

APPLICATION PACK



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MEDS Network

MEDS

‘Meeting of Design Students’

WHAT IS MEDS?

MEDS is a non-political, non-profit, multinational organization organized by students and young professionals for students and graduates of all design disciplines and like minded individuals. MEDS aims to promote the positive role of design in society as well as interdisciplinary and cross-border collaboration in design. MEDS is a place for designers to make social and professional connections, unlock their potential and use their talents out of their faculty.



MEDS

‘Meeting of Design Students’

THE NETWORK

Over the years MEDS has naturally developed into a network of devoted and motivated designers, who take part in the annual MEDS Events as participants, tutors or organise one of the events in their own country.

MEDS Workshop takes place each summer in a different country, focusing on various themes, topics and settings. During 2 weeks in summer diverse projects get designed and built. It enables young creative minds to evaluate and build their proposals with interdisciplinary and international teams.

MEDS Forum is the annual event in October where active members and representatives of the different countries gather and which embodies the organising and backstage of the Network.

BUT THIS YEAR'S INITIATIVE
IS DIFFERENT

MEDS Retreat

MEDS achieved a lot in last years, but with time comes change



This year's event is a new beginning

A NEW BEGINNING

The Retreat is open to anyone and everyone interested in keeping the MEDS project alive and thriving. Yes, even if you've never been to a MEDS event before.

The main goal of this event is to take a step back after 14 years of MEDS existing, to redesign MEDS as a network, as well as its flagship annual summer workshop format. 50 people will work together in different team settings on the various issues MEDS is facing. Some tasks and projects are predefined, but there is space for new ideas and initiatives, with time for anyone to build a team and work on them.

Like always at MEDS, we work hard and play even harder. Of course, there will be the usual fun elements to look forward to: Polish night, National night, cooking around campfires, excursions, various parties, evening activities with talks, movies, sports and games.

One thing that is different at MEDS Retreat however, is that everyone who attends will also become an organizer. So if you join, you will help organize manifold things over the course of the two weeks to keep the event running: whether it is moderating team sessions, fine-tuning the agenda for the next day, cooking, cleaning, running the bar, setting up equipment or spaces ... no one is "just" a participant!

We're all in this together.

Why would you want to sign up?

It's gonna be a great time! But here are a few things we hope everyone will gain from this experience:

Peer-to-peer learning

- Acquire new knowledge and valuable hard/soft skills that will help you make your next step: be it to complete your studies, work on your professional development, or identify new passions around the sphere of design and architecture. Get tips and tricks how to organize literally anything.
- Share your own knowledge and skills on various things: from project management to new cooking recipes. Host an arts & crafts session about something you are passionate about: photography, meditation, improv theatre, drawing, ... you name it!



Why would you want to sign up?

Social time

- Spend time and bond with the MEDS family: a thriving community of awesome people from all fields design & architecture. Originating from all over the world - united in diversity.
- Make lasting friendships and find project partners for future work.



Why would you want to sign up?

Engagement

- (Re-)Discover how to best work together as a non-profit, volunteer organization.
- Become an active voice and shape the future of a dynamic, crazy international project.
- Reflect on your own MEDS journey and possibly find a new purpose within the MEDS network

See you there, *tak*?



Crossroads site

LOCATION



Kłodzko Valley

Throughout the area of the Kłodzko Land you will find nature reserves and mountain trails with beautiful views. The Valley itself also offers vast meadows, hiking and cycling routes.

LOCATION



Bystrzyca Kłodzka

The City that's the closest to our accommodation has its origins as early as the 13th century. To this day it has fully preserved its medieval urban layout, which is one of the most interesting in Silesia. It is situated on a high hill, washed by the waters of Nysa Kłodzka and Bystrzyca* from the east and south. Due to the city's location, its buildings were shaped in terraces, creating a unique panorama and steep passages, sometimes leading up stone steps.

*The word "Bystrzyca" means a rushing mountain stream.

LOCATION

Wataszka

Wataszka Guest House is located in the upper part of the village Wójtowice, at an altitude of over 700 m above sea level. The house presents original regional architecture, renovated in accordance with the classic Sudetes style.



