



Co-funded by
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Project: A Story of Inclusion
Leader: Wałbrzyskie Stowarzyszenie Młodzieży (PL)
Partners: Aktive Kosmos (ES), Asociația Lumira (RO),
Pangea Gençlik Derneği (TR)
www.wuesem.org



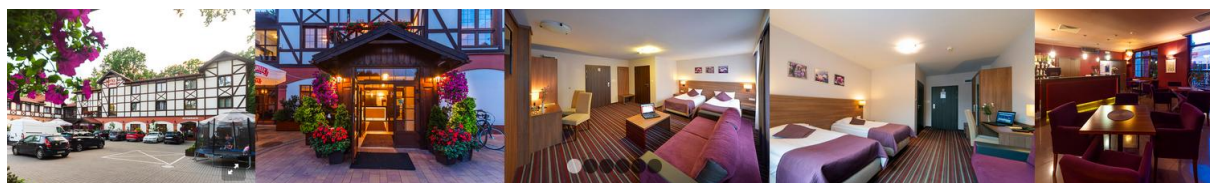
Info Pack

Youth Exchange: A Story of Inclusion

NEW DATE:

Poland Wałbrzych 12-20 November 2026

Get ready to connect with young people from across Europe! Join us for an inspiring week of storytelling, creative expression, and teamwork as we break down barriers and build a more inclusive world together!



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About the project

“A Story of Inclusion” is an Erasmus+ Youth Exchange funded by the European Commission. This project is all about empowering young people like you to use the power of storytelling to tackle social, cultural, and personal barriers. Together, we'll explore how personal stories can break stereotypes, fight marginalization, and spark real change in our local communities.

What we'll focus on:

- ✓ Understanding inclusion: Explore what exclusion and disadvantage mean in everyday life, and learn hands-on ways to make our communities more welcoming.
- ✓ Boosting your voice: Build confidence in public speaking, creative storytelling, and self-expression so you can share what matters to you.
- ✓ Shaping inclusive mindsets: Challenge stereotypes, embrace diversity, and step up as an advocate for equal opportunities.
- ✓ Creating something memorable: Work together on a live storytelling performance at a local theater in Wałbrzych, shoot promo videos, and help create a digital project brochure!

REGISTER: <https://forms.gle/2KQuuPtAkW1RohDA>
or contact your sending organization.

Discover the power of your story, learn new skills, and make lifelong friends from 4 countries — we are waiting for you :)

About the activity

The Youth Exchange brings together 28 participants from Poland, Spain, Romania, and Türkiye. **(Arrival 12th November – departure 20th November)**

We'll spend 7 days in Wałbrzych, Poland, taking part in interactive workshops, non-formal learning sessions, visiting places, organizations, sharing our final showcase for the local community!

Place and time

Place

the mobility will take place in Wałbrzych, Poland in Hotel Maria
(<https://www.hotelmaria.sirbud.pl/>) (flights closest to **Wrocław**, trains best to **Wałbrzych**)



