

YOUTH EXCHANGE PROGRAM

INTE-local-GRATE!

Designed to empower students to be able to
integrate easily into the local community

When? 29 October – 4 November 2022

Where? Slovakia, Šaľa

Infopack



Co-funded by the
Erasmus+ Programme
of the European Union

Why?

We know that most of the students studying abroad are facing with **integration challenge**.

No friends in new country, **new language** and **new culture**: all these can be exciting in the beginning, but turn into draining at some point.

We learned that there are usually two bubbles – **international and local students** – which never come across.

We believe that there is a way to **connect** them 😊



We designed this youth exchange to **mix** international and local students into **one group**

During the program days, you will:

- create a **strong connection** between local and international students in the country of your studies and between the partner countries
- have the opportunity to **get to know other cultures** through multicultural events and talk about your own culture without stereotypes and judgements
- share **good practices of integration** based on your experience
- come up together with ideas of integration which can be **implemented in the local communities** back home



Our partners

Poland



Hungary



Italy



Slovakia



Albania



We will gather 6 people from each country:
3 local students + **3 international** students,
which are:
5 participants and **1** group leader

You should apply, if:

- You are residing in **one of the partner country**
- You are obtaining a **Master or Bachelor studies** in this country
- You have at least **Intermediate** level of English
- You are facing with **integration** challenge or **willing to help** students from abroad
- You are motivated **to actively participate** in the program
- You are open to **create solutions** to the problem and wish to find **new friends** 😊



Program:

What to expect?

	Day 1 29.10	Day 2 30.10	Day 3 31.10	Day 4 01.11	Day 5 02.11	Day 6 03.11	Day 7 04.11
Session 1		Introduction: BINGO games	What is your country for you? Individual perceptions	NGOs fair market	Box of solutions: Workshop by countries	Check- points, feedback	Departure
Session 2		Fears, goals, expectations: Group Tree	Discovering cultural shock, Iceberg model, sources of discrimination	Integration challenges: collecting Box of problems	Excursion: Let's explore Sala!	What have I learned? Competencies circles	
LUNCH							
Session 3		Team building: interviews	Simulation Game	Integration challenges: Let's solve it! Box of solutions	Excursion: Let's explore Sala!	YouthPass	
Session 4		Language workshops by country' groups	Present the results: theatre improvisation	Cooking workshop	Hand-made workshop	Setting up the future: goals to achieve, letter to yourself	
DINNER							
Session 5	Arrival	Individual reflection	Story telling: local folklore and fairy tales	Reflection in pairs	Group reflection	Goodbye party	

