



INSTYTUT
AKTYWIZACJI
I ROZWOJU
SPOŁECZNEGO

How to **Survive**

Youth exchange

05.05-12.05.22 (04.05, 13.05 travel days) Lublin, Poland



Erasmus+





IAiRS activities

PROJECT DESCRIPTION

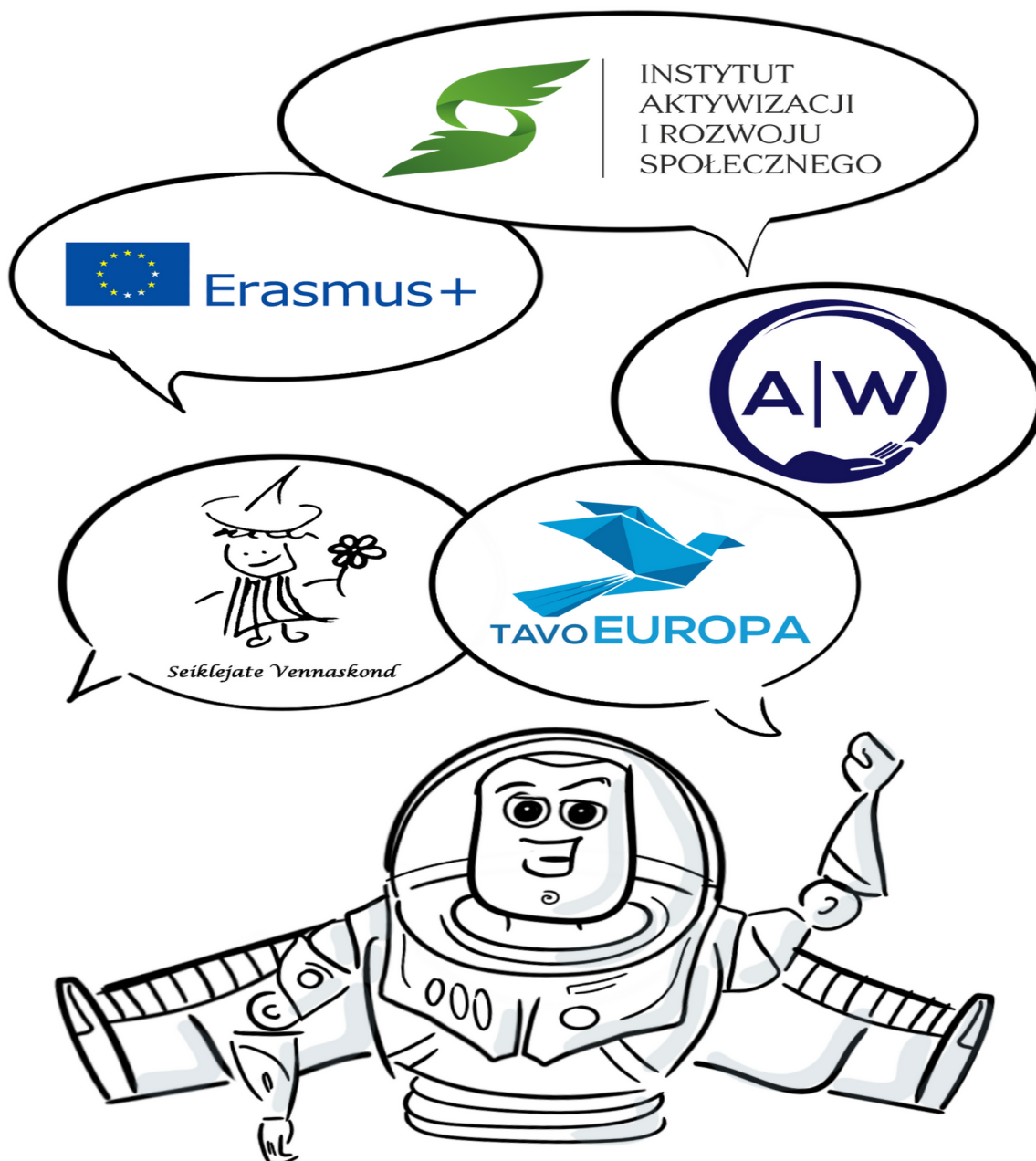
- - - - X

25 participants aged 18-26 and leaders from 4 countries (6 per country): Estonia, Bulgaria, Poland, Lithuania will take part in the youth exchange.