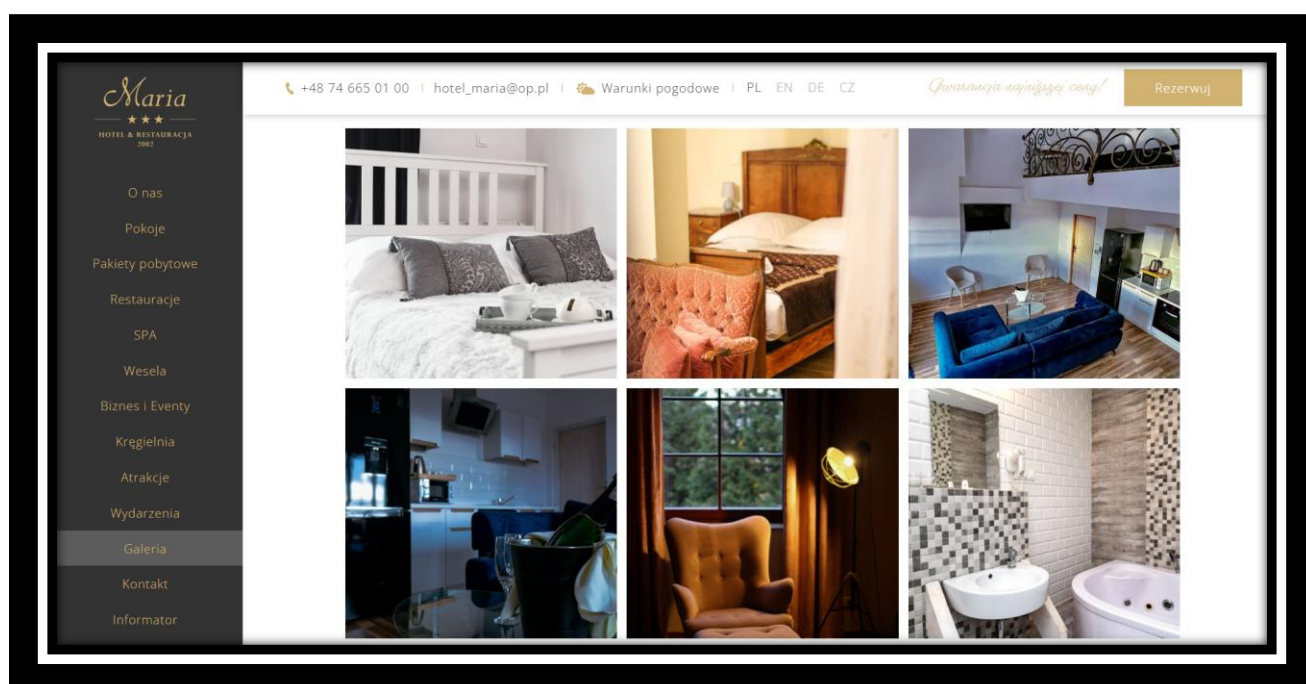
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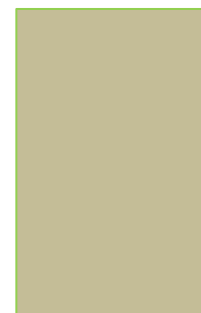
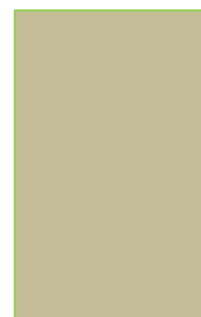
Google maps:

<https://maps.app.goo.gl/rUD5AWWQjpTFK1VA9>



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Wałbrzych is a green city with interesting history, beautiful nature, diverse places to explore and still hidden potential. It lies in the Wałbrzych Mountains, part of the Middle Sudety Range, which can be found in Lower Silesia in south-western Poland. Right next to it is Szczawno-Zdroj – a resort that has the characteristics of a foothills spa with a mild climate which is mildly stimulating and moderated by the dense forested areas that surround the city. Wałbrzych is known as the "City of Palaces and Mines." It was once a major center for coal mining and industry, which gives it a unique, rugged character. It is also home to one of Europe's largest and most impressive castles, Książ Castle (Zamek Książ).

