

INFOPACK

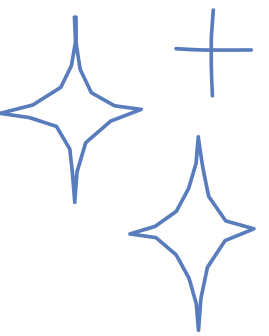
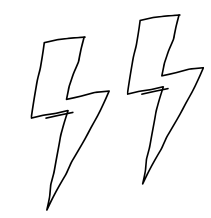
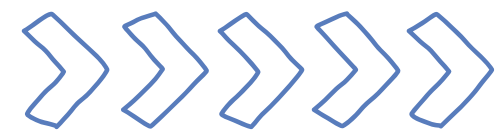
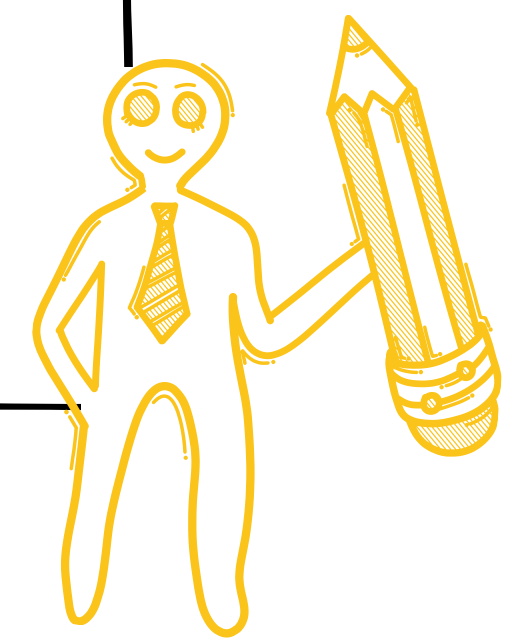
# YOUTH EXCHANGE

## EMPOWERING TOMORROW'S LEADERS

CICHOWO, POLAND



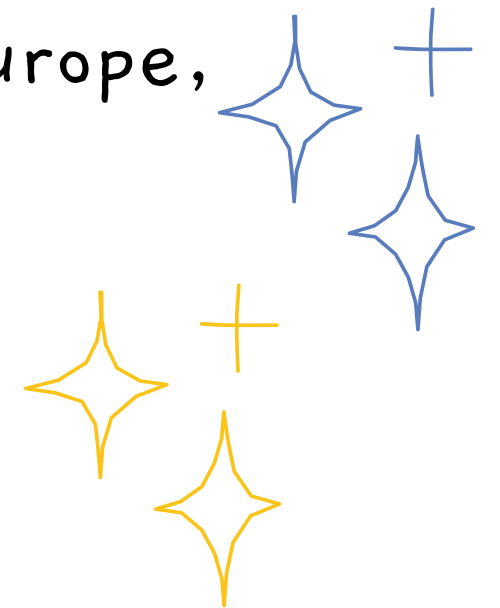
11.06.2024  
TILL  
17.06.2024  
TRAVEL DAYS:  
10.06 AND 18.06

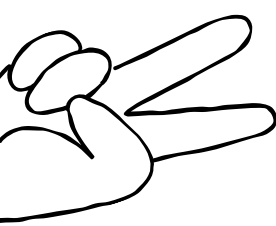


# YOUTH EXCHANGE EMPOWERING TOMORROW'S LEADERS

During this activity, 25 young people (age 18-30 y.o) will have a chance to:

- get and exchange knowledge about European education, European values and European opportunities,
- understand the challenges of young people according to the place of Europe,
- take care and know more about well-being and emotions,
- understand the idea of (team)work and importance of cooperation,
- learn how to communicate effectively and gain leadership skills.





# HOSTING ORGANIZATION FUNDACJA CAT

Our NGO started its journey on 30th December 2008. We're based in Leszno, Poland.

