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Erasmus+  
Youth  
Exchange

12-19 JULY 2019 KOŠICE,  
SLOVAKIA



Youth for Equality

# INFOPACK FOR PARTICIPANTS

ERASMUS+ YOUTH EXCHANGE

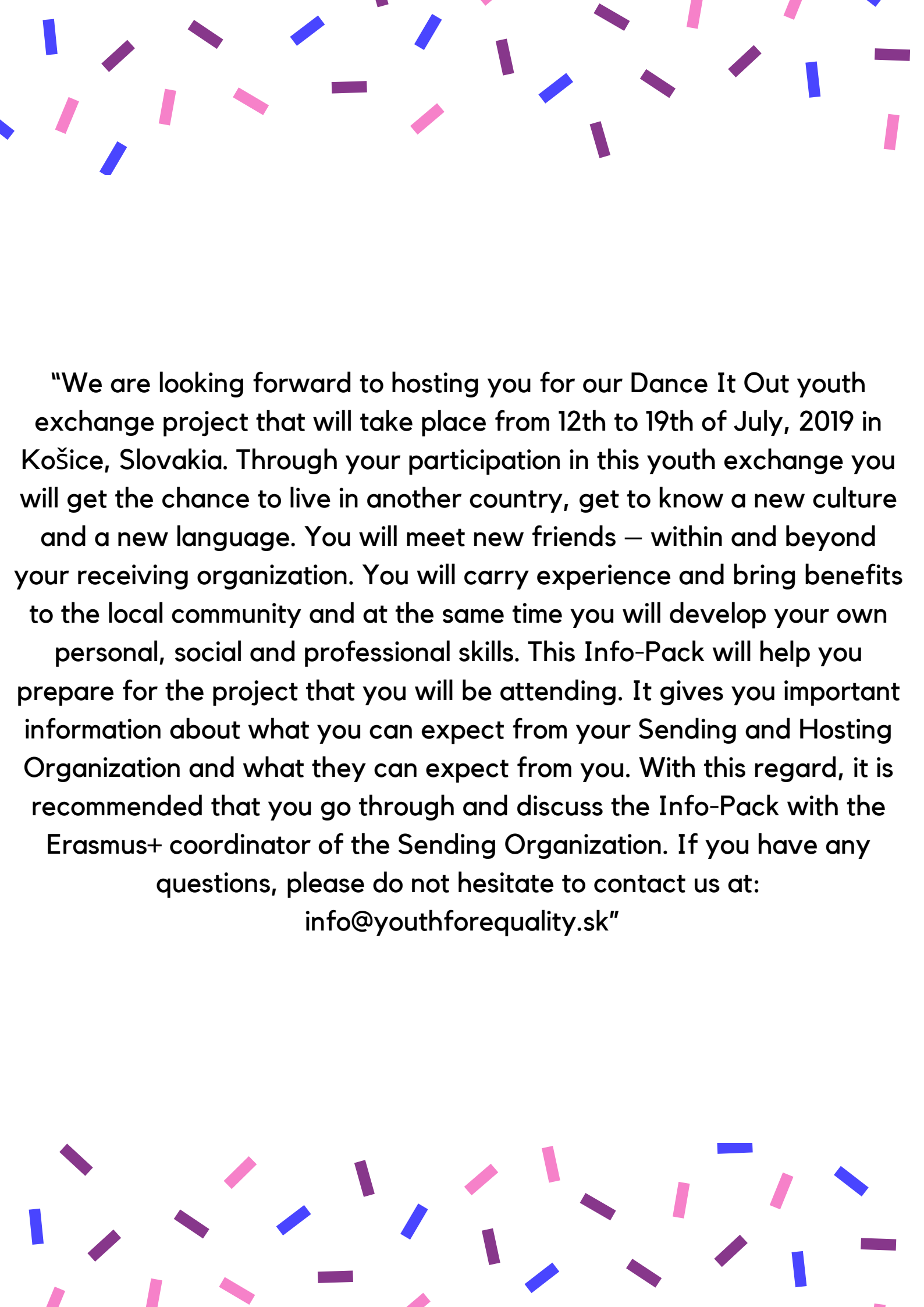


**"DANCE IT OUT!"**

**12. 07.2019 TO 19.07.2019**

**KOŠICE, SLOVAKIA**

Financed by: Erasmus + KA1 - Learning  
Mobility of Individuals



“We are looking forward to hosting you for our Dance It Out youth exchange project that will take place from 12th to 19th of July, 2019 in Košice, Slovakia. Through your participation in this youth exchange you will get the chance to live in another country, get to know a new culture and a new language. You will meet new friends – within and beyond your receiving organization. You will carry experience and bring benefits to the local community and at the same time you will develop your own personal, social and professional skills. This Info-Pack will help you prepare for the project that you will be attending. It gives you important information about what you can expect from your Sending and Hosting Organization and what they can expect from you. With this regard, it is recommended that you go through and discuss the Info-Pack with the Erasmus+ coordinator of the Sending Organization. If you have any questions, please do not hesitate to contact us at:  
[info@youthforequality.sk](mailto:info@youthforequality.sk)”



# PROJECT PARTNERS

Asociace Tom Dumanci, Czech Republic

Unique Projects, Lithuania

Group Health&Wellness Promoters, Turkey

Associaco Globers, Spain

Institut za Poticanje Mladih, Croatia


Youth for Equality, Slovakia





# PROJECT SUMMARY

Our project is mainly aimed at young people to have an interest in different sports and dance, to fight obesity and to promote Zumba. In light of these goals we decided to: - raise public awareness about of the European Union 2020 health and sports objectives, - prevent prejudiced attitudes towards Zumba, explaining the benefits of health and ensuring that this sport is offered to public, - show that Zumba sport is a useful, sustainable sport that can be done by everyone, - ensure that young people develop awareness towards fighting obesity, - promote, use, develop and disseminate innovative and rational strategies to create healthy living awareness in young people, - contribute to Healthy Eating and Active Life program, - promote the importance of