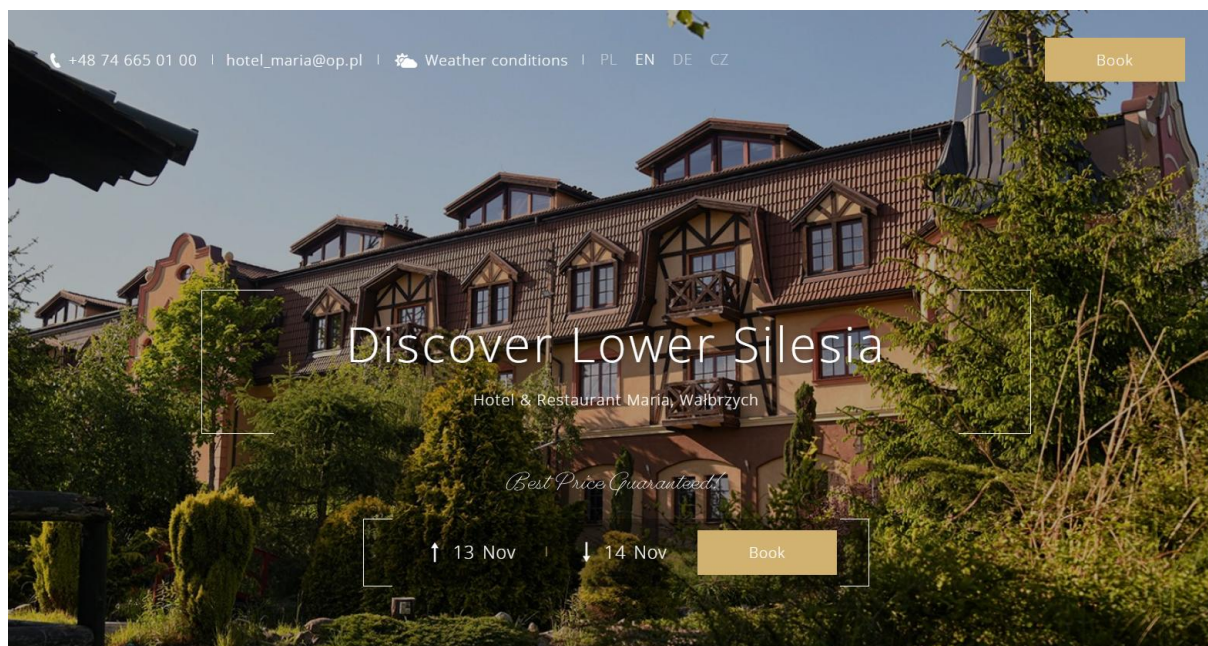
Accommodation:

Participants will be staying at Hotel Maria (<https://www.hotelmaria.sirbud.pl/>) in rooms with bathrooms, TV, WiFi, etc. The hotel is a complex of addition attractions like bowling centre and a swimming pool. So if You intend to use it please take some swimming equipment.



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All with close nature, friendly diet options, close to a health resort, all with beautiful people!

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**Learn, evolve and test how to promote inclusive values,
meet new interesting people, explore your ability to involve
everyone and find something new in yourself!**

Participants

We will host 7 people from each of the 4 countries: **Poland, Romania, Spain and Turkey = 28 learning participants**

Participant's profile:

Young people aged 18–30 — including active youth, volunteers, students, and especially those facing social, economic, or geographical challenges or just looking for a safe space to grow. You don't need any prior storytelling or other project experience — just an open mind and a willingness to share and learn!

Working language: English (don't worry about perfect grammar — we're here to learn and support each other!).

Diversity is being invited to the party; inclusion is being asked to dance. If you want the best performance, you can't just fill the room—you must make sure every voice is heard and valued.

Travel

Participants should arrive to Wałbrzych **on the 12th of November** before 18:00 (6:00 PM), because we start with a dinner at 19:00 (7 PM) and later with first session at 20:00 (8 PM). You can arrive a few days before the mobility and also stay longer but you have to cover the costs of your own accommodation for the extra days.

One way

The Youth Exchange will take place in Wałbrzych - about 70 km away from the nearest airport (Wrocław). The best way to reach Wałbrzych:



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1. You should arrive on the **12th of November** to **Wroclaw Airport (WRO)** in Poland (<http://airport.wroclaw.pl/en/>)
2. From there take a **bus** to the **main railway station** (Wrocław Główny) 40 minutes (how to get there: <https://airport.wroclaw.pl/en/passenger/arrival/how-to-get-to-the-city/>)
3. Take a **train** to **Walbrzych Miasto** or **Walbrzych Szczawienko** which takes about 1 hour (23,90 zł/per person). Check the schedule here: <https://rozkład-pkp.pl/> type from: Wrocław Główny, to: Walbrzych Miasto or Walbrzych Szczawienko, or Walbrzych Centrum.

