

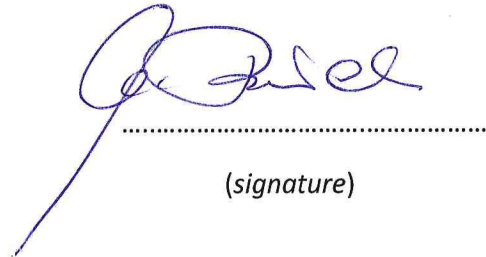
## The participation rules

1. Nicolaus Copernicus University in Toruń hereinafter refers as **the Hosting Organisation** is offering a volunteering programme “*Bridging Generations: Cultivating Community and Understanding Through Intergenerational Volunteering*” hereinafter refers as **The Programme**  
(<https://koi.umk.pl/pliki/harmonogram%20EKS%202026,%20English%20version.pdf>)
2. The organizer of **the Programme** is Copernican Integration Centre, which is the unit of **the Hosting Organisation**.
3. The offer of **the Programme** implemented by **the Hosting Organisation** is available at the European Youth Portal ([https://youth.europa.eu/solidarity/opportunity/51280\\_en](https://youth.europa.eu/solidarity/opportunity/51280_en)).
4. The candidates need to apply for **the Programme** offer via European Youth Portal.
5. **The Hosting Organisation** is choosing participants from the sent applications taking into consideration the following criteria:
  - a) English proficiency level,
  - b) previous experience in volunteering activities evidenced in resume,
  - c) geographical and cultural diversity of the participants.
6. **The Hosting Organisation** prepares the selection report containing the list of the chosen candidates.
7. The chosen candidate will be informed about the selection results via European Youth Portal.
8. The candidate who accept the offer in European Youth Portal becomes **the Participant** and need to register her/his arrival filling the form: <https://www.umk.pl/en/erasmus/forms/ecs-volunteering/>
9. Submission the registration form is mandatory.
10. **The Programme** starts on the July 6, 2026 and ends July 19, 2026.
11. **The Participant** must take part in all activities of **the Programme**.
12. Before the arrival **the Participant** is obliged to sign the agreement with **the Hosting Organisation**.
13. **The Hosting Organisation** provides the following for **The Participant**:
  - a) introductory online training,
  - b) **the Programme** and its activities
  - c) accommodation (within one night before starting **The Programme** and one night after **the Programme** ends)
  - d) full board: three meals per day (breakfast, lunch and dinner)
  - e) contribution for travel costs will be covered with the lump sum. The lump sum will be calculated according to the rates and distance calculator tool developed by the European Commission and depending on the means of transport chosen by **the Participant**. The lump sum depends on the distance between the place of residence and Toruń (the distance of a travel in one direction is taken into account to calculate the lump sum for a travel in two directions).

- f) the pocket money for 14 days of **the Programme** with the unit rate **6 EUR** per day (Poland rate),
  - g) **the Hosting Organisation** may pay the additional sum for traveling days (up to 2 days), if **The Participant** declares that travel will take place in the dates different than **The Programme** dates.
14. The travel unit rate and pocket money will be paid upon the arrival and upon the agreement signing in EUR and transferred for the bank account indicated by **the Participant** or in cash – depending on the payment method indicated on the form.
  15. In case of not fulfilling all the provisions of the agreement, **the Participant** may be asked to return the paid funds.
  16. **The Hosting Organisation** will issue a certificate for **the Participant** only upon completion of the full **Programme**.

London, 22.04.2026

(place, date)



(signature)