physical activity and promote it to the societies in the countries and regions that have higher problems of obesity, firstly in Košice, followed by the whole Europe, - introduce healthy life within the framework of 2020 Health Program, - contribute reducing the number of individuals fighting obesity, - increase the productivity of the organizations working in the field of sports - contribute to the enhancement and improvement of the work carried out in the field of sports, dance and health, - introduce Erasmus+ project program, - attract local, national and international attention to the problem of obesity in Košice, - strengthen relations between Košice and the European Union, - prevent racism and prejudices in the European Union, to support the multicultural society, - demonstrate Zumba education to the public to increase the visibility of our project - prepare the activities by taking advantage of contemporary learning techniques in order to ensure that our participants are active.





# PARTICIPANT PROFILE

The project will be attended by 30 participants in total (5 participants per country).

Participants: 2 Females & 2 Males (17-25 years old)

**If the participants are below the age of 18, they will need a document stating the parental permission to participate to the project.**


## **Group Leader: Without Gender & Age Limitation**

Each group should involve participants coming from different types of backgrounds- young people from urban and rural areas, minority or majority social groups and from families with different political preferences.

Each group must have at least 1 participant who is involved in dances, fitness or Zumba in his / her personal life.

Each group must include at least 1 participant who is dealing with weight problems (underweight / overweight)

**Each group has to confirm that all the selected participants have filled out the Participant Questionnaire sent by Youth for Equality.**





# ECONOMIC CONDITION

The programme will cover the accommodation and meal costs of the participants. The programme will also cover the travel costs of the participants up to the limit of the budget for travelling approved by the Slovak National Agency of the programme and according the distance calculator, which has designed for organisations taking part in the Erasmus+ programme, in order to calculate travel distances for grant support to individuals/participants.

