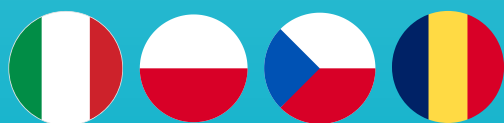


Courage to Lead

APV INFOPACK



Welcome to the APV of Courage to Lead — an Erasmus+ youth exchange bringing together young people and partners from Poland, Czechia, Italy and Romania. This InfoPack contains the essential practical information for your visit and helps us prepare a safe, meaningful and well-organised mobility together.



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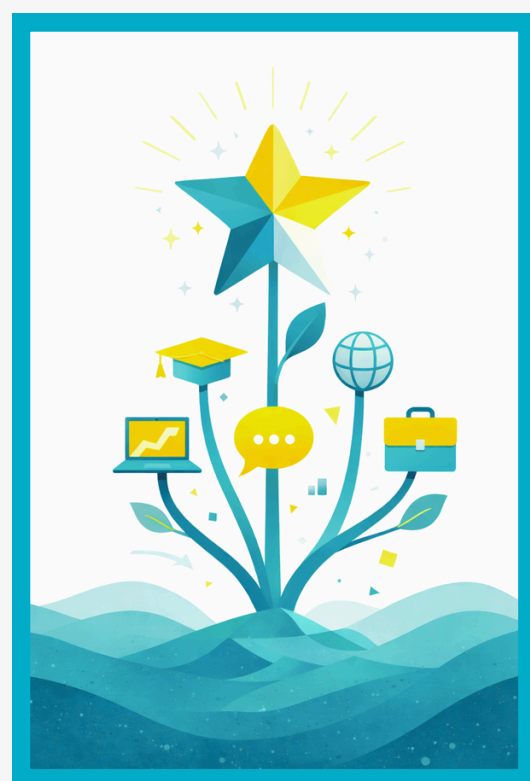
Keep all important contact details in one place.

About the Project

Courage to Lead is an Erasmus+ youth exchange project that brings together young people from **Poland, Czechia, Italy** and **Romania**. The project helps participants build confidence, leadership skills and practical competences needed to work with others and take initiative in their communities.

The project aims to:

- develop leadership and teamwork skills,
- improve project management abilities,
- strengthen digital competences,
- increase civic engagement and initiative,
- improve communication in English,
- support intercultural learning and cooperation.



Through workshops, group work and international exchange, participants will gain practical experience, learn how to turn ideas into action, and feel more confident in leading projects and working in diverse teams.

About the APV

This InfoPack is prepared for the Advance Preparatory Visit of the project. The APV, titled “Courage to Lead – Preparatory meeting,”

will take place in **Świnna Poręba, Poland,**

from 11-13 August 2026.

Its purpose is to finalise the key organisational and educational elements of the youth exchange before the main activity begins.

During the APV, partner representatives will work together on the main practical and educational elements of the youth exchange. The visit will include discussions on **logistics, transport, participant support, safety, programme planning, workshop methods, intercultural activities, and the organisation of planned trips.** It will also help partners strengthen their cooperation, clarify responsibilities, and ensure that the exchange is well prepared and suited to the needs of all groups.

Travel & Arrival

If you are landing in Kraków

At the airport, follow the signs to **the railway station** connected to the terminal by a covered footbridge. First take the **SKA1 train** to **Kraków Główny**. The ride from the airport to Kraków Główny takes about 17–20 minutes and the standard fare to Kraków Główny is PLN 20. Tickets can be bought at the ticket machine in the terminal on level 0, at the station ticket machine, at the sales point, or from the conductor.

At Kraków Główny, change to a **POLREGIO train** to **Wadowice**. You can buy this ticket online (koleo.pl), in the POLREGIO app, at a ticket office, at a ticket machine, or from the conductor. You will arrive in Wadowice after roughly 1 hour 20 minutes to 1 hour 40 minutes.

We will pick you up from the station :)

If you are taking a train to Kraków

At Kraków Główny, change to a **POLREGIO train** to **Wadowice**. You can buy this ticket online (koleo.pl), in the POLREGIO app, at a ticket office, at a ticket machine, or from the conductor. You will arrive in Wadowice after roughly 1 hour 20 minutes to 1 hour 40 minutes.

We will pick you up from the station :)

Reimbursement

Poland: 10–99 km distance band, green travel, **€56 per person,**

Czechia: 100–499 km distance band, green travel, **€285 per person,**

Romania: 500–1,999 km distance band, standard travel, **€309 per person,**

Italy: 500–1,999 km distance band, standard travel, **€309 per person.**

Travel distances	Green travel – Amount per participant	Non-green travel – Amount per participant
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more:	1735 EUR	1735 EUR

The travel distance represents a single way distance from the place of origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue. For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total.

