

PICTURES CHANGING PERSPECTIVES

Krosno, Poland
13th - 23rd of June 2022



Participant's Profile

The youth exchange is addressed to young people who:

- are aged 17 to 30, or team leaders without age limit
- are members, volunteers or beneficiaries of partner organizations
- are able to communicate in English
- are passionate about photography
- are interested in non-formal education



Project Partners

Poland - INPRO

France - OENE

Portugal - Agrupamento de Escolas de Vilela

United Kingdom - Cultivate Cornwall CIC

The project is funded by the French National Agency.

About the project

The main goal of the *Pictures Changing Perspectives* project is to contribute to the personal development of 28 young people aged 17-30 and 4 team leaders without age restrictions from 4 European countries: France, Poland, Portugal, and the United Kingdom. Youth exchanges allow participants to gain new knowledge and skills that they will use in their future careers or personal lives.



Participants want to use photography as a tool for “translating reality” because they believe that it allows them to express themselves regardless of their technical skills. In addition, young people need to spend time together, build close relationships, gain new experiences, and take on the extraordinary challenge of not only talking about difficult topics but also creating art together. *Pictures Changing Perspectives* is meant to improve their social skills as well as their awareness and respect for diversity.

How to get here?

Krosno, once called „little Cracow” is situated in the Carpathian Euro-region which comprises the borderlands of Poland, Slovakia, Ukraine, Hungary and Romania. Krosno still enchants with the beauty of its medieval churches and listed period tenement houses situated mainly in the Old Market Square area located on a hill on the altitude of ca. 277 m above sea level.



You are expected to arrive on **the 13th of June 2022**, and departure from the venue will be on the **23rd of June, 2022** after breakfast.

The closest and most convenient airports:

Rzeszow Jasionka International

Airport <http://www.rzeszowairport.pl/en> **Krakow Balice**

Airport <http://www.krakowairport.pl/en/>

Warsaw Chopin Airport <http://www.lotnisko-chopina.pl/en>



If better flight arrangements take you in other Polish cities, comfortable coaches with wi-fi can bring you to Krosno.

Here you have websites where you can check bus routes:

www.flixbus.pl,

www.marcelbus.pl. Trains can be also a good option, on-line tickets are available here: <http://rozklad-pkp.pl/>.

Currency

The domestic currency is PLN (Polish Zloty), which is about 4.70 to 1 Euro. In Poland, most places will accept Visa and Master Card debit and credit card. You can also withdraw cash from ATMs all over Poland, but please check with your bank to confirm if you are able to do that. Exchanges can be done during day in places called "KANTOR". Their rates are generally good, but once in Rzeszów we will let you know which one is offering the best rates.

Weather

The weather in Rzeszów, the Podkarpackie region and in Poland, in general, can be quite unpredictable during summer. The daily average temperature is about 25°C, which means pleasant days, while nights can still be a bit chilly if coming unprepared. There are also chances of rain. Make sure to bring with you clothes and shoes for this weather.

Electricity

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E. Details here: <http://www.worldstandards.eu/electricity/plug-voltage-by-country/>

Phone and Internet

The Art Galery has a free Wifi connection. Depending on your phone operator, you can also use EU roaming with no extra cost.

Financial Info

The project has been financed by the Erasmus+ programme, so there is no participation fee. The costs for accommodation and food will be completely covered by the program. Travel tickets are refundable for the participants who attend the whole program. INPRO will reimburse your ticket in cash in Polish zloty during the mobility. Please save all your tickets!

You must come with the most economic mean of transportation. Please confirm the tickets with the Polish coordinator before you buy them. If you travel by plane, we approve hand luggage (8-10kg) only. Maximum reimbursement per participant from each country is up to:

Portugal - 360 EURO

United Kingdom - 275 EURO

France - Please contact OENE for travel costs.

All participants are expected to arrive on the 13th of June 2022 and depart on the 23rd of June 2022. You can extend your stay in Poland up to two days before or after the project at your own cost. Please contact INPRO before buying tickets, except for the French participants, you should contact OENE.

Insurance

Participants **MUST** arrange their own travel insurance. If you are EU resident, you can use the free European Health Insurance Card (EHIC). For more information, please check: ec.europa.eu/social/main.jsp?catId=509&langId=en.

Please note that citizens from outside the EU will not be eligible for EHIC and must take private insurance, which is not reimbursable by the project. Please kindly provide us with the details of your insurance after tickets are purchased.

Dietary/Special Needs

Please inform us if you have any dietary requirements or special dietary requests. If you have any allergies, please also let us know and don't forget to bring your own medicines.

Erasmus +

This project is funded by the Erasmus Plus Program under Key Action 1. If you would like to find out more about possible opportunities please visit the following link:

https://europa.eu/youth/EU_en.

Social Media

We are on Facebook and Instagram (@inpro.rzeszow) and will update our activities on social media. When the participants will be selected, we will create a WhatsApp group with them.

If after sending us the telephone number of the participants they have not been added to the group, please let us know (email: beata@goinpro.org) and we will add them in.



See you soon in Krosno!

Contact: Beata Szmuc
beata@goinpro.org
www.goinpro.org