

## TRAVEL SAFELY



- ✓ Regular contact with a mentor / coordinator
- ✓ Support from the host organization
- ✓ A clear schedule and group supervision
- ✓ The opportunity to express your needs
- ✓ Travel in a well-organized and safe format

## AFTER RETURNING



### I gain:

- ✓ greater independence
- ✓ digital skills
- ✓ international connections
- ✓ a certificate confirming my professional growth

### I take action:

- ✓ I share my experience
- ✓ I implement new ideas
- ✓ I inspire others
- ✓ I become a Mobility Ambassador

**OPENNESS  
AND A GOOD SENSE  
OF HUMOR**



## COORDINATOR



[FERIPLATFORM.ORG.PL](https://feriplatform.org.pl)

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## PARTNERS



MICROCREDENTIALS IN ADULT EDUCATION

**ERASMUS+ MOBILITY**



**JOIN THE COMMUNITY  
OF ACTIVE SENIORS**

Mobility means growth, connections, and exploring Europe safely.



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the European Union

**YOU DON'T HAVE TO BE AN EXPERT. ALL YOU NEED IS CURIOSITY AND A WILLINGNESS TO TAKE ACTION.**



## PERSONAL PREPARATION



- I am open to new experiences
- I respect cultural diversity
- I learn through action and observation
- I am ready to collaborate
- I represent my community and my country

## MY PERSONAL MOBILITY MAP



- What do I want to learn?
- What kind of experience do I want to gain?
- In what area do I want to grow?
- What will I bring back to my community?



## SKILLS I AM DEVELOPING



### Digital skills

- using a smartphone while traveling
- documenting learning (photos, notes)
- communicating within the travel group

### Intercultural competence

- dialogue with people from other countries
- openness and empathy
- understanding differences and similarities

### Green competencies

- responsible travel
- conscious consumer choices
- care for the environment



### Social skills

- teamwork
- mutual support
- relationship building

## MY MOBILITY KIT



### Digital Preparation

- Fully functional phone
- Charger and power bank
- Access to the travel group (e.g. WhatsApp)
- Installed apps: maps, translator, camera (for documentation and learning)



### Organization and Health

- ID card / passport + EHIC card
- Accommodation address
- List of medications
- Emergency contacts in Poland
- My travel itinerary

**MOBILITY IS THE START OF CHANGE – FOR ME AND FOR MY COMMUNITY**

