



Youth exchange

PHOTO-I

30th September - 8th October 2018

Nasutów, Poland

About the project

"Photo- I" is a project of international youth exchange related to the subject of photography combined with interpersonal development and gaining valuable competences in the labor market.

The main objective of the project is to increase awareness and skills of young people of using photography as a tool for self-presentation and communication in the Internet.

During the exchange, we want participants to improve their interpersonal skills, communication, group work, self-presentation, taking photographs, creating and preparing events for the local community.

Youth exchange topics:

- interpersonal skills
- labour market opportunities
- offline self- presentation: society & me
- online self-presentation : social media & me
- photos & I
- me & peers
- photo- I : photography, portraits, auto-portraits

3 countries, 18 participants, 3 leaders: 21 people

Italy- EURO –NET: 6 participants (20-25 yo.) + 1 leader (18+, no age limit)

Macedonia- ASSOCIATION FOR VOLUNTEERISM VOLONTERSKI CENTAR SKOPJE: 6 participants (20-25 yo.) + 1 leader (18+, no age limit)

Poland – Sempre a Frente Foundation: 6 participants (20-25 yo.) + 1 leader (18+, no age limit)

Profile of the participant

- **20-25 years old**
- **Interested in self-development**
- **Skilled and interested in photography**
- **Highly motivated to participate in activities**
- **Good communication in English**

Project dates

- 9 days including arrival and departure days (8 nights) - 7 days of work (30th Sept-8th Oct)

30th September 2018 – arrival day

8th October 2018 – departure day

The organizer of TC provides accommodation for entire training course. You can stay 2 days in before and after the project but we do not provide accommodation for this time.

Language of the project – English

Venue – House of Education in Nasutów, which is approximately 20 km from Lublin

Accommodation & food

The organizer provides accomodation and food for entire TC: 3 meals + 2 coffee breaks between sessions per day.

Travel

The organizer will reimburse travel cost during the project.

Reimbursement of travel costs will be done only upon presentation of all original tickets (including return tickets), receipts, invoices and boarding passes.

You shall print all documents related to your travel costs (original invoices and tickets indicating names of travelers, description of the journey, cost, currency and date of travel).

Reimbursement will be done in **PLN**, regardless of the currency indicated on the ticket and receipt or invoice presented. Then the costs will be converted and calculated according to the current exchange rate of Polish National Bank.

Reimbursement will be done **in cash**, during your stay in Poland.

More information about reimbursement rules in document "Sempre a Frente Foundation standards - costs of mobility projects".

Travel costs limits per person for country

Country	Travel costs limit per person in EUR
Italy	275
Macedonia	275

Please consult us at least 24 hours before the purchase about tickets you're planning to buy.

Please remember to choose the most cost-effective travel option as only cheapest option will be accepted.

Insurance

Personal accident insurance for participants will be provided.

Health care insurance will **not** be provided. Participants shall provide it by themselves