

ERASMUS +



THE FLOOR IS
YOURS

THE FLOOR IS YOURS

09-17 NOVEMBER 2026



Funded by
the European Union

Erasmus+ Youth Exchange
in PORONIN, POLAND



YOUTH EXCHANGE

OBJECTIVES

Project objectives:

- Promote social inclusion and equal opportunities for young people, especially those with fewer opportunities.
- Increase young people's employability by developing practical communication and self-presentation skills.
- Improve public speaking skills, including voice control, body language, confidence, and clear expression of ideas.
- Use theatre, drama, and improvisation as tools for personal development and preparation for real-life professional situations.
- Strengthen participants' ability to present their skills, experiences, and motivation during job interviews and professional meetings.
- Develop self-confidence and reduce fear of speaking in front of others.
- Improve teamwork, active listening, empathy, and constructive feedback skills.
- Strengthen intercultural competences and encourage cooperation between young people from different social and cultural backgrounds.
- Raise awareness of stereotypes, discrimination, and barriers that can limit equal access to education and the labour market.
- Support young people in recognising their own strengths, talents, and competences.
- Develop creativity, adaptability, and the ability to react effectively in unexpected situations.
- Encourage young people to become more active, visible, and confident participants in social and professional life.
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THE FLOOR IS YOURS

ABOUT PROJECT

Project description:

The project is an international youth exchange focused on social inclusion and increasing young people's opportunities on the labour market through the development of public speaking, theatre, communication, and self-presentation skills. It is designed especially for young people with fewer opportunities, including participants facing social, economic, geographical, cultural, or educational barriers. The project responds to the need to strengthen young people's confidence, employability, and ability to actively participate in social and professional life.

The main idea of the project is to use theatre, drama, improvisation, and public speaking as practical educational tools. Participants will take part in non-formal learning activities that will help them become more confident when speaking in front of others, expressing their opinions, presenting their skills, and communicating in multicultural environments. Theatre-based methods will create a safe space where participants can experiment, make mistakes, receive feedback, and gradually overcome fear, shyness, and communication barriers.

By the end of the activity, participants will:

- improve their public speaking and presentation skills;
- feel more confident when speaking in front of others;
- learn how to use voice, body language, eye contact, and gestures effectively;
- develop practical self-presentation skills useful during job interviews and meetings;
- improve their ability to communicate clearly and express their ideas;
- strengthen teamwork, active listening, empathy, and feedback skills;
- learn how to manage stress and nervousness in public and professional situations;
- develop creativity, flexibility, and improvisation skills;
- become more aware of their own strengths, talents, and competences;



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ABOUT PROJECT

MEETING IN PORONIN

- During The Floor is Yours youth exchange, you will take part in an interactive program designed to help you build confidence, improve your communication skills, and discover how public speaking and theatre can support you in education, work, and everyday life. The activities will be practical, creative, and based on learning by doing. Here's what to expect:
- Public Speaking Workshops - You'll practise how to speak clearly and confidently in front of others, work with your voice, body language, eye contact, and learn how to manage stress during presentations.
- Theatre & Improvisation - Through drama games, role-play, and improvisation, you'll learn how to react in unexpected situations, express emotions, cooperate with others, and become more comfortable on stage.
- Storytelling & Self-Presentation - You'll learn how to tell your own story, introduce yourself effectively, and create short personal pitches that can be useful during interviews, presentations, and professional meetings.
- Breaking Barriers - Through theatre scenes and group activities, you'll explore stereotypes, discrimination, social exclusion, and the challenges that young people with fewer opportunities may face when entering the labour market.
- Teamwork & Cultural Exchange - You'll work in international teams, exchange perspectives, create performances together, and learn how to communicate with people from different cultural and social backgrounds.
- By the end of the event, you'll feel more confident speaking in front of others, better prepared for job interviews and professional situations, more aware of your own strengths, and more comfortable expressing yourself in an international environment. The Floor is Yours will give you a safe space to find your voice, take the stage, and use communication as a tool for new social and professional opportunities.



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WHEN & WHERE?

Project details:

The Youth Exchange will take place between 09-17 November 2026 in Poronin (Poland). Workshops will happen in dates from 10th November till 16th November.

Poronin is located 100 km on south of Kraków. And we recommend you to travel to Kraków directly if its possible. You can fly to Kraków or Katowice airport freely, which is not far from Kraków..

Travel days:

You can NOT arrive later than the 09th November 2026 [before 16:00] - The arrival day, and do NOT leave sooner than the 17th November 2026 [after 12:00] - The departure day.

Organisers provide private bus from Kraków to Poronin on 09th November 2026 at 16:00 from area near Main Bus Station of Kraków. You must arrive to Kraków Centre before this time.

Also there will be provided private bus from Poronin to Kraków on day 17th November 2026 - 08:00 from Willa Austryjok - It will arrive to Kraków Airport - 10:15 and Centre of Krakow - 10:50. This mean your flights from Kraków should be after 13:00 that day.

