

INFOPACK

CYBER SKILLZ

YOUTH EXCHANGE



**Co-funded by
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OVERVIEW



GOAL

Goal of our project is to empower young individuals by enhancing their digital literacy and cybersecurity awareness. We aim to equip them with the knowledge and skills necessary to navigate the online world safely and responsibly, while also fostering a sense of intercultural understanding and collaboration. Through this program, we aspire to inspire participants to become proactive advocates for a safer digital environment, leveraging innovative AI tools to create meaningful change.

OBJECTIVES

To educate young participants about the essentials of cybersecurity and the importance of maintaining personal safety online, addressing specific issues such as sexting and cyberbullying.

To develop participants' digital skills, particularly in the use of AI and social media management tools, enabling them to create impactful and educational content.

To encourage intercultural exchange and teamwork among participants, promoting understanding and collaborative efforts in addressing global digital challenges.

SCHEDULE

ARRIVAL DAY: 18-03-2024

DATES OF THE YOUTH EXCHANGE:

19.03.2024 -27.03.2024

DEPARTURE DAY: 27-03-2024

AGE OF PARTICIPANTS

The target age range is **18-29 years**

TRAVEL BUDGET

POLAND: 180 € PER PERSON

LITHUANIA: 275 € PER PERSON

PORTUGAL: 275 € PER PERSON

SLOVAKIA: 180 € PER PERSON

BULGARIA: 275€ PER PERSON



WHAT TO BRING?

- **Passport or ID card**
- All travel **TICKETS!**
- **European health insurance cards are obligatory for all participants**
- Towels and personal hygienic things (shampoo, soap, toothbrush etc.)
- **Hair dryer** - the venue does not provide such
- National snacks and drinks for cultural night



OTHER PRACTICALITIES

This project is fully funded by "Erasmus+: Cyber Skillz" program.

- During the training course we will organize a cultural evening. Bring with you traditional snacks and drinks, some games for the evening. Bring necessary ingredients with you, the venue cannot provide it.
- In the centre there is Wi-Fi Internet connection so you can bring your computer.
- During the project you will be provided with 3 meals (breakfast, lunch, and dinner), also 2 coffee breaks a day.

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**.



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HOW TO GET HERE?



Ósrodek Społeczny, ul. Żywiecka 67, Międzybrodzie Białskie,
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)

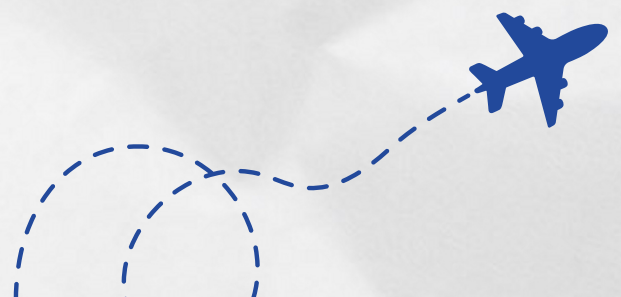
Bielsko-Biała D.a bus station → 113 or 114 bus →

Międzybrodzie Skrzyżowanie (20 stops)

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



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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](#)

[ECOLINES](#)

[FLIXBUS](#)

[LUXEXPRESS](#)



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ACCOMMODATION



The accommodation provided is at the **Spółecznik Center** located in **Żywiec County**, in the midst of the **Silesian Beskid Mountains** and in the vicinity of the **Żywiec Lake**.

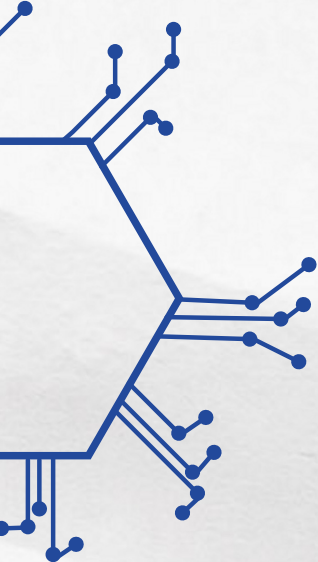
All costs related to accommodation and meals are covered by the organizer. Reimbursement of travel expenses will be made by bank transfer, using the prevailing exchange rate and issued in euros (€).



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CONTACT

If you have any questions, don't hesitate to ask!

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