



Bridges over Cultures

Erasmus+ Youth Exchange

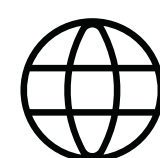
09.06.24 - 15.06.24



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Rzeszów, Poland



www.goinpro.org



Erasmus+



WHO ARE WE?

In 2014, a group of worldly-minded pals banded together to establish INPRO in the charming city of Rzeszów, the heart of Podkarpackie region of Poland. This initiative was born out of a shared passion for collaboration and a drive to make a global impact.

OUR MISSION is to make people believe that international initiatives bring added value and progress to the development of a community

400 young people each year

benefit from our programs hosted in Rzeszów. We are specialized in Erasmus+ youth exchanges, training courses, vocational traineeship projects, and short and long-term volunteering within the European Solidarity Corps.





RZESZÓW

*where charm
and thrills unite
in a compact city delight*

With an energetic **population of nearly 200k**, Rzeszów pulsates as the beating heart of southeastern Poland. Explore a city where vibrant life thrives just steps away, offering all you need within easy walking distance.

Rzeszów is called the capital of innovation in Poland. It is famous for its Aviation Valley, tech hubs, and research centres driving aerospace, IT, and engineering breakthroughs.

Spend a week here and roam the picturesque streets of Rzeszów's Old Town, discovering charming cafes, historic buildings, and the medieval Rzeszów Castle. Get lost in the captivating blend of old-world charm and modern energy.



Project DESCRIPTION



Explore the fascinating world of communication and celebrate cultural diversity with our **“Bridges over Cultures” Erasmus+** youth exchange. Through dynamic activities, workshops, and games, participants will discover the intricacies of verbal and non-verbal communication, as well as the cultural differences in communication.

During this project, you will also enjoy cultural activities such as the city tour or the Rzeszów Underground Cellars visit while strengthening teamwork skills. Join “Bridges over Cultures” to forge connections among young people worldwide, fostering understanding and mutual appreciation.

Engage with us and embrace the richness of diversity!

PROGRAM

Join us on our 5-day journey through engaging workshops about the different ways of communication, team-building activities, cultural visits, local events and many more!

Beyond our carefully crafted activities, we invite you to contribute your team-building, energizers, and evening program ideas. Your creativity matters! Inform the coordinator at lilit@goinpro.org in advance, and let's make this youth exchange an incredible shared experience!

	Sunday, 09.06.24	Monday, 10.06.24	Tuesday, 11.06.24	Wednesday, 12.06.24	Thursday, 13.06.24	Friday, 14.06.24	Saturday, 15.06.24
10.00-13.00	Arrival & Dinner	Welcome & Getting to know each other	The Importance of Verbal & Nonverbal Communication	Harmony in Dialogue: Empowering Diversity through Nonviolent Communication Workshop	Rzeszów Underground Cellars Visit	European Opportunities & YouthPass Session	Breakfast & Departure
13.30-15.00		Lunch	Lunch	Lunch	Lunch	Lunch	
15.00-17.00		Rzeszów City Tour	Professional Communication	Free Afternoon	Cultural Communication Challenges	Evaluation & Goodbyes	

TRAVELLING

Let's discuss your travel plans. Before booking tickets, reach out to the project coordinator at lilit@goinpro.org for approval. Stay connected with us before and during your trip.

In this project, **we exclusively reimburse Green Travel options**. Explore bus, train, or shared car alternatives, and share your proposal for approval. Our commitment to minimizing the carbon footprint means we do not support air travel for program organization. Remember to keep your receipts and tickets for reimbursement.

If your land travel takes many hours, we can discuss covering the cost of an overnight stay along the way. This way, you can enjoy a small Eurotrip!