The foundation responded to the necessity of making a difference in the local environment.

We work with younger and older volunteers and for people of all ages.

Our aim is to stimulate the local community and promote the idea of volunteering. We're not afraid of new challenges and we believe that nothing is impossible.

We host up to 80 candidates a year. We are certified LEAD ORGANISATION.

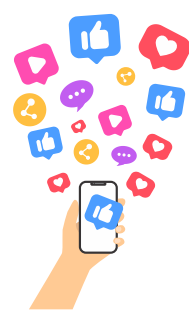
We coordinate ESC & Erasmus+ projects. Since 2024, we are Accredited in KA1 Projects.

Check our social media:

<https://fundacja-cat.pl>

<https://www.instagram.com/fundacja.cat?igsh=MzRIODBiNWFIZA==>

<https://www.facebook.com/fundacja.cat>



## FACILITATORS

*Alle*



WIKI



WIKI



Co-funded by the European Union



# ACCOMODATION

## WHAT DO WE OFFER?

- Double rooms or triple rooms
- Each room has a bathroom
- There is a swimming pool which we can use, sauna and jacuzzi are extra paid
- There is a beach just next to the hotel
- In Cichowo there are restaurants and bars

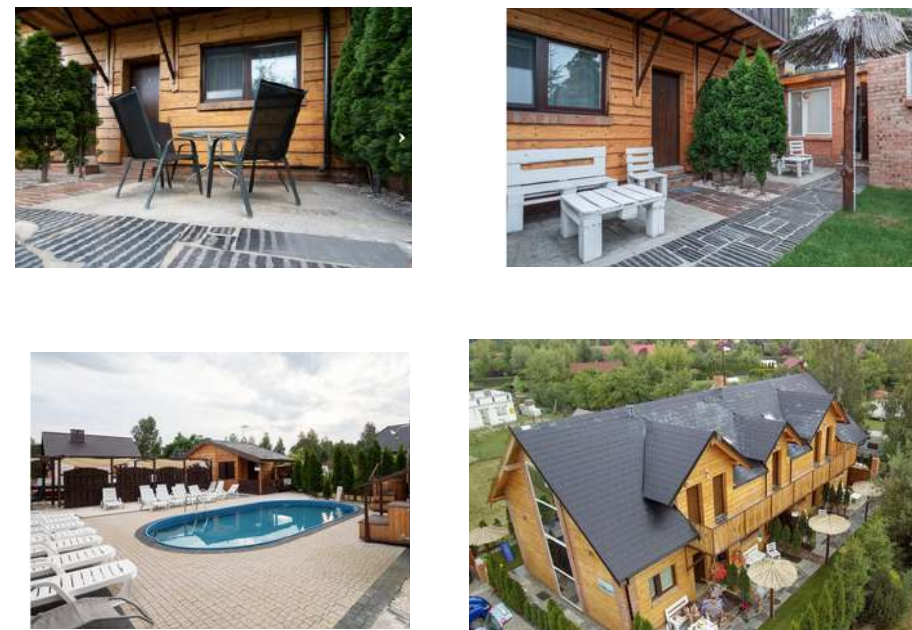
### ROOMS



### DINING ROOM



### AREA



### TOWN



# TRAVEL - HOW TO GET TO LESZNO?

YOU CAN CHOOSE ONE OF THESE AIRPORTS - POZNAN AND WROCLAW ARE THE CLOSEST.  
WHEN YOU ARRIVE TO LESZNO, WE WILL TAKE YOU BY BUS\* TO CICHOWO, OUR DESTINATION PLACE.  
BUS IS PROVIDED BY US, AND WE WILL PICK YOU UP FROM THE TRAIN/BUS STATION RIGHT AFTER YOUR ARRIVAL TO LESZNO.

## POZNAN

From Poznan Ławica Airport

The best way to get from Poznań Airport to Poznań Train Station (Dworzec Główny) without a car is to line 159 bus which takes 25 min

Then from train station you take a train to Leszno.

