

**Infopack**  
**“Caring hands”**  
**18-26.11.2024, Biały Dunajec**  
**Tatra mountains**

*The paramount goal of this initiative is to promote volunteering and to encourage the members of our communities towards involvement into volunteering. Through the execution of this project we want to create, enhance the awareness of voluntary work and demonstrate its advantages. We would like to swap experiences with partner organizations by tapping into the international dimension of our project. We firmly believe that through the means of the undertaken activities more people around us will aspire to become active volunteers and figure out that while helping others they can also undergo self development, acquire new competences and gain vital experiences.*

*This project of ours will generate a positive impact on the development of volunteering. It will raise the awareness about voluntary service and in turn more people are likely to partake in volunteering activities. The project will yield some interesting educational materials, which we will later disseminate to all interested parties and promote accordingly. Participants will set up a publication, a movie will be made, we will run a course of meetings to advocate for voluntary service, we will carry out workshops on volunteering and some voluntary happenings, which resulted from the ideas worked out during the project.*

*Participating organizations*

*Stowarzyszenie Integrator Poland – hosting organization  
ADASTRA LJUBLJANA - Slovenia  
SOSIAALIPEDAGOGIIKAN SAATIO - Finland  
ASD VOLLEY CITRA - Italy*

*National team: 10 people including 1 leader ( total 10 people )  
Age of participants: 16-20*

*Date of exchange :18-26.11.2024*

*Place of exchange Biały Dunajec- Poland , pension Bernadeta  
Accommodation [www.bernadeta.eu](http://www.bernadeta.eu)*

### WHAT TO BRING

*Comfortable clothes and shoes for workshops which we will organize in indoor and outdoor atmosphere depending on weather, slippers. Camera and laptop also would be very useful during main activities. Photos will be taken during project by our team as well and at the end of the project we will share on-line with all partner organizations before departure.*

*Traditional food, drink and souvenirs for intercultural evenings activities.*

### INSURANCE & HEALTH ISSUES

*The participants are themselves responsible to get a insurance. If anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover insurance fees.*

### FOOD

*If there's any person with special diet/ allergies, please inform us about this.*  
*It is especially important for us to know about diets/allergies/special needs.*