



Erasmus+



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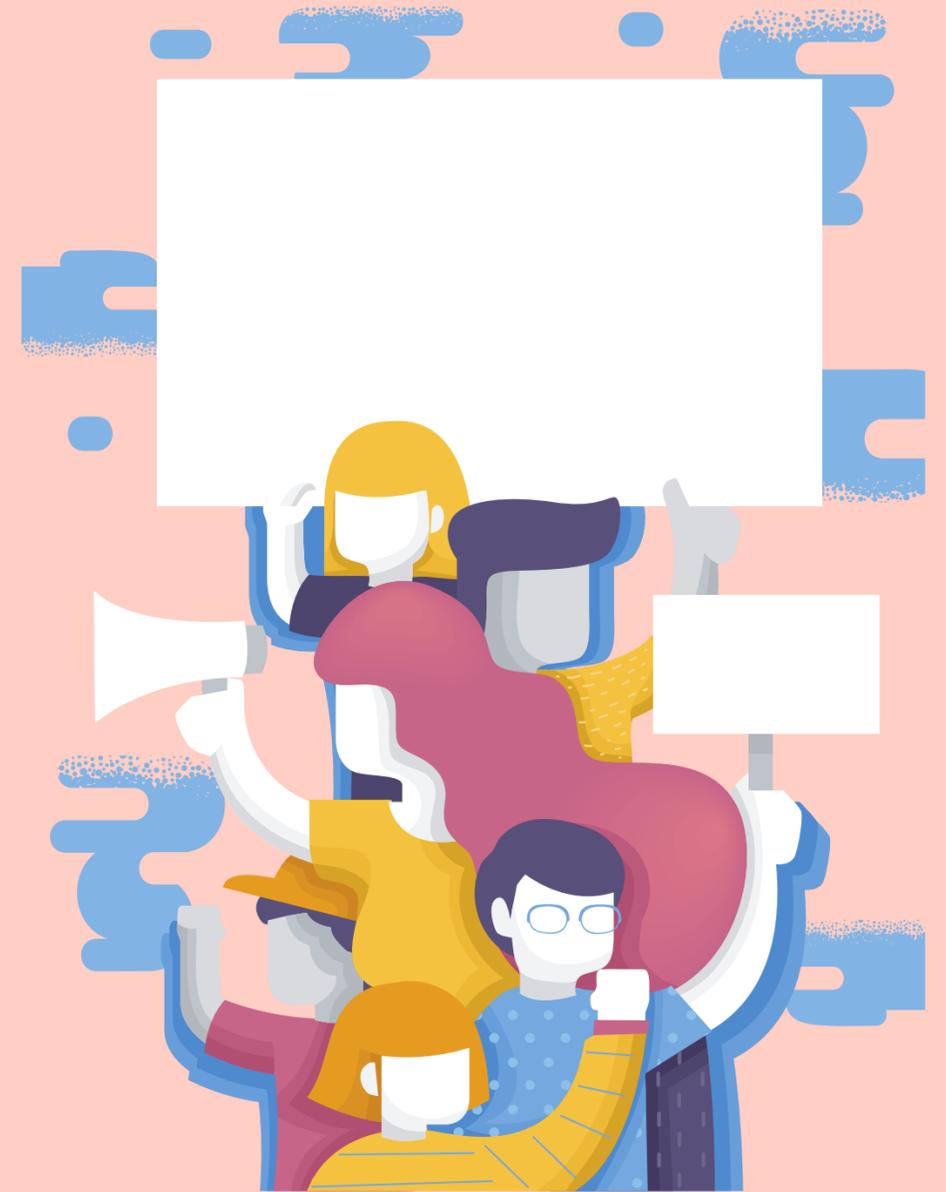
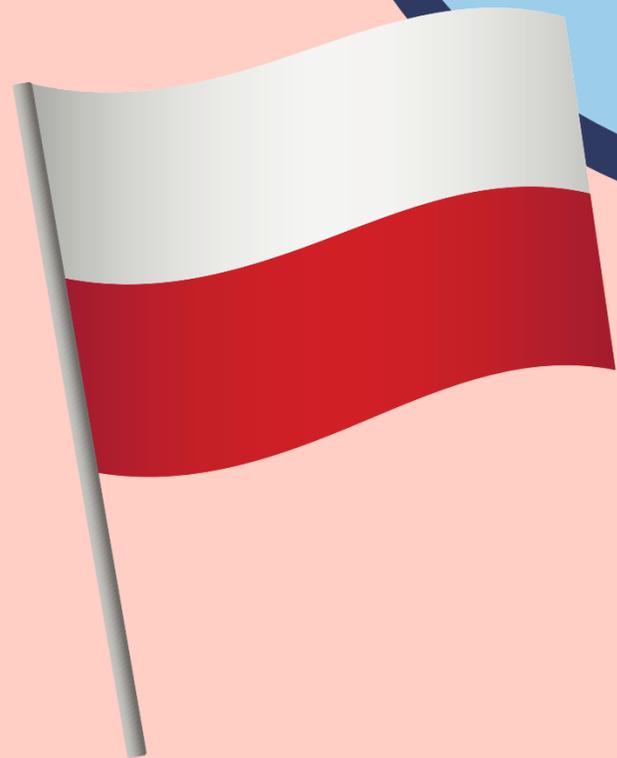
# ”Meet Me in EU”