LOCATION

The whole house is booked for us. There are three common rooms and a kitchen at our disposal. One of the rooms is intended especially for workshops, as our hosts organize art and folk workshops themselves there. There is good wifi!



LOCATION

There are big terraces and a lot of space to wander around. We will be able to host campfires and BBQs. We can do our own laundry and bed sheets will be provided by the guest house for when you are sleeping inside. (For camping you still need to bring your own sleeping bag and mats.) **Towels are not provided.**



SLEEPING & COMMON AREA

“Wataszka,” offers us 30 indoor beds and an additional 15 camping spots adjacent to it.

In the name of fairness and equal opportunities for everyone, we've decided to rotate sleeping arrangements between indoor beds and camping spots. Each participant is kindly asked to bring along their own sleeping bags and mats. If this isn't possible for you, please don't hesitate to let us know via the application form. And if you prefer to use your own tent, feel free to bring that as well..



SLEEPING & COMMON AREA

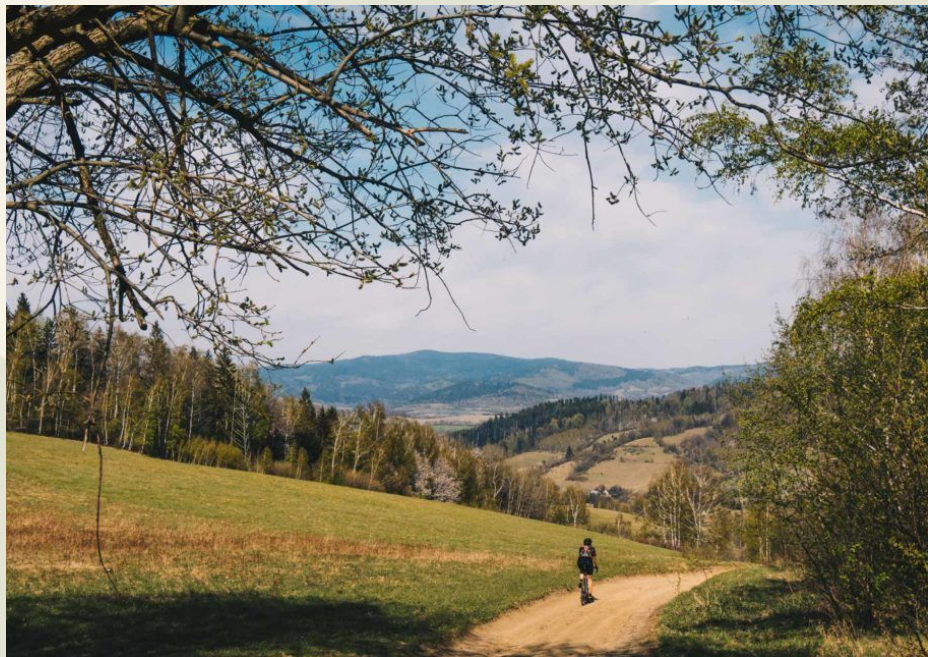
Now, you might wonder why we've chosen to incorporate camping into our MEDS Retreat experience. Well, besides the obvious benefit of keeping costs down for everyone, there's something special about roughing it out together in the great outdoors. Group Camping fosters the communal vibe and creates a unique sense of camaraderie that will be an essential contributor to the overall experience. Plus, imagine waking up to the breathtaking views of the lush mountain landscape each morning during our outdoor camping nights. It's an experience you won't want to miss!



SLEEPING & COMMON AREA

Our suggestion is to plan for approximately 4-5 nights of camping and then transition to spending the remaining 8-9 days enjoying the comfort of the guesthouse beds. Throughout the entirety of the event, rest assured that participants will have full access to all necessary amenities, including bathrooms, showers, storage spaces, and common areas within the guesthouse. Yes, even during the camping nights!

If for any reason you're unable to sleep in a tent or have specific requirements related to your sleeping arrangements, please reach out to us directly. Standard accommodation options include mixed-gender rooms or camping.



