

INFOPACK

Green Project Lab Youth Designing Sustainable Projects

YOUTH EXCHANGE



OVERVIEW

Green Project Lab is an educational youth exchange dedicated to developing skills in project design and ecological awareness. The main goal is to empower young people to plan and implement social and environmental initiatives using project thinking methods, including Design Thinking, and to apply sustainable practices in youth work. Throughout a week-long program in the mountains of southern Poland, participants will explore how to identify community needs, define project goals, and co-create solutions. In international teams, they will design four pilot project ideas that respond to ecological and social challenges in their local environments.

OBJECTIVES

To develop young people's project-writing and planning skills

To increase awareness and understanding of sustainable (green) practices in youth activities

To promote intercultural cooperation and civic engagement

SCHEDULE

ARRIVAL DAY: 23.07.2025

DATES OF THE YOUTH EXCHANGE:

24.07.2025 -29.07.2025

DEPARTURE DAY: 30.07.2025

TRAVEL BUDGET

(distances in the straight line)

Distance	Travel using ecological means of transport	Travel without using eco-friendly means of transport
10–99 km	56 EUR	28 EUR
100–499 km	285 EUR	211 EUR
500–1999 km	417 EUR	309 EUR
2 000–2 999 km	535 EUR	395 EUR
3000–3999 km	785 EUR	580 EUR
4000–7999 km	1 188 EUR	1 188 EUR
8000 km or more:	1 735 EUR	1 735 EUR



WHAT TO BRING?

- **Passport or ID card**
- All travel **TICKETS!**
- Towels and personal hygienic things (shampoo, soap, toothbrush etc.)
- Hair dryer - the venue does not provide such
- Your positive attitude and willingness to participate in activities




OTHER PRACTICALITIES

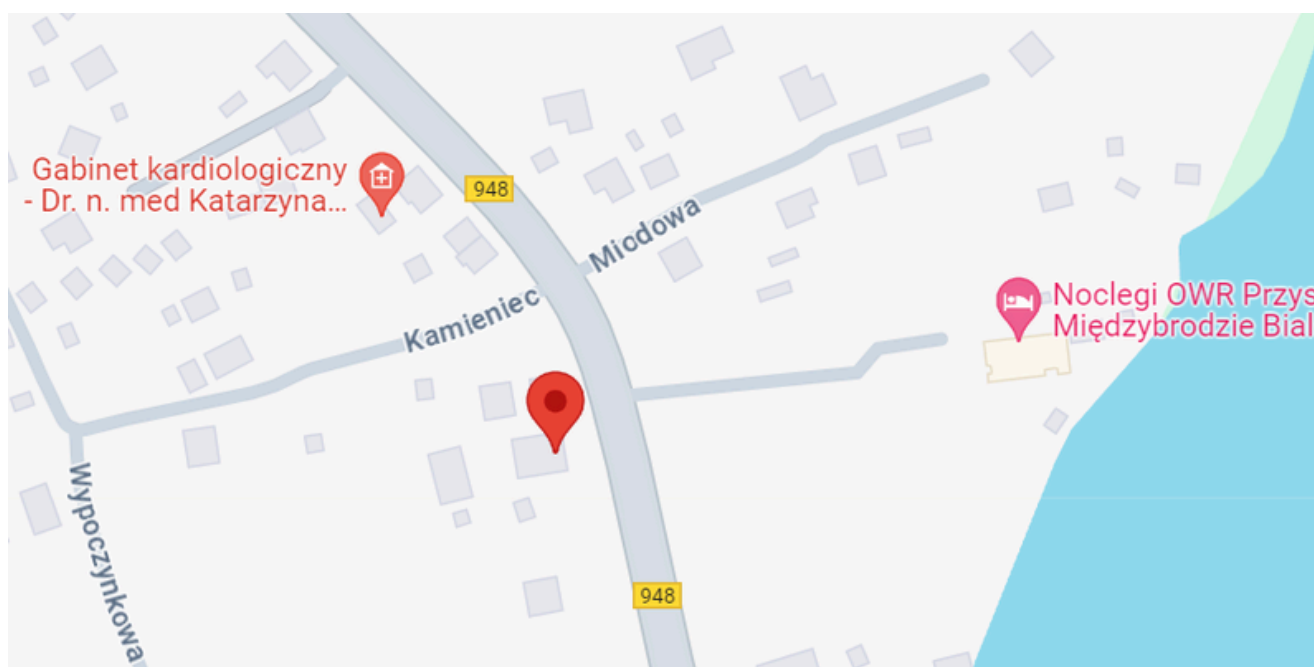
This project is fully funded by Erasmus+.