Details on how to reach the Hotel we will share to the participants once we know your exact time of arrival, but it is 10-15 minutes from the train stations

Alternative:

If you don't have the possibility to fly to Wrocław (WRO) than probably you will have to fly to Warsaw. There are 2 airports in Warsaw: the big airport: Chopin airport or Okęcie (WAW) <https://www.lotnisko-chopina.pl/en/index.html> and small one: Warsaw Modlin (WMI) <http://en.modlinairport.pl/>.

From each of these You will have to travel to Wrocław (either by plane, train <http://rozkład-pkp.pl/en> or bus <https://www.flixbus.pl/>). From Wrocław you take a train to Walbrzych as explained above (pt 3).

If any other airport in Poland is better for You then it also fine – we will help you to reach the training venue :).

You can also consider Flying to Prague, and take a flixbus from there. We will assist you with any travel support needed.

We will be in contact with the participants to assist in the travel.

Want to come?

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What to bring

What might be useful:

- Intercultural Night goodies: Snacks, food, drinks, music, or small displays to share your culture and traditions with everyone.
- Info about your NGO: Bring materials or stories about your home organization to introduce your local work.
- Health & Travel Insurance: Don't forget your EHIC (European Health Insurance Card) and/or personal travel insurance.
- Comfortable clothes: Outfits for active workshops, comfortable shoes for walking, and warmer layers for cool November in Lower Silesia.
- Swimsuit & towel: If you want to dive into the hotel pool or relax in the sauna!
- Local currency note: Card payments are accepted almost everywhere in Poland, but the currency is Polish Złoty (PLN). You can't pay in EUR.

Wałbrzych and Szczawno-Zdrój are nice cities to visit and hang around, a lot of nature and greens. There are also beautiful castles, gardens, hike trails – you can read about all that in the web. We will be also very happy to provide you with some propositions for getting to know the place and culture better. Public transport can take you everywhere, local taxis are also ok, Uber and Bolt is also available although not yet so popular.



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Basically, you can pay with the card everywhere. If you want to use cash there are exchange points that work fine. You can use one on the airport (the rate might be a bit higher) or we can show you some in Walbrzych. Also, there are many ATMs where you can withdraw cash. In Poland it is still not possible to pay in cash with euros.

Costs and travel reimbursement

All cost regarding accommodation, food and other materials during the training course are covered by the Erasmus+ Programme. If you like you can take some additional money for your personal expenses.

Travel costs will be reimbursed based on documents confirming the travel (boarding passes, tickets, invoices etc.). After receiving the documentation from participants, the partner organisations in each country will receive the money and transfer them directly to the participants. The reimbursement process can last 1-2 weeks after the Training course depending on how fast you provide all needed documents :).

Maximum reimbursement for 1 person for all travel:

Poland: € 0

Spain: € 309

Romania: € 309 (or € 417 if you choose the green travel option + 2 extra days for travel)

Türkiye: € 309

If the travel costs will be bigger the participants will have to cover the additional amount.

Documents

for reimbursement you must collect:

- Plane, bus, or train tickets (**with your name on it if appropriate**);
- Proof of payment: **bank statement** if you paid by bank **or receipt** if you paid by cash
- **Boarding pass - for plane**

During your stay in Poland, **you will not be** accident-insured, health-insured and personal liability-insured **by us**, so if you want please provide such a private insurance in your own country and make sure you will bring it with you.

All documents (boarding passes, receipts etc.) is best to have in electronic version (let's be eco) so there is no need to print them out. After the mobility You will be asked to send them to us via e-mail. If there is no option for electronic version, then we will ask you for scans.

All participants have to take with them their European sanitary card.

YouthPass



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Within the frame of “recognition of non-formal learning”, participants will receive a **Youthpass Certificate** after the mobility upon their request. Youthpass is an official recognized tool in order to validate non-formal learning aspects gained during the project. For more information, just follow the link: <http://www.youthpass.eu>.

How to join us?

Register online and we will get back to You. If You missed a date register anyway as we will be having a second enrol in case we don't get the final participants or someone resigns. Then it can be Your turn – but we need your application :).

REGISTER: <https://forms.gle/2KQuuPtAkW1RohDA>

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Hope to see you soon!

For additional information please contact: lukasz.hoppe@gmail.com or +48 600 385 690



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