

# INFOPACK

**Body positive, cause  
that what U feel is  
important!**

# YOUTH EXCHANGE



# OVERVIEW

## GOAL

The theme of the project is body positive which means the way that we perceive our bodies, why it is difficult to accept the differences between real body and a body that social medias creating.

Among the planned activities are workshops on the way that Polish and Ukrainian youth perceives their bodies; why we try to pretend someone else in social medias through the use of applications, photos' retouching; implementing class in local high school about body positive issues. Participants will create an scenario about the main topic of the project and take a part in recording a movie with film director, they will also create a multimedia presentation.

## OBJECTIVES

- Educate on body acceptance and promote a healthy body image
- Highlight that physical diversity makes us unique and does not define our worth as individuals
- Strengthen Participants' Self-Esteem



# SCHEDULE

## DATES OF THE YOUTH EXCHANGE:

22.07.2024 -30.07.2024

# PARTICIPATING COUNTRIES

FUNDACJA CENTRUM INICJATYW LOKALNYCH  
(POLAND)

GLOBAL OFFICE (UKRAINE)

# PARTICIPANTS

Group of 15 people from Poland

Group of 15 people from Ukraine

The age of participants can be from 15 to 30

It has to be one adult leader in each group  
without age limit

# WHAT TO BRING?

**Passport or ID card**

All travel **TICKETS!**

**Hair dryer** - the venue does not provide such



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# OTHER PRACTICALITIES

- During the training course we will organize a **cultural evenings**. Bring with your **traditional snacks and drinks**.
- In the centre there is **Wi-Fi Internet** connection so you can bring your computer.
- During the project you will be provided with **3 meals (breakfast, lunch, and dinner)**
- Our organization will provide participants with 6 tablets. It would be good if about 2-3 participants will have their laptops during the mobility. If it's too problematic we will also provide the groups with 2-3 laptops.
- There will cultural trips: to Katowice and Kraków.
- We will create a private group on Facebook to communicate with all the participants and post update information.
- The project's coordinator from hosting organization will be available for participants 24/7 during mobility by phone, messenger and will visit the group during some activities.



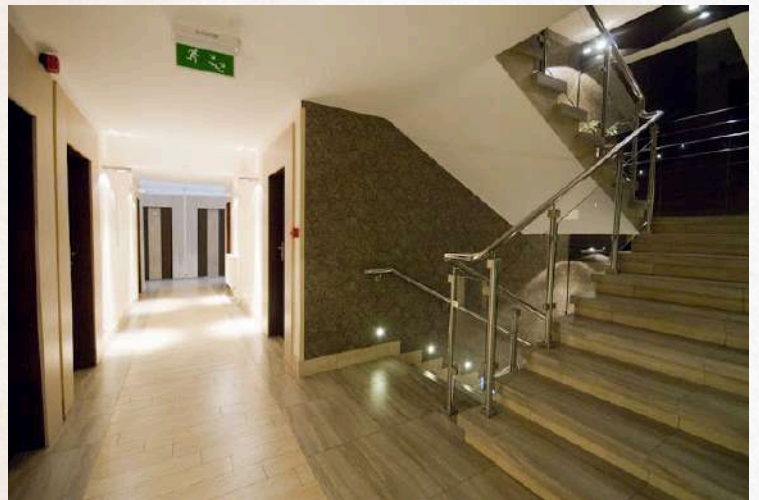
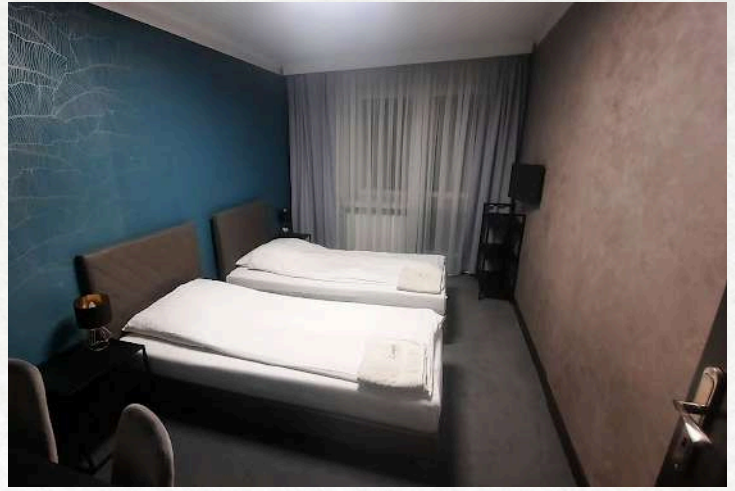
# ACCOMMODATION

Żarki Letnisko (Poraj municipal, Myszkowski District)

Nadrzeczna 35 Street, post code: 42-311

- **All costs related to accommodation and meals are covered by the organizer.**
- There are 4, 3 and 2-bedrooms for participants
- Each room has its own bathroom.
- There will be conference room available for participants during the mobility where they will be able to implement activities.
- **There is an open area belonging to the Hotel where participants will be able to implement some activities depending on the weather.**
- **Free Wi-Fi.**
- **The participants will have meals at the Hotel's restaurant - 3 meals per day (breakfast, lunch, dinner)**
- **The meals will be adjusted to the participants' food preferences (for example: allergy, vegetarianism) related to the information that will give us through the filling participants' list - attachment).**







The participation in this project is **free**.

Our organization will provide you with **accommodation, transport** from Kraków/ to Kraków, **local transport, insurance, cultural programme**.

## CONTACT

If you have any **questions, don't hesitate to ask!**

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