Erasmus+ Youth Exchange



The project takes  
place in Łódź  
Voivodeship, Poland  
from 8th to 16th  
May 2022





# Europejska Fundacja Rozwoju Człowieka



Europejska Fundacja Rozwoju Człowieka (EuroFRC) provides European and global opportunities for the personal development of individuals based on education and culture.

Our principle is anchored on the motto “humans helping humans”.

We are a group of young professionals designing European mobility opportunities and educational chances, we share expertise and offer inputs to youth, and we transfer and spread the acquired knowledge.

We aim at carving into society with non-formal education approaches and adopting experiential techniques: innovative educational methods and tailoring ad hoc activities, non-formal education tools for learning, workshops and sessions oriented to personal and professional development, training courses and exchanges, initiatives and campaigning, and much more.

Our Foundation cares of European values, social inclusion and youth development.



# What the Youth Exchange is about?

The Erasmus+ project "Meet me in EU" has been set out to promote the social integration of people of different ethnicity, in a perspective of respect for differences of tolerance, with the following objectives:

- Educate to multiculturalism through the knowledge of some aspects of non-European cultures and mutual exchange
- Accepting cultural diversity through the values of respect and tolerance, support and understanding
- Encourage the enhancement of cultural and cultural diversity international dimension in Europe
- Facilitate the social and educational integration of youth, young professionals and students on-EU citizens or migrants
  - Promote education for active citizenship and solidarity
- Facilitate the passage of information and constructive exchange of lived experiences
  - Convey the importance of the Erasmus + Program through European values.

# What the Youth Exchange is about?

The Erasmus+ project is a Youth Exchange based on our Organizations' young people, aiming at creating a melting pot of cultures as an example of intercultural richness and diversity.

"Meet me in EU" will host 36 participants from Poland, Spain, Slovenia, Germany, Italy, Greece and France, being the teams composed by 1 Youth Leader + 4 young participants aged 18-30 years old.

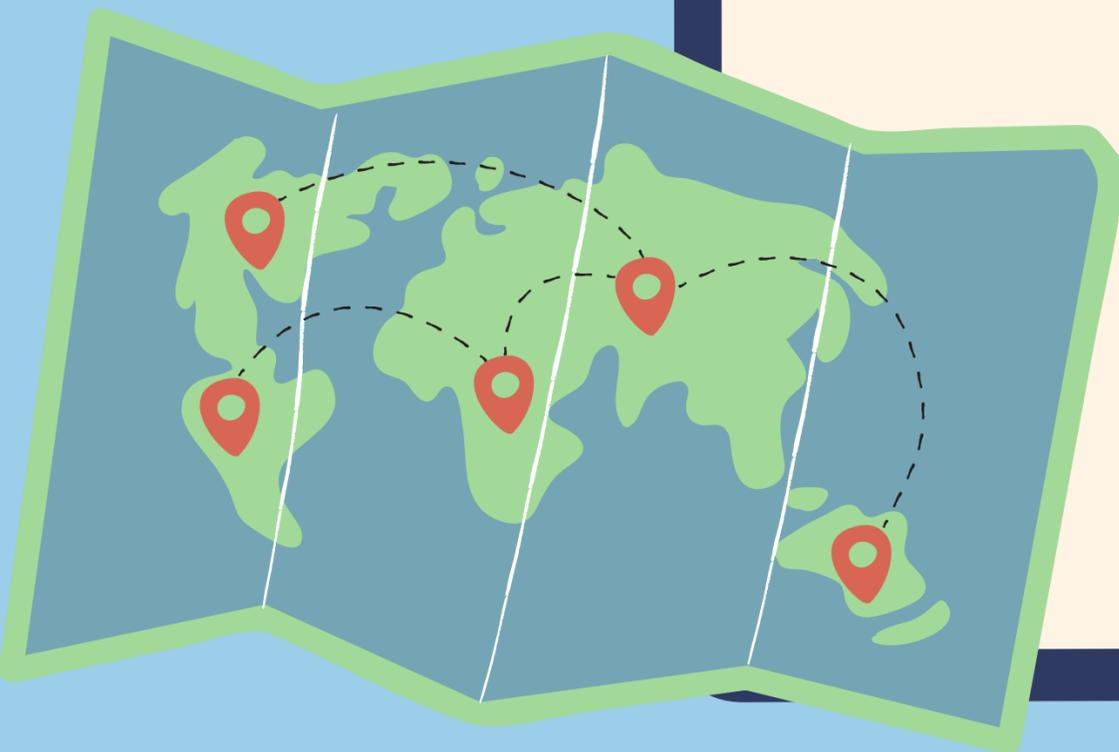
Their profile includes young people from young national residents and young migrants origins, with the direct intention of uniting them and making them stronger in tolerance, understanding, identity and awareness.

