

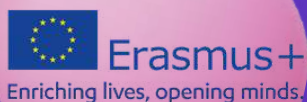
# LOG IN

# TO LIFE!

16-22 JANUARY, 2023

PORONIN, POLAND

*LOG OUT OF SOCIAL MEDIA AND  
START LIVING ...  
FOR REAL*



Erasmus+ Youth Exchange

# ABOUT THE PROJECT

The main topic is the Internet and its negative impact on life - addiction, lack of physical activity, loss of face-to-face contact skills, loss of self-esteem due to retouched and distorted social media. The main goal of the project is to build young people's awareness of the problem of addiction to technology as well as changing life habits.

The last 2 years with Covid-19 - homeisolation, home office, remote learning, lack of social contact - have exacerbated these problems. The immediate goal of this project is to raise awareness among young people of the serious consequences of technology addiction, lack of physical activity, inadequate diet, limiting oneself to virtual contacts, comparing oneself to social media figures, so that using it on a daily basis they could do it safely, using only the positive potential.

Through the implementation of the project, we want the participants to answer the question whether this problem affects them or their relatives, to what extent and thanks to the activities carried out jointly, they found a solution. Moreover, the joint action of seven organizations and participants will allow for the exchange of experiences, because despite the cultural differences, the topic is equally topical for each of the partner countries. Through the youth exchange, we want the participants to put their mobile devices aside and pay attention to those around them and "log in to life".

The project also aims to encourage young people to an active lifestyle and a proper diet. Many people do not pay attention to the quality of food, they eat on the go - often fast food or cheap products. Despite the fashion for the gym, many people still only see it while browsing Instagram or Tiktok. Instead of physical activity, they prefer to play games on the console or computer. Viewing Videos.

Together with the participants, we will conduct classes that will remain with them for a long time (we hope forever) as developed habits, which will significantly improve their quality of life and physical and mental health.

# Welcome to winter capital of Poland!

## ZAKOPANE

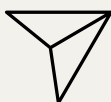
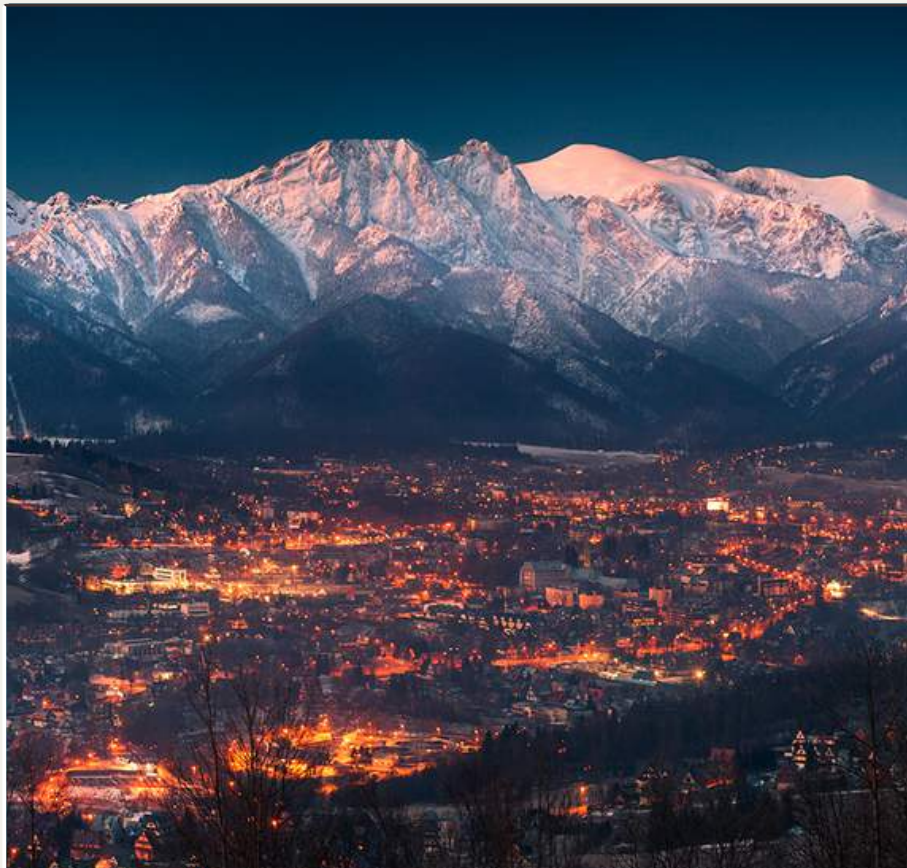
Zakopane is known as a Polish winter wonderland and a popular ski resort. Located 100 kilometers south of Krakow, just at the foothill of Poland's highest mountains, it is a beloved holiday destination for people who want to experience the beauty of the natural mountainous landscape and the rich culture of the Gorals (Polish Highlanders).

Funicular railway to Gubalowka Hill, cable car to Kasprowy Wierch, Krupowki street with regional restaurants, and Wielka Krokiew Ski Jump attract thousands of tourists to Zakopane region.

The town is a great overnight base for skiing, hiking in the Tatra National Park, trekking to the famous Morskie Oko Lake, or having a relaxing day at the thermal baths in the nearby towns Bukowina Tatrzańska and Chochołow. Also, Zakopane Aquapark is a fantastic attraction for families with children.

Delicious specialties, such as Oscypek smoked cheese, and handmade products manufactured by local craftsmen are a pride of the entire Podhale region.