## WROCLAW

From Wrocław Nicolaus Copernicus Airport

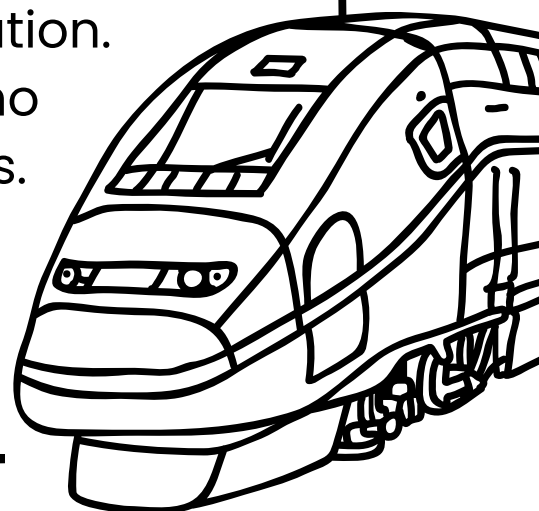
The best way to get from Wrocław Airport (WRO) to Wrocław (Station - Dworzec Główny) without a car is to line 206 bus which takes 37 min.

## KRAKOW

From Krakow John Paul II International Airport

The best way to go to the train station is direct train from the airport to the train station.  
Then to go to Leszno by train or a flixbus.

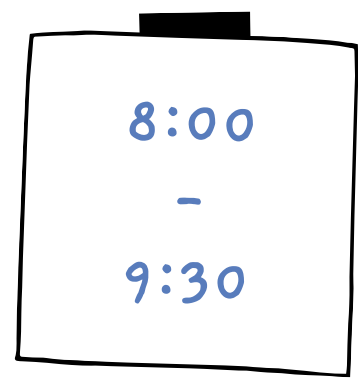
AS SOON AS YOU FIND THE TICKETS (BEFORE BUYING),  
PLEASE CONTACT WITH [WIKA.FUNDACJACAT@GMAIL.COM](mailto:WIKA.FUNDACJACAT@GMAIL.COM)



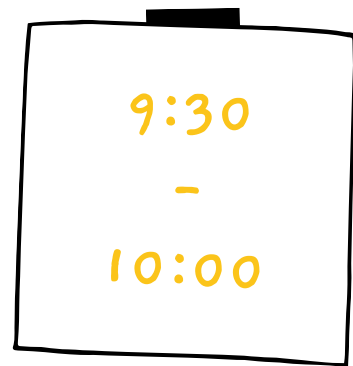
Co-funded by  
the European Union



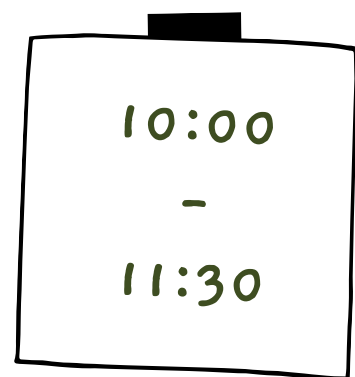
ECA



BREAKFAST



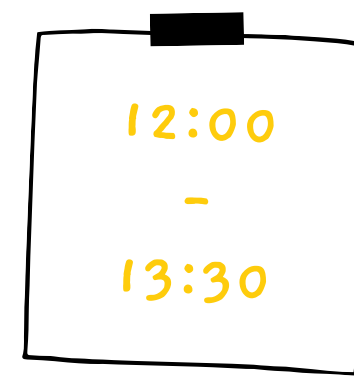
WARM UP!



