



**INFOPACK**  
**ZERO TIME**  
**TO WASTE!**

**YOUTH EXCHANGE**

**2022-3-PL01-KA152-YOU-000093346**





**Arrival day 18.09.2023**

**Dates of the youth exchange:**

**19.09.2023-26.09.2023**

**Departure day 27.09.2023**

**Topics of the exchange:**

This initiative offers you the opportunity to strengthen your ecological skills by participating in a 'zero waste' project. Here, you will engage in practical cooking workshops, learn how to reduce waste, and discover innovative ways to reuse leftovers. Additionally, the project aims to enhance soft skills and foster understanding of EU values such as cultural diversity and equality. The costs for food, accommodation, and travel (reimbursed in Euros) are all taken care of. This opportunity is free of charge and available to anyone interested in making a positive impact.



# TRAVEL BUDGET

**Slovenia: 320 € per person**

**Italy: 320 € per person**

**Romania: 320 € per person**

**Spain: 320 € per person**



## TRAVEL EXPENSES

- Travel expenses will only be reimbursed upon presentation of documents proving the amount actually paid: original invoice. Documents must include the date, price, traveler's name, destinations, and the receipt must be completely clear.
- Keep all travel documents that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
- Taxi rides are not refundable.

# ACCOMMODATION

Food and accommodation are provided and paid by the organizer. The travel costs will be calculated and will be refunded by bank transfer at the exchange rate (in euro €).

# ABOUT EATING

We will have 3 meals and coffee break each day. If you have any dietary restriction, let us know as soon as possible!



# WHAT TO TAKE WITH YOU

- **Passport** or **ID card**
- **All travel tickets!!!** (it is very important to keep all tickets, receipts and boarding passes as we can only refund your travel expenses if you have tickets)
- **European health insurance cards** are obligatory for all participants
- **National snacks**, specialty drinks , local music playlist for a cultural evening
- **Laptop** - not obligatory, but it may be useful



# USEFUL LINKS

**Intercity**

**Koleje Śląskie trains**

**Flixbus**

**Luxexpress**

**Ecolines**



# ACCOMMODATION

## Międzybrodzie Bialskie



### If you are landing in Katowice:

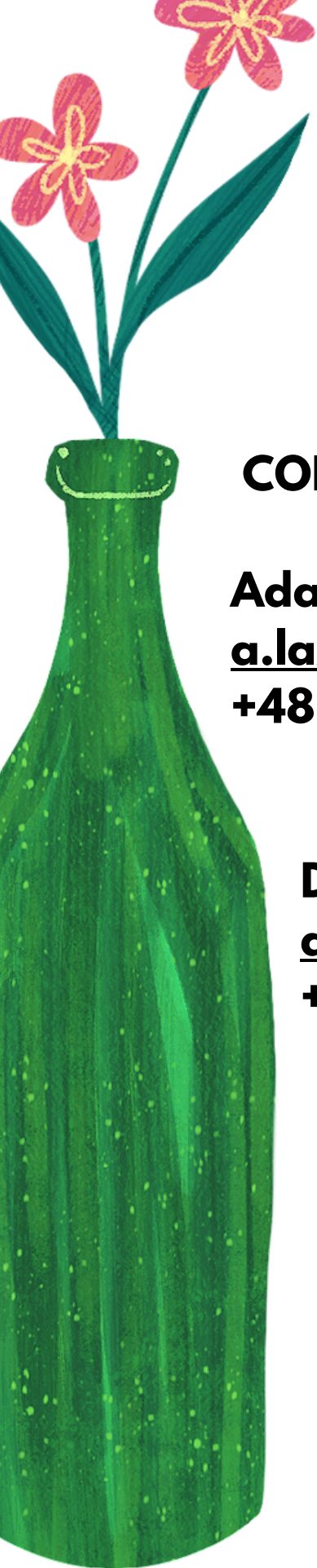
1. Katowice Airport → **AP bus** → Katowice Dworzec
2. Katowice Dworzec (railway station) → **train** → Bielsko-Biala
3. Bielsko-Biala Wałowa CH → **113 bus** → Zarnówka Duża  
Zarnówka Duża → FINISH



### If you are landing in Krakow:

1. Kraków Airport → Kraków Lotnisko
2. Kraków Lotnisko → **SKA1** → Kraków Bronowice
3. Kraków Bronowice → **train** → Katowice Dworzec
4. Katowice Dworzec (railway station) → **train** → Bielsko-Biala
5. Bielsko-Biala Wałowa CH → **113 bus** → Zarnówka Duża  
Zarnówka Duża → FINISH





## **CONTACT:**

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**If you have any  
questions, don't  
hesitate to ask!**