OTHER INFO

Poland uses Złoty! Not Euro 1 EUR = 4,3 PLN (Złoty)

- Water - 2,30 zł for 1,5l
- Beer - 4zł
- Chocolate bar - 4 zł
- Kebab - 18 zł
- Restaurant meal - main dish 25-40 zł

Refreshments

- You can drink tap water.
- Please bring a reusable water bottle and a cup.

Temperatures

- 10-30°C, average 15-20°C,
- It might partially be rainy or windy
- Be prepared for many different weathers - also daily changes in temperatures can be quite drastic, nights and mornings are usually cold



COSTS

We're dividing costs evenly. Every persons Investment is 330 EUR (1,415.10 Zloty) per person for:

- 14 days, meaning 13 nights of accommodation: 8 or 9 nights in the guesthouse, and 4 or 5 nights camping (more details provided above).
- Rent for all communal spaces of the entire guesthouse, which includes indoor and outdoor workspaces, as well as a sun terrace.
- Breakfast and dinner, with all dietary requirements taken into account.
- Group activities, such as campfires, parties, and materials for work sessions



WHAT YOU STILL NEED TO BUDGET FOR

- **Lunch** - As we're situated quite remotely, with the closest town being a 12-minute drive away, we'll be responsible for preparing our own lunches for approximately half of the event. For the remainder, we'll order from local establishments. Aiming to keep costs low while ensuring delicious meals, sourcing ready-made options from nearby restaurants and catering services.
- **Partying** - We will be running our own bar, buying alcohol and other drinks from the supermarket and selling them during the event. The bar is not operated for profit, we will price things to cover transport costs to and from the supermarket: to make our lives easier at the event and to support future MEDS projects, we're gonna round up prices so it's easier to cover costs + we'll sell tokens for the various items in order to minimize having to deal with change in Zlotys.



TRANSPORT

- First step - get to **Wrocław** ;
 - by train from polish cities (airports are nearby them)
 - Katowice - Wrocław, 2h15min, 36,40 zł - 8,50 euro, freq 1h
 - Kraków - Wrocław, 3h15min, 53,50 zł, 12,50 euro, freq 1h30min
 - Warszawa - Wrocław, 4h45min, 76 zł, 17,60 euro, freq 2h30min
 - Poznań - Wrocław, 1h40min, 49 zł, 11,40 euro, freq 1h
 - by flibus
 - Katowice - Wrocław, 2h30min, 40 zł, 9,30 euro, frequency 1h
 - Kraków - Wrocław, 3h30min, 60 zł, 14 euro, f 1h30min
 - Warszawa - Wrocław, 4h45min, 100 zł, 23,30 euro, f 2h30min
 - Poznań - Wrocław, 2h40min, 40 zł, 9,30 euro, f 3h
- Second step - get to **Bystrzyca Kłodzka**
 - by regional train from Wrocław, t 2h, 33,30 zł, 7,70 euro, f 2h30min
- Third step - get to **Wójtowice**
 - by taxi, distance 8,5km, t 15 min



Application call

GENERAL SCHEDULE

Our schedule is flexible, meaning it can change based on the situation. But don't worry, we'll guide you through each step of the program, following the path we've set. Along this path some signposts are already set up, indicating the overall direction while leaving the freedom for us to venture. Here's a brief overview of what to expect:



GENERAL SCHEDULE



WARM UP

get to know each other

learn about the challenges ahead

TRAINING

here we will explore tools and ready ourselves, getting into the adventure mode

we will practice techniques that we can apply to reconquer our network

ADVENTURES

segment, that will test you the most but is also very exciting

the big topic of how to continue with our network into the next decade

variety of topics in different teams, collaboration to build a strong frontier

sprinkle in some creative crafting sessions to relax our minds

APPRECIATION

we will celebrate what we've achieved and the bonds that have been tied

parties, chillout and leisure activities

Extras

don't worry, the main phases will not exclusively be focused on their individual purpose, all of them will include leisure, social activities, breaks, yoga, meditation, sports activities, etc. for a healthy and enjoyable mix :)

You can also expect:

Fun Evening Events

1 day Excursion

GENERAL SCHEDULE

Once the journey is complete and our network strengthened, you will hopefully also be ready to return home, a changed person, with a bunch of new friends, a collection of deep and funny and touching and maybe enlightened moments (or some romance perhaps...) Then it is time for the way back unless you want to jump into your next adventure right away - some self-made travel plans maybe...