The main goal of the project is to promote active recreation, healthy lifestyle among young people and to shape pro-ecological and pro-health attitudes. During this project, participants will have the opportunity to learn various outdoor techniques, expand knowledge of plants and animals found in forest, and improve skills in using the map and compass. Participants knowledge will be tested during the big event “**Survival** game”

PARTNER ORGANIZATIONS

- - - - X



VENUE: **LUBLIN CITY**



ACCOMODATION



Participants will be accomodated near **Firlej lake**, located at suburbs of Lublin. Temperature in May is around 12,0°C. Make sure to take proper clothes and towels! Keep in mind that we will be walking in the forest, and also there are some water activities that you can do in your free time.

TRAVEL

1. To Poland - We recommend you taking a flight to Warsaw.
2. To Lublin from Warsaw - There are many options. You can take a bus or a train, here you can find the tickets online:
 - **BUSES**
<https://en.e-podroznik.pl/>
[Tanie podróże autobusem po Europie | FlixBus](#)
[CONTBUS - Warszawa - Lublin, Lublin - Warszawa](#) (Buses Warsaw Airport - Lublin)
 - **TRAIN**
[Z Lublina do Warszawy z PKP Intercity w niższej cenie! - www.intercity.pl](#)
 - **Local transport in any city in Poland:**
[Jakdojade](#) - this website will show you how to get from place A to B in the city area (city buses numbers, time, names of bus stops etc.)

Buy a normal ticket (Normalny). Sometimes Polish carriers do not respect discounts and discounts for foreign students. If you need any help, feel free to ask.

The main bus station "Dworzec Główny PKS" is close to the hostel, so you can walk on foot. Getting from the main train station "Dworzec Główny PKP" to the hostel requires you to also take the city bus.

All participants are asked to send the travel tickets as soon as possible to p.stolarczyk@iairs.pl with the title "How to Survive Ticket- Country - Name"

COVID

Due to the current situation, participants can additionally use the kitchen in the accomodation for their own needs. There is no group cooking option for national evenings. Covid restrictions are constantly changing. We will present the current information on the Facebook group.

At this point (07.03.2022):

Rules for travelers coming to Poland

- Travelers are quarantined unless they test negative for COVID-19. The test will have to be performed no earlier than 48 hours before crossing the border.
- Type of test: PCR or antigenic.
- The solution will cover all means of transport: public and individual transport as well as pedestrian crossing of the border.
- Travelers who have been quarantined in Poland will be able to perform a test within 48 hours of crossing the border, the negative result of which will release them from quarantine.

Important! People vaccinated against COVID-19 are released from quarantine. This applies to people who have been issued a certificate of vaccination with a vaccine that has been authorized in the European Union. Full vaccination in the European Union will be accepted 14 days after the end of the vaccination process.

WORKSHOPS

Workshops will take place in the field tent and on the open **natural** space.

Day 1	Day 2	Day 3	Day 4
Integration	First aid workshops	Survival tips - what to take, ropes and knots	Map and compass, how to navigate without phone
Project Introduction	Recognition of animals and breeding periods	How to campfire	City game
Welcome evening	Cultural evening	Cultural evening	Open space
Day 5	Day 6	Day 7	Day 8
Survival psychology - how to not get crazy	Workshops - proper communication	Survival game - preparations	How to share knowledge - future workshops
Workshops - how to build primitive tools	Camping - how to build a shelter	Survival game	Evaluation
Cultural evening	Cultural evening	Survival game	Bye bye evening

PARTICIPANTS' ROLE

Youth exchange involves the exchange of knowledge and experiences with other participants. Participants will take part in workshops and even conduct some of the workshops in task groups. They are obliged to co-create the final result of the project - the film and distribute it to a wider audience.

GROUP LEADERS' ROLE

Group leaders will have the added responsibility of being a person of reference for his/her national group, to be in contact with the sending and hosting organization in case of need, to attend planned meetings for group leaders during the YE, to support the group in all the logistic tasks. Each national team should select a group leader.

REIMBURSEMENT

The travel costs will be reimbursed within the maximum amounts established by European Commission, as following:

Maximum travel reimbursement's amount per participant:

Lithuania: 180 EUR

Estonia: 275 EUR

Bulgaria: 275 EUR

- The reimbursement will be done in presence of ALL travel bills and documents, please keep your travel tickets and boarding passes.
 - Participants who will skip sessions will not be reimbursed.
-

CONTACT

Patryk Stolarczyk

p.stolarczyk@iairs.pl

[\(1\) Fundacja Instytut Aktywizacji i Rozwoju Społecznego | Facebook](#)

www.iairs.pl

SEE YOU SOON!

