

INFOPACK

How to Cope with Stress Related to Migration

YOUTH EXCHANGE

KA150-YOU-90E61A33





SCHEDULE

ARRIVAL DAY: 23-10-2023

DATES OF THE YOUTH EXCHANGE:

24-10-2023 - 30-10-2023

DEPARTURE DAY: 31-10-2023

AGE OF PARTICIPANTS

The target age range is 18 - 30 years

BUDGET

HUNGARY: 180 € PER PERSON BULGARIA: 275 € PER PERSON SLOVENIA: 275 € PER PERSON

CZECH REPUBLIC: 180 € PER PERSON

WHAT TO BRING?

- Passport or ID card
- All travel TICKETS!!!
- TOWELS and personal items
- European health insurance cards are obligatory for all participants
- National snacks, specialty drinks, local music playlist for a cultural evening
- One laptop for a group (not obligatory)





TRAVEL EXPENSES

- 1.Travel expenses will only be reimbursed upon presentation of documents proving the amount actually paid: original invoice. Documents must include the date, price, traveler's name, destinations, and the receipt must be completely clear.
- 2. Keep all travel documents that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
- 3. Taxi rides are not refundable.

ACCOMMODATION

Food and accommodation are provided and paid by the organizer.

The travel costs will be calculated and will be refunded by bank transfer at the exchange rate (in euro €). There is no participation fee.

NUTRITION

We will have 3 meals and coffee break each day.

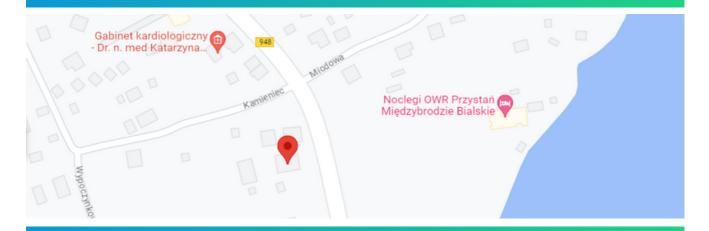
If You have any dietary restriction, let us know as soon as possible!





PLACE

Okrąglak. Żywiecka 67, Międzybrodzie Bialskie, Silesian Voivodeship, Poland, 34-312



If you are landing in Katowice

Katowice Airport → AP bus → **Katowice Dworzec** (railway station)

Katowice Dworzec → train → **Bielsko-Biała Głowna** (railway station)

Bielsko-Biała D.a bus station→ 113 or 114 bus → Międzybrodzie Skrzyżowanie (20 stops)

Międzybrodzie Skrzyżowanie - few minutes on foot → YOU ARE THERE!

If you are landing in Krakow

Kraków Airport (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Głowny** (Main railway station)

Kraków Głowny → train → **Blelsko Biała Głowna** (railway station)

(Direct trains: 06:06, 10:41, 13:50, 14:41, 16:35, 18:43)

Bielsko-Biała D.a bus station → 113 or 114 bus → **Międzybrodzie Skrzyżowanie** (20 stops)

Międzybrodzie Skrzyżowanie- few minutes on foot → YOU ARE THERE!

or longer option:

Kraków Airport (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Głowny** (Main railway station)

Kraków Głowny → train → **Katowice Dworzec** (railway station)

Katowice Dworzec → train → **Blelsko Biała Głowna**

Bielsko-Biała D.a bus station → 113 or 114 bus → **Międzybrodzie Skrzyżowanie** (20 stops)

Miedzybrodzie Skrzyżowanie → few minutes on foot → **YOU ARE THERE!**





USEFUL LINKS

INTERCITY

KOLEJE ŚLĄSKIE TRAINS

ECOLINES

FLIXBUS

LUXEXPRESS

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TO REGISTER:

Fill out the form available on our website, and we will get in touch with you shortly.



