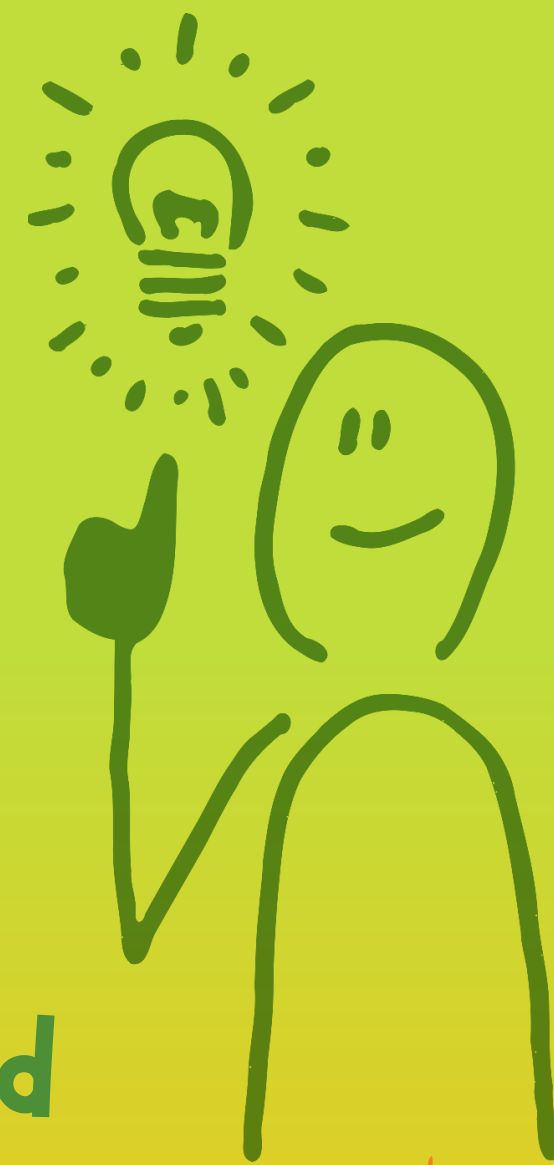


Erasmus+ Youth Exchange

Eco inHABITants



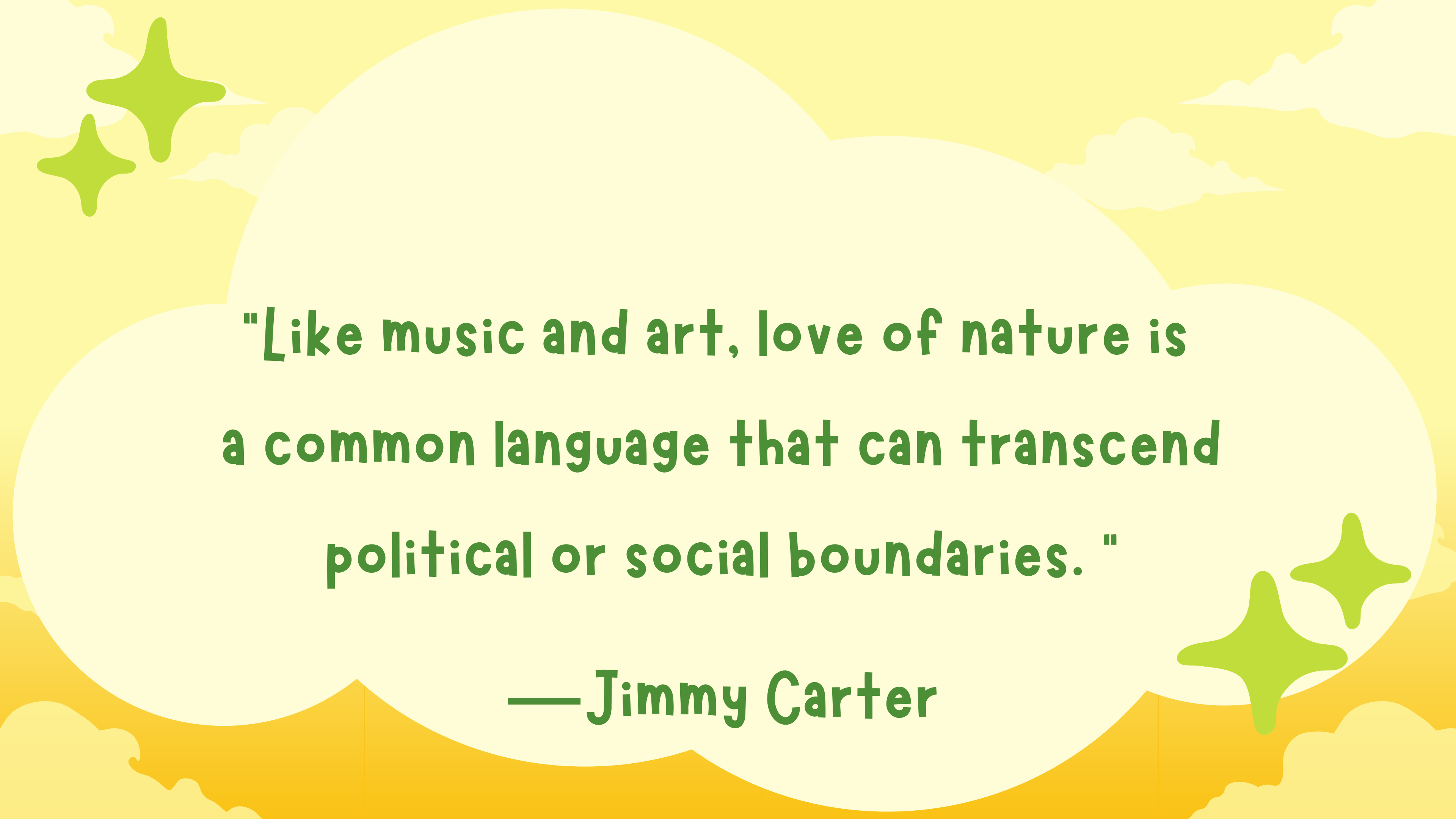
2nd – 11th December 2022, Zofiówka, Poland



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**"Like music and art, love of nature is
a common language that can transcend
political or social boundaries."**

—Jimmy Carter

BASIC INFO

Eco inHABITants youth exchange focuses on **ecological habits** in our daily lives, **environmental awareness** and **sustainability**.

There will be 24 participants from 4 countries:
Poland, Italy, Spain, Romania

The project will take place in **Zofiówka**, a village in the centre of Poland, 30min away from Łódź. The neighbourhood is calm, peaceful and surrounded by **forests**.

This project is **alcohol free** .

Co-funded by the
Erasmus+ Programme
of the European Union



CONTEXT



Widespread pollution, unhealthy lifestyles, fast fashion and confusing information over ecology are factors that are harming our planet, young people and, more importantly, their future. Let's meet and discover together what can we do in order to minimize our negative impact on the environment and bring a positive change.

What kind of strategies can we apply in our daily life in order to reduce the environmental impact? Which kind of ecological daily habits do we need to encourage? What could be our first steps?



With this project we want to take a deeper look at human impact on nature and to inspire each other to develop environmentally friendly habits within us.



OBJECTIVES



In this project you will...

- gain knowledge in many fields of ecology including food waste, upcycling, sustainable living, zero waste approach
 - raise your awareness and boost your confidence about the importance of your own contribution to the environment
 - brainstorm and acquired new ecological habits that you can gradually include in your daily life to minimize your impact on environment
 - get closer to the nature and integrate with international group of young people interested in taking care of our Mother Earth 
- 

PARTICIPANTS

18-30 YEARS OLD

**no age limit for group leaders
(one per country)**

COMMUNICATIVE ENGLISH

**so you don't miss anything
what is happening during sessions**

**RESIDENTS OF PARTNER
COUNTRIES**

Poland, Italy, Spain or Romania

MOTIVATED

**and interested in the
topic of the project**

6 participants per each country (5 + 1 group leader)

This youth exchange is to be implemented with active involvement of young people. If you have any idea for the activity that is in the topic of the project, let us know. You are free to facilitate some sessions, and we will be happy to support you and provide you with materials.

