



INFOPACK

BIO FOOD

I take health into my own hands

YOUTH EXCHANGE



**Co-funded by
the European Union**

SPÓŁDZIELNIA SOCJALNA

**ZIELONE
ŚLĄSKIE**

OVERVIEW



GOAL

The goal of "BIO Food - Taking Health Into Our Own Hands" is to enlighten young individuals about organic food and sustainable living. We aim to equip them with knowledge and skills for making eco-friendly food choices, while also promoting understanding across cultures through culinary traditions. Our project strives to encourage participants to advocate for a healthier, more sustainable world by embracing and sharing the principles of organic eating and environmental care.

OBJECTIVES

Increase awareness and understanding of organic food and sustainable living practices among young individuals.

Equip participants with the knowledge and skills needed to make informed, eco-friendly food choices.

Promote intercultural appreciation and collaboration through the exploration of diverse culinary traditions.

SCHEDULE

ARRIVAL DAY: 06-05-2024

DATES OF THE YOUTH EXCHANGE:

07.05.2024 -17.05.2024

DEPARTURE DAY: 18-05-2024

TRAVEL BUDGET

POLAND: 180 € PER PERSON

ROMANIA: 275 € PER PERSON

BULGARIA: 275 € PER PERSON

CROATIA: 275 € PER PERSON



WHAT TO BRING?

- **Passport or ID card**
- All travel **TICKETS!**
- **European health insurance cards are obligatory for all participants**
- 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 training course we will organize a cultural evening. Bring with you 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**.
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HOW TO GET HERE?



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

IF YOU ARE LANDING IN KATOWICE

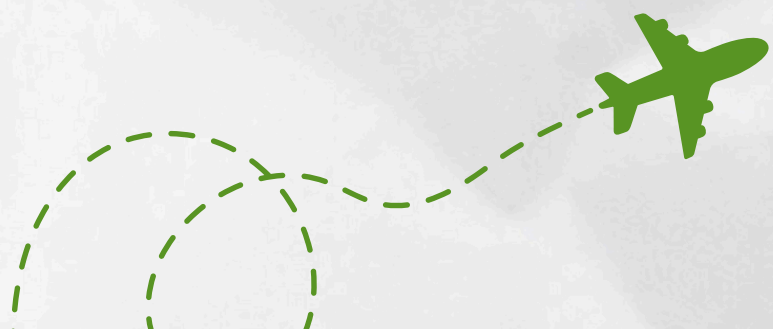
Katowice Airport → AP bus → **Katowice Dworzec** (railway station)

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

Bielsko-Biała D.a bus station → 113 or 114 bus →

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 or 114 bus → **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 or 114 bus → **Międzybrodzie Skrzyżowanie** (20 stops)

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

USEFUL LINKS

[INTERCITY](#)

[KOLEJE ŚLĄSKIE](#)

[ECOLINES](#)

[FLIXBUS](#)

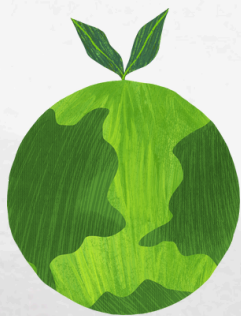
[LUXEXPRESS](#)

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.



HOW TO APPLY?

Fill out the form available on our website, and we will get in touch with you shortly.

CONTACT

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

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