE A PEACEFUL AND WELCOMING EXPERIENCE FOR YOU ALL, SO WHENEVER YOU NEED ANYTHING, WE'LL BE GLAD TO HELP, EITHER BEFORE OR DURING THE PROJECT.



CONTACT INFO



COMMUNICATION NOWADAYS IS VERY IMPORTANT – AND THAT'S WHY WE MAKE SURE YOU CAN EASILY STAY CONNECTED BEFORE, DURING, AND AFTER THE EXCHANGE. WE BELIEVE THAT OPEN DIALOGUE, TEAMWORK, AND QUICK UPDATES ARE KEY TO A SUCCESSFUL INTERNATIONAL PROJECT.

**ALL INFORMATION ABOUT TRAVEL, PROGRAMME UPDATES, AND GROUP TASKS WILL BE SHARED THROUGH OUR ONLINE COMMUNICATION CHANNEL.
MAKE SURE TO JOIN IT AND STAY TUNED!**

FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/GROUPS/2072716546818876/](https://www.facebook.com/groups/2072716546818876/)



STOWARZYSZENIE INICJATYW REGIONALNYCH

UL. MORELOWA 6/23 30-222 KRAKÓW

WWW.SIR.EDU.PL

[WWW.FACEBOOK.COM/STOWARZYSZENIEINICJATYWREGIONALNYCH](https://www.facebook.com/stowarzyszenieinicjatywregionalnych)

INSTAGRAM: SIRPOLAND_

