

Mobility:

Mobility Rules for participants

For projects hosted by Sempre a Frente Foundation

All participants of projects and events organized by the Sempre a Frente Foundation (ul. Lubartowska 60 lok. 7/20-094 Lublin) are required to acknowledge and abide by following rules:

- I. Communication and Contact with Hosting Organization
 - a. Participants are required to maintain contact with project facilitators through designated communication channels (typically WhatsApp).
 - b. Each participant will be provided with direct contact information for at least one facilitator from the Foundation and is obligated to contact them in any unanticipated situations such as:
 - i. delays,
 - ii. endangerment,
 - iii. medical emergencies etc.
- II. Participant Responsibilities
 - a. Participants are required to attend all organized activities during the training/exchange - with the exception of those explicitly designated as voluntary.
 - b. All activities during the training/exchange are conducted in English.
 - c. Participants must adhere to the participation contract collectively established by project facilitators and all participants at the commencement of the project.
- III. Wellbeing and Safety
 - a. Participants are responsible for maintaining their own wellbeing as well as respecting that of other participants.
 - b. The Foundation enforces a zero-tolerance policy regarding:
 - i. any form of discrimination,
 - ii. bullying,
 - iii. physical or psychological violence,
 - iv. disrespect for personal boundaries.
 - c. The possession and/or use of any drugs and intoxicants (including alcohol) at the venue during the project is strictly prohibited.
Providing any form of drugs, intoxicants (including alcohol), or tobacco/nicotine-containing products to minors is prohibited under Polish law.

Mobility:

- d. Participants must bring any regularly taken medications and emergency medicines prescribed by doctors (such as inhalers, diabetes accessories).

Participants are required to verify regulations concerning travelling with medications between their country of residence and Poland

- e. Sempre a Frente Foundation strongly advises verifying one's physical ability to participate in the project with a doctor to avoid any unexpected sudden deterioration of health or emergencies.

IV. Procedural Rules and Guidelines

a. Travel and Reimbursement

- i. All travel arrangements must receive prior approval from a Foundation representative before purchase.
- ii. Participants must retain all tickets, boarding passes, invoices, receipts, and email confirmations.
- iii. All reimbursement documentation must be submitted to the Foundation within 14 days following the last day of travel.

b. Documents

- i. Participants are required to possess a European Health Insurance Card.
- ii. Participants must carry a physical identification document permitting entry into Polish territory (passport or EU country ID document).
- iii. The documents specified above must be carried throughout the entire duration of the mobility.
- iv. Sempre a Frente Foundation is providing insurance for duration of project, **excluding travel**.

Participant can voluntarily take out travel insurance on their own expense.

V. Consequences of Rule Violations

Violation of any Mobility Rules may result in a formal complaint to the sending organization, denial of reimbursement, expulsion from the training/exchange (at the participant's expense), or reporting to Polish law enforcement authorities in cases of legal violations

Participant name and surname	
Participant's signature and date	