

YOUTH EXCHANGE "EAT, COOK AND LOVE!" INFO PACK

Location: Łódź, POLAND

Dates: 25.06.-03.07.2017

Participants: in total 26 people from 5 different countries.

Each organisation sends 4 participants (18-30) + responsible leader (18-30 or may be >30)

Countries: Albania, Italy, Poland, Serbia, Slovenia

EAT, COOK AND LOVE!

The objectives of the project "Eat, cook and love!" are

- increase of knowledge of the culinary traditions of participating countries,
- increase of ability to implement activities for local communities that promote healthy food and live style,
- Increase of ability to use different cooking techniques.

In exchange held in the period 25.06-03.07.2017 will participate 25 people from 5 countries - young persons who are interested in cooking, want to meet and learn from each other. Actions that we are planning are active workshops based on international cooperation, learning cooking from each other, exploring our cultures and at the end showing citizens of Łódź results of our project by preparing open event. We will also prepare a guide that will be an inspiration to others how such an event can be prepared, with recipes. Already after the exchange, each of us will organize event in own country to promote the guide.

We will work in mixed groups, which will allow us (including reflection) to develop organizational skills, communication and understanding the differences between us. Long-lasting skills which we will learn during the project are: using of new techniques in cooking, knowledge of the cooking traditions of our and other countries, the ability to organize activities for the local community (written in the guide), better ability to create and implement international projects.

FACILITATORS

Ula Malińska –incurable optimist, looking for good sides in every situation, according to the rule that “nothing happens without reason”. Since 2015 Coordinator of “Team KU!” and Lodz Cuisine of Good Taste-communities dealing with healthy nutrition, cooking. Participated in culinary projects (Lodz Cuisine of Good Taste, E4 exchange), belongs to the Food Revolution Community(by Jamie Oliver). Leader of food workshops and trainings, projects & promotion coordinator with many years experience in working with people and managing.

Maja Otorowska – Marczak – passionate about cooking and healthy lifestyle. For years has been interested in healthy eating, worked in the catering industry, participated in youth exchange "E 4, Exchange, Explore, Europe!" related to the cooking of dumplings. In the "Lodz Cuisine of Good Taste" project she was a tutor to one of the groups of participants, took part in culinary workshops and many events for the local community. Coordinator of activities in “Team KU!”. She runs culinary workshops for children, adolescents and adults as well as prepares catering for commercial clients.

PARTICIPANT PROFILE

- 18 – 30 years old
- with good English level
- motivated and interested/experienced in the topic of cooking, traditions and eating
- with positive attitude, motivation to cooperate in international team and learn from each other. Open to have some fun AND work with rest of team.

The quality of this YE is really important for us. That's why we'd like to invite people who likes cooking or would like to learn and are ready to spend most of our time cooking together, creating new dishes and share their traditions.

We would like to have a gender balance, so please keep it in mind while choosing participants for the project.

LEADER

- No age limit
- Responsible person, who will prepare group before and will be contact person before, during and after
- Interested in topic, to be one of participant as well

ŁÓDŹ, THE CITY:

Łódź, situated in the middle of Poland, is the third city of the country. Known by its industrial past and artistic present, the city is adapting the old factories and becoming a hot spot in alternative art. Prove of that are the murals that decorate the big walls, the well-known cinema school and the variety of art festivals that are organized all year long. Also counts with one of the longest commercial streets in Europe: Piotrkowska Street, with 4.9km!

TECHNICAL INFORMATION:

Travel Agreements - for European Union member, VISA is not requested for entering Poland.

Financial conditions/reimbursement:

Limit for travel costs limits (100%) – **per person both ways**

Albania: 275 euro

Italy: 275 euro

Serbia: 275 euro

Slovenia: 275 euro

Note:

- the cost given is a limit in total, for both ways
- please remember that according to Erasmus+ rules money for travel will be **reimbursed according to the real cost you spent**, up to the amount given above per country, but not more (which means that **if you spend less - you will be reimbursed the money you actually spent or if you spend more - you will get only limit**)
- before buying your ticket, please remember your cost limits
- **before booking the flight, please, make travel arrangements confirmation with us!**

REIMBURSEMENT

The reimbursement will be done by bank transfer, after the training, when we receive all documents needed to make the reimbursement.

Please keep all ORIGINAL:

- **confirmation of reservation**
- **tickets**
- **bills, invoices, receipts**
- **boarding pass/card**

We will need all those documents to reimburse you money! **Missing (or not original version) documents will not be reimbursed.** You should have tickets for day 25.06 (to come) and 03.07 (to leave) – **if you need to buy it one day before or one day later – we need to know it as soon as possible to inform National Agency!**

TRAVEL ARRANGEMENT

Łódź is the third biggest Polish city and it is situated in the center of Poland. To get here you can consider the next airports:

1. Łódź
2. **Warsaw (Modlin or Chopin) – the most convenient option**
3. Poznań (3 hours far)
4. Wrocław (4 hours far)

From Warsaw Modlin or Chopin Airport you have buses directly to Łódź:

<https://www.modlinbus.com/>

Polski Bus <http://www.polskibus.com/en/index.htm> connects Łódź with other cities in Poland and Europe.

Train is also an option, you can find timetable here: <http://rozklad-pkp.pl/en>

As said before – **participants are expected to arrive on 25th June and leave on 03th July.** Further details and support information about the travel to and inside Poland will be provided when the ticket buying procedure will begin.

ACCOMODATION

is covered 100% by the Erasmus+ program. **These expenses will be covered only from the day of your arrival (25.06) till the departure date (03.07.2017).**

HEALTH&TRAVEL INSURANCE

Please, when coming to Poland, make sure you have a valid European Health Insurance Card with you.

Also, it is important that you notify us of any health risk or possibly necessary medicines, special food arrangements (as vegetarians, intolerances) ...and so on.

CONTACT

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