



INSTYTUT
AKTYWIZACJI
I ROZWOJU
SPOŁECZNEGO

How to **Survive**

Youth exchange

25.06/2022 - 4.07/2022 (25.06, 04.07 travel days!) Biłgoraj, 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.

In our project participants will learn how to **Survive** in the Forest. Working with map and compass, camouflage, building shelter and starting a fire, knowing own weakness and a lot more!

What else will participants get and do on our project?

- Canoeing trip
 - Spooky Survival game
 - First aid certificate hosted by Polish Red Cross
 - Bike trip
 - City game in Lublin
 - Participant will have day of for water activities in the lagoon located 1.5 km from our resort
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PARTNER ORGANIZATIONS - - - - X



VENUE: Biłgoraj CITY



Participants will be accommodated in “Kraina nad Tanwią” in 3/4/5 international rooms, with a bathroom per room. Our resort has 2 hectares of green space, a small swimming pool, football and volleyball field. Whole area is surrounded by forest and lake.

Resort site:

<https://nadtanwia.pl/>

TRAVEL

1. To Poland - We recommend you taking a flight to Warsaw.
2. To Biłgoraj from Warsaw - There are three buses going to Biłgoraj from Warsaw directly so make sure you can get onto one of them!

If it's impossible for you there e a lot of different possibilities to get to Biłograj, if you can't pick up direct one you can take the bus/train to Lublin, and from there go to Biłgoraj.

Useful Links where you can search for the tickets:

- BUSES

3. <https://en.e-podroznik.pl/>
4. [Tanie podróże autobusem po Europie | FlixBus](#)
5. [CONTBUS - Warszawa - Lublin, Lublin - Warszawa](#) (Buses Warsaw Airport - Lublin) -

TRAIN

6. [Z Lublina do Warszawy z PKP Intercity w niższej cenie! -](#)
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www.intercity.pl

7. - Local transport in any city in Poland:
8. [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.)

<p>WARSZAWA Zachodnia D.A....</p> <p>07:00 - 11:40</p> <p>June 25 June 25</p>	<p>Warszawa</p> <p>Bilgoraj</p> <p>PKS w Bilgoraju Sp. z o.o. 4h 40min 60.00 PLN</p> <p>POŚPIESZNY</p> <p>travel duration 4h 40min</p>	<p>60.00 PLN</p> <p>Buy Ticket ></p>
<p>Show details and map v</p>		
<p>WARSZAWA Zachodnia D.A. ► BILGORAJ, DA</p> <p>09:00 - 13:50</p> <p>June 25 June 25</p>	<p>PKS w Bilgoraju Sp. z o.o.</p> <p>POŚPIESZNY</p> <p>travel duration 4h 50min</p>	<p>60.00 PLN</p> <p>Buy Ticket ></p>
<p>WARSZAWA Zachodnia D.A. ► BILGORAJ, DA</p> <p>14:35 - 19:35</p> <p>June 25 June 25</p>	<p>PKS w Bilgoraju Sp. z o.o.</p> <p>POŚPIESZNY</p> <p>travel duration 5h 0min</p>	<p>60.00 PLN</p> <p>Buy Ticket ></p>

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 “SURVTicket- 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 (09.05.2022):

Rules for travelers coming to Poland

- Here are the rules for travelers arriving to Poland from European Union member states, Schengen zone and other countries.

From 28 March 2022 all restrictions on travel to Poland are lifted, which means that there is no longer any obligation

- to present vaccination certificates when crossing the border,
- to perform tests for SARS-CoV-2,
- to undergo the so-called arrival quarantine.

There is no obligation to wear masks in closed rooms, stores, restaurants, or public transport. Masks are only required in hospitals and at doctors' offices. If the majority of participants prefer to participate in the classes wearing masks we can of course introduce such a rule.

WORKSHOPS

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	Animals of the forest	How to campfire	City Game in Lublin
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	Open space	Final evaluation + Youthpass
Cultural evening	Cultural evening	Survival game	Bye bye Party!

PARTICIPANTS' ROLE

Youth exchange involves the exchange of knowledge and experiences with other participants. Participants will take part in workshops. They are obliged to co-create the final result of the project - 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.
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CONTACT

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

www.iairs.pl

SEE YOU SOON!