WORKSHOP



BREAK



WORKSHOP



LUNCH

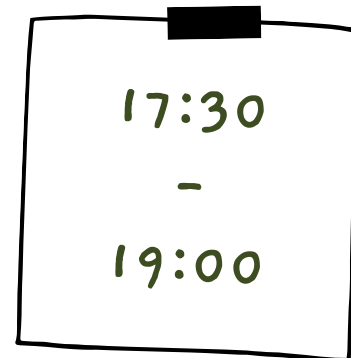
# PLAN OF THE DAY



ACTIVITIES  
OUTDOORS



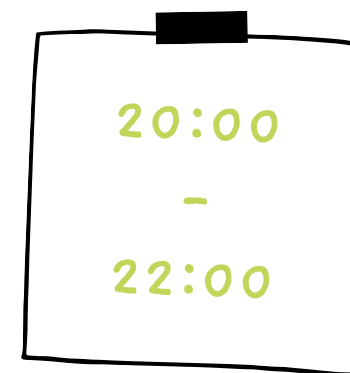
REFLECTION



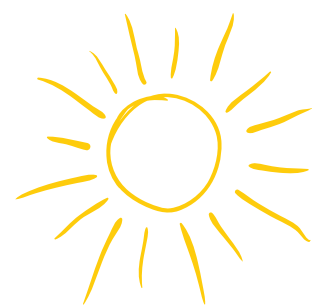
FREE TIME



DINNER



CULTURAL  
EVENING

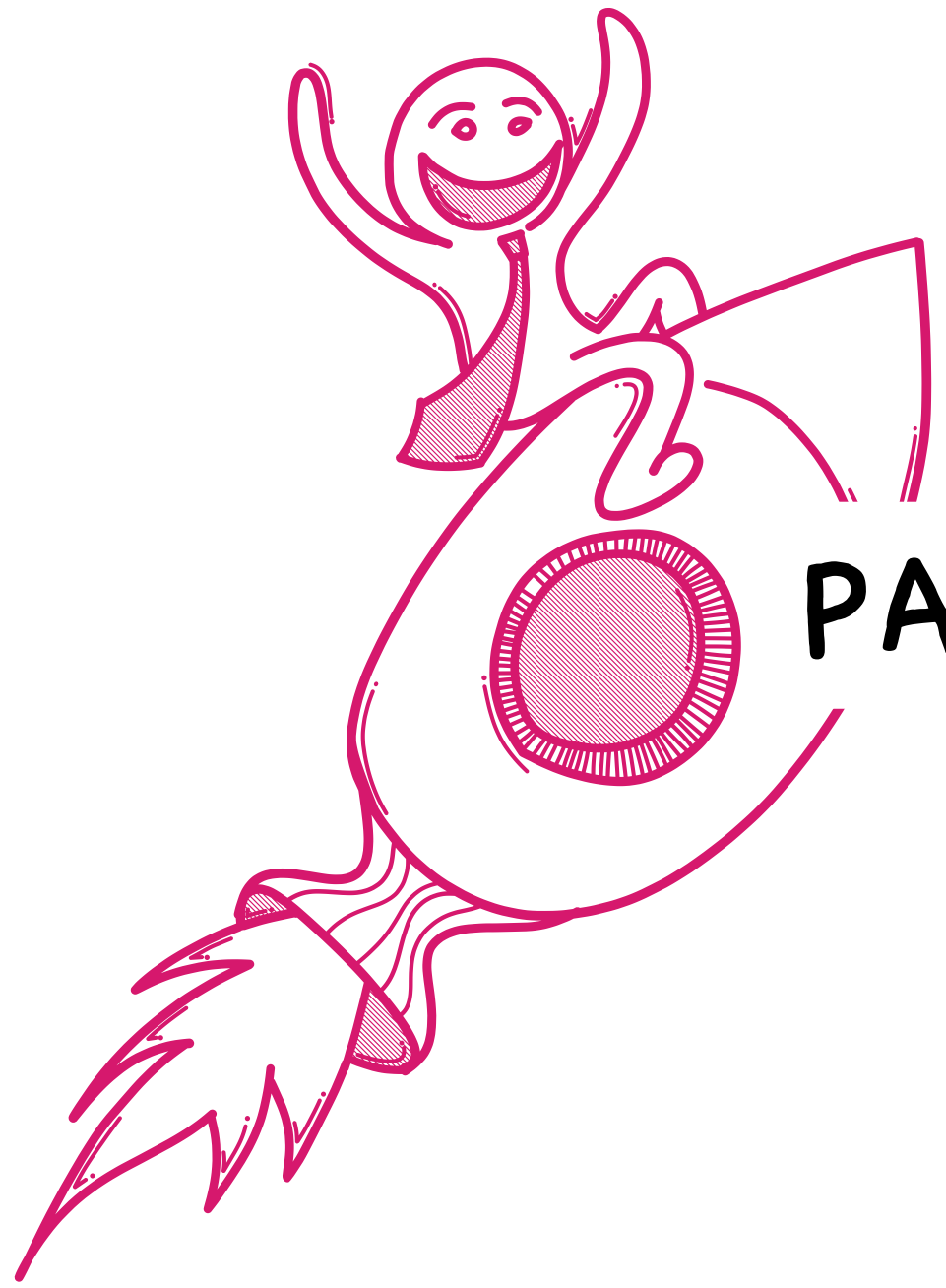


TEMPERATURE IN JUNE SHOULD BE AROUND 24 DEGREES!

# WHAT TO PACK?

- COMFORTABLE CLOTHES (SPORT CLOTHES, SWIMSUIT...),
- SUMMER CLOTHES,
- HOODIE/JUMPER FOR COLDER EVENINGS,
- SPRAY FOR MOSQUITOS, SUNCREAM,