*PLEASE NOTE that it is allowed to travel within 2 extra days. This mean that you are allowed to leave your country and start journey earliest on 08th November 2026, and you are allowed to depart latest from Poland on 18th November 2026.

We provide accommodation and meals only from evening of 09th November till morning of 17th November 2026 in Poronin. Extra days are on your cost.

Participants profile:

We are seeking enthusiastic and motivated young people between the ages of 18 and 30, currently residing in Czechia, Greece, Lithuania, Slovakia, Turkiye, and Poland - participating partner countries, who are interested in developing their communication, public speaking, theatre, LARPs and self-presentation skills. Ideal participants should be open to creative learning methods, willing to work in an international group, and motivated to strengthen their confidence in expressing ideas, opinions, and personal experiences.

No previous experience in public speaking, theatre, or acting is required. The project is especially suitable for young people who would like to become more confident when speaking in front of others, improve their communication skills, prepare for job interviews, or learn how to present themselves more effectively in professional and social situations.

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PARTICIPATION

Participants profile:

Requirements from participants:

- Motivation to participate in YE and develop skills in public speaking, theatre, communication, and self-presentation
- Willingness to actively contribute to workshops, theatre exercises, role-play, improvisation, discussions, and teamwork activities
- Readiness and availability to participate actively in the whole project, including preparation, youth exchange activities, reflection, and dissemination
- Openness to working in an international and multicultural environment
- Basic level of English is required
- No previous experience in theatre or public speaking is necessary. We will be happy to see people with LARP experience.
- Respectful attitude towards other participants, different cultures, backgrounds, and opinions

EACH PARTNER SEND 5 PARTICIPANTS AND 1 LEADER - 6 PEOPLE IN TOTAL

PARTICIPANTS IN AGE 18-30

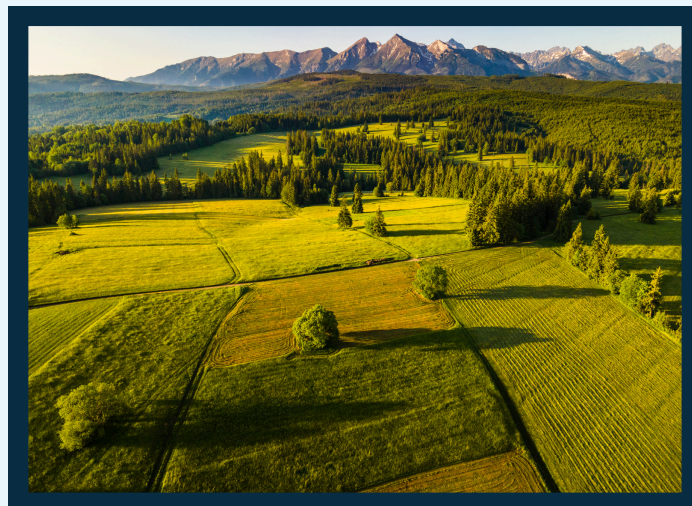
LEADER IN AGE - 20-999

INFO BEFORE DEPARTURE

Health and travel insurance: each participant will provide at his own expense the health insurance for the stay. Its why European Health Card is important.

IMPORTANT:

Please bear in mind that event **is not holiday**, we will have daily workshops and activities. Our project it's oriented on group work, and achieving results! Please do not apply if the topic does not interest you. You are not able to participate fully. You are not open to cooperate during activities in international teams. You cannot be respectful to others. Discrimination and lack of tolerance is not welcome here.



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ORGANISATIONAL INFO

Reimbursement and Travel:

Your name, surname, dates, from where to where and price information must be written on your tickets. You must travel from country of your NGO who you represent to Poland and back to own country. You must have both tickets and invoices and deliver original tickets to us by post (or e-mail in case of e-tickets) after the project. Electronic/Online tickets must be provided to sending NGO before project. The open-date tickets are not accepted.

Every ticket must have the project's dates on it. After your return, you must send your departure boarding passes too if they are electronic you send by email, if they are only on paper hard copy you send physical letter by post. First, team leaders will take photos of it, send by e-mail and later will send the originals by post.

Before buying tickets please contact sending organisation from your country. All tickets **MUST BE** approved by sending organisation, any unapproved tickets will not be reimbursed.

TRAVEL REIMBURSEMENT of TICKETS :

COUNTRY	REGULAR MAXIMUM	ECOLOGICAL MAXIMUM
CZECHIA	161	235
SLOVAKIA	161	235
LITHUANIA	259	367
TURKIYE	259	367
GREECE	259	367

*Green Travel Only means that only bus, train, or carpooling is allowed for whole travel.

Local transportation in Poland:

Due to the remote location and not possibilities to travel with local transport to reach our Villa, there will be a private bus organized by us, from Krakow to the project place (Poronin) and back to Krakow also after project, therefore the amount of **50 euros was decreased** from the total reimbursement limit per country.

IMPORTANT!!!

