

Live Actively!

**Project co-financed by
Deutsch - Polnisches
Jugendwerk**



Deutsch-Polnisches Jugendwerk
Polsko-Niemiecka Współpraca Młodzieży

**Project organizer:
Stowarzyszenie "Młodzi aktywni"**

Project name:

Live actively!

Exchange date:

30.06.2018 – 07.07.2018

Objectives of the project:

Enabling Polish, German and Ukrainian youth to learn about each other's cultures, traditions, languages and customs

By realizing common passions related to sport and active lifestyle, to deepen the processes of integration of youth with peer groups from abroad

Popularization among young people of the idea of healthy, drug-free, active lifestyle

Popularization of fair play among young people, which applies both on the field and in real life, promoting among young people the values of tolerance and respect for another human

Stimulating the development of physical fitness and psychomotor features of youth, stimulating regular and persistent training of one's own body

Characteristics of participants in the exchange:

18 young people of age 15-24 from each of the three partner countries
(Poland, Germany and Ukraine)

2 carers from each of the three partner countries (Poland, Germany
and Ukraine)

3 translators Polish - German – Ukrainian

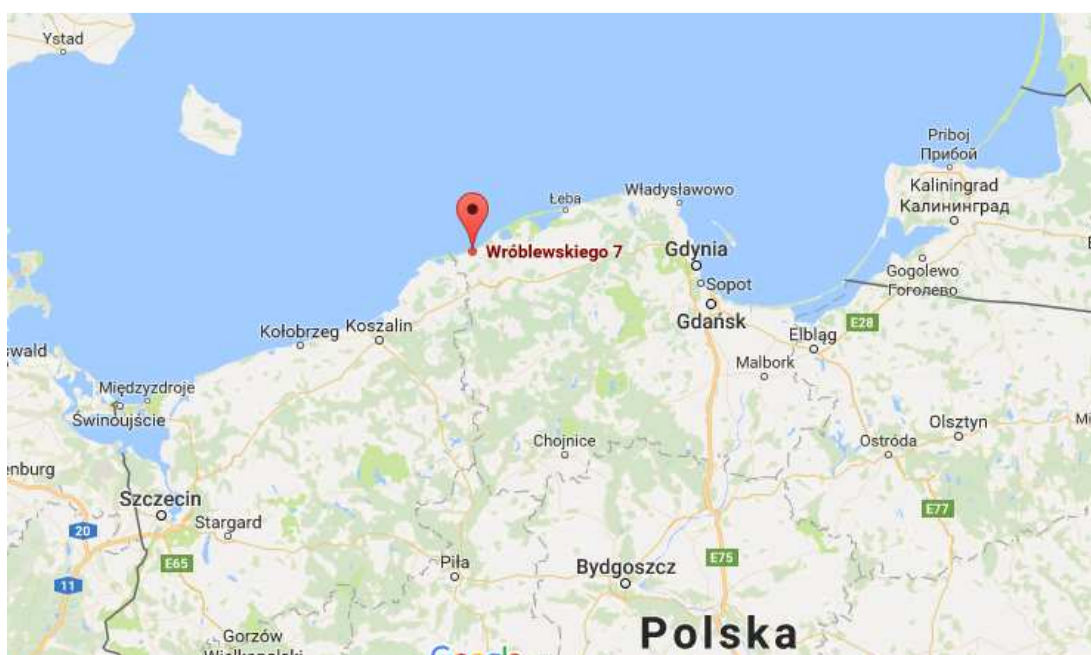
Total 63 participants

Place of exchange:

Internat Ustka

ul. Wróblewskiego 7, 76-270 Ustka,

woj. pomorskie, Polska



Ustka Internat is located 600 m from the beach, in the center of town. In the premises, available to participants of the exchange there are football pitch, three-sector sports hall, tartan pitches, green and recreational areas of 1 ha.

During the project the youth will be accommodated in the integration rooms of 8-10 persons (common accommodation of youth from Poland, Germany and Ukraine). Carers will be accommodated in double and triple rooms. All rooms are equipped with single beds (Quilts, pillows and beddings), bedside tables, wardrobes, tables and chairs. There is also a common room with TV and sound equipment, and a disco hall.



Beach in Ustka



Beach in Ustka



Slowinski National Park



Dormitory building



Canteen



Room for the youth



Room for the youth



Bathroom



Gym

The cost of participation in the exchange:

The organizer guarantees accommodation, alimentation 4 meals a day (breakfast, dinner, afternoon tea, supper), participation in all program activities, training materials, certificates of participation in the project.