- COSMETICS, HYGIENIC PRODUCTS ,
- TOWELS (FOR SHOWER AND FOR SWIMMING POOL),
- A HAT OR A CAP (TO PROTECT YOURSELF FROM THE SUN)
- SNACK AND SWEETS TYPICAL FROM YOUR COUNTRY FOR CULTURAL EVENING.





# PARTNER ORGANISATIONS:

pistes solidaires



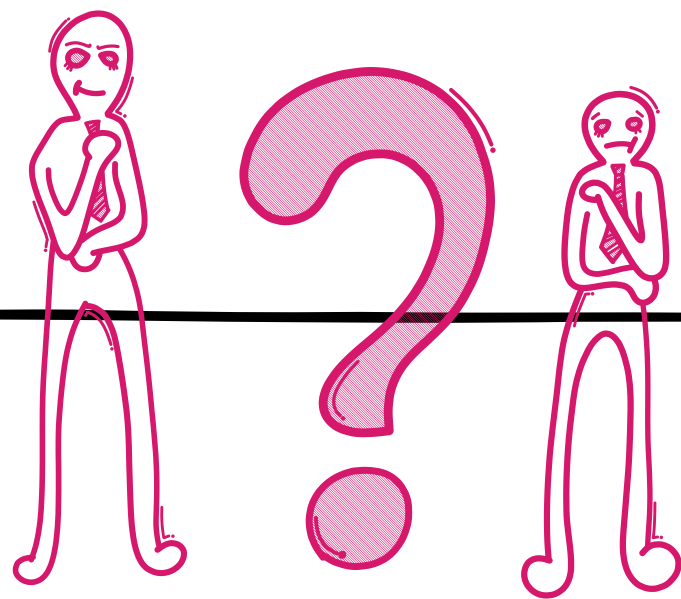


# HOW TO APPLY?

PLEASE FILL AN APPLICATION FORM AND WAIT PATIENTLY  
FOR OUR REPLY:

<https://forms.gle/zx8KcGLPLa9FnMcT6>

See you!



IF YOU HAVE ANY QUESTIONS,  
DO NOT HESITATE AND CONTACT  
WIKTORIAFUNDACJACAT@GMAIL.COM