DATES

Arrival day:

2nd December till 6PM to Łódź

Project main activities:

3rd - 10th December

Departure day:

11th December after 9am from Łódź

You are expected to participate in the whole programme.



TRANSPORTATION

- 1) Get to Poland by flight/train/bus.
If you fly, the closest airport is in Warsaw.
- 2) Arrive to Lodz (Łódź, PL) by bus or train
before 4PM on 2nd December
- 2) Take a local bus to Tuszyn
(it's a 30 min ride, you will receive detailed info later)
- 3) We will pick you up by cars from Tuszyn to Zofiówka
(5km distance)



You are obliged to inform us in case of your later arrival or earlier departure.

Don't buy the flight ticket without our confirmation!

WHAT IS COVERED BY THE PROJECT FUND?

- ACCOMODATION
- FOOD
- TRANSPORTATION
- PROGRAMME

For environmental reasons and in order to provide new learning experiences for all, we provide vegetarian meals only.



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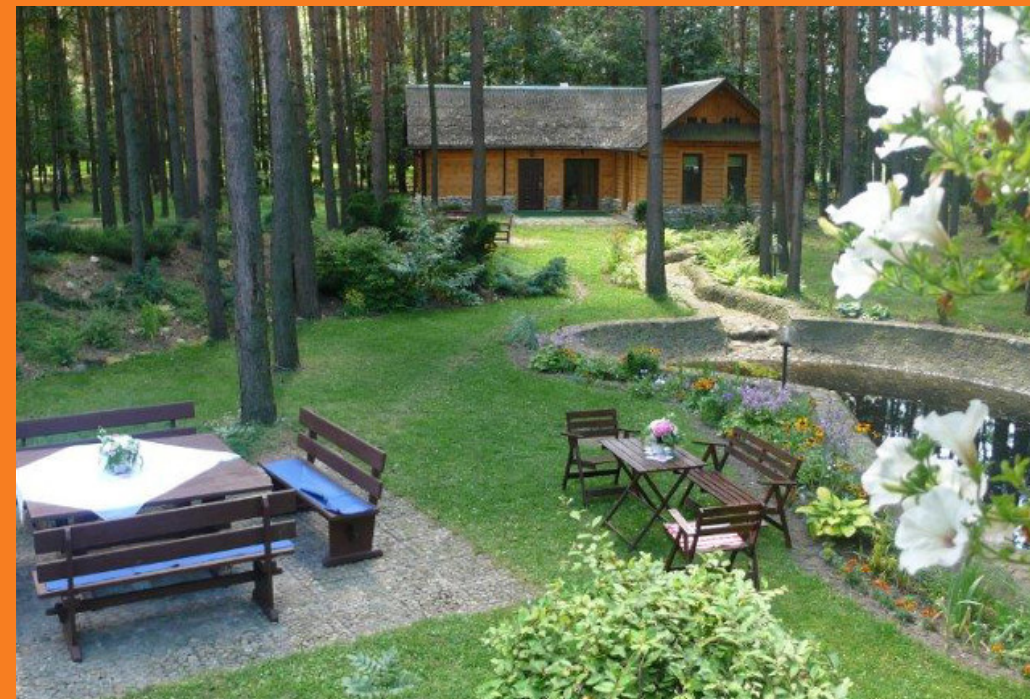
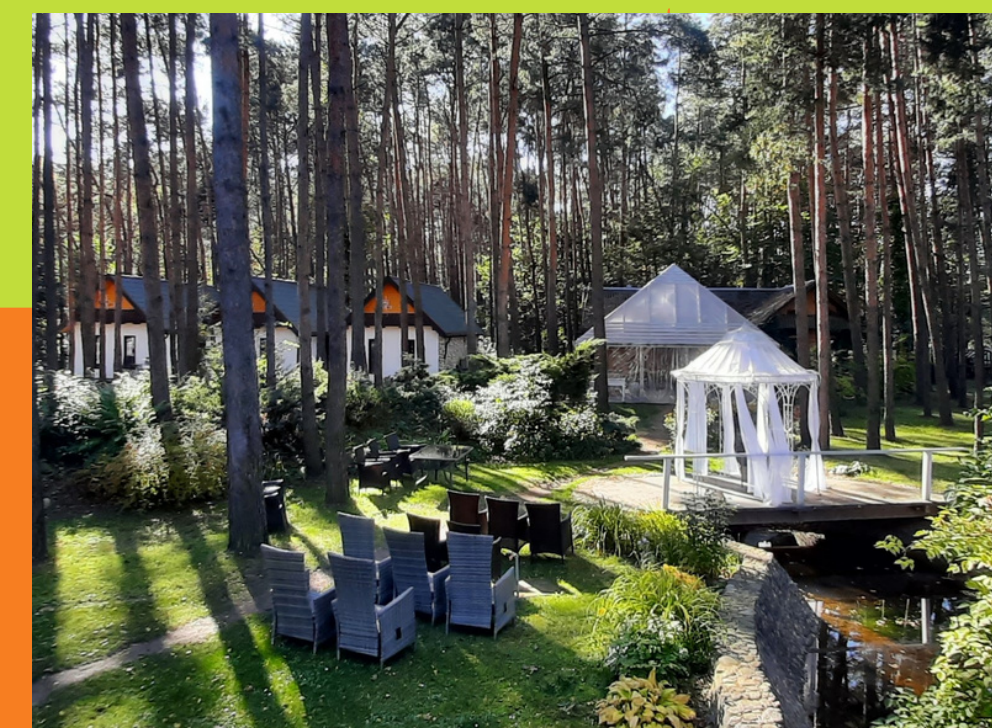
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ACCOMODATION

