



Erasmus+

Infopack
“FirstAid4U”
24.07.- 31.07.2017, Poronin, Poland

The project is a joint initiative of young people from Poland, Romania, Estonia, Italy and Macedonia.

Youth would like to get closer to the daily experience of **pre medical first aid**, based on the creation of social activity (taking the initiative "into their hands"). Project will be also a great opportunity to develop cooperation with their peers from abroad, exchange their ideas, thoughts, strengthen the relationship between the personal and intercultural understanding, learning process and create / enhance their daily habits, as well as develop interpersonal skills, especially in the field of exchange of international experiences with their peers.

Another very important aspect is the fact that the youth wants to prove to his older colleagues and others, that can effectively work together and be friends with people from another country (in this case our communities, as determined by the youth, there is a huge problem of creating negative stereotypes).

The project will be attended by 25 young people (**4 participants and 1 group leader**) from five European countries: Poland, Estonia, Italy, Romania, Macedonia. In the period of **24-31.07.2017, in Poronin (Poland)**

All the activities are based on non-formal education methods.

Through our activities we want to influence the youth as well as adults (residents, authorities) to show that young people from different countries can work together to create something unique, which allows them to develop their passions and interests, to acquire knowledge, but above all participate in civic life - interest in the problems and observing them in their environment, but also in the region, country or Europe. Along with the youth, which involved us in this project, we want to raise the importance of their own initiative, and the ability to help save human lives.

We hope that not only will affect the local community and encourage their reflections and thoughts on these topics, but also to encourage municipality to take further actions.

FINANCIAL CONDITIONS



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Transportation costs of all participants will be covered by project's budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator.

Transportation is reimbursed up to national limits of travel (look below) from city where partner's organization is based to our venue (Poronin) and way back.

Buying all tickets is an obligation of participants (with partner's organization support).

During the main part of our project You will be accommodated in a guesthouse
<http://www.baca.poronin.pl>

All costs related to accommodation, and food (3 meals per day- breakfast, lunch, supper and 2 coffee breaks) will be covered by project's budget.

Limits of transportation costs for partner countries are:

-Participants from **Estonia 170€ (only on the distance: Tallinn-Poronin)** will be reimbursed **per participant**
total %100 for whole group (**5 participants**) will be 850€ (max.)

-Participants from **Macedonia 170€ (only on the distance: Bitola-Poronin)** will be reimbursed **per participant**
total %100 for whole group (**5 participants**) will be 850€ (max.)

-Participants from **Romania 170€ (only on the distance: Bucharest-Poronin)** will be reimbursed **per participant**
total %100 for whole group (**5 participants**) will be 850€ (max.)

-Participants from **Italy 170€ (only on the distance: Genoa- Poronin)** will be reimbursed **per participant**
total %100 for whole group (**5 participants**) will be 850€ (max.)

-Participants from **Poland 20€ (only on the distance: Bielsko-Biała-Poronin)** will be reimbursed **per participant**
total %100 for whole group (**5 participants**) will be 100€ (max.)

Mentioned amounts are the maximum level of possible reimbursement.

Before buying tickets – ask us about travel plan!

Tickets can be purchased from 01st of May 2017, NOT EARLIER!!!



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(We will not reimburse for tickets that were bought before this date)

Don't forget to send via e-mail and bring invoices of your tickets, since we can not reimburse anything without documentation. Boarding passes are obligatory as well.

TRANSPORTATION

Poronin is easy to reach from big cities like Kraków or Katowice.

We offer You two options.

-First- we will provide transportation from airport to venue (Poronin). In this situation Your limits of transportation costs for partner countries will be a bit lower (when you exceeded the travel cost limit). We will have to pay for shuttle buses.

For this option we need all tickets and travel plans to arrange a transportation. If You will decide for this option all shuttle bus cost will be covered from Your reimbursement budget (15 euros/ person).

-Second- You will be obligated to reach venue by Yourself. There are buses and trains from Katowice and Kraków to Zakopane (from Zakopane to Poronin you need to take a taxi). You can check tickets and flights from www.pkp.pl, <http://www.pks-katowice.pl/rozklad-jazdy/>, <http://www.mda.malopolska.pl/en.home.html>. So feel free to check connections from all these cities since we have limited budget for all groups. If you will come to different cities please contact with us about transportation issues for to support you during whole process.

WHAT TO BRING

Comfortable clothes and shoes for workshops which we will organize in indoor and outdoor atmosphere depending on weather, slippers. Camera and laptop also would be very useful during main activities. Photos will be taken during project by our team as well and at the end of the project we will share on-line with all partner organizations before departure.

Traditional food, drink and souvenirs for intercultural evenings activities.

During our project we will use an „alternative evening activities”.

INSURANCE & HEALTH ISSUES

The participants are themselves responsible to get a travel insurance. If anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover insurance fees.

FOOD

If there's any person with special diet/ allergies, please inform us about this.
It is especially important for us to know about diets/allergies/special needs.



Please provide us list of participants and copies of tickets as soon as possible!

Group tasks:

1. Pre-medical first aid (PMFA), every group will be responsible to prepare before our YE a special workshops related to our main topic- Pre-medical first aid, according to:

- Polish group: PMFA in everyday situations
- Estonian: PMFA among "cut off" areas (forests, mountains)
- Macedonian: PMFA in situations of thawing, stroke, burn
- Italian: PMFA among water areas
- Romanian: First aid kit, dangerous substances and chemicals

For every workshop You will have up to 3 hours to implement it. (How to avoid them, what steps You need to make when that situation will happen, solutions and which elements from an environment You can use)

2. Moreover we would like to ask every group to prepare a short presentation (movie, PPT, prezi.com) according to „pre-medical first aid in Your country”

3. Prepare a „flyer” proposal related to a topic of pre-medical first aid (credit card format, we do recommend to use canva.com web to create it). Only design, without any information (all of them will be created during our project)

4. Every group will be responsible to prepare one „traditional” dinner during our project- to „teach” others how to make Your traditional meals. Therefore we would like to ask You to bring ingredients that You need for it (only those which we won’t be able to buy in Poland), all others we will provide for You- please send us a detailed list :)

5. Prepare at least 2 energizers and 1 team building game

CONTACT

For any question, suggestion, or problem connected with project, you can contact with us through mateuszgorecki1@gmail.com (Mateusz Górecki), mobile: +48512567801