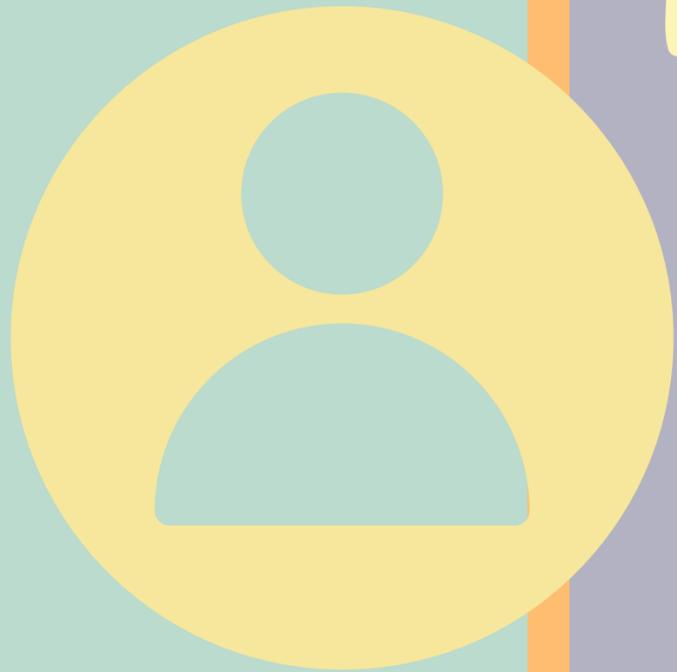


# What the Youth Exchange is about?

What we want to learn:

1. Educating for multicultural through the knowledge of some aspects of non-European cultures and/or migrants' cultures
2. Welcoming cultural diversity through the values of respect and tolerance in the European scenario
3. Encouraging the enhancement of cultural diversity and international dimension
4. Facilitating the social and educational integration of non-EU young migrants
5. Promoting education in awareness and solidarity
6. Supporting the passage of information and constructive exchange of experiences.





# Participant profile

Aged 18+

Hold a valid Green Digital Passport

A good English for good communication

Take part to the entire project duration

Support the dissemination of project results

Respect Covid19 preventive rules

Be inclusive and engaged



# Travel info

The best solution is to travel to Łódź via Warsaw airport with flight. After it, you may arrive the venue with bus or train from Warsaw Chopin airport or from one of the Warsaw train stations to Łódź Fabryczna , Łódź Widzew or Łódź Kaliska.

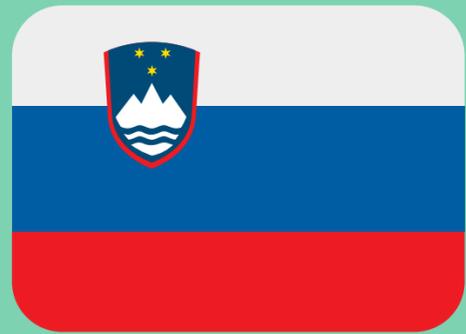
Participants must hold a valid Green Pass to come to the project due to the Polish regulations of travel and entrance to the working spaces.

Please, read the official Covid19 measures in Poland.

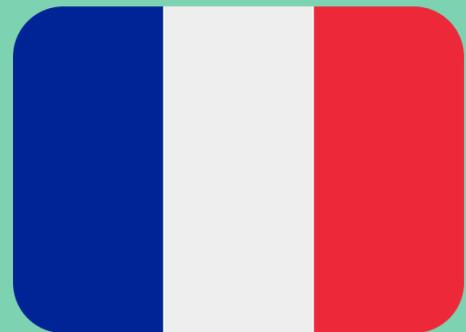
Don't forget to fill the PASSENGER LOCATOR FORM prior travelling

**PRIOR ANY BOOKING** - You must contact EuroFRC via email (eurofrc@gmail.com) and present a travel route. You are not allowed to book until the Coordinating Organization approves your tickets. Proposals must be submitted by the 10th April 2022.