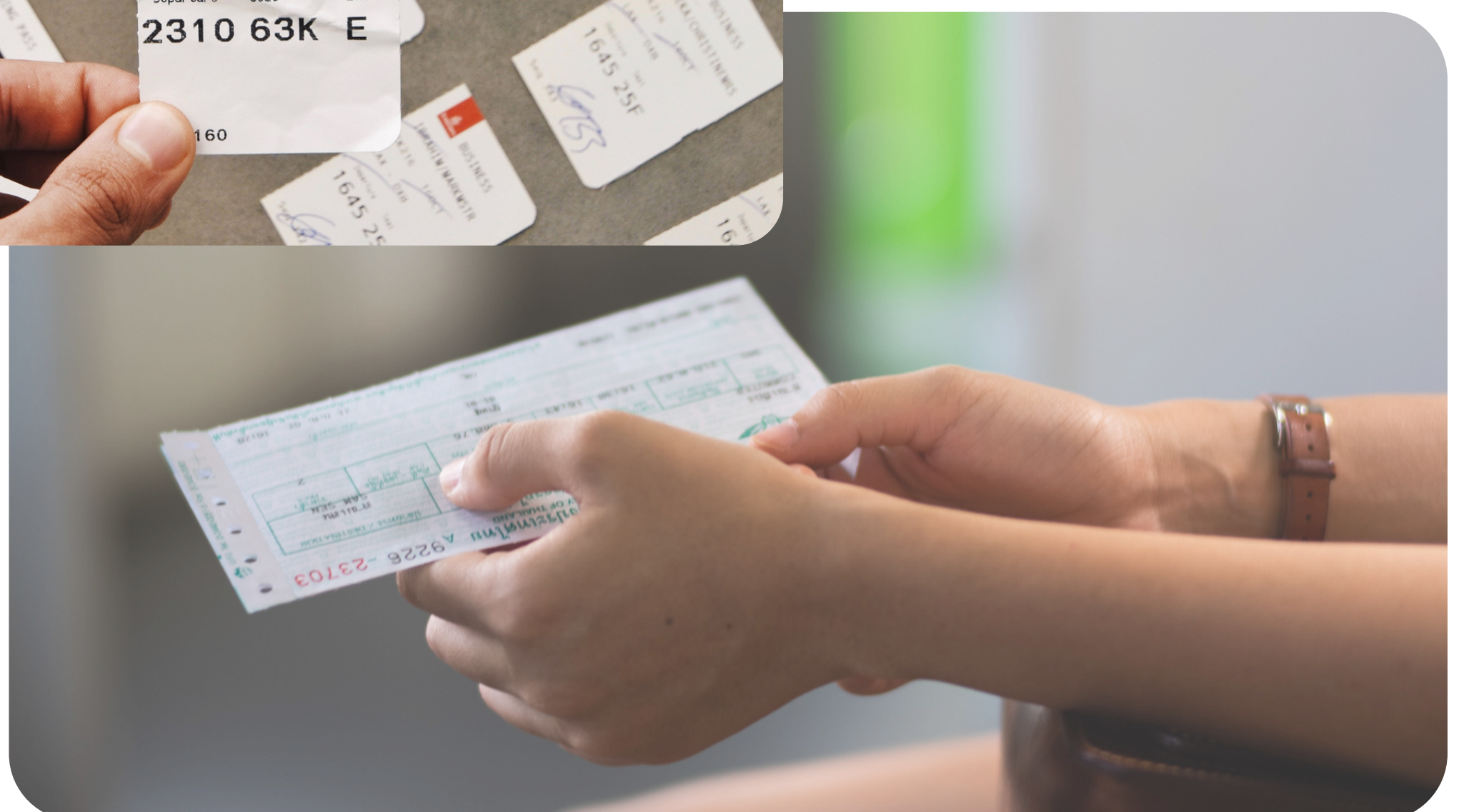


TRAVELLING

Oh, and a few more things to keep in mind:

- You have to get approval from the coordinator before purchasing any tickets. No rogue bookings allowed!
- Your travel route should be from your hometown to Poland and back, approved by the coordinator, of course.
- Your travel dates need to align with the program schedule. We'll allow for a 2-day buffer period if it results in a cheaper transfer and is approved by the coordinator.
- You'll need to arrive on the **9th of June, before dinner (20:00)**, and depart on the **15th of June, after breakfast (9:30 am)**.
- And last but not least, keep your receipts and boarding passes handy. We'll need them for reimbursement. Send those e-tickets (in **PDF format**) to us at **lilit@goinpro.org**.

Now go forth and travel, my friend!