When you will use airplane - Please only do CHECK IN ONLINE trough website of airlines and generate every boarding pass in PDF file.

DO NOT create boarding passes through the phone app - this option do not allow to generate PDF file, and such boarding passes won't allow us to proceed the reimbursement.

No boarding card = no money! Screenshots are not allowed. Reimbursement will be done after receiving all travel documents, and if person participated in workshops. Absence = no money.

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LOCATION

Accommodation in Poland:

The accommodation and the mobility activities will be held in Willa Austryjok in Poronin village for free without any costs. Its 100 km on south from Kraków. Accommodation and meals during the days of the project are covered by Polish organisation - **"check in"** is in **evening 09TH November**, **"check out"** is **on morning 17th November 2026**.

Our villa provide 3 meals per day, and by coming to Poland be aware to try everyday local traditional cuisine of highlanders. Our Villa is not a hotel, but our chef put love into traditional Polish food. Participants will be accommodated in rooms, and divided by gender, rooms are for 3-5 people, with private bathroom. The venue is equipped with a plenary room where all activities will be held, and a canteen where we will have all the meals.

If you will cause any damage to the room or to any items, you will have to pay for the expenses. The exchange is going to take place in Poronin. It's a very calm place, close to nature. Weather is specific in this region, so be sure to check the forecast and bring proper clothes.

ADDRESS of WILLA AUSTRYJOK

Tatrzańska 99A,

34-520 Poronin

<http://austryjok.com>

GPS: 49.32786536289317, 20.037212429442484



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LOCATION

APV

ADVANCE PLANNING VISIT (APV) - 19–22 October 2026 | Poland

To ensure good preparation and smooth implementation of THE FLOOR IS YOURS, the group leader from each partner organisation is required to participate in the Advance Planning Visit (APV), which will take place from 19 to 22 October 2026.

19th October Arrival. 22nd October Departure 2026

The APV is an important part of the preparation process. It will give all partner organisations and group leaders the opportunity to meet before the Youth Exchange, discuss the programme in detail, clarify responsibilities and make sure that every national team is properly prepared.

During the APV, we will:

- review the objectives, methodology and planned learning outcomes of THE FLOOR IS YOURS;
- go through the programme and discuss theatre, improvisation, public speaking and LARP activities;
- clarify the role and responsibilities of each group leader before, during and after the Youth Exchange;
- discuss participant recruitment and make sure selected participants fit the profile and motivation expected for the project;
- discuss how to prepare participants for active involvement in theatre, role-play, improvisation and LARP sessions;
- review practical arrangements concerning travel, accommodation, meals, safety and communication;
- discuss participants with fewer opportunities and any individual support needs;
- prepare intercultural activities and national group contributions;
- discuss risk management, group dynamics, conflict prevention and participant wellbeing;
- review dissemination, evaluation and follow-up responsibilities;
- visit and become familiar with the project environment and practical conditions where relevant.
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Because THE FLOOR IS YOURS is based strongly on active participation, theatre, improvisation, LARP and international group work, it is important that leaders fully understand the methodology before arriving with their national teams. The Youth Exchange expects participants to engage actively throughout the programme rather than approach the mobility as a holiday.

After the APV, each leader will be responsible for sharing the necessary information with their national participants and helping them prepare for the mobility.

Participation of the group leader in the APV is mandatory for partner organisations participating in the project.

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ORGANISATIONAL INFO

AGENDA

We provide example of Agenda. Activities will change during a project according to our plans and needs of participants. Bear in mind its just example of activities.

DATE	DAY NO.	MORNING SESSION	AFTERNOON SESSION	EVENING
09.11	0	ARRIVAL	ARRIVAL	Team building evening
10.11	1	OPENING INTRODUCTION TO TOPIC	TEAM BUILDING	FREE
11.11	2	2 minutes presentations	LARP SESSION	CULTURAL EVENING
12.11	3	Countries situation	LARP SESSION	FREE
13.11	4	Improvisation	LARP SESSION	FREE
14.11	5	Opression Theatre	LARP SESSION	FREE
15.11	6	Storytelling	LARP SESSION	FREE
16.11	7	Presentation of results	CLOSING	FREE
17.11		DEPARTURE	DEPARTURE	DEPARTURE

BREAKFAST - 08:30-09:30

LUNCH - 13:00

LUNCH BREAK - 13:00-15:00

DINER - 18:00

MORNING SESSION 10:00-13:00

AFTERNOON SESSION 15:00-18:00

EVENING ACTIVITIES - 20:00

THE FLOOR IS YOURS

RECRUITMENT PROCESS

HOW YOU CAN JOIN ?

Read first TERMS AND CONDITIONS - Participant Agreement has to be read and accepted by every participant to be able to take part in the mobility.

[AGREEMENT HERE](#)

PLEASE FILL OUT THE FORM - Answer the questions in the application form.

[APPLICATION FORM HERE !](#)



+48 510896930 (Łukasz)



fraternitasngo@gmail.com



<https://www.facebook.com/FraternitasNGO/>

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