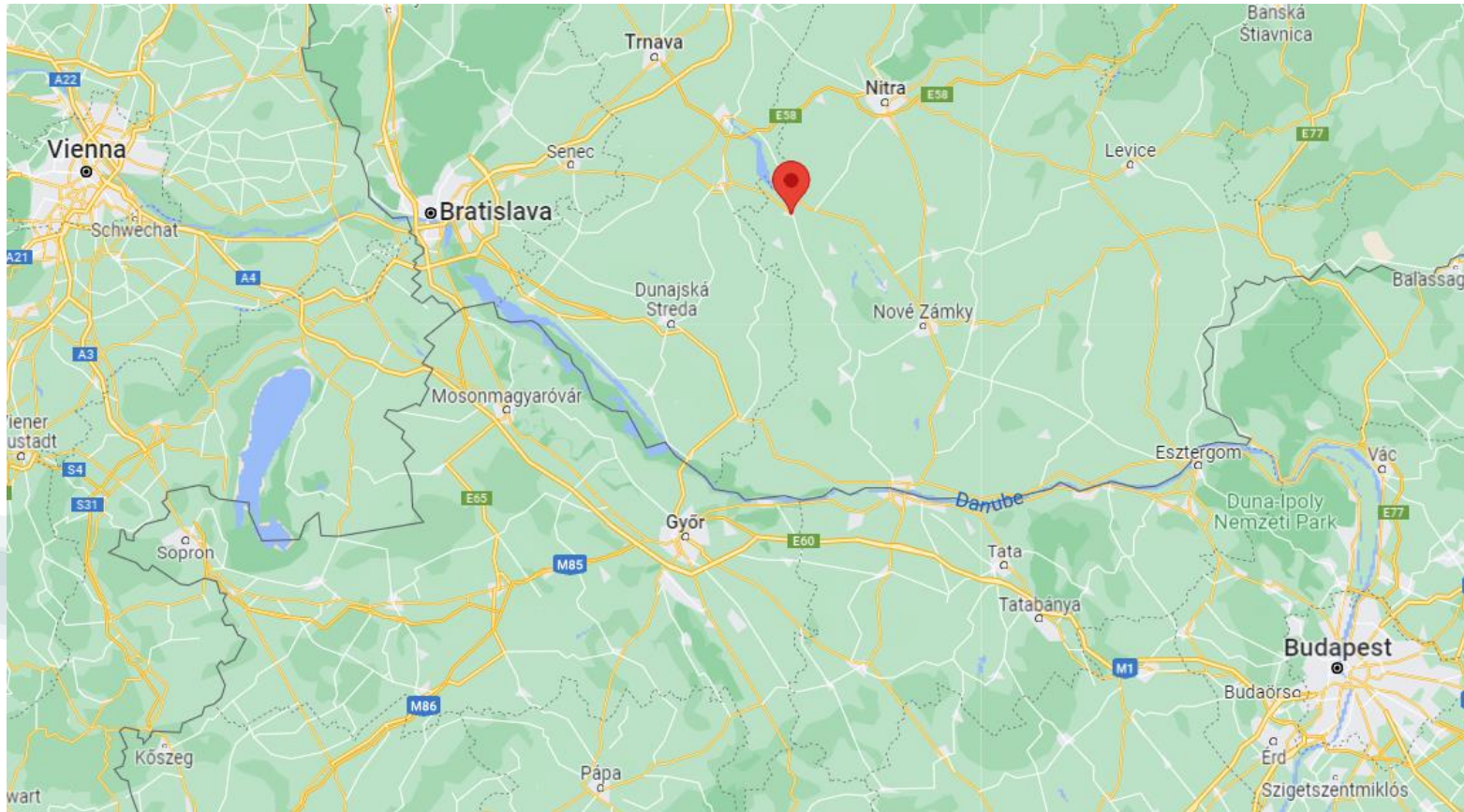
Additional info

- We are happy if you are **proactive** and want to **organise** a session - just let us know! 😊
- Please **bring some food / snacks** from your country you want to share with other participants!
- Please think of **what you wish to tell about your culture**. What is your favorite song? Movie? Also, we will have fairy tales, hand made and cooking workshops, where you will be able to teach us how to create your **cultural treasures!**



Location

We will be hosted by V-Kings in Šaľa, Slovakia:



E-mail: vkings.juraj@gmail.com
Handy: +421 905 461 179
Web: www.V-KINGS.eu

Accommodation, food and transportation during the youth exchange are fully covered by the Erasmus+ plus program.

Accommodation

- We'll be living in a **youth hostel**
- Each room can accommodate **3-6 participants** which are same gender
- It is a **simple** accommodation, so please **take your towel** and **hairdryer**, if needed
- Toilets and bathrooms will be **shared**
- During the activity days we will be served **breakfast, lunch, dinner** and **2 coffee breaks**

Address of the venue:

Dopravne ihrisko Šaľa

Nešporova 1017/8, 927 01 Šaľa, Slovakia



How to reach the venue?

1. Take a flight/train/bus to Bratislava

Check available options within your budget.

Use low cost air companies websites or **Skyscanner**, **Flixbus**, etc.

2. Take a train/bus to Šaľa

The ticket price is 3,25 euro and it's 40 min travel. For trains within Slovakia please check: <https://www.zssk.sk/en/>

You can also buy a ticket at the train station (please, have some cash with you)

3. Walk 10 min to the venue from train/bus station



Do not worry!

You will be in a group of **6 people**, so you can organise a travel all together, it's always more fun 😊

Travel limits

- Please **plan accordingly**, since we can only reimburse the expenses within your country's **travel budget**
- Keep the **originals of your tickets** and boarding passes if possible – it is **required** for reimbursement
- Before buying your tickets, please **send us your travel option** for confirmation
- Make sure you have a **valid insurance** (e.g. EU Blue Card) on the territory of Slovakia



Based on a distance calculator, each country has a **travel budget**:

Italy - 275€
Albania - 275€
Poland - 180€
Hungary - 180€
Slovakia - 20€

Additional info



- The training room will be **outside of the sleeping area**, within 2 minutes walk
- On the **day of arrival** we will provide a **late dinner**, as well as **breakfast at the departure day**
- You are allowed to travel in Slovakia **2 days before OR after** the activity (you will get reimbursement if your tickets will be bought within 27-29 October and back on 4 November **OR** 29 October and back on 4-6 November)
- Please note that if you arrive earlier/stay longer – accommodations will be **your own costs**

Any questions?

Please contact us:

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