REQUIREMENTS & RESPONSIBILITIES

- You must be at least **18 years old**.
- You must **consider your health condition** as during the event we will be sleeping not only in the guest house but also in tents.
- It is summer, however in Poland **weather can be moody**, so be prepared for various conditions (hot and sunny/cold and rainy).
- You are required to show up to daily meetings **punctually**.
- As a member you are as **responsible for the event** as others.

GUIDELINES FOR SAFER SPACES

These guidelines are meant to ensure everyone's safety and comfort during the event. While we can't guarantee absolute safety in every situation, we can all work together to prioritize each other's well-being. With this in mind let's take care of one another by:

1. **Respect Personal Boundaries:** Always ask before touching someone and be open to adjusting your behavior if someone feels uncomfortable.
2. **Treat Everyone with Respect:** Avoid making assumptions about people's identities or backgrounds. Use the names and pronouns they prefer, and be mindful of your own privileges.
3. **No Discrimination:** Refrain from commenting on others' appearance or habits. Everyone deserves to feel accepted and valued.
4. **Respect Others' Opinions:** Even if you disagree, be respectful in your interactions. Avoid belittling or mocking others' viewpoints.
5. **Take Responsibility:** Be mindful of how your actions impact others, and be accountable for your behavior.
6. **Ensure Inclusivity:** Make space for everyone to participate in discussions, and respect their privacy and boundaries, especially on sensitive topics.
7. **Stand Against Harassment:** If you witness harassment, intervene and offer support to the person affected. Don't ignore the situation.

Let's create an environment where everyone feels safe, respected, and included.

AGREEMENT

Over the next two weeks, we'll come together as a community. The commitment we seek is active participation and open communication as they will shape this empowering and life-changing experience. Let's respect each other's boundaries and create lasting bonds.

- The MEDS Retreat lasts for two weeks, and it's important for everyone to stay committed and participate fully throughout the event.
- As a community event, we'll be spending a lot of time together to ensure everyone has an equal opportunity to participate.
- We'll openly communicate our personal boundaries and respect & protect those of others.

MEDS is a community of design students and young professionals who are also friends. We strongly discourage any behavior that goes against common sense or respect such as those mentioned above..

APPLICATION INFO

By applying to our event you are also expressing an **interest for involvement** in the MEDS Network, so we want to use this opportunity to get to know you more and see if we will be a good match!

Besides the basic personal information required in the form we would like to give you the chance to think about the following topics before filling the form.

- Shifts for shared responsibilities
- What else are you comfortable in contributing?
- Is there a creative craft, technique, or project you've been eager to try but haven't had the chance yet? (could be Arduino, T-shirt printing, bread baking, or any other exciting endeavor!)
- Is there something you would like to teach, show or share with everyone during the event?
- Do you have any additional suggestions for the event? (group activities, leisure, hidden desires..)

HOW TO APPLY?

We ask you to submit **two** small exercises.

1. **Introduction Video** (max. 1 minute)

Please take a video shortly tackling these points:

- introduce yourself
- explain your main motivation to join our MEDS Retreat
- in one sentence proclaim your favorite flavor of imaginary ice cream and why this is the best ice cream in the world

The video can be taken on your phone without any editing. However do feel free to go crazy on this if you want to!

2. **Sketch Exercise**

Sketch the concept of your perfect living situation / world / life / utopia

This exercise is not about making a perfect drawing, focus more on the visual communication

DEADLINE TO SUBMIT THE APPLICATION

23:59 GMT+1 31.05.2024

ENTRY ASSIGNMENT

SIZE UP TO 10MB

LOOKING FORWARD TO SEEING YOU IN POLAND!

[APPLICATION FORM](#)

CONTACT

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