Task for exchange participants:

Each of the youth groups will prepare their own evening dedicated to their country (You can prepare traditional dishes, present popular songs, dances, profiles of actors, athletes, monuments, places related to culture, etc.)

Exchange schedule:

Saturday, 30.06.2018

To 17:00 – arrival of exchange participants

17:00 – 18:00 – welcome exchange participants, providing organizational information

18:00 – 19:00 – common dinner (grill)

19:00 – 23:00 – common integration and language games, evening of Polish-German-Ukrainian cultures

Sunday, 01.07.2018

08:00 – 08:30 – morning energizer (aerobic together)

08:30 – 09:30 – breakfast

09:30 – 12:00 - let's get to know each other - common integration outdoor games

12:00 – 14:00 - swimming training

14:00 – 16:00 – dinner, free time

16:00 – 18:00 – mini-tournament of beach volleyball, footvolley or beach soccer (to choose)

18:00 – 19:00 – supper

19:00 – 19:30 – evening yoga classes

20:00 – 01:00 – integration disco

Monday, 02.07.2018

09:00 – 09:30 – morning energizer (common aerobic)

09:30 – 10:30 – breakfast

10:30 – 12:00 – together trip to Ustka

12:00 – 14:00 – swimming training

14:00 – 16:00 – dinner, free time

16:00 – 18:00 - mini tournament of football, volleyball, basketball, table tennis (to choose)

18:00 – 19:00 – supper

19:00 – 19:30 – evening yoga classes

20:00 – 23:00 – German culture evening

Tuesday, 03.07.2018

08:00 – 08:30 – morning energizer (common aerobic)

08:30 – 09:30 – breakfast

09:30 – 18:00 – trip to Slowinski National Park

18:00 – 19:00 – dinner

19:00 – 19:30 – evening youga classes

20:00 – 23:00 – bonfire, common singing of Polish, German and Ukrainian songs

Wednesday, 04.07.2018

08:00 – 08:30 – morning energizer (common aerobic)

08:30 – 09:30 – breakfast

09:30 - 12:00 – together sport classes on the beach

12:00 – 14:00 – swimming training

14:00 – 16:00 – dinner, free time

16:00 – 18:00 – workshops "Eat healthy and tasty"

18:00 – 19:00 – supper

19:00 – 19:30 – evening yoga classes

20:00 – 23:00 – Ukrainian culture evening

Thursday, 05.07.2018

08:00 – 08:30 – morning energizer (common aerobic)

08:30 – 09:30 – breakfast

09:30 – 11:00 – workshops "History of sport"

11:00 -14:00 – swimming competition

14:00 – 16:00 – dinner, free time

16:00 – 18:00 - mini tournament of football, volleyball, basketball, table tennis (to choose)

18:00 – 19:00 – supper

19:00 – 19:30 – evening yoga classes

20:00 – 23:00 – Polish culture evening

Friday, 06.07.2018

08:00 – 08:30 – morning energizer (common aerobic)

08:30 – 09:30 – breakfast

09:30 – 14:00 – Olympic Games (competition in sports, arcade and logic games)

14:00 – 16:00 – dinner, free time

16:00 – 18:00 – Olympic Games (competition in sports, arcade and logic games)

18:00 – 19:00 – supper

19:00 – 19:30 – evening yoga classes

20:00 – 02:00 – disco

Saturday, 07.07.2018

09:00 – 09:30 – morning energizer (common aerobic)

09:30 – 10:30 – breakfast

10:30 – 12:00 – joint making of the film summarizing the exchange

12:00 – 14:00 – summary and evaluation of the exchange

14:00 – 15:30 – dinner

15:30 – departure of participants

Organizer information:

Stowarzyszenie „Młodzi aktywni” operates in the province of Pomerania since March 2014 years. The organization brings together young workers with experience in implementing local, national and international social initiatives. The beneficiaries of the organization's activities are mostly young people aged 13-24. The main objectives of the association are:

- popularizing healthy, active lifestyles and practicing amateur sport
- initiating an agreement between cultures, taking action to overturn unjust stereotypes
- encourage youth to participate in social, cultural and artistic life
- supporting young people for various reasons of being disadvantaged and vulnerable to social exclusion
- prevention of hate speech on the Web and in everyday life,
- initiate an international exchange of ideas and experiences among young people
- Activating young people for creative, artistic thinking
- to show young people alternative forms of professional development, oriented to the needs of the current labor market

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