# Travel allowances



275,00 EUR



20,00 EUR



360,00 EUR

Travel allowances include plane, tram, train, bus and any other public transportation in economy class. Taxi and other similar services are not reimbursable under the Erasmus+ grant.

# Travel reimbursement



To get your reimbursement we compulsory require:  
1. Ticket / receipt / invoice of your booking;

2. Boarding passes/travel tickets in original, used to travel to/from Poland;
3. PCR/antigenic tests for Covid19 prevention - if allowed in the next months.

The 3 typologies of expense are cumulative of the travel costs established per participant.

**ATTENTION:** it is compulsory to have the Green Digital Passport for our project. Please, also check the validity of your vaccination status and the related docs.

Please, bear in mind that we cannot reimburse your travel costs unless we receive the mentioned documentation. To have your expenses fully reimbursed, please book 'two-way' tickets (incl. bus/train etc.).

Dates must be corresponding to the project dates of arrival and departure.

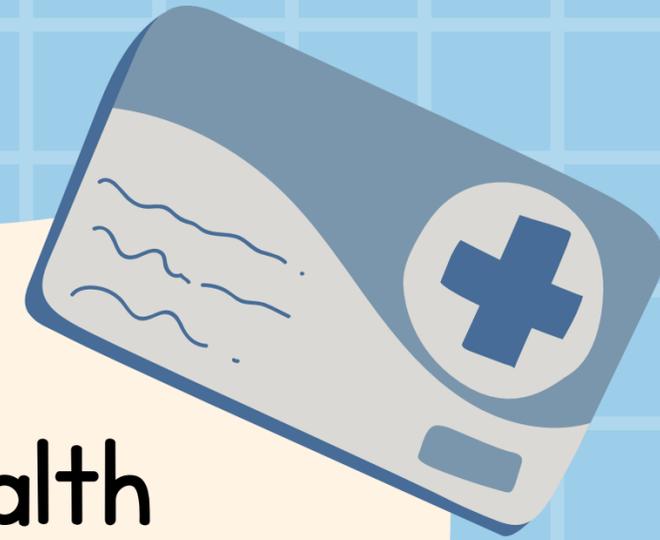
## About your travel and Covid19

We require that participants are having travels inclusive of insurance costs (as cancellation or delay, etc.) as in time of Covid19 is a compulsory aspect to be safe and travel with coverage.



## European Health Insurance Card

All participants must have a valid EHIC to travel and attend the project. If not, participants are required to have insurance cover for the entire duration of the project. Insurance is obligatory for your safety and health.





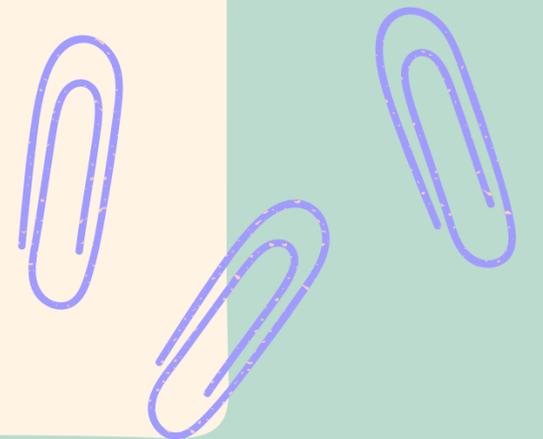
# Weather



Generally, the month of May fluctuate between  $10^{\circ}$  and  $20^{\circ}$ , so be ready for such temperatures. Some rainy days can happen as well.

[For weather forecasts you can check here](#)

We suggest being equipped with hoodies and winter jackets, eventually and to have both comfortable dresses and shoes, as you are requested to also have some casual smart suits for one day. Also, we suggest bringing umbrellas, as it may appear some short thunder storm.



1

materials and a presentation  
regarding your Sending  
Organizations

2

protective masks to use in  
closed areas due to Covid19  
your Green Digital Passport

3

and the European Health  
Insurance Card

4

personal hygiene products  
(shampoo, toothpaste, etc.) and  
specific medicines (if any)

5

your best shining smiles!

## What to bring

Just to make sure that  
you are ready!





Thanks for your participation!

See you soon in Poland