ACCOMMODATION



Our hostel is located on the second floor of the eastern wing of the Main Railway Station in Rzeszów (Rzeszów Główny). Our floor includes the hostel with guest rooms, bathrooms, and a kitchen, and the office with a training room and individual offices.

Participants will be accommodated in rooms of 2-5 people of the same gender. Our hostel is an educational and social space.

There is a cleaning service provided. However, our guests are also responsible for keeping their rooms and common areas clean and tidy.

Check our hostel here



FOOD AND POCKET MONEY



Each day begins with a breakfast served at the INPRO facility from 8:00 to 9:15 AM. For lunch, we will arrange a local eatery conveniently located next to our office and hostel.

Dinner is where your food exploration truly begins. We will provide you with pocket money (30 PLN per dinner) for you to dine out with your peers. This opportunity allows you to delve into the regional cuisine of Rzeszów, possibly finding your next favourite dish. **Please be aware, that the allocated pocket money might only partially cover your dinner expenses.** Should you opt for more expensive dishes or restaurants, you will need to cover the difference. This is a serious chance to indulge in the culinary richness Rzeszów has to offer.

Additionally, we encourage you to bring along snacks from your home country. Sharing these during our **international coffee breaks** between the sessions will be a wonderful opportunity to showcase your culture and enjoy a diverse range of flavours. It's yet another way to make this journey more enriching!

Currency

The domestic currency is PLN (Polish Zloty). In Poland, most places will accept Visa and Master Card debit and credit cards. 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 the day in places called "KANTOR".

Weather

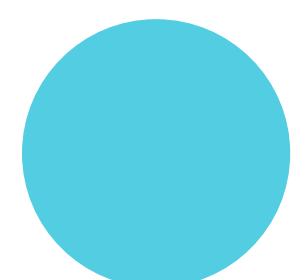
The weather during this season in Rzeszów, Podkarpackie region and in Poland, in general, is warm. It's a good idea to bring along a jacket, as it's getting a bit colder at night. Don't forget about an umbrella as well!

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-bycountry/>

Phone and Internet

There is free, unlimited Wi-fi available in the hostel and in the office.



FIND US ON SOCIAL MEDIA

Website

www.goinpro.org

Instagram

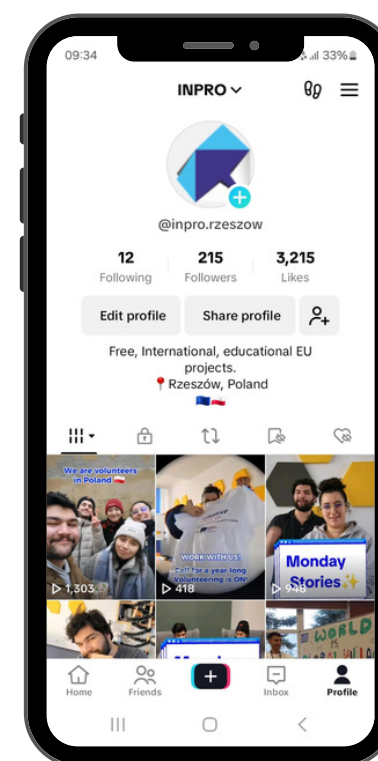
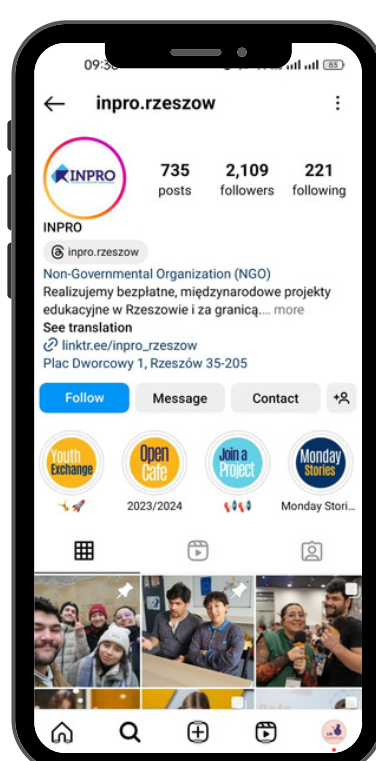
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CONTACT US

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