Asociace Tom Dumanci, Czech Republic - **180 Euros**


Unique Projects, Lithuania - **275 Euros**

Group Health&Wellness Promoters, Turkey - **275 Euros**

Associaco Globers, Spain - **275 Euros**

Institut za Poticanje Mladih, Croatia - **275 Euros**

The Coordinating Organization will order the bank transfers **upon receipt of all the justification documents as described in justification section**, later in the current document, and only to those participants who have sent on the appropriate period all the originals of their travels and have filled in the Evaluation Form of the Mobility Tool of the Erasmus+ programme that will be sent to them by the Coordinating Organization. Any doubt regarding the documents gives the right to the coordinating organization to wait for the approval of the final report by the Slovak National Agency in order to reimburse the travel costs.



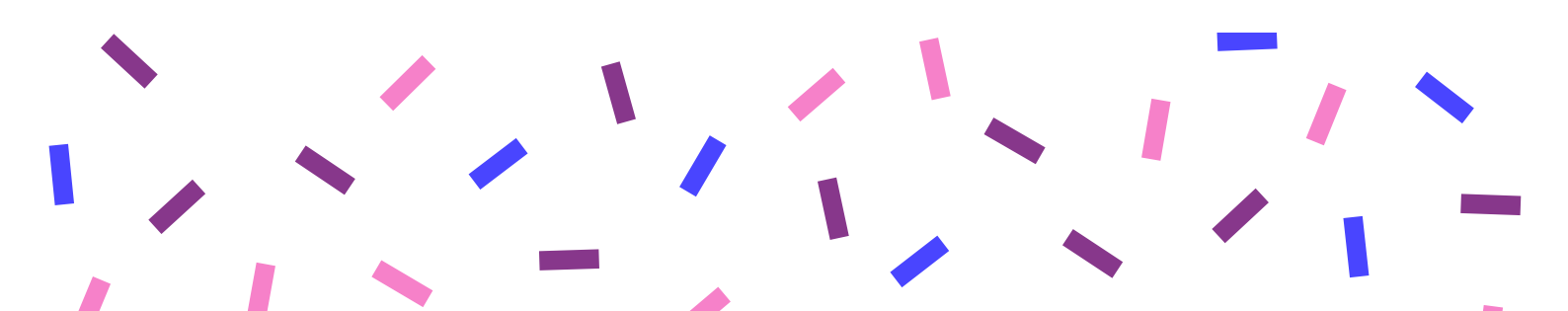


**Travel costs will be reimbursed to the sending organizations' bank accounts upon the receipt of all the justification documents and only if all the needed documents have been sent to the coordinating organization.**

- Travel costs will not surpass the amounts shown in the list above. This amount includes also local transportation costs (if available) and if the original proof documents have been sent.

The cheapest means of transport should be used.

- Any change of the arrival and departure days as set in this document should be not made without prior permission of the coordinating organization.
- Participants should follow the whole duration of the youth exchange otherwise reimbursement will not occur.







- Reimbursement Procedure:

In the frame of Erasmus+ Programme only the cheapest and most direct routes can be subject of reimbursement within the limits mentioned above (EUR/participant) and presenting the justifying documents mentioned below.

### **How to provide the needed justifying documents?**

- Flight tickets (economic class/low cost if possible) – all the following are needed:

- ✓ e-ticket (you receive it by e-mail after you buy the flight);

- ✓ fiscal invoice (ask your travel agency or check on the website where you buy the ticket how can you get a fiscal invoice).


The invoice can be issued on the name of traveler, or on the name of the organisation you represent;

- ✓ boarding pass (you get it online and print it at home 24h-30h before the flight or directly in the airport);

- Train tickets (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is even better);

- Bus tickets (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice it is better);

The documents for coming to Kosice should be given to the coordinating organization during the exchange. **The returning documents must be sent firstly scanned to the coordinating organization and then the originals by post.** The date in the travel documents should be identical with the travel days indicated in the present document.