15 MINUTES AGO, ZAKOPANE, POLAND



# PORONIN

WILLA AUSTRYJOK



## ROOMS:

The rooms are for 2, 3, 4 and 5 people. Each room with private bathroom  
We divide rooms according to nationality and gender. If someone wants to be with someone specific in the room (e.g. a couple), please let us know in advance.



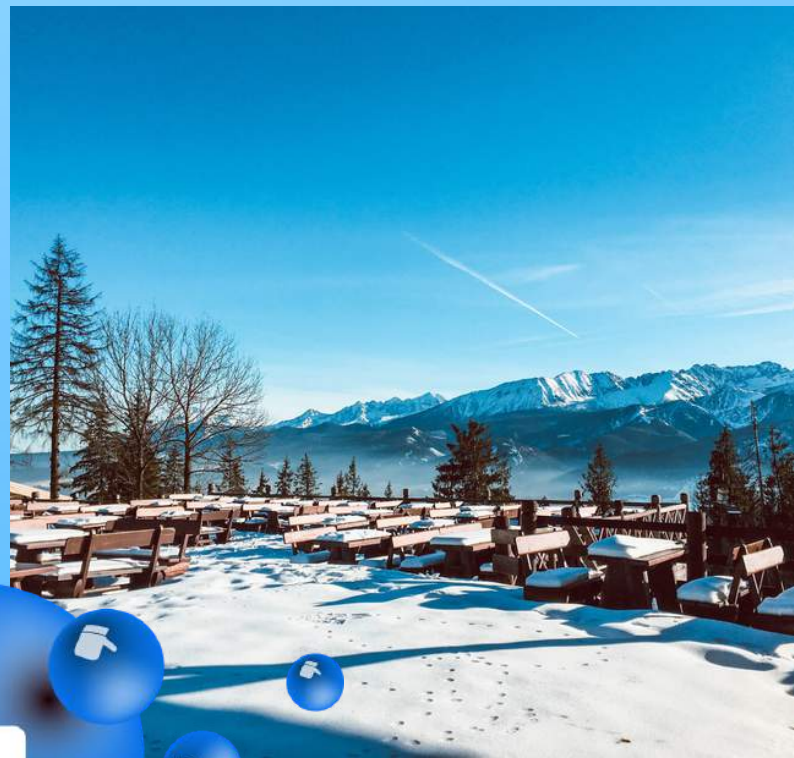
# WEATHER CONDITIONS

The weather in January in the mountains should be typically winter - snow, frost, sun.

The temperature during the day can drop even below  $-10^{\circ}\text{C}$ . Please remember to bring warm clothes - shoes, jackets, hats, scarves, gloves - THIS IS A MUST HAVE!

Closer to the date of the exchange, we will inform you about the weather forecast on the Facebook group.

Find us on 



## IMPORTANT INFORMATION

# Travel

16 - 22 JANUARY 2023 | KRAKÓW -> PORONIN

The limit of the amount for flights per person - transport Kraków ↔ Poronin will be provided



GREECE - 235€



CYPRUS - 320€



CROATIA - 235€



SPAIN - 320€

## Green Travel

CAR, BUS, TRAIN



POLAND - 70€



ROMANIA - 320€

The nearest airport is **Karków Balice** - it would be good if you land there, because we will travel from Krakow to Poronin by bus.

If you land in another city - 16.01.23 you have to get to Kraków.

Also on January 22, we will travel from Poronin to Krakow by bus.

CONTACT US

BEFORE PURCHASING TICKETS, PLEASE CONSULT US ON YOUR TRAVEL PLAN :)



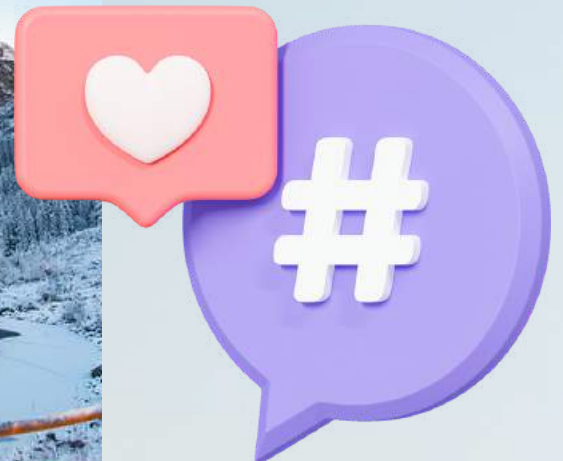
dominika@fbettertogether.pl



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Dominika Kuchciak

# TRIPS

We are going to have a trip to the mountains. We will choose the easiest possible trail with beautiful views. Please take good and comfortable shoes (sneakers are not appropriate shoes)



We will also go to Zakopane - the winter capital of Poland. Here you will have free time to explore, enjoy the charms of the city and the landscape.





# Additional TRIPS

For those willing, we can organize a trip to the thermal pools - it will be a great rest after a tiring trip to the mountains.

**Thermal pools are optional and not paid for by us.**


1ST OPTION <https://www.goracypotok.pl/en>




2ND OPTION <https://www.termabania.pl/en/>



# What to bring?

 WARM CLOTHES! - this is seriously MUST HAVE! You cannot come without jackets, hats, gloves, scarves (and there were such people)

 Laptops, tablets - you will need them to work in groups


 Bring an open-minded attitude, positive energy, good mood for you and a bit more to share with others

 Take your Passport and ID. Also your student card if you have one

 Take all your travel documents: bills, tickets, invoices

 Take personal hygienically products

 Typical foods and drinks from your country for the intercultural night.

 Bring some snickers in order to feel comfortable during our activities and slippers (houseshoefor indoor and shower)

# PARTICIPATION FEE

25 €



See you  
soon!

## Contact:

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