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INFOPACK

30th June - 7th July
Tykocin, Poland



Youth Human Impact



Youth Human Impact

WHO ARE *WE?*

Youth Human Impact Association is an organization that gives young people creative opportunities for self-education and personal development in order to find a passion for action. We strive to arouse the entrepreneurial attitude and sense of initiative among our members. We organize educational projects both in Poland and abroad while working in an unconventional way and focusing on non-formal education.

Youth Human Impact Association places a strong emphasis on educating youth in its activities. We build and give opportunities to gain knowledge and skills that are not offered in the traditional school system. We give them the opportunity to gain knowledge and skills that will be useful in their everyday life: private and professional. In this way, we improve their opportunities to enter the job market more easily. We always involve in our activities young people struggling with various obstacles: geographical, economical, social and etc.

We believe that everyone is equal and has the same right to acquire knowledge and education.



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GENERAL INFO ABOUT THE PROJECT

Young people often feel social pressure to achieve professional success at a young age. They may spend more time and energy on work at the expense of their personal lives and other passions. An imbalance between career and other areas of life can lead to professional burnout and loss of satisfaction. In addition, young people, after many years of stress in school and college, don't know how to spend their time in ways that can actually help relieve stress. We want young people to learn together how to cope with stress, discover new passions, but also develop competencies to cultivate work-life balance like assertiveness, time management and working under stress.



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Project **Objectives**

- promoting good work-life balance
- providing self-soothing techniques based on art and hobbies
- building personal confidence
- learning about personal strengths and weaknesses
- gaining knowledge about the work market in different countries
- creating and playing a city game based on the topic of work-life balance for the people in Tykocin
- improvement and practice of the English language
- Developing of soft and interpersonal skills



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Planned Activities

1

Workshops

Throughout a series of workshops, participants will have the opportunity to learn together how to cope with stress, discover new passions and develop competencies to cultivate work-life balance.

2

Teamwork

Participants will engage in a variety of group activities aimed at improving their soft skills, gaining insights into work-life balance in other countries and improving their stress management.

3

Self-soothing techniques

Throughout the project, participants will learn and practise a variety of self-soothing techniques based on art and hobbies such as finger painting, aromatherapy & meditation and others.

What will you gain?



Self-development

You will have the opportunity to improve your communication skills, gain deeper self-awareness, and unlock your creative potential!



Multicultural experience

Are you someone who relishes connecting with individuals from diverse cultural backgrounds? Fantastic! In this project, you'll have the opportunity to master the art of collaborating within multicultural teams. You'll have the chance to connect with like-minded individuals, creating an open and supportive environment for personal growth.



Practical knowledge

You'll have the chance to try techniques for dealing with the stress, improve your teamwork abilities and practice your language skills!





Participant's Profile

You:

- are between 18 and 30 years old;
- have the desire to develop yourself and you are interested in the topic of work-life balance;
- are curious about other cultures;
- are ready to be involved in social and educational activities;
- are prepared for intense days filled with activities from morning until evening;
- are willing to take part in the dissemination of the project results and in promotional activities;
- are open to work in an international team;
- speak English, at least on a basic level and you want to improve it





Responsibilities

during and after the project

All participants are expected to participate fully in all activities unless they are ill. In special instances (work, school, urgent matters) you can talk to the coordinator about your schedule.

Unexcused absences from workshops are not permitted.

Workshops are organized and conducted in such a way that all participants can share their point of view. We expect you to be very active and involved and to contribute for the creating of a safe space where everyone is free to share their opinion with zero judgements policy.

During and after the project, participants are required to promote it and share the results achieved.

Each national team has to prepare a short presentation of their culture, traditions and cuisine. It is not mandatory to have a digital presentation, you can prepare a funny game, quiz or story to tell.





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Accomodation

The project is fully funded which means that the accomodation, 3 meals per day and coffee & snack breaks are provided free of charge for you. You will be accomodated in comfortable rooms with bathroom, separated by gender and mixed by nationalities. If you have any special dietary needs (vegan, vegetarian, allergies, intolerances and etc.) please let us know beforehand.

Accomodation: <https://www.villaregent.eu/>



Preparation for the project



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What you should bring to the project:

- valid ID card/Passport
- sunscreen and mainly summer clothes but also a jacket since in the evenings it can get chilly
- traditional food, snacks, drinks and the flag of your country
- you can also prepare a traditional dance, game or activity from your country
- good mood and positivity :)



YOUTH EXCHANGE
RE-CHARGE



Youth Human Impact

Reimbursement

Before you buy tickets please consult the choice with us!

