



YOUTH EXCHANGE PROGRAMME

"THE TASTE OF DIVERSITY"

09 – 16 September 2025

SCHEDULE

09 September (Wednesday) – Arrival day

- Arrival of groups, accommodation
- **18:00** – Welcome dinner and short organisational introduction
- **Goal:** creating a safe and welcoming atmosphere, starting group integration, presenting the weekly plan. Reminder: pack for the whole week, bring necessary documents and medications.

10 September (Thursday) – Intercultural Introduction Day

Goal: mutual introduction, opening a space for intercultural exchange through food

- **9:00–10:00** – Breakfast
- **10:00–13:00** – Energizers, integration games ("My name as a flavour", Map of European Tastes)
- **13:00–15:00** – Lunch and break
- **15:00–18:00** – National food workshops – each group presents their culinary traditions
- **20:00** – Polish Evening: making dumplings together, folklore presentation and tasting Reminder: prepare a presentation about your national dish and food traditions.



11 September (Friday) – Flavours and Personalities

Goal: team-building, intercultural cooperation, creativity

- **9:00–10:00** – Breakfast
 - **10:00–13:00** – Personality test, forming mixed teams, preparation for shopping
 - **13:00–15:00** – Lunch and break
 - **15:00–18:00** – Visit to local shops, creating herbal infusions and compotes, contest
 - **20:00** – Drink presentations, voting, shared tasting
- Reminder: document your recipe, be creative with ingredients, respect cultural differences.

12 September (Saturday) – Silesian Culinary Culture

Goal: learning about Silesian culinary and cultural heritage

- **7:00** – Breakfast
- **8:00–18:00** – Trip to Katowice: visit to "familok" neighbourhoods, food tasting, meetings with local producers
- **20:00** – Film evening: classic Silesian cinema (e.g. Kazimierz Kutz), reflection on food as a cultural element

Reminder: wear comfortable shoes, bring water, camera/phone for documentation, notebook.



13 September (Sunday) – Green Practices and EU Values

Goal: raising ecological and civic awareness through food

- **9:00–10:00** – Breakfast
- **10:00–13:00** – "Zero Waste in the Kitchen" workshop, quiz "Eco Fact or Fiction?"
- **13:00–15:00** – Lunch and break
- **15:00–18:00** – Educational game about EU Youth Goals and European values in the kitchen
- **20:00** – Feast of 5 Cultures – international culinary evening

Reminder: bring ingredients and decoration items for your national stand.

14 September (Monday) – Culinary Hackathon

Goal: creating project outcomes, creative teamwork

- **9:00–10:00** – Breakfast
- **10:00–13:00** – Hackathon start: ideas for e-book, campaign, role assignments
- **13:00–15:00** – Lunch and break
- **15:00–18:00** – Team work: creating content, designing the e-book and promotional materials
- **20:00** – Project presentations, voting, certificate ceremony

Reminder: gather ideas from previous days, prepare texts and photos for the e-book.



15 September (Tuesday) – Tradition and Reflection

Goal: exploring local tradition and wrapping up the project

- **9:00–10:00** – Breakfast
- **10:00–13:00** – Visit to local food producers
- **13:00–15:00** – Lunch and break
- **15:00–18:00** – Workshop with the Women's Rural Club from Żywiec
- **20:00** – Evaluation, reflection circle, closing session

Reminder: prepare for evaluation (what will I remember? what did I learn?), bring notes.

16 September (Wednesday) – Departure

- **8:00–9:00** – Farewell breakfast
- **9:00–11:00** – Packing and departure **Reminder:** collect all your belongings, exchange contacts, share your final thoughts with the group.



CONTACT

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