

## Blended Mobility of young people „First Steps Into Business Success“

Warsaw, Otrębusy - Poland

8 – 16 July 2021 (including travel days)

Participating countries: Poland, Spain, Bulgaria, Estonia

### PARTICIPANTS

Young people aged 18-30 years representing partner organizations from Poland, Spain, Estonia, and Bulgaria. Group size 5 participants: 4 participants per country + 1 team leader (no age limit) from each country. The gender balance between the participants should be respected during the completing of group.

### SUMMARY OF THE PROJECT

Blended Mobility is part of a long-term project called "First Steps Into Business Success". The aim of this activity is to achieve concretely the following project objectives:

- to equip young people at the age from 18 to 30 years old (school graduates, university students, unemployed youth) in entrepreneurial skills - the knowledge connected with setting up their own companies, eco-innovations in business and the idea of Fair Trade through the undertaking by them e-learning course and attending the training in the field of eco-innovations in business lead by professional trainers during the blended mobility of young people;
- presenting youth the benefits of self-employment;
- activation of young people on labour market;
- sharing good practices in the field of innovation including eco-innovation in business.

More specific, the proposed training activity is considered vital for the successful project implementation, as it will provide added value to the project through:

- The training activity will be delivered by the experts which specializes in the field of eco-innovations in business and youth employability.
- All partners will contribute to the creation of the content of innovative Intellectual Outputs (e-learning platform and cycle of 4-short videos "I will be an entrepreneur") which will enhance youth entrepreneurial skills.
- Transfer entrepreneurial skills to the learners in order for them to start or follow up an entrepreneurial activity.
- Transfer skills to the learners, which are relevant for high quality employment.
- Transfer through e-learning introductory and follow up sessions, workshops, discussions basic features and skills concerning business models, business planning, eco-innovation and the idea of Fair Trade in Business.

The activities will be implemented with non-formal education methods during the exchange such as: group works, video productions, role play games, etc.

### ARRIVAL AND DEPARTURE

8<sup>th</sup> of July 2021 is an arrival day and 16<sup>th</sup> of July is a departure day. The check-out should be performed after the breakfast.

**NOTE!** You can arrive to Poland 2 days earlier to see around or to travel a bit. However, this should be done at your own expenses. The Hosting organization can help you to find a hostel for extra days, but you should bear those extra costs.

## INSURANCE

Each participant must have health insurance. The cost of insurance is not funded. There is a possibility to take along European Health Insurance Card. **However, we highly recommend purchasing additional insurance due to the COVID-19 situation (NOTE that insurance costs will be not refunded).**

## HOW TO REACH THE VENUE?

It is possible to reach Warsaw through 2 airports:

- **Warszawa – Chopin airport** - Poland's main airport, easily accessible from virtually any European city.
- **Warszawa – Modlin airport** - the airport is located to the north of Warsaw, which accepts mostly low-cost airlines. Both trains and buses run from Modlin to the main train stations in Warsaw.

From both airports you need to get to the center of Warsaw:

**Chopin Airport** is located practically in the city center, from here you can easily get to the center:

- By train – WARSZAWA LOTNISKO CHOPINA – WARSZAWA ŚRÓDMIEŚCIE (cost around 1,5 euro) <https://www.mazowieckie.com.pl/en>
- By bus – line 175 (cost around 0,75 euro)
- Centre can also be reached via Bolt, Uber and FreeNow, but the cost is much higher.

**Modlin Airport** is located a few dozen kilometres from the center of Warsaw:

- First you should take a bus from the airport to the NOWY DWÓR MAZOWIECKI train station (cost around 1 euro)
- Then catch a train from NEW DWÓR MAZOWIECKI to WARSZAWA ŚRÓDMIEŚCIE (cost around 3,4 euro)
- You can take that trip on one ticket bought here: <https://bilety.mazowieckie.com.pl/start>
- The last part of the trip is to take the train from WARSZAWA ŚRÓDMIEŚCIE to OTRĘBUSY:
- Timetable here: <https://www.wkd.com.pl/en/>
- Tickets can only be purchased at the railway station ticket counters.

The venue is located 700m from the train station OTRĘBUSY – address:  
Centrum Konferencyjne Mazowsze, ul. Świerkowa 2, 05-805 Otrębusy

**The participants should reach Otrębusy by themselves.**

**NOTE! All the tickets must be given to organizers in the period of the project.**

## ACCOMMODATION

Training Course is organized in Otrębusy (approx. 15 km from Warsaw).

<https://en.wikipedia.org/wiki/Otr%C4%99busy>

Participants of the Blended Mobility will stay at the hotel in Otrębusy – small village close to Warsaw, at the Mazowsze Conference Center. The participants will be accommodating in the rooms with 2-4 beds, the toilets, and showers (<https://ckm.waw.pl/pokoje/>).

Address of the hotel: **Centrum Konferencyjne Mazowsze ul. Świerkowa 2, 05-805 Otrębusy**

<https://ckm.waw.pl/>

## MEDICAL SAFETY

The project venue will be provided with first-aid kit, so immediate medical treatment can be provided right away if some medical problems suddenly appear.

## FOOD

The breakfast, lunch and dinner will be provided at the hotel. The participants must inform forward about their dietary (vegetarian, do not eat pork etc.) or any special needs.

## TRAVEL REIMBURSEMENT

100% of all the travel costs of the participants within the maximum limit per country will be reimbursed. **Travel expenses will be reimbursed to participants by the sending organization.** Participants will receive the travel reimbursement via bank transfer within 2 months after the end of the Blended Mobility upon receipt of all of their travel documentation. Please do not forget to collect your boarding passes, tickets, invoices and any other travel document. **In case a document is missing, we will not be able to provide a refund.**

### ESTONIA – travel budget 275,00 EUR

If travel costs exceed the amount budgeted in the project, the cost is covered by the participant. The organizers will only be able to reimburse participants the maximum travel costs indicated in the travel budget.

Before booking your flights, you must provide details of your travel plans to us for verification and approval. To receive the travel refund, participants need to complete a reimbursement form that will be given during the Training Course.

## PREPARATION

Weather in Poland can be changeable - we recommend taking clothes for both hot and rainy days. Moreover, remember that each country will have an opportunity to present itself at the Intercultural Night - bring your local specialties, show us your national dances, present games, films.

Bring with you:

- At least one laptop for one national group.
- Traditional snacks for intercultural evening.
- Clothes for different weather.
- And especially → good mood.

## CURRENCY IN POLAND

Currency in Poland: Polish Złoty (PLN), 1 zł = 100 Groszy

Exchange rate is approximately (today): 1 USD = 3,5 PLN 1 EURO = 4,5 PLN

Remember that in Poland, you **can pay by card in practically any place**. We recommend you set up a Revolut account, which will allow you to pay by card in any place with money in your local currency on your account.

## WEATHER

You may check the current weather forecast at the following link:

[www.accuweather.com/pl/pl/czstochowa/275785/weather-forecast/275785](http://www.accuweather.com/pl/pl/czstochowa/275785/weather-forecast/275785)