1. Travel costs are reimbursed up to 90 days from the date of receipt by Youth Human Impact under the condition of participation in all activities of the project, including dissemination activities after the project. You need to provide a complete set of documents (travel reimbursement forms and original tickets).
2. Only class II or Economy Class tickets are eligible for reimbursement of costs. Taxi, car and private transport are not eligible for reimbursement. Seat selection for additional payment is not being reimbursed.
3. You must send us a plan of your trip and a confirmation of your purchase, otherwise, we may treat it as a cancellation of your participation.
4. More information about the travel reimbursement procedure and all necessary forms will be provided during the project.



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Additional info

We take 10 EUR from each transfer. What does it mean?

Ten euros of the travel reimbursement costs are used for bank fees and administrative issues. This amount is deducted once from **ONE TRANSFER**. If we are making towards you one transfer for the whole country team then we divide the 10 EUR per how many people it includes. For example, if you are a group of 4 people from one country it comes out that from each of you we will deduct about **2,5EUR**. This amount **DOES NOT** stay with us in the organization. It is taken away by bank charges and accounting. It's up to you to decide whether you want to share the transfer or want us to make a transfer for only you.

5 EUR is extracted from your travel budget for the private bus ride to the HOTEL .

Green travel means travelling with **bus, carpooling or train** only.



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Travel Budget

You can calculate your travel budget using the following table.

Travel distances ⁵⁰	In case of standard travel	In case of green travel
Between 10 and 99 KM:	23 EUR per participant	
Between 100 and 499 KM:	180 EUR per participant	210 EUR per participant
Between 500 and 1999 KM:	275 EUR per participant	320 EUR per participant
Between 2000 and 2999 KM:	360 EUR per participant	410 EUR per participant
Between 3000 and 3999 KM:	530 EUR per participant	610 EUR per participant
Between 4000 and 7999 KM:	820 EUR per participant	
8000 KM or more:	1500 EUR per participant	

Here you will find a distance calculator, according to which you can count in which range of kilometers you are

[LINK TO CALCULATOR](#)



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Travel

Arrangements – 30.06

1. First, you need to get to Poland. We suggest traveling to Warsaw (either WAW or WMI airports).
2. From the airport you need to get to BIAŁYSTOK. We advice either using a bus or a train.



BUS: Use either FLIXBUS or ŻAK EXPRESS. It takes around 2,5-3h from Warsaw.

TRAIN: There are direct trains from many of the Warsaw Train stations to Białystok. Use the official [Polish railways website](#). It takes around 2h.







3. In Białystok there will be a bus waiting for us, to take us to the venue. Please make sure you're in Białystok by 20:00 THE LATEST.

4. We suggest booking either one of these:

TRAIN:

 Warszawa Centralna	Departure date 30.06.2024	Departure 16:50	PKP Intercity S.A. 81103 InterCity PODLASIAK <small>Świnoujście - Suwałki</small>	Travel time 2h:02min
 Białystok	Arrival date 30.06.2024	Arrival 18:52		Number of changes 0

BUS:

FlixBus	15:00	2:40 hrs	17:40	£9.49
	Warsaw, West Station		Białystok, bus station	
 Coach	Direct			Continue >
FlixBus	15:25	2:15 hrs	17:40	£9.49
	Warsaw, Metro Marymont		Białystok, bus station	
 Coach	Direct			Continue >
			FASTEST TRIP	1 seat left at this price

Travel

Arrangements – 7.07

On the departure day at 08:00 a private bus will take you to Białystok. The ride will take around 30 min.

From Białystok to Warsaw it takes around 3h. Please book your plane accordingly.

For example, if you book your plane for 11.00, you will either miss it or have to book alternative transportation to get to the city on your own.

If you want to visit some tourist attractions and see more places in Poland, you are allowed to come/stay in Poland 2 days before or after the project. However, in these extra days your personal expenses such as food, accommodation, tickets are not covered.



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- The currency in Poland is ZLOTY.
- Check the weather forecast before packing your clothes.

Tips for Poland

- As a member of the European Union, Poland has agreements for the recognition of insurance systems. Those who possess a European insurance card should therefore be covered for illness and accidents in the same way as they are in their country, please bring with you EHIC (European Health Insurance Card).
- In Poland, there is a total ban on drinking alcohol in public places such as railway stations, parks, streets. Breaking this law threatens you with a fine 100 zł = 25 euro. In Poland, there is also a ban on smoking in public places such as cinemas, theatres, railway stations, airports, and bus stops. Sometimes in these places there is a special place for smoking, marked by a sign.



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For Contact

For any further questions don't hesitate to contact the project coordinators via email. We are at your disposal for any questions!



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SEE YOU IN POLAND!

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Website

www.youthhumanimpact.com