# TRANSPORTATION

## **How to get to Kosice? (12th and 19th of July as travel days)**

You can fly to the mentioned destinations listed below and then switch to the listed transportation options that may suit the best to your budget and your arriving time. Please consider that your travel budget covers train and bus tickets, **but taxi costs will not be covered.**

Flights [www.skyscanner.net](http://www.skyscanner.net) to

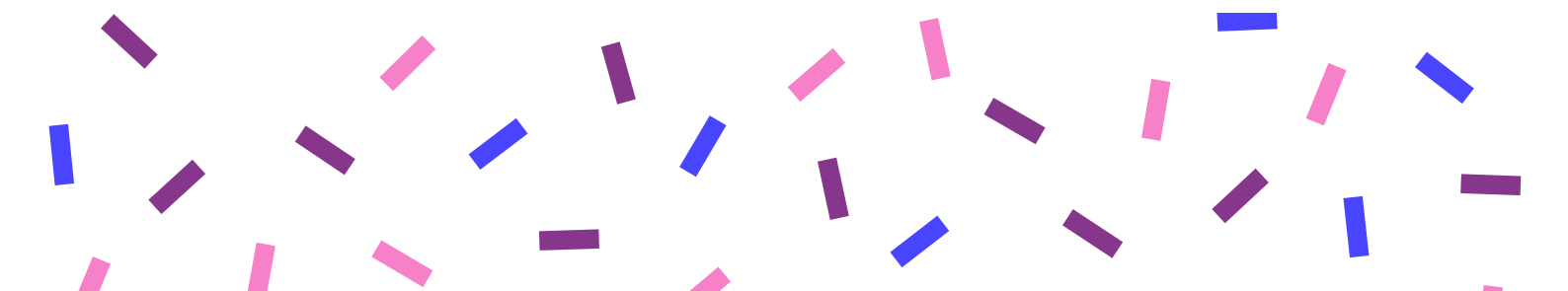
**Vienna** – then by a bus to Bratislava ([www.regiojet.sk](http://www.regiojet.sk) , [www.slovaklines.sk](http://www.slovaklines.sk), it takes 1hour, costs 5€ if you buy online), use a public transport from the Bus station to the Main train station and by a train to Kosice [www.zssk.sk](http://www.zssk.sk) (IC train, 17€ one way, duration 6hours)

**Budapest** – from the airport you have to use a public transport to get to the train station and then to Kosice [www.zssk.sk](http://www.zssk.sk) (IC train, 15-20€ one way, duration 4 hours)

**Bratislava** – from the Main train station to Kosice [www.zssk.sk](http://www.zssk.sk) (IC train, 17€ one way, duration 6hours)

**Krakow** – the bus connections to Kosice [www.leoexpress.com](http://www.leoexpress.com) (duration 4,5hours, 5-30€, here very flexible prices)

**!!! IF YOU ARE AN ISIC CARD HOLDER, PLEASE BRING IT WITH YOU TO BENEFIT FROM DISCOUNTS REGARDING TRANSPORTATION, EXCURSIONS AND CITY TAX!!!**





# SAFETY & INSURANCE


All organizations in co-operation with the participants will proceed for issuing a visa (where required) and issuing for each participant **European Health Insurance Card** (where applicable). More Information about European Health Insurance Card you can reach at the following link:

<http://ec.europa.eu/social/main.jsp?catId=559>

Additional measures will be taken for security of the participants. In this context, it will be created through the cooperation of all, a common ethical code of conduct for the project that will be observed in writing of all and will help to avoid any moral, discriminatory, bad treatment or conflict of the participants.

At the same time all partner organizations will prepare for their participants lists with contact phones in their country, arrival and departure time in the airport of each participant and will send to the Project Manager.