Participants from **Green Travel** countries are expected to travel by **train, bus, car-sharing** or other lower-emission means of transport whenever possible.

Reimbursement

According to the project reimbursement rules, travel costs may be refunded only when all required supporting documents are provided. Please make sure to **follow these rules carefully**, as incomplete documentation will make reimbursement impossible.



Travel Approval

Before purchasing any long-distance tickets such as flights or international train or bus tickets, please send them to us for approval in advance. This helps us make sure that the costs are eligible and can be reimbursed.

Travel Documents

Please remember to keep all travel documents, including tickets, boarding passes, invoices, booking confirmations and proof of payment, as they will be needed later for reimbursement.



Stay & Meals



Venue

Świnna Poręba is a peaceful location in Małopolska, set by Lake Mucharskie. It combines a calm atmosphere with beautiful mountain surroundings, offering space for focus, integration and outdoor activities.

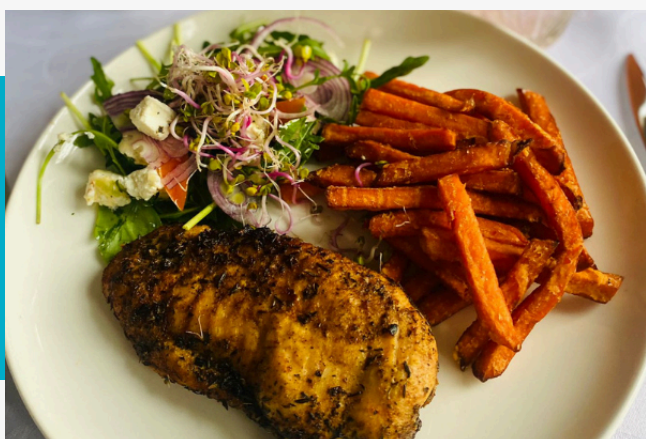
Accommodation

During the APV, participants will stay at Domek Potok, a cosy house surrounded by nature, located at Świnna Poręba 43. Part of the YE activities will take place there, which makes it a practical and comfortable base for the visit.



Meals

All meals during the APV, except for the welcome dinner, will be served at Campus Bemke. Meals can be adapted to participants' dietary needs if communicated in advance. During the youth exchange, participants will both stay and have their meals at Campus Bemke.



What to bring

- a valid ID or passport,
- your travel tickets and booking confirmations,
- your European Health Insurance Card and personal insurance documents,
- comfortable clothes and shoes,
- a warm jacket/hoodie for the evening and some form of rain protection,
- personal hygiene items (towels will be provided)
- personal medication if needed,
- a phone charger and laptop if you use one for planning,
- any materials that may help you present your organisation or discuss the intercultural evening.

You may also want to bring a notebook, reusable water bottle and anything you may need for a comfortable short stay.



APV SCHEDULE

Day 1

Arrival & First Coordination

Depending on participants' arrival times, this part may be adjusted accordingly.

18:00–18:45 Opening session: Introduction to the APV and its objectives, followed by short presentations of partner organisations (please prepare a brief introduction)

19:00 Welcome dinner and informal networking

Day 2

Main Planning Day

08:30–09:30 BREAKFAST

09:30–10:30 Visit to the youth exchange venue: review of the venue and the main indoor and outdoor spaces planned for the activities.

10:30–12:30 Full project logistics: discussion of key project details, including the project overview, transport arrangements, airport transfers, participant recruitment, promotion of the exchange, and the involvement of young people with fewer opportunities.

12:30–13:00 Safety review: discussion of potential risks, emergency situations and contingency plans. Working session on the participant regulations and rules for the youth exchange.

13:00–14:00 LUNCH

14:00–17:00 Discussion on the YE schedule:

- review of the workshop programme, methods of work, adaptation to participants' needs, and the role of digital tools in the learning process
- review of the planned trips, their practical organisation, and how they will fit into the educational flow of the youth exchange.

17:00–18:45 Intercultural evening planning: discussion of the evening structure and how leaders will support participants in preparing it. Preparation of the interactive intercultural quiz, including final format, categories, and content.

18:45–19:00 Final planning session: summary, feedback and next steps

19:00–20:30 DINNER

20:30 Onwards Informal bonfire meeting

Day 3

Departure

09:00–10:00 Breakfast

After breakfast Departure

JOIN OUR WHATSAPP GROUP

Join our WhatsApp group to stay in the loop! We'll share all important updates, reminders and practical information there before and during the visit.



Courage to Lead | APV Team

Grupa WhatsApp



See you soon!

If you have any
**questions, please
don't hesitate to ask!**

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