



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

Okraglak. 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 Główna** (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 Główny** (Main railway station)

Kraków Główny → train → **Bielsko Biała Główna** (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 Główny** (Main railway station)

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

Katowice Dworzec → train → **Bielsko Biała Główna**

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

Międzybrodzie 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.