All the sites where the planned activities will be carried out will meet hygiene and safety requirements in accordance with national and European standards. Finally, any transfers will be made by safe means of public transport. Last but not least, each organization will hold meetings with the participants to prepare them suitable for their participation in the activity and also a closed group on Facebook will be created to interact and get to know each other participants and facilitators who will be responsible for the implementation of the sessions.





# WHAT TO BRING WITH YOU?

• **Travel documents** as you have to give them when you come, otherwise we will not be able to reimburse the travel costs.

For the reimbursement we need:

- **The tickets**

- **The original boarding passes** (if you take them from the airport) or a copy of the online boarding pass if you do the check in online.

- An **invoice** for the purchase of the tickets.

- **Any original and validated ticket** for public local transportation either in your country or in Slovakia as part of your journey.

• **The European Health Insurance Card**

• **Things for our Cultural Nights** (at least one), that represent your country and a traditional food typically eaten in your country, game or a presentation

• **Laptops:** Laptops are not mandatory, but if each national team brings one laptop, it will be helpful for the teams to use digital tools for some of the activities.

- In July, the weather in Kosice is around 30 degrees. We suggest you to bring thin clothes, along with one thin jacket.

**Very Important!:**

During the 4 days of project activities, we will be practicing Zumba Fitness. You will need:


Leggings, comfortable shoes, t-shirts, socks, or any kind of sports wearings that you feel yourself comfortable with. **Please bring enough sports clothes.**

**If you have any sort of health problems (orthopedical, cardiac, etc.) please clarify this on the Participant Questionnaire, or send an email to the coordinating team.**





# ACTIVITIES

- Ice-breakers to start day fresh and in positive mood;
  - Creative drama, self-realizations
  - Video production, taking entertaining photos and other documentation of activities; using digital tools for multimedia learning
  - Activities that require working with hands (example: creative & healthy snack preparation)
  - Zumba sessions in two different kinds (1. Practicing 4 types of dances that make Zumba - Salsa, Cumbia, Reggathon, Menengue separately and learning the basic steps- 2. Zumba Masterclasses for holistic learning)
  - Storytelling activities to internalize & personalize the importance of healthy living
  - Informative sessions to talk on EU Health Targets
  - Street activities and interviews with locals
  - Action plans (national ones and the general) to increase awareness on healthy life and sports, preparing unique plans and step-by-step projects
  - Intercultural and experiential learning
  - Role-play
  - Innovative methods of brainstorming
  - Discussions in working groups and in front of all participants
  - Interactive presentations, conferences
  - Feedback groups- participants will be providing regular feedbacks and in doing so, they will learn more about the way how to increase the quality of their feedback
  - Other participants' proposals of workshops
  - A Flashmob in Kosice City Centre to show and invite people to our Zumba Masterclass!
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# YOUTHPASS

To recognize the participants effort and achievements throughout the project at the end of the youth exchange Dance It Out, each participant will receive the "Youthpass" certificate which is a part of the European Commission's recognition of non-formal learning. It recognizes the learning process and individual participant reflection on acquiring new skills and knowledge that he/she gained during the course of the particular project. You can get more information here: [www.youthpass.eu](http://www.youthpass.eu)

# ACCOMMODATION


Details regarding the project accommodation will be shared soon!

# FOOD

3 courses of meals (breakfast, lunch and dinner) will be offered by the hosting organization. Along with these, coffee breaks will be offered between activities. The dietary preferences of participants (vegan, vegetarian, lactose intolerant, etc.) will be closely cared and your food will be served accordingly. Thus, **please state your dietary preferences in the Participant Questionnaire.**

# PREPARATORY TASKS

Details regarding the preparatory tasks will be shared via email and through the Facebook group of the project 3 weeks before the project week.





## Youth for Equality

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[www.youthforequality.sk](http://www.youthforequality.sk)

[www.facebook.com/yeslovakia](https://www.facebook.com/yeslovakia)

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