



“Cześć” -Hello

**„Run4fit“**

Youth exchange

15-23 of August 2015,

Poronin (malopolska province), Poland

## **PRACTICAL INFORMATION**

Dear partners,

Sport association “Active Dąbrowa” wants to inform you that our project “Run4fit” was approved by Polish National Agency. We want to welcome you to participate in youth exchange which will take place between the 15-23 of August 2015 in Poronin, Poland. We hope you will find it useful and joyful at the same time.

We are providing this practical information to brief you with some local information for your reference.

More details about the youth exchange:

**1. Partners:**

- a) France (EUROCIRCLE, PIC: 948937227),
- b) Slovak Republic (Tak, n.o. PIC: 943544609),
- c) Poland (Association "Active Dąbrowa" , PIC: 933162602)

**2. Youth exchange aims:**

- to increase knowledge about healthy lifestyle in everyday life (sport, food, habits)
- to prepare workout strategy for everybody (based on functional training)
- to prepare healthy food together
- to discover and practice sport activities which you can do without any professional equipment.
- safety during sport trainings

**3. Organizer :**

Stowarzyszenie Rekreacyjno-Sportowe "Aktywna Dąbrowa" , website:  
<http://www.aktywnadabrowa.pl/>. Our main activities:

- sport events
- workshop about healthy lifestyle
- promotion of sport among society
- our range is regional, Silesian province of Poland, city Dąbrowa Górnicza.

**Participant's profile**

- To know English ( communicative level)
- To be motivated to take part actively in all activities of youth exchange
- To be in an age 16-19 years old
- Number : 11 participants +2 leaders (no age limit)

**Costs:**

- There is no participation fee
- Board and lodging will be 100% provided by organizers

- The travel costs will have to be at economic class
- According to Erasmus Plus Programme Budget Rules, each country has cost limits due to distance between cities, taken from European Union Distance Calculator.
- Limit costs: France (170 Euro per person), Slovak Republic (80 Euro per person)

## Your Arrival and Departure

The team asks you to arrive on Saturday, 15th of August before 17.00 o'clock. Participants are strongly expected to leave not earlier than Sunday 23rd in the morning (after breakfast).

Kindly make sure that you inform us by **24 of June 2015** about your arrival and departure times, days & flight numbers as we need to make the necessary accommodation and transport bookings.

You should provide the flight details to Wojciech Ciesielkiewicz (mailbox: [pba\\_face@wp.pl](mailto:pba_face@wp.pl))

## Transport to and from venue

### By plane

1. The best choice is Kraków Airport. There is easiest and cheapest transfer to the venue of the project: <http://www.krakowairport.pl/pl/>

Transport from Airport to venue will be provided by the Association. A person from our team will welcome you in Kraków city center.

Please note that the venue is 108 km far away from Kraków. Therefore, transfers to and from venue will be provided.

The same with other airports that is possible to transfer you by rented minibus. Those airports are:

2. Warszawa airports (PL)

- a) <http://modlinairport.pl/> Modlin airport
- b) <http://www.lotnisko-chopina.pl/> Chopin's Airport
3. Katowice airport (PL)
- a) <https://www.katowice-airport.com/>
4. Wrocław airport (PL)
- a) <https://www.katowice-airport.com/>
5. Vienna airport (AT)
- a) <http://www.viennaairport.com/>
6. Ostrava airport (Czech Republic)
- a) <http://www.airport-ostrava.cz/pl/>
7. Bratislava airport (Slovak Republic)
- <http://www.bts.aero/en/passengers/>

## **2. About Poronin/Zakopane/venue of youth exchange:**

Youth exchange will take place at

Willa "Austryjok"

<http://austryjok.com/>

The web page is partially English/Polish but you can have idea about the venue by looking at the photos present at gallery page. Practicalities:

- You will stay in rooms for max. 4 persons. Gender differences will be taken into consideration.
- The closest city is 10 km away from the venue.
- There are few small shops, and supermarket in the village
- Please, bring with you the towel and other needed cosmetics because they are not providing it for participants.
- There is a wi-fi connection in the facility
- We will have at least three meals per day (for breakfast and dinner will be a buffet, with few dishes and snacks to choose).

-drinking water, coffee, tea will be provided in the facility 24h.

For special needs (dietary, health etc.) Please contact with Wojciech Ciesielkiewicz, at his mailbox.

### 3. Preparations and what to bring with you

Material about your organisation: Please bring with you any material about your organisation/group you will be representing, such as brochures, leaflets, booklets, etc.

There will be space to display these items throughout the youth exchange. If there will be enough time left during the course, you will be asked to produce a small poster/presentation about your organisation/group, so bring along any DVDs, power-point presentations, videos, photos...too

Intercultural evening: For the intercultural evening bring traditional food, drinks, sweets and snacks, together with pictures, DVDs, and music of your country. You can bring food which can be kept in a refrigerator. There will option to cook sth simple if you need it.

### 4. Other essential information

#### About Poland

<http://www.poland.travel/en/> – recommended website

<http://www.zakopane.pl/en#> – Information on Zakopane region

<http://www.krakow.pl/english/> - Kraków information.

#### About the Weather

Climate is generally warm in August around 20-30 Degrees Celc. During the day and 10-15 degrees during the nights. It can be also rainy. Some warm clothes can be necessary.

But to be sure please check the website below. But it is a good idea to take your sun blockers, hat, mountain shoes.

#### Weather forecast:

<http://pogodynka.pl/>

[http://pogodynka.pl/old/polska/prognoza\\_synoptyczna/zakopane\\_zakopane](http://pogodynka.pl/old/polska/prognoza_synoptyczna/zakopane_zakopane)

## Money

The national currency in Poland is the Polish zloty (PLN/zł). The exchange rate is around 4,20 zł = 1 Euro. Cost of some random products: bread- 2zł, coca-cola 1litr=4zł, big pizza in restaurant 40 zł.

We hope that your visit and stay will be fruitful for you, us, your organisations.

We wish you a pleasant journey and look forward to meeting you.

Warmest regards,

Wojciech Ciesielkiewicz

„Run4fit“ Team