We will be accomodated in **Przystanek Zofiówka** in Zofiówka village in central Poland, 20km from Łódź. Venue is surrounded by forests.

There are small 3-persons houses with bathrooms available for us, big activity room as well as a spacious living room and fireplace. Outdoor area is green and beautiful.

We will have VEGETARIAN meals 3 times a day as well as coffeebreaks.



TRAVEL REIMBURSEMENT

The costs of your travel will be reimbursed from the project grant based on the documents you provide.

REIMBURSEMENT LIMITS:

POLAND - 23EUR

ITALY - 275EUR

ROMANIA - 275EUR

SPAIN - 360EUR

**WHEN YOU BUY THE TICKET,
ASK FOR THE INVOICE!**

**KEEP ALL TICKETS, BOARDING
PASSES, RECEIPTS!**

**We can reimburse the costs for
which we get the official document
needed for accounting.**

WHAT TO BRING

- travel tickets and boarding passes
- European Health Insurance Card (EHIC blue card)
- warm winter clothes and boots, rainjacket
- your personal items (medicine and cosmetics)
- indoor shoes
- white old cotton T-shirt (for upcycling workshop)
- local food/sweets/non-alcoholic drinks from your country for an intercultural evening
- as well as positive attitude and eagerness to learn!



PARTICIPATING ORGANISATIONS



Erasmus+

Organiser

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Partner Organisations

ROMANIA - Ask Yourself

ITALY - Associazione
Culturale di Promozione
Sociale Gentle Giant

SPAIN - UPlanet

APPLICATION AND SELECTION OF PARTICIPANTS

Fill in the **application form** carefully. Selection is based on your profile and your motivation.

Application deadline:
2nd November

Selection of participants:
by 6th November

DO NOT book any tickets before receiving an e-mail from us confirming your participation in the project.



INTRESTED?
APPLY HERE

CONTACT



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Project coordinator



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If you would like to find out more about the Erasmus+ Programme, please visit:
<http://ec.europa.eu/programmes/erasmusplus/>

Co-funded by the
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