- During the youth exchange we will organize a cultural evening. Bring with your traditional snacks and drinks, some games for the evening. Bring necessary ingredients with you, the venue cannot provide it.
- In the centre there is Wi-Fi Internet connection so you can bring your computer.
- During the project you will be provided with 3 meals (breakfast, lunch, and dinner), also 2 coffee breaks a day.

TRAVEL EXPENSES

1. 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.
 2. Keep all travel documents that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
 3. Taxi rides are **not refundable**.
 4. **Travel expenses can be reimbursement during the exchange or after.**
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HOW TO GET HERE?



Ośrodek Społeczny, ul. Żywiecka 67, Międzybrodzie Bialskie,
Silesian Voivodeship, Poland, 34-312

IF YOU ARE LANDING IN KATOWICE

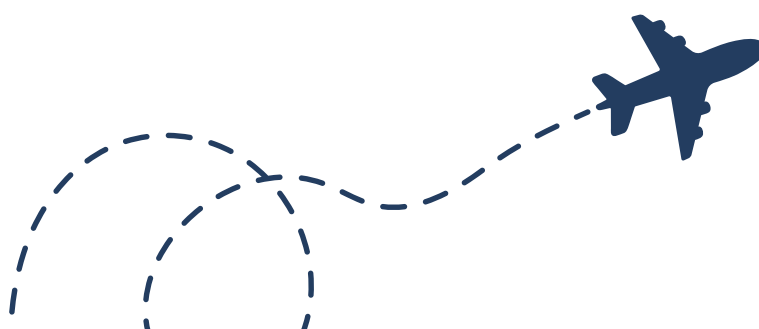
Katowice Airport → AP bus → **Katowice Dworzec** (railway station)

Katowice Dworzec → train → **Bielsko-Biała Główna** (railway station)

Bielsko-Biała D.a bus station → 113 bus (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) →

Międzybrodzie Skrzyżowanie (20 stops)

Międzybrodzie Skrzyżowanie - few minutes on foot → **YOU ARE THERE!**



IF YOU ARE LANDING IN KRAKOW

Kraków Airport (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Główny** (Main railway station)

Kraków Główny → train → **Bielsko Biała Główna** (railway station) (Direct trains: 06:06, 10:41, 13:50, 14:41, 16:35, 18:43)

Bielsko-Biała D.a bus station → 113 bus (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) → **Międzybrodzie Skrzyżowanie** (20 stops)

Międzybrodzie Skrzyżowanie - few minutes on foot → **YOU ARE THERE!**

OR LONGER OPTION

Kraków Airport (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Główny** (Main railway station)

Kraków Główny → train → **Katowice Dworzec** (railway station)

Katowice Dworzec → train → **Bielsko Biała Główna**

Bielsko-Biała D.a bus station → 113 (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) → **Międzybrodzie Skrzyżowanie** (20 stops)

Międzybrodzie Skrzyżowanie → few minutes on foot → **YOU ARE THERE!**

USEFUL LINKS

INTERCITY

KOLEJE ŚLĄSKIE

ECOLINES

FLIXBUS

LUXEXPRESS



ACCOMMODATION



The accommodation provided is at the **Spółecznik Center** located in the picturesque **Żywiec County**, in the midst of the **Silesian Beskid Mountains** and in the vicinity of the **Żywiec Lake**.

All costs related to accommodation and meals are covered by the organizer. Reimbursement of travel expenses will be made by bank transfer, using the prevailing exchange rate and issued in euros (€). In addition, no fees will be charged for participation in the conference.